

BETter Living ...

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Older Americans Month 2018: Engage at Every Age

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to make enrich their communities. They're working and volunteering, mentoring and learning, leading, and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.

Here in Wabaunsee County there are many ways to get involved in the community, one being at the local meal sites. Alma has a monthly open door meal and program at the Alma Community Center. Alta Vista, Eskridge, and Maple Hill Senior Centers have meals each day of the week. Paxico meets once per month for a potluck and program. Meals on Wheels are offered every day for Alma, Eskridge, and McFarland. Harveyville offers Meals on Wheels on Mondays, Wednesdays, and Fridays.

Anyone of any age can eat for just \$5.25. If you or your spouse is 60 years or older, you are eligible to have a meal for \$3.50 or whatever you can comfortably afford, as long as you fill out a registration form. Volunteers are always needed, so if you would be interested in helping with meals, please contact your local site.

Get out and engage in your community!

For more information, contact the Wabaunsee County Extension Office at 785-765-3821 or email Bernadette Trieb, btrieb@ksu.edu.