

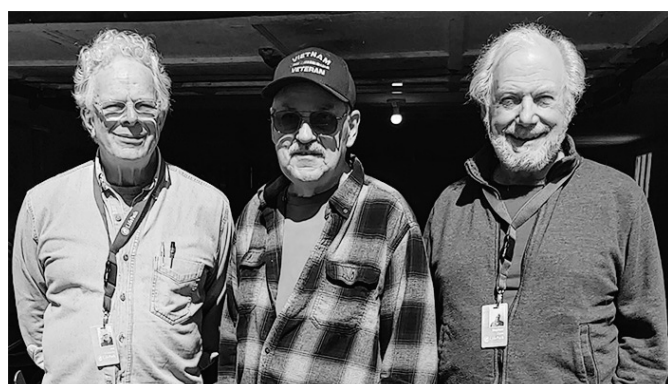
OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

May is Older Americans Month, a Time to Celebrate *Aging Unbound* and Challenge the Status Quo!

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.



Left to right: Home Safety Volunteer Jed Proujansky, veteran homeowner Lesley Chadwick, Home Safety Volunteer Steve Eipper

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

One way to help us stay engaged, embrace change, and form new relationships is to take a class or workshop. LifePath's Healthy Living workshops are evidence-based, free, and open to people with one or more long-term health conditions (like diabetes, heart disease, arthritis and chronic pain), as well as their caregivers and loved ones. Our workshops offer the information, motivation, and support needed to make lifestyle changes, know we have control over our health,

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and realize we are not alone. We offer workshops three times a year but people can enroll anytime. For more information, call Healthy Living Program Manager Andi Waisman at 413-773-5555 x2297 or 978-544-2259 x2297, or email awaisman@LifePathMA.org.

Volunteering is another great way to stay engaged in our community. LifePath offers many opportunities for volunteering. With only 120 staff members but 275 volunteers, LifePath's volunteers are giving their time, energy, and hearts to helping others. Come join us and volunteer for one of LifePath's programs, including Healthy Living, Rides for Health, Meals on Wheels, Money Management, Grocery Shopping, Phone Pals, Home Safety, Rainbow Elders, or SHINE (Serving the Health Insurance Needs of Everyone), to name just a few. We can help our neighbors while helping ourselves! To volunteer with LifePath, please visit lifepathma.org/support-our-mission/volunteer/ or call LifePath at 413-773-5555 and ask for Volunteer Resources.

LifePath's Rainbow Elders program serves lesbian, gay, bisexual, transgender, intersex, queer, questioning, asexual, aromantic, and agender elders. With Rainbow Elders, we can make new connections, find resources, get support, and grow in knowledge, all part of *Aging Unbound*. Rainbow Elders offer virtual gatherings every other week and in-person luncheon clubs once a month, along with other special events throughout the year. To learn more, visit lifepathma.org/what-we-offer/health-and-wellness/rainbow-elders/ or email rainbowelders@lifepathma.org.

These are just a few of the ways LifePath can help us all with *Aging Unbound* by embracing the opportunity to change, exploring the rewards of growing older, staying engaged in our community, and forming relationships. We also help older adults and persons with disabilities maintain independence and quality of life in their own homes and communities, and help caregivers to find relief and help loved ones choose the right path. We offer information and consultations, care in the home, nutrition and financial help, dementia caregiver support groups, and much more. If you are interested in any of these services, the first step is to call us at 413-773-5555 X1230, or 978-544-2259 X1230, to speak to a Resource Consultant, or email info@LifePathMA.org.

You want to remain in the place you call home.

We'll give you options to maintain independence and quality of life.

413.773.5555 | 978.544.2259 | 800.732.4636
Info@LifePathMA.org | LifePathMA.org



Reach thousands of existing and potential clients with an advertisement in *The Good Life*.



For more information, contact:

Elizabeth Coté or **Suzanne Hunter**
 203-912-4680 or 413-772-0261 x 228
ecote@recorder.com shunter@recorder.com

You've Won! Lottery Scams



WHAT TO LOOK FOR

- An unexpected call, email, or letter saying you have won money or a prize.
- You are told to send money to pay taxes, insurance, or fees to claim the winnings.
- They might ask for your bank information, so your winnings can be directly deposited into your account.

WHAT TO DO

- **Do not respond!** The prize does not exist, they're just after your money.
- If someone asks you to pay money to win money, it's a scam.
- Foreign lotteries are illegal.
- Don't allow access to your bank account to claim a prize.

If you have a consumer problem or question, contact the

Northwestern District Attorney's Consumer Protection Unit

Greenfield
 (413) 774-3186
Northampton
 (413) 586-9225

Working in cooperation with the Office of the MA Attorney General

