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## Governor Whitmer proclaims August 21 as Older Michigander Day

LANSING, Mich. – Gov. Gretchen Whitmer, in partnership with the Michigan Department of Health and Human Services (MDHHS), is celebrating the state's more than 2.4 million adults aged 60 years and older by proclaiming Aug. 21 as <u>Older Michigander Day.</u>

Michigan residents are living longer, healthier lives — and Michigan currently has more residents over age 60 than under the age of 18.

"Our elder citizens indeed constitute the brain trust of the state. Promotion of Age-Friendly infrastructure in communities everywhere promotes connectivity between generations and underscores the benefit of interdependence. Gubernatorial recognition is appropriate and valued," Says Lynn Kellogg, Region IV Area Agency on Aging CEO.

"Our state is committed to supporting older adults by ensuring there are opportunities available in local communities to help them stay engaged, maintain their health and independence and live where they want to live and thrive with age," said Governor Whitmer. "We encourage Michiganders to take time this month to acknowledge the older adults in their lives and join me in thanking them for the contributions they have made to our state."

Older adults are stronger socially and economically when there is community support and recognition to provide them with resources for fulfilling life. Michigan was the first state in the Midwest and fifth in the nation to join the <u>AARP/World Health Organization</u> <u>Age-Friendly Movement</u>. Enrolled communities and states share the belief that communities are more livable and better able to support people of all ages when local leaders commit to improving the quality of life for the very young, the very old and everyone in between.

People of all ages benefit from the adoption of policies and programs that make neighborhoods walkable, feature transportation options, enable access to key services, provide opportunities to participate in community activities and support housing that's affordable and adaptable.

> 2900 Lakeview Avenue St. Joseph, MI 49085 (269) 983-0177 office (800) 654-2810 Info-Line www.areaagencyonaging.org



To locate services that help older Michiganders maintain their independence at home or in Berrien, Cass and Van Buren Counties, contact Region IV Area Agency on Aging at (800) 654-2810 or visit our website at <a href="http://www.AreaAgencyonAging.org">www.AreaAgencyonAging.org</a>.

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Region IV Area Agency on Aging is a non-profit organization offering comprehensive and coordinated services to assist older persons and other vulnerable adults in maintaining independence in their homes and communities.

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