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DEPARTMENT OF AGING

May 1, 2018

Older Americans Month 2018: Engage at Every Age

Across Maryland, 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 emotion well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. The Maryland Department of Aging will use OAM 2018 to focus on how older adults in our area are can "Engage at Every Age" by sharing important resources on their health, security, and ways to give back. Throughout the month, local Area Agencies on Aging may conduct activities and share information designed to highlight local support services to keep older adults living well and aging well in their home or community.

You can also join ACL and AoA in celebrating by participating the Selfie Challenge! They want to see how you're engaging. Simply take a selfie (or have someone take your photo) and tweet it with the hashtag [#OAM18](https://twitter.com/OAM18).

Learn more about OAM18 and ways you can begin to "Engage at Every Age".

www.aging.maryland.gov/pages/OAM18.aspx