



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOUR TIPS ON FINDING FULFILLMENT DURING OLDER AMERICANS MONTH

May is Older Americans Month. Established in 1963, Older Americans Month is dedicated to acknowledging the contribution and achievements of older Americans, while sharing the importance of finding fulfillment in the aging process. In honor of this month, we will be sharing tips on how to find fulfillment by paving our own paths as we age.

Embrace the opportunity to change. Find a new passion, go on an adventure and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy and energy.

Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes and creative activities.

Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs and taking part in activities at your local senior center or elsewhere in the community.

Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends and community members.