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**Thank you for #taking5 this  
September**



September was Healthy Aging Month and Hunger Action Month. This month, we invited the community to join us in celebrating positive aging and working towards a healthier community during our Take 5 Campaign.

Each year, Healthy Aging Month focuses national attention on the positive aspects of growing older. It's never too late to find a new career, a new sport, passion, hobby, or work on improving your health.

Hunger Action Month is a time when people all over America stand against hunger. Sharing, volunteering, pledging to advocate, fundraising, and donating are all ways to take action throughout the month.

Thank you to all of the individuals and organizations who shared inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social, and financial well-being.

**Community partners who took on the #take5 challenge include Valor Home, Akron Community Foundation, United Way of Summit and Medina County, Q92 and Nikolina Midday Diva, Direction Home Akron Canton Area Agency on Aging, GettingWiser.org, Summit County Probate Court, Western Reserve Hospital, and Akron Municipal Court.**

Your support for healthy aging means so much to our community!

[Read More](#)

**It's never too late to give back to those who need it most!**



Donate \$5

Donate \$25

Donate \$50

#take5 for Healthy Aging



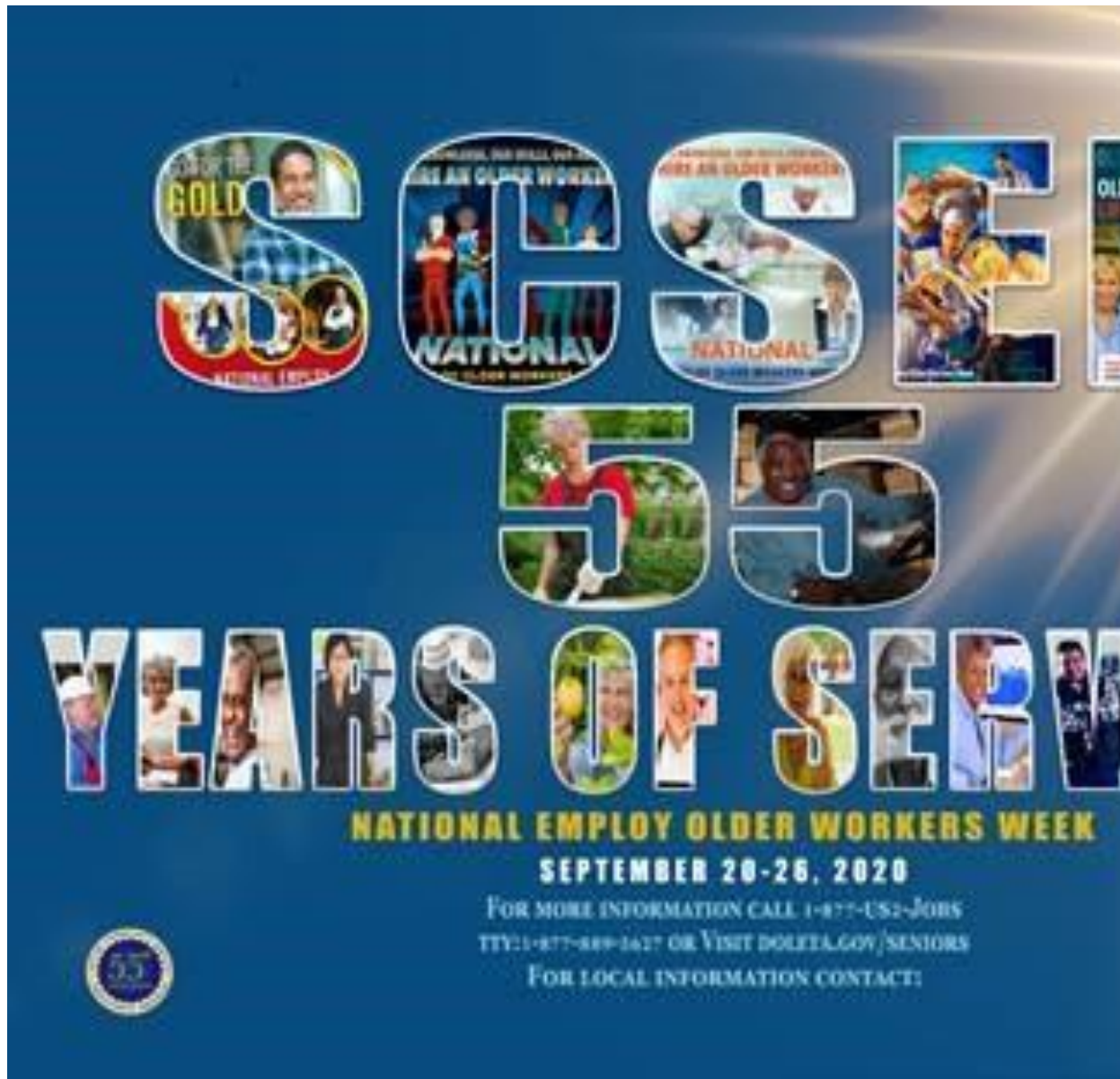


## How Older Adults Can Find the Right Volunteer Opportunity

Over 11 million Americans age 65 and older volunteer each year. Their efforts are crucial to meet a variety of needs in communities across the nation. And, the need for volunteer support only continues to rise.

Could you use your time and talents to help your neighborhood thrive? Here's how older adults can get started volunteering in their communities.

[Learn More](#)



## **Recognizing Employ Older Workers Week September 20-26**

National Employ Older Workers Week, held annually the last full week of September, recognizes the vital role of older workers in the workforce. National Employ Older Workers Week aims to increase awareness of this labor segment and develop innovative strategies to tap it.



It also showcases the Senior Community Service Employment Program (SCSEP), which provides on-the-job skills training to individuals 55 or older with limited financial resources. Since its inception, SCSEP has helped over one million older Americans enter the workforce.

[Learn More](#)



## 5 Tips for Fall Prevention

September is also Fall Prevention Month. Because 1 out of every 4 Americans age 65 and up fall each year, it's important for you and your loved ones to know how to prevent and manage falls.

Take some time this month to learn about your risk factors and prevent falls.

[Learn More](#)

## Volunteer Spotlight

Thank you to our Retired and Senior Volunteer Program volunteers, Jeanne, Linda, and Ruth, for making cards of encouragement to send to community members in need of positive words!



## Standing Up Against Hunger

This September, our Meals On Wheels program recognized Hunger Action Day by wearing orange. Thank you to all of the amazing volunteers

who helped deliver meals to local seniors. We couldn't do this work without you!



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