

News Column for Use Week of April 7, 2024  
Jordan Schuette, Adult Development & Aging Agent  
River Valley Extension District  
April 4, 2025

### **May is Older Americans Month**

Older Americans Month was first established in 1963. Since then, it has become a month to celebrate and recognize the contributions of both, past and present older Americans in our country. The 2025 theme is, “Flip the Script on Aging.” This year’s theme is focused on changing how society approaches, perceives, and talks about aging.

According to census.gov, as of July 1, 2023, the River Valley Extension District is estimated to have 24.1% of its population at age 65 and older. The following is a breakdown of each counties population that is 65 and older: Clay County- 24.1%, Cloud County- 20.9%, Republic County - 27.5%, and Washington County- 23.8%. Let us celebrate the older Americans in our communities this coming May!

Celebrate Older American’s Month this year by recognizing the contributions of older adults in your community. You can also celebrate by discovering the opportunities we have to stay active and engaged as we age. Lastly, you can celebrate by focusing on the opportunities for connection, purpose, and exploration that come with aging ([acli.org](https://acli.org/)).

Thank an older Kansan for all they do for you and celebrate their contributions in your local communities. They are a wealth of wisdom with their life experiences. If you have any questions about Older Americans Month you can reach out to Jordan Schuette, Adult Development and Aging Agent in the River Valley Extension District at 785-325-2121.

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