

May Newsletter

Dear Healthy Aging Readers,



Spring has arrived, bringing warmer and brighter days. May is a meaningful time for communities across the country as we celebrate **Older Americans Month, a national observance recognizing the contributions, resilience and vitality of older adults.** This year's theme, "**Champion Your Health**" encourages all of us to take steps, no matter how small, to support our well-being while embracing the activities and connections that help us thrive.

At Healthy Aging Martha's Vineyard, we believe healthy aging looks different for everyone. Championing your health may mean attending a wellness program, spending time with friends and family, learning something new, advocating for your community, or simply making time each day to care for yourself.

For me, one way I champion my health is through yoga and movement. Taking time to move my body, stretch and slow down helps me feel more grounded, energized, and connected. Whether it's walking outside with my dog, Bella, attending a yoga class or gardening, movement plays an important role in helping me maintain physical, mental, and emotional wellness.

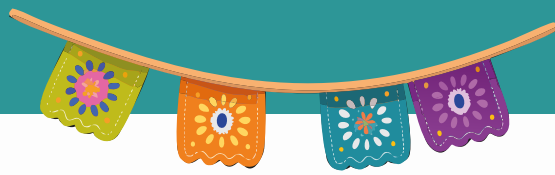
This month is also a reminder that healthy aging is not something we do alone. It is strengthened by community, connection, and access to resources and opportunities that support us at every stage of life. Here on Martha's Vineyard, our mission is to build a community that values and uplifts older adults and encourages all of us to continue growing, participating and caring for one another.

As you read through this month's newsletter, we hope you will find inspiration, resources and opportunities to help you champion your own health in ways that feel meaningful to you. Thank you for being part of the Healthy Aging Martha's Vineyard community and for all you do to make our Island a healthier, stronger and more connected place for all generations.

Wishing you a joyful and healthy Older Americans Month!
Sincerely,

Lauren Bagnall
Associate Director





Celebrating Older Americans Month “Champion Your Health”

Every May, communities across the country recognize Older Americans Month, a time to celebrate the contributions, wisdom and resilience of older adults while reaffirming a commitment to supporting healthy aging. Led by the **Administration for Community Living**, Older Americans Month has been celebrated since 1963 and continues to highlight the importance of community connection, wellness and independence as people age.

This year’s theme, “Champion Your Health,” encourages older adults to take an active role in their well-being through prevention, self-advocacy and healthy daily habits. At Healthy Aging Martha’s Vineyard, we believe healthy aging is about more than health care — it is about staying connected, informed, active and engaged in the community.

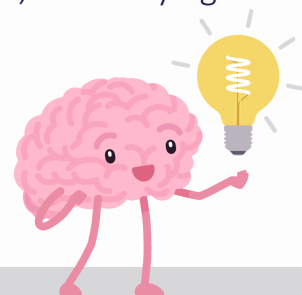
“Championing your health can begin with small, meaningful choices each day,” said Cindy Trish, Executive Director. “Whether it’s attending a community program, checking in with a friend, staying physically active or prioritizing preventive care, those steps can make a lasting difference in supporting independence and overall well-being.”

This Older Americans Month, we encourage our Island community to celebrate aging by supporting one another and embracing opportunities to live healthier, fuller lives.



Suggestions each of us can do to champion our health:

- Stay up to date with preventive care appointments and recommended screenings. Better yet, make an annual calendar for yourself that prompts you to schedule appointments in a timely fashion during the year so you can get ahead of this.
- Maintain meaningful social connections. Who in your life do you share an emotional connection with? What can you do to expand your world and keep you connected?
- Choose balanced, nutritious meals and stay hydrated.
- Start with one new behavior that can become a habit. For me, it is carrying a water bottle as my go-to hydration option.



- Engage in regular movement and physical activity to support strength, balance, and mobility. Decide to make this a priority for a week – and see what a difference it makes!
- Prioritize mental wellness through rest, mindfulness, hobbies, and community engagement. **Visit Vineyard Volunteers website** to explore the many volunteering options available to Islanders.

At Healthy Aging Martha's Vineyard, we remain committed to fostering a community where older adults can age with dignity, purpose and connection. Together, we can continue building a healthier, more age-friendly Martha's Vineyard for all generations.

Champion of Healthy Agers Award Nominations

Healthy Aging Martha's Vineyard is proud to announce the annual Champion of Healthy Agers Award nomination is open! Each year we recognize individuals and organizations making a meaningful impact on the lives of older adults across Martha's Vineyard through the Champion of Healthy Agers Award.

Nominations are accepted through November, with an award recipient announced in December during a community celebration honoring those who help make the Island a more supportive, connected and age-friendly place to live and thrive.

Community members are encouraged to nominate individuals, caregivers, volunteers, agencies or organizations that demonstrate an exceptional commitment to supporting healthy aging and improving the well-being of older adults on Martha's Vineyard.

To submit your nomination please email laurenbagnall@hamv.org

