

FOR IMMEDIATE RELEASE

For more information,
contact: Tara Solomon-Smith
Adult Development and Aging Agent, Wildcat Extension District
tsolomon@ksu.edu, 620-724-8233

Connect, Create, Contribute with Older Americans Month 2019

Each year, more and more older adults are making a positive impact in and around our Wildcat District Communities. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the [Administration for Community Living](#) (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.

This year's theme is *Connect, Create, and Contribute*. Here are some ideas to do just that!

- **Connect** with friends, family, and local services and resources.
 - Visit a senior center and take part in its events and activities
 - Plan a game night or crafting activity that brings people together in the name of fun
 - Visit local museums, many offer free group tours

- **Create** through activities that promote learning, health, and personal enrichment.
 - Take a class or workshop and learn to paint, dance, or navigate social media
 - Try yoga, t'ai chi, or another new physical activity
 - Learn (or relearn) how to play a musical instrument

- **Contribute** time, talent, and life experience to benefit others.
 - Volunteer at a school, library, museum, or hospital
 - Join your local health coalition and plug in to a part that interests you
 - Share stories about history and culture with family and friends

Communities that support and recognize older adults are stronger! Join us in strengthening our community – this May and throughout the year. Visit the official www.acl.gov/oam for more ideas and inspiration.

For more information, contact Tara Solomon-Smith, tsolomon@ksu.edu, or by calling 620-724-8233.

#

K - State Research and Extension is an equal opportunity provider and employer