May is Older Americans Month. The 2018 theme is “Engage at Every Age.” This theme emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

This theme is highly relevant to older adult malnutrition. Older adults (and their caregivers) can take charge of their nutritional health and make a difference in their own care. Healthy eating can make a difference in older Americans’ health, improve how they feel, and encourage a sense of well-being.

Learn more about Older Americans Month here: https://oam.acl.gov/
Learn more about older adult healthy nutrition here: https://www.choosemyplate.gov/older-adults

There are several ways for your organization to participate in Older Americans Month, including:

- Interviewing community members who exemplify what it means to Engage at Every Age.
- Asking your social media followers to share their wisdom, tips, and stories online about nutrition and healthy aging—either using a unique hashtag or by posting to a page or forum you manage. You can use the #OAM18 hashtag as well.
- Hosting a community event is a terrific way to celebrate Older Americans Month and educate older adults on good nutrition:
  - Host a Celebratory Event: Invite community members to a special event celebrating Older Americans Month such as a group meal.
  - Host a Volunteer Event: Plan a day or half-day gathering for older adults who want to give back to others in their community—options include collecting donations of healthy food, working in a soup kitchen, or delivering meals to those in need.
  - Host an Educational Event: Coordinate a resource fair, class, workshop, or lecture on healthy aging and nutrition.

Social Media Content:

- May is Older Americans Month! This year’s theme is Engage at Every Age. Engage with us by sharing your wisdom, tips, and stories about #nutrition and healthy aging! #OAM18
- Did you know that #nutrition is an important part of #OAM18? Healthy eating can make a difference in older Americans’ health, improve how we feel, and encourage a sense of well-being, allowing us to Engage at Every Age.