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1478 RIVER ROAD SE



BRUNSWICK COVE
LIVING CENTER



OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

Each year in May, we commemorate Older Americans Month (OAM) to encourage and recognize the countless contributions that older adults make to our communities. This year's theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community. *Courtesy of DHSS*

At Brunswick Cove we are here for you.

We are locally owned and managed

We have dedicated staff, and a trusted member of your community.



May 8th



Contact Information:

Phone: 910-371-9894 Fax: 910-371-9894

Administrator: Alice Dale

Director of Nursing: Veronica Miller

Director of Rehab: Jackie Hunter

Social Services: Tony Bryan

Activity Director: Brittany Cromartie

Business Office Manager: Sharon Brown

Director of Marketing: Melinda Mays

Dietitian: Melody Kyzer



May 6-12th