



PRESS RELEASE

For Immediate Release
Date: May, 2021

Contact:
Abigail Lagermann
(618) 222-2561

ROCK OUT at the AGING EXPO **Presented by AgeSmart Community Resources**

O'Fallon, IL - AgeSmart Community Resources announces ROCK OUT at the Aging Expo will be held virtually on Thursday, May 20 from 9:00 am to Noon. Log in begins at 8:30 am.

This annual event features resources and information for Older Adults and caregivers. The Keynote address by, Dr. Gary Behrman, Clinician, Consultant and Educator, will address Aging Gracefully at 9:00 am. Presentations throughout the morning include a cooking demonstration, presented by Senior Services Plus at 10:10 am. and Travel in Southern Illinois, presented by Andy Waterman with ILLINOISouth Tourism at 10:50 am.

Historically, this event has been a wonderful way to share information and resources available in our community that can simplify and dignify the art of aging. "Switching to the virtual platform provides us with great opportunities to showcase new information and resources with many more attendees. Transportation, weather and walking around a huge event space is no longer a concern. You can be educated, entertained, and feel connected from the comfort of your own home!", says Joy Paeth, Executive CEO for AgeSmart Community Resources.

This year's Platinum Sponsor is Humana, Gold Sponsor is Clinton Manor and Silver Sponsors are Dignity Manor, Saric Consulting, Home Instead, Cambridge House and Essence. Thanks to our sponsors this event continues to educate and support older adults in our community. Sponsorships for this virtual event are still available. For more information, contact Abigail at 618-222-2561 or log onto our website at www.agesmart.org. Registration for the FREE zoom event is available at this link: <https://agesmart.networkforgood.com/events/27462-2021-aging-expo-attendee> or at AgeSmart.org.

AgeSmart Community Resources enhance the lives of older adults, persons with disabilities and veterans through advocacy, action, and answers on aging. As the planning entity for our seven county area, we fund home and community-based services that help older adults and persons with disabilities live healthy and independently.

Our dedicated and well-trained staff are the leading authority on the aging network. We offer confidential and unbiased guidance to access the services you need.

#

AgeSmart Community Resources is in compliance with Title VI of the Civil Rights Act and operates with financial assistance from the Illinois Department on Aging and the United States Administration on Aging. Funding is received from the United States Administration on Aging and the Illinois Department on Aging.