



# COMMISSIONERS OF CUMBERLAND COUNTY

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May 4, 2017

## **FOR IMMEDIATE RELEASE**

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### ***Commissioners Proclaim May As Older Americans Month***

**Cumberland County, Pennsylvania**– In recognition of Older Americans Month, during their public meeting today the Cumberland County Board of Commissioners proclaimed May as Older Americans Month in Cumberland County. The County’s Office of Aging & Community Services is joining in this national initiative in an effort to support older adults as they take charge of their health, explore new opportunities and activities, and focus on independence. The initiative strengthens the many voices of older Americans and raises awareness of vital aging issues across the country.

The Administration for Community Living leads our nation’s annual celebration of Older Americans Month (OAM) each May. OAM was established in 1963 to celebrate older Americans, their stories and their contributions. This year’s campaign theme is “Age Out Loud” with the goal of giving aging a new voice - one that reflects what today’s older adults have to say, with an emphasis on important trends. Now more than ever before, older Americans are working longer, trying new things, and engaging in their communities. They redefine aging by taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and this occasion provides opportunity to recognize and celebrate what getting older looks like in today’s world.

The Office of Aging & Community Services is designated by the Commonwealth of Pennsylvania as the Area Agency on Aging for Cumberland County to provide a coordinated and comprehensive system of services to county residents age 60 and older. Its mission includes support for older adults in their efforts to maintain their health, welfare and independence. For more information on resources and services available for older adults contact the Cumberland County Office of Aging & Community Services at 240.6110 or visit [www.ccpa.net/aging](http://www.ccpa.net/aging).

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