Written by Staff Reports
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SANTA FE — The New Mexico Aging and Long-Term Services Department recognizes May as Older Americans Month, and emphasizes the importance for older adults to be active and involved in their communities. The theme for this year's observance is "Engage at Every Age." Gov. Susana Martinez issued an executive proclamation commemorating the observance.

"We take this opportunity to celebrate the many positive contributions from New Mexico seniors," ALTSD Acting Cabinet Secretary Kyky Knowles said. "Across the state, our seniors are working and volunteering, mentoring and learning, leading and engaging, and we couldn't be more grateful."

Engaging with friends and family and participating in community activities can enrich physical, mental, and emotion well-being for seniors. Remaining socially engaged can improve the quality of life for older adults.

In New Mexico and across the United States, adults aged 60 and older are part of a rapidly growing population. According to the U.S. Census Bureau, approximately 434,000 New Mexicans are 60 years of age and older. By 2030, New Mexico is projected to have the third largest senior population, making up nearly a third of the state's residents.

ALTSD encourages healthy aging and independence, and provides an array of opportunities, including senior employment, volunteering, exercise, engagement, learning, and nutrition. Each year, the Aging and Long-Term Services Department and New Mexico's Aging Network, provide support to more than 100,000 elders in various forms including senior transportation, meals for seniors and caregiving.

To learn about more about opportunities and services provided by the New Mexico Aging and Long-Term Services Department, contact the Aging and Disability Resource Center at (800) 432-2080, or visit www.nmaging.state.nm.us and selecting 'Live Chat'.