

Agency on Aging Marks Older Americans Month

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

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the [U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#).

"It's not just about having someone to chat with," said Joy Barresi Saucier, Executive Director of the Aroostook Agency on Aging. "It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being."

According to Barresi Saucier, by recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more older people in our community.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.

- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

For more information, call the Agency on Aging at 207-764-3396 or visit the official [OAM website](#).



About Aroostook Agency on Aging

The mission of the Aroostook Agency on Aging is to improve the quality of life and promote the well-being of older people in our communities. For more than 50 years, the agency has served as a resource, helping people to access information and services, while also advocating to assure the rights we all value are respected.

This Agency complies with applicable Federal civil rights laws and does not discriminate on the basis of physical or mental disability, race, color, creed, age, gender, gender identity, sexual orientation, religion, ancestry, or national origin in admission to, access to, or operation of its services, programs, or activities.