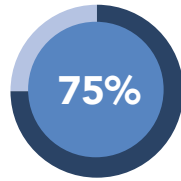
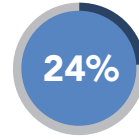


Aging is All About Living!

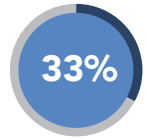
Older adults contribute wisdom and experience to our communities.



75% OF PEOPLE AGED 57 TO 85 ENGAGE IN ONE OR MORE SOCIAL ACTIVITIES AT LEAST EVERY WEEK



AGE 18-20s



AGE 88

33% OF AMERICANS REPORTED BEING VERY HAPPY AT AGE 88, VERSUS ABOUT 24% OF THOSE AGE 18 TO THEIR EARLY 20s¹

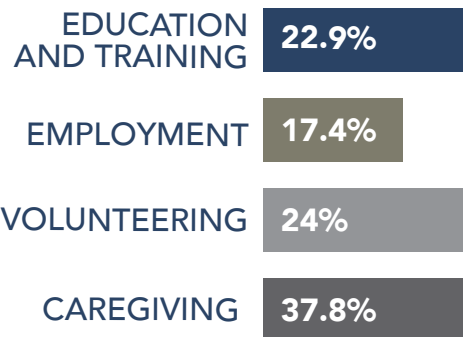
OLDER ADULTS PROVIDE:

HOW CAN WE BETTER INCLUDE OLDER ADULTS?



- BE AN EMPLOYER
- BE A FRIEND
- BE A MENTEE OR MENTOR

ADULTS AGE 65+ LEAD PRODUCTIVE ROLES IN THE COMMUNITY:



"Seniors can do anything, our recovery time is different that's all. We bring wisdom, calm, and a great attitude."

– Maria, 74, Sacramento

"We can contribute a lot. We can and do volunteer and want to attend all kinds of activities that enrich and support our communities and us."

– Jack, 68, San Diego



To learn more visit: www.C4A.info

C4A represents California's 33 Area Agencies on Aging. AAAs coordinate a wide array of services to seniors and adults with disabilities at the community level.

Agency on Aging \ Area 4
1401 El Camino Avenue, 4th Floor
Sacramento CA 95815
1.916.486.1876 www.ageincyonaging4.org

¹ Research: Older adults are happiest Americans; ABCNews