

# OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

## May is Older Americans Month

This year's National theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by creating our own paths.

In recognition of this month, **Kitsap County Aging and Long Term Care** is offering free virtual and in-person events to older persons, family, caregivers, and supports.

- Virtual events: Registration is required for zoom events. Information is noted below.
- In-Person events do not require registration.

---

### What does Kitsap Aging Information and Assistance offer me?

**May 3rd 3:00—4:15pm**

**Zoom Registration Link:** <https://us06web.zoom.us/j/83196563959?pwd=S3pleXIXNE4vLytzRVU1YzVCZ256Zz09>

**Phone:** 253-205-0468 **Meeting ID:** 831 9656 3959 **Passcode:** 799902

**Presenters:** Jason Doty, Program Supervisor and Alyssa Mimiaga, Case Manager 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**

---

### How do I keep my brain healthy as I age?

**May 9th 12:00—1:00pm**

**In-Person Location:** Silverdale Library, 3650 NW Anderson Hill Rd, Silverdale WA 98383, located in the Salish Room

**Presenter:** Jennifer Calvin Myers with Kitsap County Aging and Long Term Care

**Topics will include an overview on healthy aging and how to properly dispose of medications.**

---

### What can Puget Sound Energy do for me?

**May 10th 10:00—11:00am**

**Zoom Registration Link:** <https://us06web.zoom.us/j/83067212700?pwd=K2ZBWKNoZGRqT1M5V3BmRW95QlIMUT09>

**Phone:** 253-205-0468 **Meeting ID:** 830 6721 2700 **Passcode:** 346335

**Presenter:** Maria Dozeman, Outreach Manager with Puget Sound Energy

**This presentation covers programs available through Puget Sound Energy to help cover the cost of power bills, other Puget Sound Energy help programs, and ideas on making your home more energy efficient.**

---

### My loved one has Dementia: Now What?

**May 16th 1:00—2:00pm**

**In-Person Location:** Silverdale Library, 3650 NW Anderson Hill Rd, Silverdale WA 98383, located in the Salish Room

**Presented by:** Mari Van Court MSN-FNP, RN

**This presentation will provide insight into the "Dementia Umbrella," the 4 main types of dementia, followed by a Q&A session.**

---

### Medicare: What do I not know?

**May 23rd 12:00—1:15pm**

**In-Person Location:** Port Orchard Library, 87 Sidney Ave, Port Orchard WA 98366 in the Community Room

**Presented by:** Peninsula Community Health State Health Insurance Benefits Advisors (SHIBA) Team

**This presentation will provide insight into different Medicare plans, timelines, and Medicare Advantage Plans.**

---

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

For questions or help registering, call 360-337-5700, 1-800-562-6418 or Email: [SeniorInfo@Kitsap.gov](mailto:SeniorInfo@Kitsap.gov)

