A traditional part of celebrating a 50th birthday here in the United States is opening your mail one day to find your invitation to join AARP. For many years, this meant that you were of an appropriate age to participate in the American Association of Retired People (AARP). However, times change and so has AARP!

AARP isn’t just for “retired people” anymore; it is an organization with a membership of more than 37 million. AARP Kentucky has more than 450,000 members and is currently working to support family caregivers by sharing real-life stories and needed resources. The AARP Caregiving Resources Center has proven solutions and ideas online for all family caregivers. Visit the Center and share your story at www.AARP.org/iheartcaregivers.

According to AARP Associate State Director for Advocacy and Outreach Scott Wegenast, “We enjoy working with our local Bowling Green AARP Chapter to help members discover and live their best lives, and the work we’re doing might surprise you.” AARP Kentucky has also been an invaluable resource for the Age-Friendly Bowling Green Initiative which includes the Golden Moments calendar and the Silver Threads SOKY page. We would like to extend a very special thank you to AARP Kentucky for their sponsorship of this page for the remainder of 2015!

The Bowling Green Chapter of AARP has been meeting regularly since 1974 and currently holds its monthly meetings at First Christian Church on State Street on the third Friday of each month at 11:30 a.m. Each month you will find the friendly AARP group sharing a pot-luck lunch, hearing about community events and activities, and listening to an interesting guest speaker.

AARP members B.J. McKenzie, Bea Isable, Mary Ann Wade, Ann Parson and Bob Parson meet to plan exciting new AARP events.

Every day, thousands of Kentuckians perform a great labor of love: caring for older parents, spouses, and other loved ones so they can live independently at home. These family caregivers are often on duty 24/7 and sometimes they can’t even take a break. But, they wouldn’t have it any other way. Help us recognize these unsung heroes.

Visit aarp.org/iheartcaregivers.

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www.aarp.org/ky

Silver Threads: AARP - A Voice for Those Over 50 in Bowling Green, Frankfort & Washington
by B.J. McKenzie

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