



Powered by Connection May is Older Americans Month

This year's Older Americans Month theme is, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL),

OAM is a time to recognize older Americans' contributions, highlight aging trends and reaffirm commitments to serving the older adults in our communities.

It's not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class or trying new activities in your community, working, teaching or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues or neighbors.
- Attend one of the local senior day events this May to connect and engage with those around you.

For more information, visit the official OAM website and follow the Administration for Community Living on Facebook, Instagram, LinkedIn and X. Join the conversation on social media using the hashtag #OlderAmericansMonth.

Website address for Administration for Community Living / Older Americans Month
<https://acl.gov/oam/2024/older-americans-month-2024>



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Talk about Fraud - Pass it on

Federal Trade Commission Consumer Alert

Bridget Small, Consumer Education Specialist

This month, we join the nation to celebrate Older Americans Month. It's also the 10th anniversary of **Pass It On**, the FTC's fraud education campaign for older adults. As Older Americans Month recognizes the power of social connections, we recognize the many thousands of people who've connected through Pass It On, starting conversations to help others avoid scams.

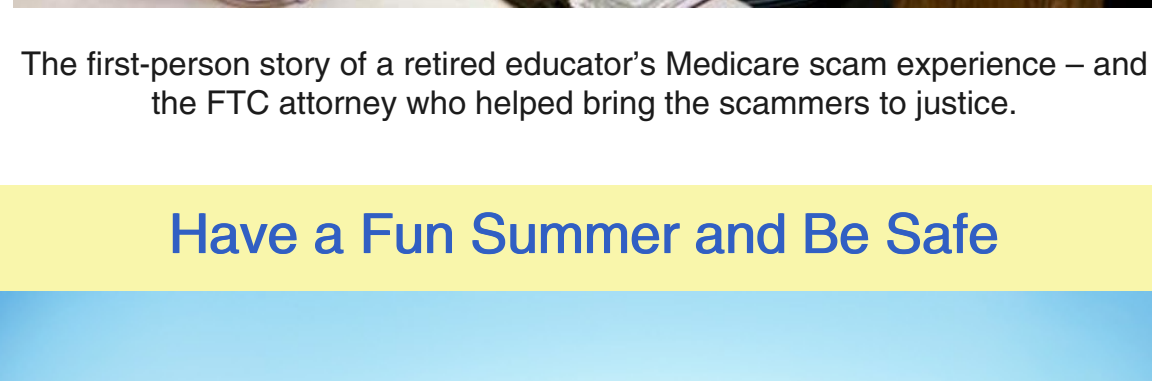
When the FTC first developed Pass It On, we asked older adults what they wanted from fraud education. They told us: clear language, direct advice, and easy readability. In response, we created plain language materials that respect readers and their life experience. At the start, Pass It On covered the seven most relevant topics. But as scams and scam tactics changed, the topics covered nearly doubled, including topics from **Grandkid and Family Scams to Unwanted Calls and Text Messages**. You can read articles online, or **order print copies** to share, in English and Spanish.

While older adults represent a variety of cultures, ages, and learning styles, they all may experience scams. Recently, a group of government partners, consumer advocates, and industry representatives released **principles** to help guide any organization that wants to reach older adults. Pass It On is grounded in these principles, and did we mention it's free to use or share?

Over the past ten years, thousands of **trusted community partners** have delivered Pass It On messages to their clients, neighbors, and wider communities. Dedicated folks in aging services, consumer protection civic groups, financial services, law enforcement and more have given presentations, led calls, and shared information with friends and family. We even heard that Pass It On ideas have been added to friend Bingo games in New York and community theater presentations in Florida.

Want to join our network? Start at [ftc.gov/PassItOn](https://www.ftc.gov/PassItOn).

Share What You Know. Stop Scams.



The first-person story of a retired educator's Medicare scam experience – and the FTC attorney who helped bring the scammers to justice.

Have a Fun Summer and Be Safe



7 Essential Summer Safety Tips for All Ages.

Summer adventures aren't without some risks, from damage and injuries caused by the sun and heat to water-related and environmental accidents. In your family healthy and happy this summer.

1. **Be prepared for anything by checking the weather before you head outside.**
2. **Lather on sunscreen anytime you're outdoors.**
3. **Wear the right clothing and accessories.**
4. **Pack a refillable water bottle and first aid kit.**
5. **Be vigilant about water safety.**
6. **Know the risks and signs of heat exhaustion.**
7. **Never leave your pets or children unattended in a car.**

[Read the full article>](#)

copy and paste this url into your browser:

<https://www.medstarhealth.org/blog/7-essential-summer-safety-tips-for-all-ages>



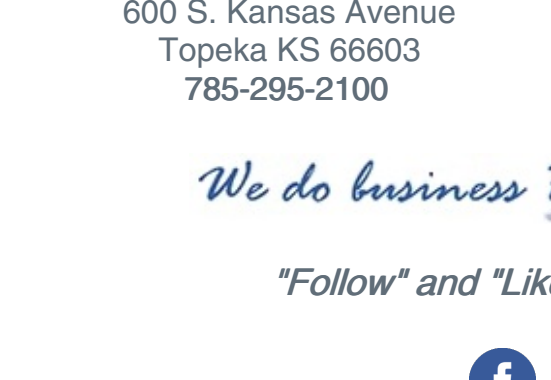
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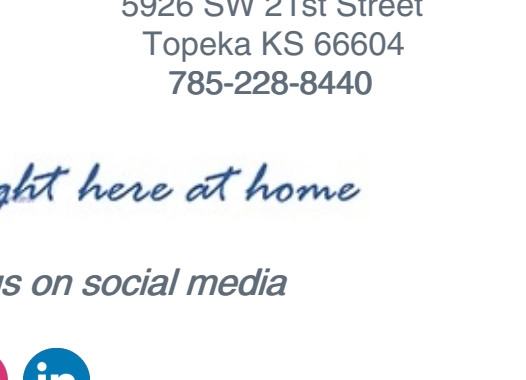
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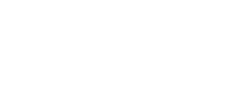
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