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.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

**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.
Know the Facts About Stroke

What is stroke?
Stroke kills nearly 150,000 of the 860,000 Americans who die of cardiovascular disease each year—that's 1 in every 19 deaths from all causes.

A stroke, sometimes called a brain attack, happens in one of two ways:
- **Ischemic stroke**—when the blood supply to the brain is blocked
- **Hemorrhagic stroke**—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. This is disturbing because about 80% of strokes are preventable. You can greatly reduce your risk for stroke by making lifestyle changes to help control your blood pressure and cholesterol levels and, in some cases, by taking medication.

Are you at risk?
Anyone, including children, can have a stroke at any time. Every year, about 800,000 people in the United States have a stroke—and about 1 out of 4 of those strokes are recurrent strokes. Having one stroke means you have a greater risk of having another (or recurrent) stroke.

Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits, such as smoking, drinking too much alcohol, and not getting enough exercise, that you can change to lower your stroke risk. Using tobacco products and having high blood pressure, high cholesterol, diabetes, or obesity can also increase your risk for stroke. However, treating these conditions can reduce your risk. Ask your doctor about preventing or treating these medical conditions.

If Stroke Happens, Act F.A.S.T.

- **F**—FACE DROOPING
  Ask the person to smile. Does one side droop?

- **A**—ARM WEAKNESS
  Ask the person to raise both arms. Does one arm drift downward?

- **S**—SPEECH DIFFICULTY
  Ask the person to repeat a simple sentence. Are the words slurred?

- **T**—TIME TO CALL 9-1-1
  If the person shows any of these signs, call 9-1-1 immediately.
What are the signs and symptoms?
An easy way to remember the most common signs of stroke and how to respond is with the acronym F.A.S.T.:

F = Face drooping: Ask the person to smile. Does one side droop?
A = Arm weakness: Ask the person to raise both arms. Does one arm drift downward?
S = Speech difficulty: Ask the person to repeat a simple sentence. Are the words slurred?
T = Time to call 9-1-1: If the person shows any of these signs, call 9-1-1 immediately. Stroke treatment can begin in the ambulance.

Other common signs of stroke are
- Sudden dizziness, trouble walking, or loss of balance or coordination
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause
- Sudden numbness of the face, arm, or leg
- Sudden confusion or trouble understanding others

If you think that you or someone you know is having a stroke, call 9-1-1 immediately. Stroke is a medical emergency, and stroke treatment and outcomes depend on how fast you get to the hospital and the type of stroke you had. When you are transported by ambulance, first responders may be able to start your treatment right away and can alert the hospital that a stroke patient is on the way. This notification gives the hospital's medical team time to prepare equipment and medicines you may need.

How is stroke diagnosed?
Your doctor can perform several tests to diagnose stroke, such as brain imaging, including a magnetic resonance imaging (MRI) or computed tomography (CT) scan, tests of the brain's electrical activity, and blood flow tests.

Can it be prevented?
High blood pressure is the single most important treatable risk factor for stroke. Preventing, diagnosing, and controlling it through lifestyle changes and medicine are critical to reducing stroke risks.

There are several steps you can take to reduce your risk for stroke:

- **Eat a healthy diet low in sodium with plenty of fruits and vegetables.** Tips on nutrition are available at CDC's Division of Nutrition, Physical Activity, and Obesity website.
- **Maintain a healthy weight.** CDC's Healthy Weight website includes information and tools to help you lose weight.
- **Be physically active.** Visit CDC's Physical Activity website for more information on being active.
- **Don't smoke, and avoid secondhand smoke.** CDC's Office on Smoking and Health website has information on quitting smoking.
- **Limit alcohol use.** See CDC's Alcohol and Public Health website for more information.
- **Prevent or manage your other health conditions, especially high blood pressure, high cholesterol, diabetes, and obesity.** Visit CDC's High Blood Pressure, Cholesterol, and Diabetes webpages on these conditions to learn more.

How is it treated?
If you have a stroke, you may receive emergency care, treatment to prevent another stroke, rehabilitation to help you relearn the skills you may have lost because of the stroke, or all three. In addition, lifestyle changes, such as the ones listed above, can help lower your risk for future strokes. Talk with your doctor about the best ways to reduce your stroke risk, and always take medicines as prescribed.

For More Information
Learn more about stroke at the following websites:

- CDC's [Division for Heart Disease and Stroke Prevention](https://www.cdc.gov/dhdsp/sb/)
- [Paul Coverdell National Acute Stroke Program](https://www.cdc.gov/dhdsp/sb/)
- [Million Hearts®](https://www.cdc.gov/dhdsp/sb/)
- CDC Vital Signs report: [Preventing Stroke Deaths](https://www.cdc.gov/dhdsp/sb/)
- [American Stroke Association](https://www.cdc.gov/dhdsp/sb/)
- National Institute of Neurological Disorders and Stroke, [Mind Your Risks® campaign](https://www.cdc.gov/dhdsp/sb/)

Learn more by visiting www.cdc.gov/dhdsp

May 2019
Tips for Reducing Calories

1. Reduce meat and increase fruit, vegetable, whole grains, and cooked dry beans
2. Snack on fruits and vegetables instead of sweets or chips
3. Choose water or seltzer water instead of soda or juice
4. Use herbs instead of extra condiments
5. Keep a bowl of fruit on the kitchen counter
Kitchen Time-Savers

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Shop with a plan
Prepare a shopping list before you head to the store so you can focus on what you need. To go faster, organize your list by store sections such as “produce,” “frozen foods,” etc.

Prep ahead
When you have some time, wash, slice, and portion out fruits and veggies for quick snacks on-the-go. You can also prepare ahead some of the fresh ingredients for upcoming meals.

Enjoy veggies raw
Not cooking saves time, too! Cherry tomatoes, string beans, or sugar snap peas taste great as a side dish all on their own.

Use a toaster oven
Small, convenient, and quick-to-heat appliances can save both time and energy. They’re perfect for broiling fish fillets, roasting small vegetables, or heating up a sandwich.

Plan for leftovers
Make larger recipes with enough servings for multiple meals to use that week or freeze for later. This reduces the number of times you need to prepare meals.

Use a slow cooker
Save time with easy slow cooker meals that require little “supervision.” Slow cooker soups and stews are also a good way to use up fresh vegetables that may be a little past their prime.
Prep ahead the following sheet-pan recipe to use in multiple recipes throughout the week. This recipe can be used in the next recipe to make a tasty dish.

**Sheet-Pan Roasted Root Vegetables**


**Servings:** 8

**Nutrition Info per Serving:** 112 Calories; 6g Total Fat; 1g Saturated Fat; 15g Total Carbohydrates, 3g Dietary Fiber, 6g Total Sugars, 2g Protein, 203mg Sodium, 34mg Calcium, 362mg Potassium

**Ingredients:**
- 2 large carrots
- 2 medium parsnips, peeled
- 2 medium beets, peeled
- 1 medium red onion
- 1 medium sweet potato
- 3 tablespoons extra-virgin olive oil
- 1 ½ tablespoons apple cider vinegar or balsamic vinegar
- 1 tablespoon fresh herbs, such as thyme, rosemary or sage
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper

**Directions:**
**Step 1:** Position racks in upper and lower thirds of oven; preheat to 425 degrees. Line 2 large rimmed baking sheets with parchment paper.

**Step 2:** Cut carrots and parsnips into 1/2-inch-thick slices on a diagonal, then cut into half moons. Cut beets and onion into 1/2-inch-thick wedges. Cut sweet potato into 3/4-inch cubes. You should have about 12 cups raw vegetables.

**Step 3:** Toss the vegetables with oil, vinegar, herbs, salt and pepper in a large bowl until well coated. Divide between the prepared baking sheets, spreading into a single layer.

**Step 4:** Roast the vegetables, rotating the baking sheets top to bottom halfway through, until fork-tender, 30 to 40 minutes.
Roasted Vegetable & Black Bean Tacos

recipe courtesy: https://www.eatingwell.com/recipe/257722/roasted-vegetable-black-bean-tacos/

Servings: 2

Nutrition Info per Serving: 343 calories, 17g Fat, 2g Saturate Fat, 44g Total Carbohydrates, 12g Dietary Fiber, 6g Total Sugars, 8g Protein, 352mg Sodium, 701mg Potassium

Ingredients:
1 cup roasted root vegetables (see associated recipe)
½ cup cooked or canned black beans, rinsed
2 teaspoons extra-virgin olive oil
1 teaspoon ground cumin
1 teaspoon chili powder
½ teaspoon ground coriander
1/4 teaspoon kosher salt
¼ teaspoon ground pepper
4 corn tortillas, lightly toasted or warmed
½ avocado, cut into 8 slices
1 lime, cut into wedges
Chopped fresh cilantro & salsa for garnish

Directions:
Step 1: Combine roasted root vegetables, beans, oil, cumin, chili powder, coriander, salt and pepper in a saucepan. Cover and cook over medium-low heat until heated through, 6–8 minutes.
Step 2: Divide the mixture among the tortillas. Top with avocado. Serve with lime wedges. Garnish with cilantro and/or salsa, if desired.