



Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

\* **Connect** with friends, family, and services that support participation.

\* **Create** by engaging in activities that promote learning, health, and personal enrichment.

\* **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Visit [acl.gov/oam](http://acl.gov/oam) for more information.