



## Older Americans Month May 2018: Engage at Every Age

Across the country, 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 emotional well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. Newton at Home will use OAM 2018 to focus on how older adults in our area are engaging with friends and family, and through various community activities. In addition to our regular monthly programs, Newton at Home will conduct activities and share information designed to highlight local resources that you will find useful. And every Monday in May, we will post a new article of interest on our website: [newtonathome.org](http://newtonathome.org). We encourage you to get involved by joining us for any or all of these activities.

We look forward to seeing you in May!

Connect with us:

*Newton at Home*

website: [newtonathome.org](http://newtonathome.org)

facebook: [facebook.com/NewtonAtHomeOrg/](https://facebook.com/NewtonAtHomeOrg/)

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