

Family and Consumer Sciences

Learning Across the Lifespan



FLIP THE SCRIPT ON AGING: MAY 2025

Every **May**, the Administration for Community Living leads the nation's observance of **Older American's Month (OAM)**. The 2025 theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. This year, join us in promoting the importance of viewing aging not as a limitation but as a journey filled with purpose, exploration, and connection.

While there is no age limit or requirement for the following topics, older adults might have the time to learn about a new topic like mindfulness or brush up on new information on a classic topic like home food preservation. If you are in Lucas County, these educational programs may be of interest for you to host at your site.

Wits Workout for brain health. A series of classes, specifically designed for older adults.

Whatever Happened to Home Economics? A brief history for contemporary times and also highlights current Family and Consumer Sciences programs.

Dimensions of Wellness using a wellness wheel to explore health and wellness at all ages.

Universal Design making living space safe and accessible for all ages.

Planning and Intergenerational Family Garden an intergenerational lesson for adults of all ages as well as their youth gardeners.

Simplify Your Space can be a one-time Clutter Free Living class or a series of classes including paper clutter, rightsizing, and sharing your treasures.

Mindfulness can offer a one-time introduction lesson or a series of Mindful Wellness classes.

Compassion Satisfaction for Caregivers designed for the health of caregivers and volunteers.

For more information, please contact:

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