



**NEWS FROM THE OFFICE OF
ULSTER COUNTY EXECUTIVE MIKE HEIN**



FOR IMMEDIATE RELEASE

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**MAY IS DECLARED OLDER AMERICANS MONTH BY ULSTER COUNTY
EXECUTIVE MIKE HEIN**

Kingston --Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support to our seniors as they continue to enrich and strengthen our communities. Ulster County is again joining the festivities with special activities and events.

“The theme of this year’s celebration—Older Americans: Connecting the Community—pays homage to the many ways in which our seniors bring inspiration and continuity to the fabric of Ulster County,” said Ulster County Executive Mike Hein. “Their shared histories, diverse experiences, and wealth of knowledge have helped shape our culture, economy, and local character.”

In fact, seniors are more active in community life than ever before, thanks in part to advances in health care, education and technology. The last several decades have seen great increases in their vitality and standard of living. Seniors are out and about every day giving back, and making a difference in our community.

“Our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds,” said Ulster County Office for the Aging Director Anne Cardinale. “They offer a take on bygone times that is not discussed in any history class and a unique perspective that sheds new light on contemporary issues.”

Please join us during the month of May to celebrate Older Americans Month in Ulster County! Contact the Ulster County Office for the Aging toll free at 1-877-914-3456 to find out about volunteer opportunities with programs that provide services for seniors to improve health literacy, increase access to quality health services, deliver food and nutrition services, provide financial counseling, sponsor social and civic activities, and more. You will discover that when you help seniors thrive in your community, you gain far more than you give.

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