



NEWS COLUMN – Area Agency on Aging District 7, Inc.

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New Year, New Focus

by Jamie Herrmann, Executive Director

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Every year in January, marketing campaigns run wild trying to sell programs and products to help individuals meet the infamous New Year’s resolution. One of the more popular pitches, “New Year, New You” always catches my attention. Short, sweet, to the point. In reality, it’s not really about becoming a “New You”, rather finding a new focus. Evaluating what is important to you and what gives your life meaning is a wonderful practice for the new year. Conversely, realizing your gaps to fulfillment is equally helpful. By focusing on improvement, you set yourself up for a more satisfying year. The Area Agency on Aging District 7 (AAA7) has many ways that we can help support your focus in 2026.

If health is your focus, we offer a selection of wellness classes in various counties including Bingocize®, Matter of Balance, and Tai Chi for Arthritis and Fall Prevention. All these programs are designed to improve flexibility, balance and strength, not to mention the positive impacts that exercise is shown to have on mental health. Who doesn’t want to move easier with less pain and stiffness while feeling more confident and stronger when participating in the activities we love?

What if organization is your focus for this year? You may be working to get your legal affairs in order and ensure your estate is properly managed when the time comes. The AAA7 works with local organizations to connect individuals with legal consultants who specialize in senior issues. Documents such as a will and Power of Attorney are essential for supporting your loved ones during difficult times. They allow you to clearly outline your preferences before important decisions need to be made.

If involvement is something you have been considering, we have great opportunities! Whether you are seeking a support group to connect with other caregivers or looking for volunteer opportunities to give back, we’ve got you covered. The AAA7 offers opportunities to volunteer through our Advisory Council and Board of Trustees, along with our Volunteer Ombudsman Program that advocates for individuals receiving long-term care services at local nursing homes and assisted living facilities. Volunteering can make such a difference in the lives of others.

If you are interested in any of these programs, or other ways to strengthen your focus for 2026, contact the AAA7 at 1-800-582-7277 or email info@aaa7.org. Happy New Year!