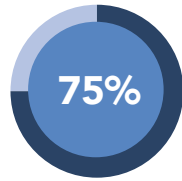
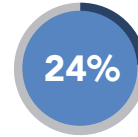


# Aging is All About Living!

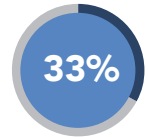
Older adults contribute wisdom and experience to our communities.



**75% OF PEOPLE AGED 57 TO 85 ENGAGE IN ONE OR MORE SOCIAL ACTIVITIES AT LEAST EVERY WEEK**



AGE 18-20s



AGE 88

**33% OF AMERICANS REPORTED BEING VERY HAPPY AT AGE 88, VERSUS ABOUT 24% OF THOSE AGE 18 TO THEIR EARLY 20s<sup>1</sup>**

## OLDER ADULTS PROVIDE:

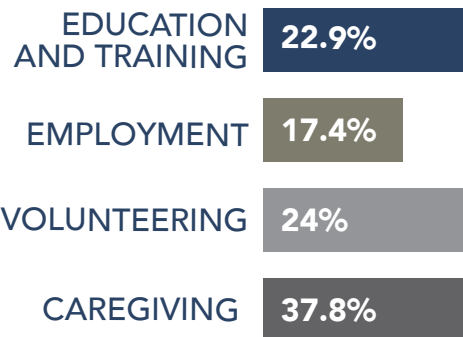


## HOW CAN WE BETTER INCLUDE OLDER ADULTS?



- BE AN EMPLOYER
- BE A FRIEND
- BE A MENTEE OR MENTOR

## ADULTS AGE 65+ LEAD PRODUCTIVE ROLES IN THE COMMUNITY:



*"Seniors can do anything, our recovery time is different that's all. We bring wisdom, calm, and a great attitude."*

– Maria, 74, Sacramento

*"We can contribute a lot. We can and do volunteer and want to attend all kinds of activities that enrich and support our communities and us."*

– Jack, 68, San Diego



To learn more visit: [www.C4A.info](http://www.C4A.info)

C4A represents California's 33 Area Agencies on Aging. AAAs coordinate a wide array of services to seniors and adults with disabilities at the community level.

<sup>1</sup> Research: Older adults are happiest Americans; ABCNews