



East Central Planning & Development District

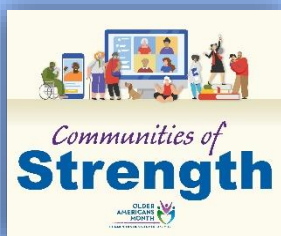
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East Central Planning & Development - District Area Agency on Aging Newsletter

May 2021

May is Older Americans Month

“ACL is pleased to announce that the theme of Older Americans Month (OAM) 2021 is Communities of Strength. Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others”



Source: <https://acl.gov/news-and-events/announcements/older-americans-month-2021-communities-strength>

White House issues proclamation on Older America’s Month 2021.



Photo by David Everett Strickler on Unsplash

Read the proclamation from President Biden at <https://www.whitehouse.gov/briefing-room/presidential-actions/2021/05/03/a-proclamation-on-older-americans-month-2021/>

ECPDD Walk With Ease Program



This spring, ECPDD is conducting the National Arthritis Foundation’s Walk with Ease Program. This program is designed to provide valuable health information as well as to promote an increase in physical activity. The class will run from April 19, 2021 through May 30, 2021. For more information, contact Program Leaders Damien Franklin & Monica Logan at 1-800-264-2007.

Walk with Ease participant, Lisa Robinson, takes a moment to walk during her break.



State Health Insurance Program



This program is a part of a national network of programs that offers free confidential counseling to educate and assist Medicare Beneficiaries.

Certified SHIP counselors provide eligibility screening and application assistance for

benefits and programs that help beneficiaries save money. These programs include but are not limited to:



- Part D Low Income Subsidy/ Extra Help
- Medicare Savings Program
- Medicare Preventative Benefit

If you need assistance with Medicare, please contact:

East Central Area Agency on Aging
Rosalind Jones, I&R/SHIP Coordinator
1-800-264-2007



Smith County Health Fair

On May 6, 2021, East Central Planning & Development District (ECPDD) Area Agency on Aging participated in Smith County’s Senior Citizen’s Health fair in Raleigh, MS.

Representing ECPDD were
Rosalind Jones & Claudene Hughes.

