

News Column for Use Week of 04/15/2024
Jordan Schuette, Adult Development & Aging Agent
River Valley Extension District
April 11, 2024

May is Older Americans Month

Older Americans Month is observed in May and the 2024 theme is, “Powered by Connection.” This theme recognizes the importance of how social connections and significant relationships impact one’s health and well-being.

According to census.gov, as of July 1, 2023, the River Valley Extension District is estimated to have 24.0% of its population at age 65 and older. The following is a breakdown of each county's population that is 65 and older: Clay County- 24.0%, Cloud County- 20.9%, Republic County - 27.4%, and Washington County- 23.8%.

Celebrate the month by promoting the benefits of connecting with others, specifically older adults. Below are some ways you can participate, according to the Administration for Community Living (acl.gov):

- Promote resources that help older adults connect such as social clubs, volunteer opportunities, and community events and programs.
- Communicate facts about how social connection benefits mental, physical, and emotional health and contributes to one’s overall well-being.
- Connect older adults to local resources and services.
- Encourage connection-centered programs that are focused on older adult mentors to youth or peer-to-peer support.
- Encourage local networks to spotlight meaningful social connections and share the benefits.
- Encourage older adults to share what connection means to them, one way to do this is on social media and utilizing the hashtag #PoweredByConnection.

Thank an older Kansan for all they do for you. They are a wealth of wisdom with their life experiences. If you have any questions about Older Americans Month, you can reach out to Jordan Schuette, Adult Development and Aging Agent in the River Valley Extension District at 785-325-2121.

-30-

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