



ENGAGE AT EVERY AGE: MAY 2018 Since 1963,

Older Americans Month has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Engage at Every Age," emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

At the inception of Older Americans Month, known then as Senior Citizen's Month, many seniors were living in poverty with very few programs to assist them. Today there are many programs that assist seniors, though many still need help. The Older Americans Act (OAA), passed in 1965, established the Administration on Aging (AoA). This legislation has worked toward providing seniors and caregivers with health and nutrition programs, community service employment and elder rights protection. It also trains personnel in the field of aging so that they can better serve seniors.

Ways to give back:

- Show how you engage by sharing a selfie (or groupie). Simply post a photo online and use the hashtag #OAM18.
- Use graphics to promote #OAM18 across your social networks.
- Arrange for older adults to share or read stories. Call a community or senior center about a joint effort—perhaps they'd like older adults to share their skills or experience in a workshop. Alternatively, see if a local school would like to host a "Senior Day" where older adults speak to students. Or, contact libraries about older adults reading to young children.

- Plan a day or half-day gathering for older adults who want to give back. There are numerous options for activities, from picking up litter or gardening in public areas to collecting clothing and food donations for those in need.

LOCAL EVENT:

In St. Louis, our seniors will be honored at the annual Spring Jubilee which will be held on Friday, May 11, 2018 from 10 a.m. to 2 p.m. at the Upsilon Omega Foundation, 3900 Goodfellow Blvd. Activities will include music from a local DJ, line dancing groups and health screenings.

To learn more about the luncheon, contact the St. Louis Area Agency on Aging at (314) 612-5918.



Sources:

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