



Hello Readers,

This past May, in celebration of Older Americans Month, we participated with the Harris County Area Agency on Aging, to deliver flowers to Harris County centenarians. Visiting them showed us the importance of always striving to stay healthy so one can age in place with dignity. June pressed on with us continuing our efforts with our programs and services. Now that we are in July, it's clearly an indication that we are halfway around the sun. July is a month that beckons cookouts, the pool, and fun in the sun. July 4th reminds us of our independence and freedom, and surely entails a BBQ or two. Please remember to make sure that you and your pets are well hydrated. It has been unbelievable hot lately! Have a great summer.

-Libby



**Ms. Theopia Braggs,
Harris County
centenarian.**

ADRC Team Member Highlight:



Meet Arisbel,
our Information
and Referral staff
and Community
Partner Specialist.