



KERN COUNTY ELDER NEWS

Monthly Information Article | Kern County DEAR/EDRT TEAM*

*(Dependent/Elder Abuse Review) Team/EDRT (Elder Death Review Team)



MAY 2025

KERN COUNTY AGING & ADULT SERVICES CELEBRATES OLDER AMERICANS MONTH 2025: FLIP THE SCRIPT ON AGING



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Designed and Managed By:
Kern County District Attorney's
Office - Victim Services Unit

May is here, and it's time to honor the older adults who enrich our lives and communities every day! Each year, Older Americans Month shines a spotlight on aging-related topics and celebrates the invaluable contributions of older generations. This year's theme, **"Flip the Script on Aging,"** invites us to rethink how we view aging—challenging stereotypes and embracing the vitality, purpose, and opportunities that come with growing older.



What Does "Flip the Script on Aging" Mean?

This theme is all about changing the narrative. Instead of seeing aging as a decline, let's celebrate it as a time for growth, exploration, and connection. Older adults bring wisdom, leadership, and creativity to their families, workplaces, and communities. Whether they're mentoring younger generations, pursuing lifelong learning, or staying active in civic life, they show us that aging is a vibrant chapter filled with possibilities.

By shifting our perspective, we can create a society where aging is seen as an asset—not a limitation. Let's honor their achievements, encourage engagement in meaningful activities, and challenge outdated stereotypes about what it means to grow older.

How Can We Celebrate Older Americans Month?

Here are some ways you can help flip the script on aging this May:

- **Honor Contributions:** Recognize the invaluable role older adults play in our families and communities. Share stories that highlight their achievements and impact.

Agency Partners

- Bakersfield Police Department
- California Dept. of Financial Protection & Innovation
- California Dept. of Insurance
- CSUB
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- Social Security Admin.
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- **Share Their Stories:** Highlight the inspiring contributions of older adults in your community.
- **Promote Engagement:** Encourage participation in educational programs, recreational activities, or volunteer opportunities.
- **Challenge Ageism:** Advocate for positive portrayals of aging in media and workplaces.
- **Foster Connections:** Support initiatives that help older adults stay socially active and connected.

Want to take the initiative in your community? Here are some fun and impactful ideas:

- **Host an “Age-Positive Storytelling Night”** where older adults share inspiring life experiences or creative work.
- **Launch a “Skills Swap” program** pairing seniors with younger community members to teach and learn from each other (think tech tutoring or traditional crafts).
- **Create intergenerational art projects**, like a community mural or podcast series, highlighting diverse perspectives on aging.
- **Advocate for age-inclusive language** in local media and policies, replacing terms like “elderly” with “vibrant” or “experienced.”
- **Organize a “Reverse Mentorship Day”** where older adults and youth collaborate on solutions for community challenges.

Join Us on May 3rd for the Older Americans Month Resource Fair!

Kern County Aging & Adult Services is thrilled to host this year’s Older Americans Month Resource Fair! This is a fun and empowering event designed to celebrate older adults while connecting them with valuable resources. This event is all about celebrating our older community members while providing tools to support their independence and engagement. Whether you're looking for resources or just want to enjoy some fun activities, we’d love to see you there!

Here’s what you can look forward to:

- ✓ Free Document Shredding: Safeguard your personal information.
- ✓ Educational Seminar: Get to Know more about AASD services.
- ✓ Chair Yoga by The Haven Yoga Studio: Stretch, breathe, and relax!
- ✓ Cakewalk & Giveaways: Enjoy treats and prizes.
- ✓ Community Vendor Resources: Explore services tailored for older adults.
- ✓ And Much More!

Check out the flyer on the next pages for full event details.

Let’s come together this May to honor the incredible contributions of older adults in Kern County. By flipping the script on aging, we can create a more inclusive and supportive community for everyone. See you at the fair!

**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025

OLDER AMERICANS MONTH RESOURCE FAIR

SATURDAY
May 3, 2025
8:30 AM - 11:30 AM

Engage, Honor, Connect!

Celebrate with us as we Flip the Script on Aging—honoring contributions, breaking stereotypes, and embracing new possibilities!

**JOIN
US**



Education



Chair Yoga



Raffles

- ✓ Free Document Shredding
- ✓ Educational Presentation
- ✓ Chair Yoga
- ✓ Cakewalk
- ✓ Giveaways and much more...

Bring documents with personal identifiable information to be safely shredded. A mobile shredding company will immediately shred your personal documents on site. No cardboard, binders, binder clips, plastic, or electronic media will be accepted. Residential shredding only. There will be no limit of boxes per person, however, cardboard boxes or containers cannot be left on site.

Location:
Aging & Adult Services
5357 Truxtun Ave. Bakersfield

For More Info Call:
661-868-1000

**KERN
COUNTY**
AGING & ADULT SERVICES

OLDER AMERICANS MONTH RESOURCE FAIR

EVENT AGENDA

8:30 - 11:30 Document Shredding

- ✓ Drive-Thru shredding located in the Southwest parking lot behind the building

9:00 - Aging & Adult Services Presentation

- ✓ Learn about the services we offer in this 15 minute presentation inside the main building

9:30 - Chair Yoga by The Haven Yoga Studio

- ✓ Join Yoga instructor **Charlotte** in the main building for 20 minutes of relaxation and gentle stretching

10:15 - Cakewalk

- ✓ Try your luck at a chance to win a cake. Located in the Main Square

11:00 - Raffle time

- ✓ Turn in your "Meet our Vendors" slip before 11:00, to enter the raffle drawings. **Must be present to win!**



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**OLDER
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SMP
Senior Medicare Patrol
Preventing Medicare Fraud

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#OlderAmericansMonth