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April 21, 2022

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## Agency on Aging Marks Older Americans Month

**PRESQUE ISLE, Maine** -- Every May, the Aroostook Agency on Aging, in partnership with the Administration for Community Living (ACL) leads the celebration of Older Americans Month. This year's theme, "Age My Way," focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

Joy Barresi Saucier, the agency's Executive Director, said there are various meaningful ways individuals, service clubs and communities can commemorate the month. "While 'Age My Way' will look different for each person, there are common things everyone can consider," Barresi Saucier added. They include:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

"Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no 'right way'", Barresi Saucier said.

This year, the Aroostook Agency on Aging has invited fifth- and sixth-grade students from the area to write a letter or create a card that will be dispersed randomly to older residents of Aroostook County throughout the month of May. It is hoped the letters/cards will serve as a bridge between the students and adults in the area. Recipients will be encouraged to respond which may spark a potential repeated interaction. For more information on this project, contact Rick Bragg, Manager of Community Outreach & Education, at 764-3396/1-800-439-1789 or email to [rick.bragg@aroostookaging.org](mailto:rick.bragg@aroostookaging.org).

Please visit the Aroostook Agency on Aging's [website](#) for a complete list of Older Americans Month events.

### **About Aroostook Agency on Aging**

*The mission of the Aroostook Agency on Aging is to improve the quality of life and promote the well-being of older people in our communities. Since 1973, the agency has served as a resource, helping people to access information and services, while also advocating to assure the rights we all value are respected.*