



## May is Older Americans Month

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, the place that they call home, for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, where you live now but also what if your situation changes.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you as you age.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year Locust Grove Village is excited to celebrate OAM with our partners in the aging community. Follow us on Facebook throughout the month, to find resources on aging and see what is happening at the Village.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Having a variety of older adult services are important to a vital community.

For more information, visit the official [OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using #OlderAmericansMonth. Locust Grove Village is a retirement community serving Rush County and central Kansas with independent retirement apartments, assisted living and skilled nursing services. For information on LGV contact Charlotte Rathke, Administrator at 785-222-2574.