

Celebrating Older Americans Month: *Champion Your Health*

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.



CHAMPION YOUR HEALTH: MAY 2026

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

"Championing your health is about making daily choices that support your body and mind," said LifeSpan Resources CEO, Meredith A. Lambe, "Small, consistent actions — from preventive care to staying socially connected — can help people maintain their health and independence as they age."

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.

LifeSpan Resources Congregate Centers will host a variety of Older Americans Month events throughout the month of May. Visit our website at lslr14.org/nutrition-wellness to view our monthly Activities Calendars. All adults age 60+ and their caregivers are welcome to register at one of our sites for the activities. We'd love for you to join us!

Older American's Month Celebrations



Bacala Center in Scottsburg planted a tomato garden.



The Joe Rhoads Congregate Center in Corydon discussed saving money at the grocery store and how to effectively use coupons.



The "Lunch Bunch" at the Jefferson Park Congregate Center in Jeffersonville created memory boards to be displayed in their lunchroom as part of their Older American's Month celebration.