

# OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

May is Older Americans Month and the theme is, *Connect, Create, Contribute!*

Across the country, older Americans, a rapidly growing population, are taking part in activities that promote wellness and social connection. Each year, more and more older adults are making a positive impact in and around Nevada County. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community.

For 56 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. This year's OAM theme, "Connect, Create, Contribute" encourages older adults and their communities to connect with friends, family and the community, create through activities that promote learning, health and personal enrichment and contribute time, talent and life experience to benefit others.

Visit our website or Face Book page to learn more about Adult Service Programs.

<https://www.facebook.com/Nevadacountyadultservices/>

Call Tamaran Cook, Program Manager, with any questions at 530-265-1639.