

PEAS AND CARROTS

Indiana FSSA's Bureau for Better Aging May 2026



Older Americans Month

Celebrating Older Americans Month: Champion Your Health

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "**Champion Your Health**," focuses on **prevention, wellness, and personal responsibility** as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

This Older Americans Month, communities and individuals alike can take steps to champion health and advance healthy aging.

How can community groups, businesses, and organizations mark OAM?

- Promote OAM through newsletters, meetings, and social media channels.
- Invite community members to share stories and reflections using [#ChampionYourHealth](#).
- Highlight practical tips and trusted resources that support prevention and healthy aging.
- Elevate local programs and events that help older adults stay healthy, active and engaged.

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.

“Work at your relationships all the time. Take care of friendships, hold people you love close to you, take advantage of birthdays and celebrate fiercely.”

- Patti LaBelle

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Celebrate Older
Americans Month

Bingo



Washington Park

Friday, May 15th

10:00am-12:30 pm

Registration required

Code 38801

317-327-7473 or 317-327-7275

Parks.indy.gov/programs

FREE

Come for the fun & stay for the wins



Bureau of
Better Aging

Indiana Family and Social Services Administration



Enjoy classic gameplay, relax with friends, and try your luck at winning exciting prizes. Whether you're a seasoned player or brand-new to the game, everyone is welcome. There will be vendors, snacks, door prizes and more.



6 Great Reasons to Spend More Time With Others

Socialization is vital for physical, mental and emotional health.

Connecting with friends, family and acquaintances ...



Protects the brain.

Loneliness is a dangerous state of being. It raises the risk of Alzheimer's disease, stroke and falls.



Boosts the immune system.

People with strong social connections are better able to fight off infections that cause disease.



Provides mental stimulation.

Puzzles and education are all good brain exercises—but interacting with other people is even better.



Encourages healthy behaviors.

Close connections make it more likely we'll exercise, eat well and manage our health conditions.



Nurtures a support network.

Friends can help us when we need help ... and helping our friends promotes self-esteem and a sense of purpose.



Decreases pain.

Brain chemicals released when we're socializing can lessen the impact of pain. We might even need less medication!

Word Search Bank

ACQUANTANCES

FRIENDS

NUTRIENTS

SOCIAL

CONNECTION

HEALTH

LONLINESS

POWERWED

SUPPORT

FAMILY

HUNGER

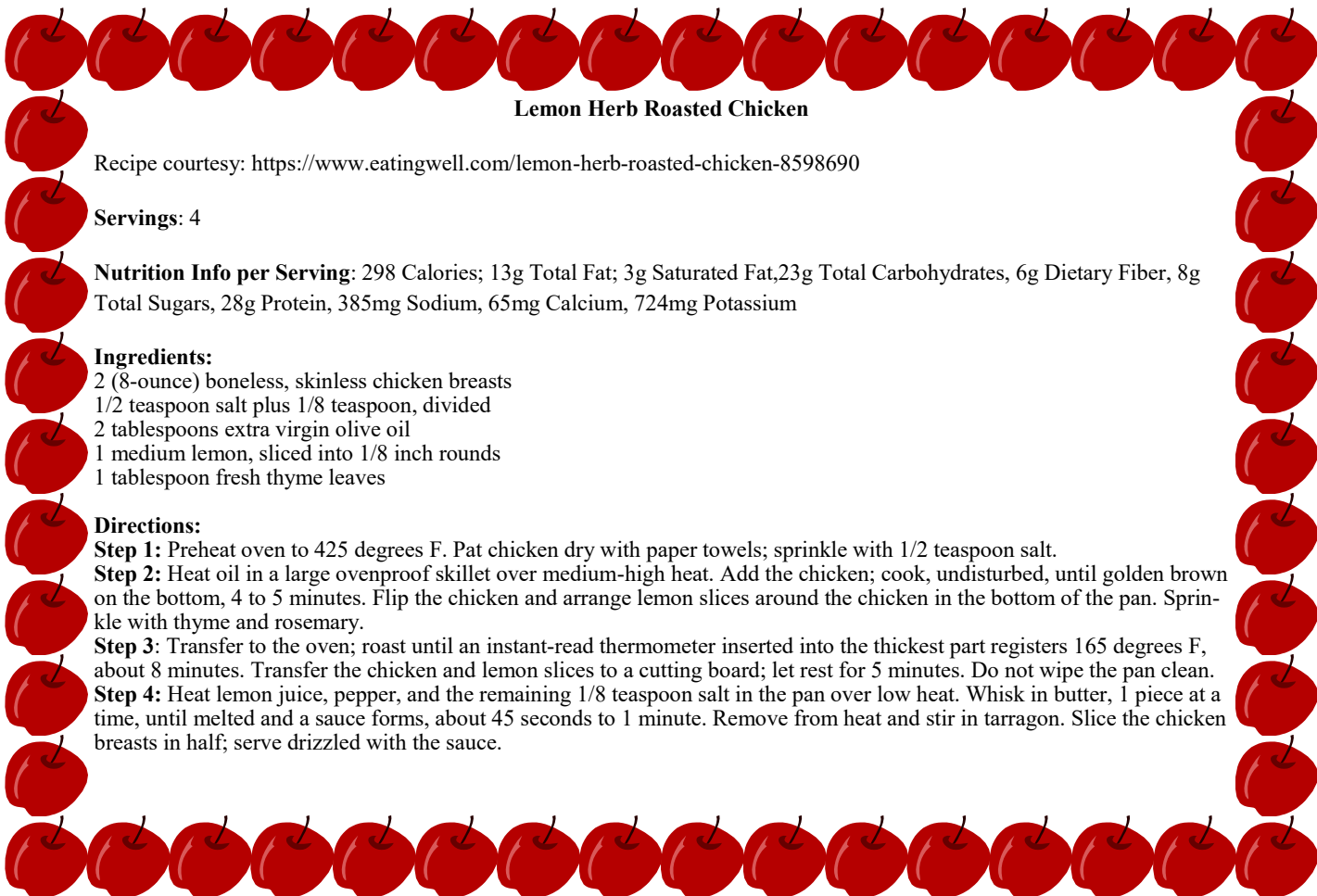
NETWORK

RELATIONSHIPS

TOGETHER

IMPACT

WORD SEARCH



Lemon Herb Roasted Chicken

Recipe courtesy: <https://www.eatingwell.com/lemon-herb-roasted-chicken-8598690>

Servings: 4

Nutrition Info per Serving: 298 Calories; 13g Total Fat; 3g Saturated Fat, 23g Total Carbohydrates, 6g Dietary Fiber, 8g Total Sugars, 28g Protein, 385mg Sodium, 65mg Calcium, 724mg Potassium

Ingredients:

- 2 (8-ounce) boneless, skinless chicken breasts
- 1/2 teaspoon salt plus 1/8 teaspoon, divided
- 2 tablespoons extra virgin olive oil
- 1 medium lemon, sliced into 1/8 inch rounds
- 1 tablespoon fresh thyme leaves

Directions:

- Step 1:** Preheat oven to 425 degrees F. Pat chicken dry with paper towels; sprinkle with 1/2 teaspoon salt.
- Step 2:** Heat oil in a large ovenproof skillet over medium-high heat. Add the chicken; cook, undisturbed, until golden brown on the bottom, 4 to 5 minutes. Flip the chicken and arrange lemon slices around the chicken in the bottom of the pan. Sprinkle with thyme and rosemary.
- Step 3:** Transfer to the oven; roast until an instant-read thermometer inserted into the thickest part registers 165 degrees F, about 8 minutes. Transfer the chicken and lemon slices to a cutting board; let rest for 5 minutes. Do not wipe the pan clean.
- Step 4:** Heat lemon juice, pepper, and the remaining 1/8 teaspoon salt in the pan over low heat. Whisk in butter, 1 piece at a time, until melted and a sauce forms, about 45 seconds to 1 minute. Remove from heat and stir in tarragon. Slice the chicken breasts in half; serve drizzled with the sauce.



Are the Statements Below **FACT** or **FICTION**?

Circle the correct answer

1	Consuming raw milk can cause serious health risks.	FACT or FICTION
2	A vegetarian diet can provide adequate protein and energy for adults.	FACT or FICTION
3	Seed oils can be found in a healthful, balanced diet.	FACT or FICTION
4	Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies and cookies.	FACT or FICTION
5	Dietary fiber is a beneficial type of carbohydrate found in fruits, vegetables, whole grains, beans, nuts and seeds.	FACT or FICTION
6	Individuals who are pregnant or breastfeed should avoid fish.	FACT or FICTION
7	It's important to use soap whenever washing hands.	FACT or FICTION
8	Doing some physical activity is better than doing none.	FACT or FICTION
9	Everyone should take a vitamin or mineral supplement.	FACT or FICTION
10	Registered dietitian nutritionists are experts in food and nutrition.	FACT or FICTION





ANSWERS

1	Raw milk is milk that has not been pasteurized. Pasteurization removes dangerous bacteria from the milk without compromising milk's nutritional benefits.	FACT
2	A vegetarian eating style can meet nutrient needs, including protein, for adults across all activity levels, if it's well-planned and includes a variety of foods and adequate calories.	FACT
3	Current research supports using seed oils as part of a balanced diet, particularly as alternatives to saturated fats. As with any fat, seed oils are best used in moderation alongside a diet that emphasizes whole, minimally processed foods.	FACT
4	Foods and beverages that contain naturally occurring sugars, such as fruit, milk and yogurt provide important nutrients. In comparison, foods and drinks with added sugars, such as desserts and soft drinks, often contain no beneficial nutrients.	FICTION
5	Although the body can't use fiber efficiently for fuel, it's an important part of a healthy diet. Fiber may help reduce cholesterol levels, help us to feel full longer, help with blood sugar control and improve digestive health.	FACT
6	Consuming low-mercury fish, one to two times per week, is recommended for individuals who are pregnant or breastfeeding. Moderate scientific evidence suggests that consuming lower-mercury fish during pregnancy and breastfeeding can help with baby's cognitive development.	FICTION
7	Using soap is important to fully remove bacteria and other germs from hands each time you wash your hands.	FACT
8	Research has shown that even a little physical activity is better than being sedentary.	FACT
9	For most people, nutrient needs should be obtained through food sources. When a person's diet is lacking in certain foods and nutrients, a vitamin or mineral supplement may be required. There are also higher requirements in some cases, such as during pregnancy or with a diagnosed deficiency. Always check with a health care provider before taking a dietary supplement.	FICTION
10	Registered dietitian nutritionists, also known as RDNs, are the food and nutrition experts. RDNs work in a variety of settings and help people live healthier lives.	FACT

For more information or to Find a Nutrition Expert, visit eatright.org.

Sources: CDC. Food safety: Raw Milk. Academy of Nutrition and Dietetics. Nutrition Fact Check: Seed Oils. Food and Drug Administration. Advice About Eating Fish. CDC. Clean Hands: Handwashing Facts. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition.

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