



AGE OUT LOUD: MAY 2017

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, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

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.

So what impressive things are some of our Older Americans doing these days?

- Barbara Hillary, a nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole.
- Former president George H.W. Bush celebrated his 90th birthday by skydiving.
- Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month.

Way to go!!!!

This year's theme, Age Out Loud, shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Sources:

<https://publichealth.wustl.edu/older-americans-month-2017-age-out-loud/>

<https://oam.acl.gov/>

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