



Celebrate Older Americans Month

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way. While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Don't forget to join our online "Walk-A-Weigh" Facebook group to receive daily posts, weekly workshops, and support. Visit our Facebook group page at tinyurl.com/30for30WAW and click to join. You can post pictures of you each day getting in your steps or exercise and receive encouragement from participants from all over the country as well as learn new ideas of how to be healthy and start a new routine of making physical activity more of a priority.

May Workshop Dates:

"Age My Way" (1) In-Person Lunch N' Learn: Tuesday, May 10th at 12pm at Person County Office - \$5 fee (2) Virtual Zoom: Tuesday, May 24th at 12pm for free. Register at go.ncsu.edu/fcsregistration

"Cooking Fresh Veggies" workshop Monday, May 23rd at 10:00am at South Granville Senior Center

"10 Warning Signs of Alzheimers" workshop Tuesday, May 24th at 10:30am at N. Granville Senior Center

"Healthy Eating On a Budget" workshop Thursday, May 26th at 5:30pm for free at the Berea Branch Library



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Easy Veggie Burritos

- 1/2 cup shredded carrot
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 oz shredded lowfat Cheddar cheese
- 1/4 cup nonfat ranch salad dressing
- 1/2 tsp chili powder
- 4 (7in) flour tortillas
- 1 cup lettuce

Combine the first seven ingredients. Spoon 1/2 cup mixture in center of each tortilla, add 1/4 cup lettuce, and wrap, folding the bottom of the tortilla up first, then each side.

201 calories, 10g protein, 7g fat, 22 carbohydrates

Source - Penn State Extension extension.psu.edu