

TOP THREE

APRIL 2024

Area Agency on Aging District 7



Welcome to our April 2024 news e-blast - sharing our "Top Three" focus items for this month. As always, reach out to us with any questions and follow us on our social media platforms!

1

April is Occupational Therapy Month

Occupational Therapy (OT) enables people of all ages to participate in daily living. It is a focus on the things you want and need to do in your daily life. OT intervention uses everyday life activities (occupations) to promote health, well-being, and your ability to participate in the important activities in your life. This includes any meaningful activity that a person wants to accomplish, including taking care of yourself and your family, working, volunteering, going to school, among many others. The AAA7 and the Shawnee State University Occupational Therapy (OT) Program recently joined together to provide community education through a series of in-person presentations that took place in several counties throughout the AAA7's ten-county district. The series focused on the benefits of Occupational Therapy, low impact exercises that can improve strength and mobility, available adaptive equipment, as well as further education on community resources that can help individuals stay in their home and community. The presentation was conducted by graduate students in the Occupational Therapy Program at Shawnee State University. It served as a wonderful way to support students in their education as well as provide the community with important and beneficial information that can support their health and well-being. Thanks to the students and their professors for continuing to partner with us on important community education projects!



2

Art Show 2024

Dates have been set for this year's Senior Citizens Art Show! This year will be even bigger with a longer-running Art Show, allowing more opportunities for the community to view artwork by local seniors. We'll be back at Bristol Village in Waverly this year with a special Kick-Off taking place September 23rd. Art will remain up until our Art Show Tea to close the event on October 18th. Stay tuned for more information and an application to participate that will be shared soon. To have your name added to our mailing list, call 1-800-582-7277, ext. 22224, or email info@aaa7.org.



3

Kroger Community Rewards Program

Did you know the Area Agency on Aging District 7 is a part of the "Kroger Community Rewards" program? Simply "enroll" the Area Agency on Aging District 7 through your Kroger loyalty card and you'll be helping the AAA7 earn money to support programs that help our communities age better! If you have a loyalty card, go to kroger.com, log in to your account, select "Community Rewards" and choose "Area Agency on Aging District 7". Click "Enroll" and the process is complete and simple!

