



UPDATE



What's Happening in May



Take the Selfie Challenge:

- Take a photo of yourself and tell us what Aging Unbound means to you.
- Post to our Facebook page @FlatheadAgencyonAging or text to (406) 885-3614.
- Add the hashtag: #OlderAmericansMonth

For more info, call 406-758-5730.

Older Americans Month is celebrated every May to acknowledge the contributions and achievements of older adults and strengthen the commitment to honor them. The Association for Community Living (ACL) has announced *Aging Unbound* as the theme for this year which offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, we can all join in to recognize the 60th anniversary of Older Americans Month by challenging the narrative on aging. Each week we'll highlight some of the ways to participate in *Aging Unbound*:

- **Embrace the opportunity to change.** Find a new passion or go on an adventure. Try new activities in your community that may bring you growth, joy and energy.
- **Explore the rewards of growing older.** With age, you gain insight, confidence and understanding of the world more deeply. Continue to gain knowledge through reading, listening, classes and creative activities.
- **Stay engaged in your community.** Get connected and involved with others by volunteering, working, mentoring, or participating in social clubs and activities in your local community center.
- **Form relationships.** Invest time with people to discover deeper connections with family, friends, and community members. Time spent with others will enhance your quality of life by introducing new ideas and different perspectives.



The Agency on Aging Advisory Council meeting is scheduled for **Thursday, May 11 at 2:00 pm**. We meet in the South Campus Conference Room. The public is welcome.

For more information, please call (406) 758-5730.



You Gave, Now Save!

Contact one of our benefits enrollment specialists to talk about benefits that can save you money. We can help you assess whether you can get help from programs like SNAP, Medicare Savings Program and Medicare Part D Extra Help before you apply. Call 406-758-5730 to schedule an appointment time.

FIGHT FRAUD FRIDAY



The “10 Worst Things to Carry in Your Wallet”

Is the topic for the next Fight Fraud Friday on May 12th from 11:30 am-1:00 pm in the AOA Dining Room, 40 11th Street West in Kalispell. We will share tips for keeping your wallet safe from identity theft should you lose it or have it stolen. Included are suggestions about what items NOT to carry with you and things you should keep stored at home in a safe place until needed.

Come have lunch and stop by our table to learn more about fraud prevention, including how to prevent, detect, and report Medicare fraud.

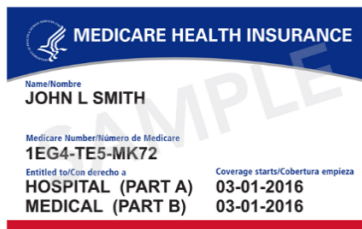
Caregiver Resources



In conjunction with the Alzheimer’s Association, community partners and certified Alzheimer’s and dementia educators, the Flathead County Agency on Aging will be bringing new resources to families, caregivers and loved ones of those struggling with the impacts of Alzheimer’s disease and dementia.

Through in-home services, educational sessions, reference materials and referrals, The Agency on Aging will help you understand and better meet the challenges that you and your loved one are facing. Stay tuned for specific opportunities soon!

MEDICARE 101



Our next Medicare class is Tuesday, May 23rd from 1:00-3:00 pm in the South Campus Conference Room. This seminar will give you a better understanding of Medicare, whether you’re currently on Medicare, about to become eligible or you’re a caregiver for someone who is. Please call to reserve your spot, (406) 758-5730. The class is free.



May 25, 2023

“**Understanding Medicare and Medicaid**” will be the topic for the May Elder Hub gathering. Subject matter experts from the Agency on Aging will participate as “guestperts”!

Join us May 25th at 4:00 pm in the second floor conference room of the South County Campus Building (40 11th St. W, Kalispell). Refreshments will be provided!



The Agency on Aging will closed in honor of Memorial Day on Monday, May 29th. There will be no social dining nor home delivered meals available that day.

We thank those who have served in the U.S. Armed Forces.