**engAGED Newspaper Article Template Draft**

Older Adults Staying Active and Connected!

By-line of local author/agency information

It is well known that Americans are living longer. In fact, a child born in the United States in 2018, can expect to live to the age of 76 if he is a man and 81 if she is a woman. And the fastest growing segment of the population in the United States today is the 85+ year old segment. As we get older we can expect to experience significant changes in our lives such as retirement and the subsequent loss of identity that may result from leaving a job, the loss of spouse/partner, or the change/loss of mobility, that can impact our ability to stay connected within the community. This loss of connection can cause older adults to feel isolated or lonely or both. According to psychologist Julianne Holt-Lunstad of Brigham Young University, “being connected to others socially is widely considered a fundamental human need – crucial to both well-being and survival.

To help prevent social isolation among America’s growing aging population, engAGED: The National Resource Center for Older Adults administered by the National Association of Area Agencies on Aging and funded by the Administration for Community Living provides a variety of resources and information to help older adults learn about ways they can stay engaged and active in their communities—whether it is through volunteering, arts programs, lifelong learning, honing their technical skills or participating in intergenerational activities, there is something for everyone! To learn more visit [engagingolderadults.org](http://www.engagingolderadults.org) where you can read about Eli Botkin a 92-years-old, retired aerospace engineer who tutors seventh and eighth-graders in math and mathematical principles, or Michael who started his own business after learning how to write a business plan, conduct online market research and develop a social media outreach strategy using digital tools.

If you think you may be less connected than you would like to be, ask yourself these three questions. Select one of these three answers for each question: Hardly Ever, Sometimes, or Often.

1. How often do you feel that you lack companionship?

2. How often do you feel left out?

3. How often do you feel isolated from others?

If you answered sometimes or often to the questions, consider taking advantage of programs *provided by* (Agency name) that are available locally, to help reduce isolation and increase social connections. There are many programs, services and engagement opportunities for older adults in (our community – provide website, location, phone number and/ or other information source).