



AGE MY WAY: MAY 2022

## May is Older Americans Month

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

To commemorate the importance of this month, **Kitsap County Aging and Long Term Care** is offering free virtual events to older Americans, family, caregivers and supports. Follow along throughout the month to find resources on aging in place. See additional info below to register for events. Camera and microphone are optional.

After registering you will receive an email with information about how to attend on the day of the event. You may use the provided link to join online via the internet or the phone number to call in and enter the meeting.

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### Information and Assistance: What’s Out there for Seniors in Kitsap County?

May 17th 1:00—2:00

**Registration Link:** <https://us06web.zoom.us/meeting/register/tZwkf-qvqjorE9HPV8gF70047B8csDhcd5qq>

**Phone:** 253-217-8782 **Meeting ID:** 889 8374 1195 **Passcode:** 707671

**Presenters:** Stacey Smith, Administrator and Jason Doty, Program Supervisor with Kitsap County Aging and Long Term Care  
**Join us for an overview of programs intended to support senior citizens, adults with disabilities and caregivers**

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### Age My Way: Empowerment Through Better Brain Health

May 18th 11:00—12:30

**Registration Link:** <https://us06web.zoom.us/meeting/register/tZ0qdO6gpjMvH9x5uD6pCG15xMIQF4cSMUTb>

**Phone:** 253-217-8782 **Meeting ID:** 897 3788 8558 **Passcode:** 592913

**Presenter:** Denise Hughes MSN, RN, GMHS, Dementia Specialist with Kitsap County

**Topics will include in-home safety, legal support options and tips on having difficult discussions with individuals with dementia. Additional topics include causes of poor brain health and proactive steps you can take to keep your mind sharp.**

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### Aging at Home: What Should I Know?

May 24th 2:00—3:30

**Registration Link:** <https://us06web.zoom.us/meeting/register/tZUofuGtrzljGNNxQRWmG1i-qjZrLNjLwhwY>

**Phone:** 253-217-8782 **Meeting ID:** 815 9851 9927 **Passcode:** 480060

**Presenters:** Jason Doty, Program Supervisor and Laura Daley, I&A Case Manager with Kitsap County Aging and Long Term Care

**This presentation provides an overview of tips for in-home safety, emergency planning and community resources for individuals looking at aging at home.**

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### AARP Cybersecurity Presentation

May 26, 2022 1:00—2:30

**Registration Link:** <https://us06web.zoom.us/meeting/register/tZwtceysrzMrGNDokRYzhQAerbkD8MwS5JS->

**Phone:** 253-217-8782 **Meeting ID:** 880 6541 8124 **Passcode:** 535453

**Presented by:** AARP Volunteers

Visit [www.agingkitsap.com](http://www.agingkitsap.com) for event registration links and video library in May

For questions or help registering, call 360-337-5700, 1-800-562-6418 or Email: [seniorinfo&asst@co.kitsap.wa.us](mailto:seniorinfo&asst@co.kitsap.wa.us)

