

Flip the Script on Aging

May is Older Americans Month, a time to challenge stereotypes, break misconceptions, and celebrate the contributions of older adults. Aging isn't just about getting older; it's about growing, exploring, and staying connected. By flipping the script, we can embrace the many opportunities that come with aging and shift the focus to purpose, vitality, and lifelong learning.



Here are a few ways to keep a positive mindset about aging:

- Set personal growth goals and celebrate achievements.
- Take a challenge to learn something new; curiosity keeps the mind sharp.
- Stay connected with family and friends and welcome new relationships.
- Prioritize self-care by nurturing physical and emotional well-being.
- Embrace wisdom and share experiences with others.
- Remember, aging is something we all do; let's make it a journey filled with purpose, connection, and joy.

Learn valuable life lessons and get relevant, easy-to-understand tips for living an inspiring, healthy, and enriching life in the free [Lessons for Living Webinar series](#).

Resources: Tessa Hobbs-Curley, family life educator; [acl.gov](#).

May is Allergy Awareness Month

Here are some important facts about allergies:

- Lactose intolerance is different from a dairy allergy.
- Shellfish are the most common food allergen to develop over a lifetime, and it is possible to eat them for years before suddenly experiencing an allergic reaction.
- There are now nine major food allergens: peanuts, tree nuts, fish, shellfish, eggs, milk, wheat, soybeans, and sesame — added in 2023.
- Many children may outgrow food allergies as they enter adolescence.



Smart Juice Choices at the Grocery Store

Fun fact: May 4 is National Orange Juice Day. While 100% fruit juice can be part of a healthy diet in moderation, it lacks the fiber of whole fruits and veggies.

- Choose 100% fruit juice to avoid added sugars.
- Skip fruit cocktails and punches; they're often loaded with sugar.
- Love veggie juice? Go for low-sodium options. Vegetable juices can have a ton of extra sodium. Check labels and sip smart.



- Signs and symptoms of an allergic reaction can include hives, swelling of the lips, face, tongue, or throat, difficulty breathing, and, in severe cases, anaphylactic shock, a life-threatening reaction that affects the whole body.
- Always consult a doctor for guidance for any concerns about a food allergy.

Stay informed and safe.

Source: [foodallergy.org](#)