



Real Possibilities

What is Disrupt Aging All About?



You may have heard the term “Disrupt Aging” by AARP and in our collaboration locally, with the YMCA.

What does this mean anyway? Shouldn't we embrace aging? Why yes, we should. Disrupt aging includes embracing aging and empowers older adults to community members to shape the future of aging.

We do this by challenging outdated beliefs about what it means to age and sparking new solutions so we can all choose how we live as we age. We hope you see the ways we are disrupting aging everyday in the Mountain Region. Join the action!

Why Disrupt Aging?

We are all aging, every day.

The good news is the way we are aging is changing, mostly for the better. Our ability to live longer, healthier, more productive lives is one of mankind's greatest accomplishments.

But the bad news is we don't see it that way. Attitudes and stereotypes about aging haven't changed. And many ideas and solutions available to us as we age are out of date.

We need to change the conversation about age and aging in this country. Aging is about growth (not decline). It creates new opportunities (not just challenges). Older people are contributors (not burdens). And each and every one of us should be valued for who we are, not by how old we are.



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aarp.org

Real Presence, Real Possibilities AARP in Your Community

Friends of Residents in Long Term Care: A Conversation with Friends

Thursday, July 26

10 a.m. - 12 noon, Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806

We want to hear from you! What are the most pressing concerns that you have about long term care? Join others and make your voice count in our work towards the overall quality of long term care in our state. AARP is partnering with Friends of Residents in Long Term Care (FORLTC) and the Area Agency on Aging at Land of Sky Regional Council for this event. FORLTC is a statewide advocacy organization promoting quality care and representing the voices of NC's nursing home residents and their loved ones for over 30 years.

Register: aarp.cvent.com/FRLTCAsheville, or 919-782-1530.

Fraud Watch Network Presentation

Thursday, July 26

1:30-3 p.m., South Buncombe Library, 260 Overlook Rd., Asheville, NC 28803

Learn to make informed investment decisions and avoid becoming a victim of fraud. Hear from experts on investor education & fraud, insurance scams, ID theft and more!

Register: aarp.cvent.com/PreventFraudSouthBuncombe, or 877-926-8300.

Ice Cream & Conversation with a Transportation Planner

Monday, July 30

12:30 - 2 p.m., Lakeview Center for Active Aging, 401 Laurel Cir Dr, Black Mountain, NC 28711

Interested in what transportation improvements are planned for the Swannanoa/Black Mountain/East Asheville area (Blue Ridge Road Interchange, Greenways, Etc.)? Wondering how to get involved and bring transportation issues to light? AARP and the French Broad River Metropolitan Planning Organization will host an informal discussion. Bring your comments and questions and enjoy complimentary ice cream!

Register: aarp.cvent.com/TransportationLakeviewCenter, or 828-669-8610.

LGBTQ Elder Advocates Summer Picnic!

Friday, July 20, 2018

3-7 p.m., Picnic Pavilion at Lake Tomahawk, 401 Laurel Circle Dr., Black Mountain, NC

Come join us to celebrate summer with food, music, and yard games! An event sponsored by the LGBTQ Elder Advocates of WNC and the Town of Black Mountain Recreation and Parks, Lakeview Center for Active Aging. \$5 contribution for food requested.

Register: aarp.cvent.com/lgbtsummerpicnic, or 877-926-8300.

Hot Fun in the Summer

Tuesday, August 7

5-8 p.m., Shiloh Complex,
121 Shiloh Rd., Asheville, NC
28803

Participate in “National Night Out” and help make our neighborhoods safe and healthy. Bring your family, invite a friend or neighbor and join us for an evening of dancing, picnicking, storytelling, and learning how to live a safer, healthier life. This event is co-sponsored by the YMCA of WNC, ABIPA, Shiloh Neighborhood Association, and the City of Asheville Parks and Recreation.

Register: aarp.cvent.com/hotfunsummer, or 877-926-8300.

