

# FLIP the SCRIPT on aging



Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL).

Established in 1963, OAM is a time to honor the contributions of older Americans, highlight aging trends, and reaffirm our commitment to serving older adults in our communities.

This year's theme, "**Flip the Script on Aging**," emphasizes the importance of combating ageism. It aims to transform societal perceptions, conversations, and approaches to aging by challenging stereotypes and showcasing the benefits of healthy aging.

## HAPPY Mother's Day

On this day, we celebrate the amazing women who have nurtured and inspired us. Your love and wisdom have shaped our lives and communities. May your day be filled with joy and cherished memories.

Thank you for all you do. You are truly appreciated and loved.



# SNAP BENEFITS

→ BOOST YOUR BUDGET

## Who is Eligible?

SNAP eligibility depends on you and your household's gross monthly income, shelter and medical expenses.

## Household # Gross Income

1 - \$2,510

2 - \$3,407

3 - \$4,304

## What can you buy with SNAP?

Fruits and vegetables

Meat, poultry, and fish

Dairy products

Breads and cereals

Snacks

Non-alcoholic beverages



May 31st is a perfect opportunity to take a step towards a healthier future. As we age, the risks associated with tobacco use increase, affecting our heart, lungs, and overall well-being. Quitting tobacco can significantly improve your health and quality of life.

Let's come together to support each other in making this positive change. Your health matters, and it's never too late to quit!



As we honor Memorial Day, we remember and pay tribute to the heroic men and valiant women who have served our country. Their sacrifices have paved the way for the freedoms we enjoy today.

**"Our debt to the heroic men and valiant women in the service of our country can never be repaid."** (Harry S. Truman).

At Senior Resources, we are especially grateful for the seniors we serve, many of whom have contributed to our nation's history through their service and sacrifices. Let us take this day to reflect on their courage and dedication, and express our deepest gratitude.