

SCSEP CONNECT

MAY 2022



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Age my way!



Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.



ATTENTION PLEASE



Timesheets must be completed and received in the SCSEP office by 10:00 AM SHARP on the due date. Failure to meet this deadline will result in delay of payment until the following pay period.

I have been lenient in the past, because I do not want anyone's pay to be delayed, however I am having to spend a lot of time each pay period calling to remind both participants and supervisors to submit or make corrections to the timesheet.

Please make every effort to have timesheets submitted on time, as there will be NO EXCEPTIONS!

Originals, faxes and scans are accepted. If a fax or scan is sent then the original must be kept on file at the host agency. Timesheets and other correspondence may also be left with the front desk secretary or in the drop box outside of our main entrance.

Email: kellie.blount@westal.org **Fax:** 205-333-2713

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- Fully complete the timesheet: this includes listing the dates and hours at the top of the timesheet and in the calendar portion. The timesheet must be signed by both the participant and supervisor.
- Lunch break does NOT count as part of hours worked
- Participants can NOT volunteer at the agency in which they are assigned.