

Celebrate Older Americans Month

May is officially known as Older Americans Month – a national observance sponsored by the Administration for Community Living. This year’s theme is “Connect, Create, Contribute”, which is designed to encourage older adults and their communities to:



- **Connect** with friends, families and services that support elder participation.
- **Create** by engaging in activities that promote learning health and personal enrichment.
- **Contribute** time, talent and life experience to benefit others.

It has been proven that communities that encourage contributions of elders are stronger. By engaging and supporting all community members, older adults are recognized and are able to play a key role in the vitality of neighborhoods, networks and lives.

The Administration for Community Living encourages everyone to connect, create, and contribute for stronger and more diverse communities because everyone benefits when everyone can participate.

For more information, visit the [Administration for Community Living's](https://www.acl.gov/) website.

