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Make Your Mark with Older Americans Month

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities.

For 57 years, Older Americans Month (OAM) has been a special time to recognize these contributions. Led by the [Administration for Community Living](#) (ACL) each May, OAM also provides resources to help older Americans stay healthy and independent, and materials to help communities support and celebrate their citizens.

This year's OAM theme, *Make Your Mark*, highlights older adults' unique and lasting contributions to our communities—everything from sharing a story with grandchildren to leaving a legacy of community action. In the spirit of this theme, here are a few ways to make your mark this May and all year long:

Volunteer time or resources. Help a neighbor by prepping a meal or picking up groceries. Reach out to see what local schools, food pantries, and hospitals may need in ways of support during this time. Or, take time to pass on your knowledge. Why not tutor a student who could use extra help in math, music, or science?

Share your story. There are so many ways to do this, from showing your grandkids around your old neighborhood to writing a book. Stories build community and connect us even when we cannot be physically together. They can be told over the phone, on the computer, or over the backyard fence. Assembling a photo album of important moments in your life is another option!

Get involved in your neighborhood. Small projects like planting flowers in your yard or cleaning up the community park have a big impact.

Communities that support and include all their members are stronger! Everyone can make a difference in the lives of older adults, in support of caregivers, and to strengthen communities. Be sure to *Make Your Mark* this year!

For more information, please contact Tara Solomon-Smith, tsolomon@ksu.edu, by calling 620-724-8233, or visit the official website, acl.gov/oam.

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