

BETter Living ...

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Age Out Loud

Every day we get older, you are in the driver's seat to decide how you are going to age. If you choose a positive path, then you can enjoy life. With a positive outlook, you can enter into a phase of life with new interests, goals, and dreams. During this Older Americans Month (OAM), I would like to encourage you to think of something new you could do with your life.



Since 1963, OAM 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.

We can learn many things through communicating with one another. I encourage you to celebrate during the month of May all that you and your community members have accomplished. Do something nice for someone who is older than you. Appreciate what you have and thank a neighbor and choose to treat everyone how you want to be treated. Age Out Loud and celebrate Older Americans Month.

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