



## Frequently Asked Questions

### 2016 Theme: Explore the Possibilities

<p><b>What is AAW and what is the purpose?</b></p>	<p>Led by the International Council on Active Aging® (ICAA), Active Aging Week (AAW) is an annual health promotion event held each year during the last week of September 25-October 1. Greater Richmond Age Wave, managed through a joint partnership of Senior Connections, The Capital Area Agency on Aging and Virginia Commonwealth University Department of Gerontology has various managing partners. Collectively we are celebrating older adults in our communities and encouraging participation in activities, workshops and forums that promote proactive approaches to healthy aging. This celebration is our regional opportunity to strengthen positive images of healthy aging and active lifestyles in our communities that reinforce connections to local resources</p>
<p><b>Who does this event attract?</b></p>	<p>Everyone across the lifespan- we hope, but with special emphasis on adults over 50 interested in discovering resources, wellness and engagement opportunities in our community. People of all ages interested in celebrating the spirit and wisdom of elders are encouraged to be a part of our activities. Businesses, advocates and local leaders who are committed to supporting communities for people of all ages and abilities</p>
<p><b>What types of activities will be available?</b></p>	<p>Health education, (e.g. Mind+ Body+ Spirit- organization for optimum health), Art programs and exhibitions (showcasing work across generations), Group exercise classes, Pickle ball, Walking programs, Computer education, Tai Chi, Yoga, Golf, Swimming, local food education, Cooking demos, Work place activity, <u>Highlights: Bon Secours Successful Aging Forum at Lewis Ginter and Aging 2.0 Expo and Pitch event, volunteer projects and community resources to connect generations and organizations</u> Most events are free to the public!</p>
<p><b>Where will these events take place?</b></p>	<p>At various host sites around RVA including: the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan. In 2014, over 40 community partners hosted events at various locations from YMCAs, Friendship Cafes, senior centers, Malls, Rehabilitation centers, Museums, etc.</p>
<p><b>What is Active Aging and why is it important?</b></p>	<p>Active Aging is the vision of all individuals—regardless of age, income or health—fully engaging in life within seven dimensions of wellness: emotional, environmental, intellectual/cognitive, physical, professional/vocational, social and spiritual. Age is something we can all celebrate across the life spectrum.</p>
<p><b>Highlights to remember?</b></p>	<ul style="list-style-type: none"> <li>• Free events to older adult, families and caregivers</li> <li>• Facebook Page for Calendar, Individual events and Flyers</li> <li>• <b>“LIKE” Us RVAActiveAgingWeek</b></li> <li>• Emphasis on fun, reducing social isolation and education</li> <li>• Emphasis on social connectivity and engagement</li> <li>• Bookend events: Kickoff event and Closing event</li> </ul> <p>A single event or multiple activities during the week</p>



**Why did organizations or businesses decide to host an event week?**

Last year, participating organizations and businesses built visibility about their local efforts in our community by supporting events that foster healthy aging, activity, and engagement, of people of all ages, and across the lifespan.

**What is the Greater Richmond Age Wave coalition?**

The Greater Richmond Age Wave is a collaborative of public and private organizations, businesses, academic institutions, and citizens working together to ensure our local region is engaged, connected, prepared and aware of how our changing population “Age Wave”- and how it will transform our society- as both a regional opportunity (and challenge). This coalition has been active since 2009 and is led by the Age Wave Leadership Committee, four work groups, and supported by a broader network of over 80+ local to national partners. This initiative is staffed and managed through a joint partnership between VCU Department of Gerontology and Senior Connections, The Capital Area Agency on Aging.

**& Why this matters?**

Today, the number of aging baby boomers (born between 1946 and 1964) is already beginning to outnumber the cohort of school-aged children for the first time in history. With one out of four adults aging into retirement, 65 and over, we are already experiencing increasing demands for innovation, better health care choices, supportive services enhancing quality of life and lifestyle options that promote independence, safety and healthy aging.