

Let's Celebrate Aging!

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We had a vibrant and engaged group of individuals at our annual Aging with Attitude Expo in April. After witnessing this group, it is only fitting that the theme for the 60th Older American Month (OAM) is Aging Unbound!

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, Aging Unbound, offers an opportunity to explore new experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. Here are some ways we can all participate in Aging Unbound:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

Everyone is getting older, so let's celebrate each day and challenge the aging narrative together! Find out more ways to do good in your community here <https://bit.ly/436EPAq>. For more information, contact Tara Solomon-Smith, tsolomon@ksu.edu, or by calling 620-244-3826.
