



PRESS RELEASE

For Immediate Release
May 2, 2013

Contact: Hank Page
hankpage@scstatehouse.gov
803-734-2080

Lieutenant Governor McConnell Recognizes May as Older Americans Month

COLUMBIA, S.C. - Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month, a proud tradition that demonstrates our nation's commitment to celebrating the contributions and achievements of older Americans. On Tuesday, May 7, 2013, Older Americans Month will be celebrated with a Senior Expo and Fun Day to be held from 10:00 a.m. until 2:00 p.m., at Hyatt Park, located at 950 Jackson Avenue, in Columbia.

Hosts for the event are the City of Columbia Parks and Recreation and the Lieutenant Governor's Office on Aging, and sponsors and other contributing organizations of the event include: Blue Cross Blue Shield of South Carolina, Absolute Total Care, the South Carolina Beverage Association, Senior Catering, the Lexington County Recreation and Aging Commission, The Fresh Market, Kroger on Forest Drive, Long's Drugstore on Millwood, and Hawthorne Drugstore.

This free event is open to the public and will promote wellness and recreation through events such as exercise classes, screenings by Palmetto Health and the Benefit Bank of South Carolina, and healthy cooking demonstrations by Whole Foods Market. Additionally, workshops will be provided by Prevention Partners and the Hyatt Park Line Dancers. Gift bags will be given away to the first 200 seniors, and "Senior Power" buttons will also be distributed to all seniors at the expo. A complimentary lunch will be provided to attendees.

This year's Older Americans Month theme - *Unleash the Power of Age!* - emphasizes the important role of older adults. "All across South Carolina, I have observed the recurring theme of 'Seniors Helping Seniors.' This event provides the perfect opportunity to show our appreciation for older adults who have contributed so much to our state throughout their lives," says Lieutenant Governor Glenn McConnell. "While we are kicking-off the recognition in Columbia, I want to encourage regional offices throughout our state to show their appreciation for older Americans in their respective communities." Governor Haley and Mayor Benjamin of Columbia have also recognized the many contributions of senior adults by proclaiming May as "Older Americans Month."

While the Lieutenant Governor's Office on Aging and the Aging Network provide services, support, and resources to older South Carolinians year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most admired citizens. We have many reasons to celebrate them.

For more information on the event, contact Joan Sorensen at 803-545-3091 or Malerie Simons at 803-734-5186.

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