



AGING UNBOUND: MAY 2023

## Kathy's Aging Services Newsletter-May 2023

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information, visit the [official OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using #OlderAmericansMonth.

### **May is National Skin Cancer and Melanoma Awareness Month**

#### **It's Good for Your Health to Know about the Dark Side of the Sun**

Skin cancer — including melanoma as well as basal and squamous cell carcinomas — is the most common of all cancer types.

The American Cancer Society estimates that in the United States this year there will be about 100,350 new cases of melanoma, the most dangerous form of skin cancer, and 6,850 deaths from it. The rates of melanoma have been rising for the past few decades.

Melanoma is more common in men overall, but before age 50 the rates are higher in women than in men.

The number of cases of the more frequent skin cancers, basal cell carcinoma and squamous cell carcinoma, has been increasing for many years. According to one estimate, about 3.5 million cases of them are diagnosed annually (80% are basal cell).

**Most of these three types of skin cancer are caused by exposure to ultraviolet (UV) radiation primarily from the sun. However, only a little over half of American adults use sun-protection measures.**

The good news is that if diagnosed and treated early, skin cancer can often be cured. But if the disease is allowed to progress, it can result in disfigurement and possibly death.

For more information about skin cancer and its prevention, please visit the [Centers for Disease Control and Prevention](#). Another good online resource is the [Skin Cancer Foundation](#).

## SEWARD COUNTY AGING SERVICES

105 B STREET  
MILFORD, NE 68405  
402-761-3593

WWW.COUNTYOFSEWARDNE.COM/AGINGSERVICES

A support group is a gathering of people facing common issues to share what's troubling them. Through the sharing of experiences, they're able to offer support, encouragement, and comfort to the other group members, and receive the same in return.

**Grief Support Group:** Horisun Hospice is offering grief support on Thursdays 3:00-4:30 at Ridgewood.

**Alzheimer Support Group** meets at Kinship Pointe the 3rd Tuesday of every month at 7 p.m. Call 402-643-6500



### **LEGAL CLINIC:**

**Wednesday, May 17<sup>th</sup> at the Seward Lied Senior Center from 10 am-2pm.**

Seward County Aging Services in coordination with Aging Partners Elder Law Attorney to provide legal counseling on health care, powers of attorney, wills and living wills for seniors 60 and older. For more information or to schedule an appointment, contact Kathy at 402-761-3593.

### **Thought for the month**

Every Day is a Gift, It's how we use that gift that matters!

Seward County Aging office has free Covid home test kits available, You can stop in at our office at the Milford Senior Center or call Kathy at 402-761-3593

### **Resistance Band Classes:**

**Tuesdays and Thursdays:** Seward Senior Center 9:00 a.m.

**Wednesdays:** Milford Senior Center

