

Participating Agencies

- Area Agency on Aging
 - United Seniors of Athens Co
 - Ohio State Highway Patrol
 - Red Cross of Southeastern Ohio
 - Athens Co Emergency Management Agency
 - Athens Co 9-1-1
 - Athens Co EMS
 - Athens Co Sheriff's Office
 - COAD
 - HACAP
 - City of Athens Police Dept
 - City of Athens Fire Dept
 - Athens Co 2-1-1
 - Ohio Fire Marshall's Office
 - Ohio Department of Public Safety
 - Veterans Administration
 - Disaster Animal Response Team
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Athens County Senior Safety Day

Thursday, May 21, 2015

10AM to 2PM

Athens County Fairgrounds
286 West Union Street
Athens, Ohio



SENIOR SAFETY DAY

May is Older Americans Month across the nation. Athens County is highlighting this celebration with Athens County Senior Safety Day on Thursday, May 21st at the Athens County Fairgrounds.

Many groups from around Athens County have been working for months to plan a fun and informational event for everyone.

Would you like to be sicker or frailer? Of course not! Did you know that what you do to and for yourself throughout your lifespan has a greater impact on your wellbeing than genetics. Even as your abilities change with age, there is ALWAYS something you can do to be healthier, keep chronic conditions in check and live "Well Beyond 60!"



Take control of your health - According to the National Council on Aging, nearly three out of four older adults have a chronic health condition, such as diabetes, arthritis, high blood pressure and lung disease. If left unchecked, these conditions can limit independence and lower your quality of life. But evidence has shown that individuals can successfully manage these conditions and live a healthy life.

Take control of your safety - According to the Ohio Department of Health, falls are the leading cause of injury-related emergency room visits, hospitalizations and deaths among older Ohioans. One in three older adults will fall this year. However, falls are not a normal part of aging and most falls can be prevented with minor changes to your home, health and habits.

Continue to grow, thrive and contribute - There are more than 2.3 million Ohioans age 60 or older and another two million baby boomers living in our state today, comprising more than 40 percent of our state's total population. Our Golden Buckeyes have much to contribute by sharing their knowledge and experiences, mentoring younger generations, learning new skills and remaining in or returning to the workforce. Plus, older adults who stay active through volunteering and other activities see improved physical and mental health, according to the Corporation for National and Community Service.

INFORMATION & SERVICES

- Door Prizes
- Free Give-A-Ways
- Medical Screenings
- Vehicle Safety Inspections
- Emergency Preparedness
- Special Needs & Mass Transportation
- Home Safety
- Crime Prevention
- Regional Senior Resources
- Lunch



For information visit our Web site:
<http://www.athensema.org> or call
(740) 594-2261