



KERN COUNTY ELDER NEWS

Monthly Information Article | Kern County DEAR/EDRT TEAM*

*(Dependent/Elder Abuse Review) Team/EDRT (Elder Death Review Team)

MAY 2026

KERN COUNTY AGING & ADULT SERVICES CELEBRATES OLDER AMERICANS MONTH 2026: CHAMPION YOUR HEALTH



Written By: Carolina Oehler
Kern County Aging & Adult Services
Program Specialist & HICAP
Volunteer Coordinator



Designed and Managed By:
Kern County District Attorney's
Office - Victim Services Unit

Agency Partners

- Bakersfield Police Department
- California Dept. of Financial Protection & Innovation
- California Dept. of Insurance
- CSUB
- Dept. of Social Services Licensing
- GBLA
- Independent Living Center of KC
- Kaiser Permanente
- Kern Co. Aging & Adult
- Kern Co. BHRS
- Kern Co. Coroner
- Kern Co. District Attorney
- Kern Co. DA Victim Services
- Kern Co. Family Law Facilitator
- Kern Co. Public Health
- Kern Regional Center
- Kern Co. Sheriff's Office
- Kern Co. Veterans Service Dept.
- Social Security Admin.
- Strata Credit Union

Older Americans Month

May is Older Americans Month, and it's one of our favorite times of the year at Aging & Adult Services. It's a chance for all of us to pause and recognize the incredible impact older adults have in our community through their wisdom, life experiences, and the many ways they continue to show up for their families and neighbors every day.

This year's theme, "**Champion Your Health**," focuses on prevention, wellness, and taking an active role in your own well-being. The truth is, championing your health does not have to mean doing anything drastic. It is often the small, consistent actions that make the biggest difference. Checking in with your doctor, staying active in ways that feel good to your body, keeping up with friends, or simply taking a moment each day to care for yourself all count.

Healthy aging is not just about medical care. It is about staying connected, staying informed, and continuing to do the things that bring you joy and purpose. We see this every day in the older adults we serve, people who continue to learn, volunteer, mentor, and stay engaged in their communities. It is inspiring, and it is something worth celebrating.

At Kern County Aging & Adult Services, we are here to support you in that journey. Whether it is through education, resources, or programs, our goal is to help you maintain your independence, stay safe, and feel confident navigating your options.

How can you champion your health this May?

Here are a few simple ways to get started:

- Stay up to date with preventive care and recommended screenings
- Keep in touch with friends, family, and your community

- Move your body in ways that feel comfortable and enjoyable
- Make informed choices about your health and wellness
- Take advantage of local programs and resources available to you

Even small steps can have a big impact over time.

Join Us for the Older Americans Month Resource Fair

To celebrate, we invite you to join us for our Annual Older Americans Month Resource Fair, happening on:

Saturday, May 2, 2026 | 8:00 AM – 11:00 AM | 5357 Truxtun Ave., Bakersfield

This is one of our biggest events of the year, and it is designed with you in mind. It is a fun, welcoming space where you can connect with local organizations, learn about available resources, and enjoy a morning with your community.

Here's what you can look forward to:

- **Free drive-thru document shredding** to help protect against fraud and safeguard personal information
- **Community resource booths** featuring valuable local programs and services
- **Educational presentation** on Aging & Adult Services programs
- **Chair yoga** to support both mind and body
- **Mobile health clinic services**, including physicals, immunizations, primary care, and more
- **Cakewalk game, raffles, and giveaways**, with Cakewalk rounds sponsored by local bakers

And of course, one of the most special parts of the day is seeing seniors laughing, dancing, enjoying good food, connecting with others, and simply having fun. It is a chance to move, celebrate, and feel like a kid again, surrounded by community.

At the heart of Older Americans Month is more than just information and resources. It is about connection, joy, and supporting one another in living healthier, more fulfilling lives.

Whether you come for the resources, the activities, or simply to get out and enjoy the morning, we would love to see you there.

Older Americans Month is a reminder that your health, your voice, and your well-being matter. By taking small steps and staying connected, you are not only supporting your own health, but you are also strengthening our entire community.

For more information, please call 661-868-1000.



RESOURCE FAIR

OLDER AMERICANS MONTH

Champion Your Health

Supporting healthy aging and community connection in Kern County



WHAT TO EXPECT

- ✓ Free Document Shredding (Protect yourself from fraud)
- ✓ Community Resource Booths
- ✓ Educational Presentation
- ✓ Chair Yoga
- ✓ Elvis Impersonator
- ✓ Mobile Health Clinic
- ✓ Games, Giveaways, and More



Saturday
May 2, 2026
8:00 AM - 11:00 AM



**Kern County
Aging & Adult Services**
5357 Truxtun Ave.
Bakersfield, CA

EVENT SCHEDULE

- 8:00 - 11:00 Drive-Thru Shredding
- 8:30 Educational Presentation
- 9:00 Chair Yoga
- 9:45 Cakewalk Game
- 10:30 Raffle Drawings

FREE DOCUMENT SHREDDING

Bring documents with personal information to safely shred onsite

- ✓ Residential shredding only
- ✓ No electronics, binders, or plastic
- ✓ No limit of boxes per person

For more information call
661-868-1000



FREE community event for older adults, families, and caregivers

FERIA COMUNITARIA MES DE LOS ADULTOS MAYORES

Promueve tu Salud

Apoyando el envejecimiento saludable y la conexión comunitaria en el Condado de Kern



QUÉ PUEDE ESPERAR

- ✓ Trituración de Documentos (Protéjase contra el fraude)
- ✓ Recursos Comunitarios
- ✓ Presentación Educativa
- ✓ Yoga en Silla
- ✓ Imitador de Elvis
- ✓ Clínica Móvil
- ✓ Juegos, Premios y Más

TRITURACION DE DOCUMENTOS

Traiga documentos con información personal para destruir de forma segura.

- ✓ Solo documentos residenciales
- ✓ No electrónicos, carpetas o plástico
- ✓ No hay límite de cajas por persona

Para más información llamar
661-868-1000



Sábado 2 de Mayo, 2026 8:00 AM - 11:00 AM



**Kern County
Aging & Adult Services**
5357 Truxtun Ave.
Bakersfield, CA

HORARIO DE EVENTOS

- 8:00 - 11:00 Trituración (Drive-Thru)
- 8:30 Presentación Educativa
- 9:00 Yoga en Silla
- 9:45 Juego Cakewalk
- 10:30 Rifa de Premios



Evento comunitario GRATUITO para adultos mayores, familiares y cuidadores