



KERN COUNTY ELDER NEWS

Monthly Information Article | Kern County DEAR/EDRT TEAM*
*(Dependent/Elder Abuse Review) Team/EDRT (Elder Death Review Team)



MAY 2024

KCAAS COMMEMORATES OLDER AMERICANS MONTH 2024: POWERED BY CONNECTION

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POWERED BY CONNECTION: MAY 2024

May is Older Americans Month, a time for us to recognize and honor Kern County older adults and the significant impact they have on our society. With their wealth of life experiences and wisdom, older adults guide younger generations and pass on valuable cultural and historical knowledge.

This year's theme, "Powered by Connection," focuses on the

importance of meaningful interactions and social bonds for the well-being and health of older adults within our community.

"It's not just about having someone to talk with," said Jeremy Oliver, Aging & Adult Services Director, *"It's about the potential of community engagement in enhancing the mental, physical, and emotional well-being of all."* According to Jeremy, by recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

Older Americans contribute to our communities through

intergenerational relationships, community service, civic engagement, and various activities. It is essential to provide older

Agency Partners

- Bakersfield Police Department
- California Dept. of Insurance
- CSUB Dept. of Social Services Licensing
- GBLA
- Independent Living Center of KC
- Kaiser Permanente
- Kern Co. Aging & Adult
- Kern Co. BHRS
- Kern Co. Coroner
- Kern Co. District Attorney
- Kern Co. DA Victim Services
- Kern Co. Family Law Facilitator
- Kern Co. Public Health
- Kern Regional Center
- Kern Co. Sheriff's Office
- Kern Co. Veterans Service Dept.
- Social Security Admin.
- Strata Credit Union



Join Us!

**SATURDAY
MAY 18, 2024
9:00 AM TO 12:00 PM**

AGING & ADULT SERVICES FRONT PARKING LOT

Older Americans Month Community Resource Fair

- Free Document Shredding
- Free Educational Presentation at 10:30 AM
- Disaster Preparedness Education
- Free Advance Health Care Directive Preparations
- Community Vendors, Giveaways and much more...



Powered by Connection

adults with the necessary resources and support to remain active participants in society, reflecting our dedication to inclusivity and connectedness.

Kern County Aging & Adult Services wants to encourage the community to engage in activities that promote connection, inclusion, and support for older adults. Here are some suggestions for recognizing the contributions of older adults during May:

How can community groups, businesses, and organizations observe Older Americans Month?

- Educate professional and personal networks about the benefits of social connection for mental, physical, and emotional health.
- Encourage social media followers to share their connection stories using **#PoweredByConnection** to inspire others.
- Promote opportunities for engagement, such as cultural activities, recreational programs, and virtual events.
- Connect older adults with local services like counseling to help them access support

- systems and meaningful relationships.
- Organize events where older adults can mentor peers, youth, or younger adults.

What can individuals do to connect?

- Explore new passions, join social clubs, take classes, or engage in community activities to invite more connections into your life.
- Stay involved by volunteering, working, teaching, or mentoring in your community.
- Invest time in building relationships with family, friends, colleagues, or neighbors to create deeper connections.

Kern County Aging & Adult Services invites you and your family to the Older Americans Month Resource Fair 2024!

In observance of Older Americans Month, Aging & Adult Services is hosting a Community Resource Fair. Please join us in promoting the importance of enjoying independence and fulfillment by connecting and being involved. This year's celebration will include FREE document shredding, educational presentation on services, Advance Health Care Directive preparations, Disaster Preparedness education, resources, and giveaways from over 30 vendors, and more!

Date: Saturday, May 18th, 2024

Time: 9:00 am to 12:00 pm

Location: Aging & Adult Services – Front Parking Lot
5357 Truxtun Ave., Bakersfield, CA 93309

