October 2019

As I Age, I Dare to...
What do you #DareToDo as you age? Take a photo with your answer and share with us at @TragerInstitute!

Optimal Aging Month

Month Events

First Day! Republic Bank Foundation Optimal Aging Clinic
09/03 | Make an Appointment Today!

Gold Standard of Optimal Aging Honoree Recognition Luncheon
09/06 | Reservations Required

Walk to End Alzheimer’s
09/07 | Join Our Walking Team!

Advance Care Planning Conversation
09/09 | Henry Christian Church

Older Adults Caregiver Support Group (OACS) Meeting
09/10 | Launch of monthly meetings

Beer with a Scientist
09/11 | Dementia & Brain Health Research

Mental Health & Aging Symposium
09/17 | CEUs available

Project ECHO: Care of Older Adults
09/20 | Project ECHO session starts

Age-Friendly Louisville Community Progress Report & Guest Speaker
09/26 | Local and national status update

Call for Proposals! 2020 Optimal Aging Conference
09/30 | Submit your presentation today

Month-Long Events

Public Library Events
09/14 | Medicare Edu. at Oldham Co. Library
09/28 | Health Fair at Oldham Co. Library

County Health Walks
09/07 & 14 | Henry County Walks

Assisted Living Facility Events
Join Presbyterian Homes all month for events

Agging is an Opportunity
This month raises awareness for the importance of optimal aging, a new understanding of the aging process in which intergenerational, compassionate communities have all the resources available for people to lead physically, socially, and emotionally healthy lives.

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