



MOVING FORWARD

THE NEWSLETTER OF ROCKLAND COUNTY OFFICE FOR THE AGING
ED DAY, COUNTY EXECUTIVE

CHERYL DEAN WARD, DIRECTOR

MAY / JUNE 2026

COMING SOON

New York State Senior Farmers' Market Nutrition Program

The NYS Farmers' Market Nutrition Program helps you buy locally grown fresh fruits and vegetables at nearby farmers' markets. The produce is:

- Fresh picked, flavorful, and nutritious
- Sold directly by the farmers
- Seasonal and vary each month

Eligibility for this program is determined by age and income. NYS Farmers' Market booklets should be available for distribution in early July. More information will be available in our July/August 2026 issue of Moving Forward.



The Office for the Aging is proud to recognize the leadership of our Director, Cheryl Dean Ward, whose first eighteen months have been marked by growth, innovation, and deep community connection.

Under Cheryl's guidance, we have expanded services and strengthened our reach to older adults across Rockland County. A stand-out achievement has been the Portable Meal Program, which quickly grew from three to eleven distribution sites, meeting a critical and increasing need.

We also celebrated several milestones, including a ribbon cutting, our 50th anniversary event with over 600 attendees, and 26 open house events that welcomed nearly 1,000 older adults. These gatherings provided valuable information and distributed Comfort and Care bags to support independent living. As a lifelong Rockland resident with a background in aging services, Cheryl brings both professional expertise and personal commitment to her role.

We look forward to building on this strong foundation as we continue serving our community with dedication and care.

Hello, Friends! As we head into the warmer months here in Rockland County, I'm reminded of how special this time of year can be—longer days, time outdoors, and opportunities to connect. Our older adults are such an important part of our community, and I'm grateful for the energy, wisdom, and spirit you bring every day. I encourage you to take advantage of the programs, activities, and resources offered through the Office for the Aging, and to stay active, engaged, and connected this season. Wishing you a safe, healthy, and enjoyable spring and summer.

All the best,

Ed

Ed Day, Rockland County Executive



News From the OFA!



Director Cheryl Ward

As we welcome the vibrant energy of the spring season, I am delighted to share updates from the Office for the Aging and highlight the opportunities we've had, and will continue to enjoy, to celebrate our community.

Our April 23rd Volunteer Recognition event was truly inspiring. It was a joy to honor the older adults who generously give their time to support fellow older adults throughout our community. Their commitment strengthens every program we offer, and we remain deeply grateful for all they do.

Looking ahead, we are excited for Older New Yorkers' Day on May 26th in Albany. This special annual gathering shines a spotlight on exceptional older adults from across the state, and we are proud to see members of our own community represented at this meaningful celebration.

On May 12th, we hope to see many of you at Senior Day at Clover Stadium. This day of fun, connection, and community spirit has become a cherished springtime tradition, offering a wonderful opportunity to enjoy good company and explore many resources available to older adults.

We will participate in the Legislature's recognition ceremony, scheduled for June 16, an important opportunity to acknowledge the contributions of older adults and the vital role they play in shaping the strength and character of our county.

As the days grow longer and the season renews our sense of possibility, I encourage you to stay involved, stay connected, and take advantage of the many programs and services available to you through our office.

Warm wishes for a healthy, joyful spring!

Cheryl Dean Ward

Director, Rockland County Office for the Aging



NY Connects is a service that provides information and assistance about long-term services and supports in Rockland County. This includes a child or an adult with a disability, an older adult, a family member or caregiver, a friend or neighbor, and helping professionals.

A NY CONNECTS SPECIALIST CAN BE REACHED BY PHONE AT 845-364-3444



Meals on Wheels CEO Keving Hardy, OFA Director Cheryl Ward, Deputy CE Mike Hoblin visit MOW client for March for Meals



OFA staff visit Rockland resident celebrating 101st birthday



OFA Dietitian James Lowery presenting at our "Discover the Power of Nutrition" event



OFA staff and volunteers at this year's YouthFest at RCC's Fieldhouse



OFA staff at YouthFest!.



WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15TH

WEAAD brings communities together each June 15th to promote the dignity and rights of older adults. This global movement, launched in 2006, combines education, advocacy, and celebration to create a world where aging is honoured, and elder abuse is eliminated.

This year's theme "Be Bold – Age with Attitude" celebrates the strength, wisdom, and resilience of older adults while promoting their right to live free from abuse and discrimination.

Ageism

Ageism is the stereotyping, prejudice, and/or discrimination of individuals on the basis of their age. It is one of the most prevalent, least recognized, and tacitly normalized within society.

Over 93% of older people aged 50 to 80 surveyed reported experiencing everyday ageism.

Ageism looks like this

Individual Level:

Private communications and social exchanges that diminish older people.

Societal Level:

Inaccurate portrayals of older people in public discourse, media depictions, and everyday culture.

Institutional Level:

Practices, policies, and procedures that reinforce and perpetuate misassumptions.

Common expressions of ageism

Ageism in public discourse, interpersonal interactions, and reflected in self-perceptions.

Consequences of ageism

Ageism is associated with consequential and compounding harm for older adults. Among other impacts, ageism is correlated with:



Poorer health outcomes



Employment discrimination



Significant monetary losses



Increased social isolation and loneliness



Environmental stressors



Elder Abuse

Ageism and elder abuse

The adoption, endorsement, and activation of ageist misperceptions that diminish older people can lead to elder abuse.

Prevent abuse and promote elder justice

- Foster intergenerational exchanges
- Promote age-friendly cities and communities
- Design age-friendly workplaces
- Develop tailored, responsive interventions to advance elder rights
- Challenge and dispel age-based assumptions

Stand up to ageism



The Medicaid and Medicare Savings Programs have expanded their income guidelines for 2026

If your monthly income is under \$2,494 individual / \$3,375 couple, please give us a call to discuss eligibility. If your income is above these limits but you are paying monthly premiums towards your medical coverage, you may still qualify for benefits

Medicare Savings Program, Extra Help, and Medicaid Programs

If you have a limited income, you may be able to get assistance with your health care costs.

<u>Program</u>	<u>Program Benefits</u>	<u>Monthly Income Limits</u>	<u>Asset Limits</u>
Medicare Savings Program: QI	<ul style="list-style-type: none"> • Pays Part B premium • Extra Help included 	\$2,494 Individuals \$3,375 Couples	No Limit
Medicare Savings Program: QMB	<ul style="list-style-type: none"> • Pays Part B premium • Recipients are not responsible for deductibles, coinsurance, and copayments • Extra Help included 	\$1,856 Individuals \$2,509 Couples	No Limit
Extra Help	<ul style="list-style-type: none"> • Helps reduce or eliminate Part D premium • Lowers prescription drug copayment amounts 	\$2,015 Individuals \$2,725 Couples	\$18,090 Individuals \$36,100 Couples *No Limit when applying via Medicare Savings Program
Medicaid	<ul style="list-style-type: none"> • Health coverage for certain people with limited income and assets 	\$1,856 Individuals \$2,509 Couples	\$33,038 Individuals \$44,796 Couples

Please note income limits are subject to change.

To apply, call:
 New York State of Health
 (855) 355-5777

THE OFFICE FOR THE AGING CELEBRATES ROCKLAND COUNTY OLDER ADULTS

For Their Dedication and Service to the County of Rockland

2026 SENIOR OF THE YEAR

◆◆ SUSAN FLAKS ◆◆



Susan is a proud native New Yorker whose life is defined by resilience, compassion, and an unwavering commitment to service. Raised in the Bronx with modest means, she embraced hard work early and built a long career as an educator, teaching elementary school and later spending 27 years as a beloved Hebrew school teacher in Englewood, New Jersey.

For more than five decades, Susan has made her home in New City, where she and her late husband, Stuart, built a life rooted in family and community. Widowed after 53 years of marriage, Susan continues to approach life with

openness and optimism, even finding unexpected love again in recent years.

At the heart of Susan's service is her work with United Hospice, where she offers bedside companionship to patients in their final days. Her role is one of profound humanity: holding hands, easing fears, and providing comfort through presence alone. The calm, empathy, and dignity she brings to each vigil reflect the very essence of hospice care. For many families, Susan is the gentle, steady soul who ensures their loved one does not leave this world alone.

Beyond hospice work, Susan remains active and deeply connected to her community. She tends her garden, engages in local groups, participates enthusiastically at the JCC, and nurtures friendships everywhere she goes.

In all she does, Susan embodies kindness, service, and the quiet power of showing up—making Rockland a stronger, more compassionate community.

2026 OUTSTANDING CONTRIBUTION BY A SENIOR CITIZEN

◆◆ KATHERINE RIFE ◆◆



Katherine "Kathie" Rife is a lifelong New Yorker and a beloved pillar of the Nyack community, where she and her husband, Joe, have lived for decades. They raised their two children in Nyack, remaining connected to the community's cultural and civic life.

Kathie's professional journey began in music. A gifted performer, she played with the Westchester Symphony and regional ensembles

before bringing her talents into public education. As an orchestra teacher in the Nyack and Nanuet school districts, she trained hundreds of young musicians—instilling confidence, creativity, and a deep appreciation for the arts. Known for her generosity, she frequently offered free

tutoring and after-school lessons to students from low-income families, ensuring all children had access to musical opportunities.

Kathie's impact is equally profound beyond the classroom. In 2006, she co-founded Soup Angels at the First Reformed Church in Nyack, alongside Katie Berry and Kathleen Meyers. What began as a modest volunteer effort has grown into an essential community lifeline. Soup Angels now serves nutritious, restaurant style meals twice a week to anyone in need—no eligibility requirements, no questions asked. Under Kathie's steady leadership, the program serves more than 100 meals each night, provides take home lunches, and prepares nearly 2,000 Thanksgiving meals annually for agencies across Rockland County.

Colleagues and volunteers describe Kathie as tireless, compassionate, and deeply attuned to the dignity of every person she encounters. Whether nurturing young musicians or ensuring her neighbors never go hungry, Kathie Rife embodies generosity, leadership, and the best of community spirit.

May is Arthritis Awareness Month

Osteoarthritis (OA) is the most common type of arthritis in older adults. It occurs when the tissue that cushions the ends of bones gradually wears down. This can lead to pain, stiffness, swelling, and sometimes trouble moving around. While OA becomes more likely as we get older, it can affect anyone.

Managing OA:

- **Keep moving:** Walking or stretching eases stiffness.
- **Maintain a healthy weight:** Less pressure on joints can reduce pain.
- **Strengthen muscles:** Exercise or physical therapy supports joints.
- **Use helpful tools:** Canes, braces, or walkers make daily tasks easier.
- **Manage pain safely:** Consult your healthcare provider about options.



- **Protect your joints:** Pace yourself and avoid over-straining.

OA can't be reversed, but symptoms can be managed. For more info, visit the [National Institute on Aging](#) or the [Arthritis Foundation](#).

May is Lyme Awareness Month

As warmer weather arrives and we spend more time outdoors, it's important to protect ourselves from tick bites. Not all ticks carry disease, and not all bites will make you sick, but lowering your exposure is the best way to prevent Lyme disease and other tick-borne illnesses.

What is Lyme Disease? An infection that can be spread to people by the bite of an infected black-legged tick (deer tick). It is most common in wooded, grassy areas. Older adults may be at higher risk for complications because symptoms can be mistaken for other health issues.

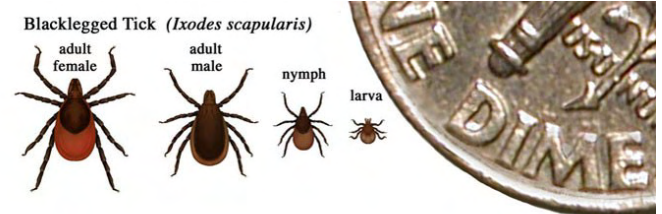
Common Symptoms: Fever, chills, fatigue, headache, muscle aches, joint pain or swelling, and a rash that looks like a bull's-eye.

To protect yourself:

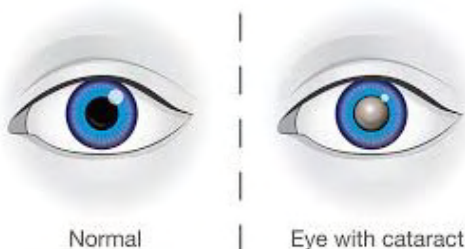
- Check your skin and clothing for ticks after spending time outside.
- Remove attached ticks safely using fine-tipped tweezers.

- Wear light-colored clothing, long sleeves, long pants, socks, and closed-toe shoes.
- Tuck your shirt into your pants, and your pant legs into your socks.
- Tie back long hair or wear a hat.
- Consider using insect repellents that are effective against ticks.
- Learn the symptoms of Lyme disease so you can act quickly if they appear.

For more information about preventing Lyme disease and other tick-borne illnesses, visit the [New York State Department of Health](#).



June is Cataract Awareness Month



Cataracts are the leading cause of vision loss in older adults. They make the lens of the eye cloudy, causing blurry vision, glare, faded colors, and trouble seeing at night. Cataracts develop slowly but can be treated with surgery, often restoring clear vision. Early detection is key.

Tips for healthy eyes:

- Get regular eye exams, especially after age 60.
- Wear sunglasses to block UV rays.
- Eat plenty of fruits and vegetables.
- See your eye doctor if your vision changes.

This June, check your eye health to stay active, safe, and independent.

Learn more: aao.org/eye-health/diseases/what-are-cataracts

May is National Stroke Awareness Month

If you think someone may be having a stroke, call 9-1-1 right away. Quick care can save their life and lower the chance of long-term disability. Use “FAST” to remember the most common warning signs.



ACT FAST AT ANY SIGN OF A **STROKE**

F Face droop
A Arm weakness
S Speech difficulty
T Time to call 911

Think someone is having a stroke? Call 9-1-1 right away!

F = Face: Ask them to smile. Does one side of their face droop?

A = Arms: Ask them to lift both arms. Is one arm weaker or drifting down?

S = Speech: Is their speech slurred or hard to understand?

T = Time: Time matters. Note when symptoms start and call 9 1 1 immediately. Anyone with stroke symptoms should go to the hospital in an ambulance.

A stroke happens when blood can't reach the brain. Without oxygen, brain cells start to die. Treatment exists, but every minute counts. Often, someone else must notice the signs and call 9-1-1.

Are you at risk? You can lower your chance of having a stroke. Talk to your doctor about things like high blood pressure, cholesterol, smoking, obesity, and diabetes.

For more information about stroke warning signs, treatment, and awareness, visit the [New York State Department of Health](#).



Become a Volunteer Coach for A Matter of Balance

A Matter of Balance (MOB) is an 8-week series designed to help people manage concerns about falls and increase activity. The program meets once a week for two hours and is led by trained coaches. Coaches help participants become more confident in managing falls, identify ways to reduce falls, and lead simple exercises to increase strength and balance.

What does it take to be a coach?

- Strong communication and people skills
- Ability to lead a group of 10-15 older adults
- Comfortable leading low-to-moderate exercises
- Attend and teach all scheduled classes
- Ability to lift or carry up to 20 pounds

Perks of being a coach:

- Gain experience leading exercises
- Mileage reimbursement for driving to and from classes
- Interact with your community

For more information about becoming a volunteer coach, contact MOB Master Trainer Michelle Kleinman at the Rockland County Department of Health at 845-364-3612.

Sun Safety for Older Adults

Summer is a great time to enjoy the outdoors, but the sun can be strong. Older adults can get sunburned or overheat more easily. With a few simple steps, you can comfortably spend time outside.

- **Sunscreen:** Use SPF 30 or higher. Reapply every 2 hours.
- **Clothing:** Wear thin long-sleeved shirts, a wide-brimmed hat, and sunglasses.
- **Shade:** Stay in the shade when the sun is strongest (10 am–4 pm).
- **Water:** Drink plenty of water to stay hydrated.
- **Check your meds:** Some medications make you more sensitive to the sun. Ask your doctor.

Enjoy the summer while keeping safe in the sun!

STAY UP-TO-DATE ON IMPORTANT INFORMATION FROM THE HEALTH DEPARTMENT!

Facebook: Rockland County Department of Health

Instagram: rocklandhealth

X: rockhealth

Or visit our website: <https://rcklnd.us/RCDOH>

NUTRITION

Simple Recipes for Every Day

A little crispy, super fast, and ultra-healthy, easy roasted zucchini with Parmesan really hits the spot. With just a few simple ingredients, a delicious side dish is only 10 minutes away.

Roasted Zucchini with Parmesan

Serves: 4

Prep Time: 5 min

Cook Time: 10 min

Ingredients

- 2 medium zucchini, cut into ½-inch-thick rounds
- 2 tablespoons olive oil
- ½ teaspoon sea salt (optional)
- ½ teaspoon freshly cracked black pepper
- 1 teaspoon garlic powder
- ½ cup grated Parmesan cheese

Instructions

1. Preheat the oven to 450°F with a rack in the center position.
2. In a large bowl, toss the zucchini with the olive oil, salt, pepper and garlic powder.
3. Arrange on a rimmed sheet pan in a single layer, top with the Parmesan cheese and bake for 5 minutes. Turn the oven broiler to high. Continue to bake until the cheese is golden brown and the zucchini is tender, about 2-3 minutes.

Recetas sencillas para todos los días

Ligeramente crujientes, súper rápidas y ultra saludables, estas calabacitas al horno con queso parmesano son realmente irresistibles. Con solo unos pocos ingredientes sencillos, tendrás una guarnición deliciosa lista en solo 10 minutos.

Calabacines al horno con parmesano

Porciones: 4

Tiempo de preparación: 5 min

Tiempo de cocción: 10 min

Ingredientes

- 2 calabacines medianos, cortados en rodajas de 1.5 cm (½ pulgada) de grosor
- 2 cucharadas de aceite de oliva
- ½ cucharadita de sal marina (opcional)
- ½ cucharadita de pimienta negra recién molida
- 1 cucharadita de ajo en polvo
- ½ taza de queso parmesano rallado

Instrucciones

1. Precalienta el horno a 230°C (450°F) con la rejilla en la posición central.
2. En un tazón grande, mezcla los calabacines con el aceite de oliva, la sal, la pimienta y el ajo en polvo.



3. Distribuye las rodajas en una bandeja para hornear con bordes en una sola capa, cubre con el queso parmesano y hornea por 5 minutos. Cambia el horno a la función de asar (broiler) a temperatura alta. Continúa horneando hasta que el queso esté dorado y los calabacines estén tiernos, aproximadamente de 2 a 3 minutos.

Reference: <https://themodernproper.com/roasted-zucchini-with-parmesan>

- ROCKLAND COUNTY OFFICE OF CONSUMER PROTECTION -

Door-to-Door Repair Scams: What You Need to Know This Spring

by Helena Smith, Consumer Protection Program Manager

As winter fades and spring arrives in Rockland County, many homeowners begin tackling yard clean-up and addressing damage caused by snow, ice, and harsh weather. While this is a natural and productive time to make repairs, it is also the season when door-to-door repair scams increase. Unfortunately, along with blooming flowers and warmer days, dishonest contractors begin targeting residents, particularly older adults.

The Rockland County Office of Consumer Protection has seen a rise in complaints involving unsolicited home repair offers. Scammers may knock on your door claiming they were “just working in the neighborhood” and noticed an issue with your property, such as cracks in your driveway, loose shingles on your roof, or damage to your chimney. They often claim to have “leftover materials” and offer to complete the job quickly at a discounted price. However, these offers are almost always too good to be true.

Common scam scenarios include driveway paving crews, sometimes called “gypsy pavers,” who offer to pave your driveway with leftover asphalt, or roofing contractors who claim your home has urgent damage that must be fixed immediately. These individuals typically demand cash payments upfront, refuse to provide written estimates, and cannot show proof of licensing or insurance. In many cases, they either perform poor-quality work or disappear entirely after receiving payment.

High-Risk Indicators to Watch For:

- Unsolicited knocks on your door offering repair services
- Claims of “leftover materials” from a nearby job
- Pressure to act immediately or warnings of urgent safety hazards
- Requests for cash-only payments, especially upfront
- No written estimate, contract, or proof of license
- Statements that permits are “not needed”
- Refusal to provide references or verifiable business information

These tactics are designed to create panic and urgency, making it difficult to think clearly or ask questions. Scammers rely on the pressure of the moment, hoping you will agree before having a chance to verify their credentials or consult a trusted friend or family member.



Best Practices to Protect Yourself:

Avoid opening your door to strangers. Use a doorbell camera or speak through a closed door.

- Ask for identification and independently verify the company by calling a listed number, not one provided by the solicitor.
- Do not feel pressured to make an immediate decision. Legitimate contractors will give you time.
- Always obtain 2–3 written estimates before agreeing to any work.
- Verify that the contractor is properly licensed with the Rockland County Office of Consumer Protection.
- Never pay the full amount upfront, and avoid cash payments.
- Do not sign contracts on the spot. Take time to review all documents.
- Ask for proof of insurance and check local references and online reviews.

Remember: reputable contractors typically do not solicit work door-to-door. If someone shows up uninvited offering repairs, it is a major red flag.

When in doubt, reach out. If you feel pressured or unsure, contact the Rockland County Office of Consumer Protection before agreeing to any work.

Phone: (845)364-3901

Email: CPLCAL@co.rockland.ny.us

Nutrition's Role in Memory Function

by Raghunath M. Mehta, M.D.

The Profound Link Between Nutrition and Memory

The human brain is a metabolic powerhouse. Despite accounting for only about 2% of total body weight, it consumes roughly 20% of the body's energy. Because the brain is constantly remodeling itself—a process known as neuroplasticity—the quality of the “building blocks” provided through diet directly dictates how effectively we encode, store, and retrieve information. The relationship between nutrition and memory is not merely about preventing deficiency; it is about optimizing the biochemical environment for cognitive longevity. This is an evolving science and work in progress.

The Architecture of Memory

At the structural level, memory relies on the integrity of neurons and the fluidity of their membranes. The brain is nearly 60% fat, making the intake of healthy lipids crucial.

Omega-3 Fatty Acids: Specifically DHA (docosahexaenoic acid), these are essential for maintaining the structural integrity of brain cells. They facilitate the movement of neurotransmitters across synapses, which is the physical basis of forming a new memory.

Amino Acids: Proteins break down into amino acids, the precursors to neurotransmitters like acetylcholine, which is intimately linked to focus and memory consolidation.

The Role of Glucose and the “Sugar Crash”

The brain's primary fuel source is glucose. However, the delivery of that fuel is what determines memory performance.

Complex Carbohydrates: Foods with a low glycemic index (like whole grains, legumes, and vegetables such as sweet potatoes, corn, beans and peas) provide a steady stream of energy. This stable supply supports the hippocampus, the region of the brain responsible for converting short-term memories into long-term ones.

Simple Sugars: Conversely, a diet high in refined sugars leads to rapid insulin spikes. Research suggests that chronic high-sugar intake can lead to insulin resistance in the brain, impairing synaptic plasticity and contributing to “brain fog” or accelerated memory decline.

Micro-Management: Antioxidants and Micronutrients

Memory loss is often a byproduct of oxidative stress—essentially “rust” that accumulates in the brain due to free radicals. Nutrition acts as the primary defense mechanism against this biological wear and tear.

Flavonoids: Found in berries, dark chocolate, and green tea, these compounds have been shown to accumulate in the hippocampus, enhancing the connections between neurons and improving blood flow to the brain.



B Vitamins: Vitamins B6, B12, and folic acid help manage levels of homocysteine. High levels of this amino acid are linked to an increased risk of cognitive impairment and Alzheimer's disease.

Vitamin E and C: These antioxidants work in tandem to protect the fatty membranes of brain cells from oxidation.

The Mediterranean Diet

It is strongly associated with better memory, slower cognitive decline, and a lower risk of Alzheimer's disease. Rich in plants, healthy fats, and fish, it boosts brain health. Studies show that high adherence can reduce dementia risk by up to 35% and offer structural brain benefits.

The Gut-Brain Axis

Emerging science highlights the gut-brain axis, a bidirectional communication line via the vagus nerve. The microbiome—the trillions of bacteria in our digestive tract—produces many of the same neurotransmitters used by the brain. A diet rich in fiber and fermented foods (probiotics) fosters a healthy microbiome, which has been linked to lower levels of neuroinflammation and sharper memory recall.

Conclusion

The old adage “you are what you eat” is perhaps most literal when applied to the brain. While genetics play a role in cognitive health, nutrition provides the daily intervention necessary to protect the brain's delicate machinery. By prioritizing a diet rich in healthy fats, steady glucose sources, and high-potency antioxidants, we provide the hippocampus and prefrontal cortex with the tools required to keep our past accessible and our future sharp. Memory, in essence, is a biological process that is only as strong as the fuel we provide it.

Caring for the Caregiver

from caregiver.com



Being a caregiver is a stressful and demanding job. There is usually very little, if any, opportunity to prepare for a new caregiving situation. The well-being of the caregiver requires priority consideration. Thought must be given to the fate of the care recipient if the caregiver becomes unable to continue with caregiving responsibilities. Caregivers are susceptible to depression, illness, physical exhaustion, and emotional exhaustion. Any of these conditions will easily interfere with a person's ability to be an effective caregiver.

Caregiver Best Practices & Support

- Become informed about the care recipient's health issues and any expected changes in behavior.
- Accept the facts and deal with your situation the best that you can.
- Seek professional help whenever necessary.
- Share the burden of caring and caregiving with family members and other interested persons.
- Talk about your problems with a trusted person.
- Don't be too shy, proud, or afraid to seek help with caregiving.
- Become aware of the limits of your caregiving abilities.
- Maintain social activities and important relationships.
- Get away from the responsibilities from time to time.
- Pace yourself. You may be responsible for caregiving for many years.
- Work off anger with physical activity.
- Plan ahead to avoid crises where possible.
- Live one day at a time.
- Recognize the worst-case scenario, but hope for the best.
- Join a family support group.
- Keep your sense of humor.

Older Americans Month 2026

Every May, ACL leads the nation's observance of Older Americans Month, a time to recognize older adults' contributions and reaffirm our commitment to supporting their health and independence.

The 2026 theme, *Champion Your Health*, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions. This year, we are focused on evidence-based approaches, self-management, caregiver roles, and community partnerships that empower individuals to lead healthy lives.

OAM History

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as

“Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities. Visit the [Administration for Community Living](#) for more information.

**OLDER
AMERICANS
MONTH**



CHAMPION YOUR HEALTH: MAY 2026



PRESENT

SENIOR DAY!



TUESDAY, MAY 12, 2026

GATES OPEN 9:30 AM | GAME STARTS 10:30 AM



HOME OF THE



1 Phil Tisi Way, Pomona, NY 10970

JOIN US FOR A DAY OF FUN!

BASEBALL GAME • VENDOR TABLES • FOOD • FRIENDS

All seniors* will receive a free ticket and food voucher for a hot dog and a bottle of water.

Tickets are limited.

*For Rockland County residents, 60 years of age and over.

Call the Rockland County
Office for the Aging to reserve your ticket.

845-364-2100

This event is provided by the Rockland County Office for the Aging and has been funded, in whole or in part, by grants from the New York State Office for the Aging (NYSOFA), and/or the Administration on Aging (AOA), and/or the Administration for Community Living (ACL). Nothing herein is intended to, nor should it be construed as, an endorsement by the State of New York.

If you would like to request a reasonable accommodation to participate, please let us know.