



You Can!

Make Your Community Stronger



May is Older Americans Month and the 2021 theme is **Communities of Strength**, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities. In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again as friends, neighbors, and businesses have found new ways to support each other. When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service - we help build strong communities. And that's something to celebrate!

- **Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media or call a friend or family member to share a happy moment or to say thank you.
- **Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.
- **Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- **Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life - a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others - even virtually or by telling about the experience later - we help them build resilience too.

Connecting with others is one of the most important things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. It plays a vital role in our health and well-being, and in that of our communities.

Adapted from: Administration for Community Living - acl.gov/oam/2021/older-americans-month-2021

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