

# Central Midlands Area Agency on Aging

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## We Are Moving!

On April 6, 2024, the Central Midlands Area Agency on Aging will move to 220 Stoneridge Drive. Central Midlands Council of Governments Administration, Planning, and Transportation departments will all still be located at 236 Stoneridge Drive. Phone numbers and e-mail addresses will remain the same.

Please pay close attention to future meeting notices to learn where they will be held.



Volume 2, Issue 2

April 1, 2024

## Welcome, Spring!

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## May is Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize Older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults.

### **How can community groups, businesses, and organizations mark OAM?**

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

**Central Midlands is hosting an Older Americans Month event on May 8th. Registration is required. If you'd like to register for this event, please call 803-376-5390.**

**OLDER  
AMERICANS  
MONTH**



**POWERED BY CONNECTION: MAY 2024**

## Past & Upcoming Events

On March 6th and 7th, Central Midlands Area Agency on Aging held Medicare workshops. The State Health Insurance Assistance Program (SHIP) shared information about the different parts of Medicare, how they can help navigate Medicare, and Medicare fraud, waste, and abuse. If you missed these workshops, please reach

out to our SHIP Program to see if they can help you!

**Phone Number: 803-376-5390, ext. 3**

**Email: SHIP@centralmidlands.org**

On March 20th, Central Midlands AAA hosted a

training on nutrition for seniors with diabetes. Our nutrition specialist taught the class on diabetes wellness and how to eat to prevent and help diabetes. If you'd like more information about nutrition, reach out to Lauren Mueller at **803-543-1513** or **lmueller@centralmidlands.org**



## Advanced Directives Workshop

Making healthcare decisions for yourself or someone else can be difficult. Join us on April 30th for education that will prepare you for those moments. Registration is required.

**Please register at 803-376-5390.**

## My Will Program & Ombudsman Witness Training

The My Will Program is for eligible seniors 60+ needing a simple will. Call **803-376-5390** to apply and qualify for an appointment on May 24, 2024. There are limited appointments for this event. You must be a resident of Fairfield, Lexington, Newberry, or Richland

County to qualify for this event.

**Services are provided by the SC Bar, USC School of Law, and Central Midlands Area Agency on Aging.**

Central Midlands Area Agency on Aging is

currently planning an Ombudsman Witness Training. We will send out information as soon as we have it! **If you are interested in becoming a certified Ombudsman Witness, please call 803-376-5390.**

## Central Midlands Area Agency on Aging

236 Stoneridge Drive  
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**We're online!**  
**[www.centralmidlands.org](http://www.centralmidlands.org)**

Have something  
you'd like to share  
in our newsletter?

Reach out to Lindsey Woolley at [lwoolley@centralmidlands.org](mailto:lwoolley@centralmidlands.org) or 803-744-5152, and you may be included in the next issue!



### **Interns:**

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### **Staff:**

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