

BETter Living ...

Bernadette Trieb

Family and Consumer Sciences Extension Agent

May 5, 2014

Older Americans Month

“Safe Today. Healthy Tomorrow.” is this year’s theme for Older Americans Month. The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation’s commitment to helping them stay healthy and active.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

To learn more about Older Americans Month, you can visit:

<http://www.acl.gov/NewsRoom/Observances/oam/Index.aspx> or contact the Wabaunsee County Extension Office (785) 765-3821, and ask for Bernadette.