

OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

May is Older Americans' Month

The theme, **Age Out Loud**, is intended to give aging a new voice—one that reflects what today's older adults have to say about aging. The 2017 theme gives us an opportunity to shine a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things, and engaging in their

communities. They are taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they are insisting on changes that make that possible. What it means to age has changed, and this month is a perfect time to recognize and celebrate what getting older looks like today.

Older Americans' Month was first designated by President John F. Kennedy. When President Kennedy established Older Americans' Month in 1963, 17 million Americans were age 65 or older, about a third of those seniors lived in poverty, and there were few programs to meet their needs. Two years later, in 1965, Congress passed the Older Americans' Act to address the lack of community social services for older people in the United States. The original legislation authorized the federal government to make grants to the states for community planning and social services, research and development projects, and personnel training in the field of aging. The Older Americans' Act also established the U.S.

Administration on Aging (AoA) to administer the newly created grant programs and to serve as the primary federal agency on issues concerning older Americans. Milestones is an Area Agency on Aging (AAA) and AAAs were established in 1973 to be the "on the ground" organizations charged with helping older adults live with independence and dignity in their own homes & communities. Flexibility was built into the Older Americans' Act to make sure AAAs could taken into account the local needs and preferences and tailor services to meet the needs of each community. The Older Americans' Act funds the congregate and home delivered meals program that provides daily meals to millions of seniors across the United States. It funds the meals that are listed on the menu on the other side of this newsletter. These federal funds do not cover all our meal expenses and Milestones greatly appreciates your meal donations to help us in continuing to serve more seniors.



HOLIDAY CLOSING: All meal sites are closed on Monday, May 29th for Memorial Day except for the Clark House in Muscatine. During this closure, there will be no home delivered meals.

OAA = senior meals

MENU ITEM: *Health facts - Strawberries*



- ♥ 1 serving (cup) contains only 50 calories
- ♥ 1 serving contains 160% of the daily allowance of Vitamin C
- ♥ 170 milligrams potassium per serving
- ♥ 2 grams fiber, high in antioxidants

Strawberry Harvest time!!

- ♥ The major strawberry picking time is May thru early June
- ♥ Pick strawberries in cooler, early morning time to have them last longer
- ♥ Local strawberry farms use less chemicals
- ♥ Google "Pick your own Strawberry Farm" to find a good location to "pick" them near you

Nutrition education information is published monthly by Milestones Area Agency on Aging, 935 E 53rd Street, Davenport, IA 52807, phone toll-free 1-855-410-6222. The Nutrition Program is funded by the Older Americans Act along with participant donations and administered by Milestones Area Agency on Aging for Appanoose, Clinton, Davis, Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Lucas, Mahaska, Monroe, Muscatine, Scott, Van Buren, Wapello and Wayne Counties.

Milestones Area Agency on Aging provides services and employment to all persons without regard to age, race, color, gender, national origin, creed, religion, political beliefs, marital/family status, sexual orientation, genetic information or physical/mental disabilities in its employment practices or the provision of services except where it is a requirement of law. For additional information, please see The Iowa Civil Rights Act of 1965, Code of Iowa, Chapter 216.