



FOR IMMEDIATE RELEASE

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MAY IS OLDER AMERICANS MONTH!

LIFESPAN CELEBRATES OLDER AMERICANS MONTH IN MAY AS THEY PREPARE FOR THE 33RD ANNUAL SENIOR GAMES

May is Older Americans Month (OAM) which celebrates the growing number of senior citizens who make a positive impact in and around Southern Indiana. OAM recognizes and celebrates the many hours older adults spend in various capacities as advocates, mentors, and volunteers, as well as participants in LifeSpan Resources' Annual Senior Games.

Senior Games is held the first full week of June from Monday, June 3 – Friday, June 7, and is the only community-wide event in Southern Indiana specifically for active older adults. The event focuses on health and wellness with events like Basketball Toss, Dance Off, Bowling, Mini-Golf, Horseshoes and more. It ties well into Older Americans Month which is led by the Administration for Community Living each May and provides opportunities to help older Americans remain healthy and independent – a primary mission of LifeSpan Resources.

“Many times people visualize our older population just sitting around, but while the seniors we work with may be a little older, that does not make them inactive,” stated Lora Clark, LifeSpan’s CEO. “We have individuals that actively participate in the Senior Games up into their 90s,” continued Clark, “and the amount of volunteer hours they pour into various organizations is nothing short of amazing.”

LifeSpan’s celebration of Older Americans Month includes three key ways that community members of all ages can take part in recognizing an active and thriving older population in Southern Indiana.

1 – CONNECT – If you are an older adult (age 55+) and want to participate in this year’s Senior Games or join their annual membership group, the Senior Games Gang, call LifeSpan at 888-948-8330 or go to lsr14.org/senior-games.

2 – CREATE – Write a story about a senior citizen who amazes you in how active they are and the impact they are making in the community, then email the story to lkoesters@lsr14.org

3 – CONTRIBUTE – Join the Senior Games Gang, make a donation, or volunteer to help those who are unable to get out and help themselves. You can check out volunteer opportunities at lsr14.org/volunteer.

Communities that embrace and support older Americans are stronger, and LifeSpan hopes that you will join them by participating in the Senior Games, volunteering, or writing a story about someone you know.

For more information on LifeSpan, Older Americans Month, Senior Games, or to write and send a story about a senior in the community, please contact Lucy Koesters, LifeSpan’s Chief Business Development Officer at lkoesters@lsr14.org.