

Older Americans Month

May 2024

Each May, the Administration for Community Living sets the theme for Older Americans Month, and this year's theme is Powered by Connection which focuses on the importance of meaningful social connections for the health and well-being of older adults.

The Surgeon General's Framework for a National Strategy to Advance Social Connection points out the severe consequences of social isolation and recognizes the importance of creating and sustaining social and community connections. Evidence shows that social connections are healing. They increase lifespan and improve a variety of health risks including heart disease and stroke.

The city's endorsement of the Lifelong Boulder Initiative plays a pivotal role in promoting connections for older adults through supporting Boulder as an age-inclusive community. The changing demographics for this decade demonstrate a clear need to create and sustain individual and community connections for older adults. The demographics through 2030 show a dramatic increase in the older adult population in Colorado with an increase of 67% for adults ages 75-84 and an increase of 48% for adults 85 years and older.

Older Americans Month is a wonderful opportunity to acknowledge the power of connection and to support creating new social relationships with each other and our community. Personal and community connections also support intergenerational relationships where older adults can share their wealth of life experience and wisdom, guide our younger generations, and carry forward abundant cultural and historical knowledge.

Older Americans Month is a time to honor, acknowledge, and value older adults as they contribute their time, wisdom, and experience to our community. It is a time to emphasize the many positive aspects of aging, to push past traditional boundaries of aging stereotypes, and to embrace our community's diversity.

We, the City Council of Boulder, Colorado declare May 2024 as

Older Americans Month

And urge the community to take time this month to recognize the strengths of older adults in our community as essential and valuable members as well as acknowledging the individuals who support them.



Aaron Brockett, Mayor

