

BETter Living ...

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Older Americans Month

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nation-wide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

Here in Wabaunsee County, we have three dining centers for all ages of people to come together for a full-course meal. These meals are served at Alta Vista, Eskridge, and Maple Hill Senior Centers. These meals provide a place for citizens to socialize with other people in the community.

Anyone of any age can eat at a dining center for just \$5. If you are 60 years or older, the suggested contribution is \$3.50 or whatever you can comfortably afford. Home delivery is available for those who need it. Call your local dining center manager for more details.

Now is the time to start eating at your local dining center. Get involved during the month of May, so you will not have to eat alone, plus you will be able to socialize with others for a very reasonable price.