

PRESS RELEASE

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Engage at Every Age: Senior Expo Celebrates Older Americans Month

MONTICELLO, NY— Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Cornell Cooperative Extension Sullivan County's Caregiver Resource Center and Older Adult Transitional Support (OATS) celebrate Older Americans Month at the annual Senior Exposition on Wednesday, May 23, 2018. This FREE event will be held from 10:00 am to 1:00 pm at the Monticello Firehouse on 23 Richardson Avenue in Monticello. Guests can participate in interactive activities, health screenings, demonstrations, and informational tables representing agencies in the aging field. Giveaways and refreshments will be provided.

The Senior Expo will feature a special forum panel, moderated by Amy Hines-Forshay, senior vice president at The Alford Group, including the following speakers:

- Lawrence Force, gerontologist, professor of psychology, and director of the Center on Aging & Policy at Mount Saint Mary College
- Sandi Rowland, executive director of Sullivan 180, a new non-profit committed to improving health and wellness in Sullivan County
- Caryn Mathews, Sullivan County project director for Retired Senior Volunteer Program (RSVP) and previous Public Health Services' health educator and assistant program director at SullivanArc
- Al Frangipane, retired supervising clerk of the NYS Supreme Court Criminal Division and president of Bethel Lions Club
- Lisa M. Lyons, owner of Morgan Outdoors, a unique outdoor store on the edge of the Catskills.

Building Strong and Vibrant New York Communities

Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

This event is free to the public. Registration is requested in advance by visiting www.sullivancce.org, emailing sullivan@cornell.edu, or calling CCESC at 845-292-6180. In the event of special needs, the public should contact the CCESC office.

This co-partnered program between Cornell Cooperative Extension and Office for the Aging of Sullivan County is supported by a grant from the NYS Office for the Aging's Caregiver Program.

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