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OLDER AMERICANS MONTH PAYS TRIBUTE TO MINNESOTA SENIORS

St. Paul, Minn. – Minnesota Governor Tim Pawlenty has proclaimed May as Older Americans Month for the state of Minnesota, giving recognition to the fact that older Minnesotans are getting more from their lives and giving more to their communities. Throughout the month of May, communities are encouraged to pay tribute to Minnesota seniors and celebrate the theme: “Celebrate Long-Term Living.”

The Minnesota Board on Aging and the Area Agencies on Aging Network serving Minnesota report that advances in medicine, public health, science and technology are keeping Americans healthier and adding years to their lives. According to Jim Varpness, executive director, Minnesota Board on Aging, “Older persons are not only adding years to their lives, they are also improving the quality of their lives. Programs serving Minnesota seniors have evolved to help support and maintain the active lifestyle of seniors today. Studies show that staying physically active, eating right and getting regular health screenings can help prevent or delay many diseases and disease-related disabilities.”

One in six Americans -- 44 million people -- is 60 years of age and over. More than 600,000 Minnesotans are over the age of 65. In accordance with the Older Americans Act established by the U.S. Administration on Aging within the Department of Human Services, the Minnesota Board on Aging and the Area Agencies on Aging (AAA) provide information and access about a variety of topics including Medicare, prescription drugs through RxConnect™, community services that can help seniors remain in their homes and overall ways to age well and live well. Senior LinkAge Line® is the primary access point for older Minnesotans and their families. The Senior LinkAge Line® connects people to resources and information statewide. Other programs of the Minnesota Board on Aging include the Office of the Ombudsmen for Older Minnesotans, which works to enhance the quality of life and services for consumers by

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investigating concerns, resolving disputes and advocating for reform in the health care and social services delivery systems.

For more information about the Older Americans Month proclamation, services for seniors and their families, or personal stories of Minnesota seniors and their contributions to communities, go to www.mnaging.org or contact Senior LinkAge Line® at 1-800-333-2433.

For information about services for all Minnesotans, go to the following Web site: www.minnesotahelp.info