



Older Americans Month 2014 “Safe Today.... Healthy Tomorrow....”

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation’s commitment to helping them stay healthy and active.

This year’s theme for Older Americans Month is “Safe Today. Healthy Tomorrow.” The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

“With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, such as falls; but in addition we want to educate seniors about the important topic of injury prevention through participation in our **CarFit** program,” said Jaimee Thompson, Co-Owner of Abby Services In-Home Care for Seniors.

In an effort to provide services, support and resources to older adults, the Lee County Sheriff’s Office, Abby Services In-Home Care for Seniors, Nurse On Call Home Health and the South Trail Fire Department will join forces on **May 20th, 2014 to host a CarFit event from 9 a.m. – 12p.m. at The South Trail Fire & Rescue Station located at 13500 Sophomore Lane, Fort Myers.**

“CarFit is designed to help senior drivers find out how well they *fit* their personal vehicle. The program promotes conversations about driver safety and mobility and provides tips on how to avoid the leading causes of injury,” says Stacey Payne, Community Relations Manager of the Lee County Sheriff’s Office. “From start to finish the entire check-up takes less than 30 minutes and is well worth your time,” she adds.

Additionally, there will be free health care screenings and tips on how to live a safe and healthy life. The first 30 participants at this event will receive a **FREE** heart healthy lunch provided by Emeritus at The Lakes. “Helping Americans control high blood pressure to reduce strokes and other forms of cardiovascular disease are a high priority”, said Jamie Seneca, Nurse On Call Home Health.

For more information about CarFit on May 20th, 2014, contact the Lee County Sheriff’s Office Community Relations Unit at 239-258-3280.