



Older Americans Month 2017: Age Out Loud

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

Older American's Month (OAM) 2017 focuses on how older adults in our community are redefining aging—through work or family interests, taking charge of their health and staying independent for as long as possible, and through community and advocacy efforts.

Throughout this month, Meals on Wheels of Rhode Island joins ACL to celebrate Older Americans Month 2017: Age Out Loud, as we highlight our vital programs and services that we provide to thousands of our RI seniors; helping them "age in place" and live independently. This is a wonderful opportunity to learn how to support and learn from our community's older members. Please join us by volunteering, donating and advocating for our seniors. Meals on Wheels of Rhode Island and our seniors need you!

Join Meals on Wheels of Rhode Island and ACL as we speak up for #OAM17 and #AgeOutLoud this May!

For more information on Meals on Wheels of RI:

Give us a call at (401) 351-6700

Or visit our website at www.rimeals.org

Don't forget to follow us on [Twitter](#) and [Facebook](#) for our latest updates and news

For more information on Older American's Month, please [visit the official OAM website](#)