



April 30, 2021

FOR IMMEDIATE RELEASE

May is Older Americans Month

(NEW BERN, N.C.) in 1963 President John F. Kennedy and members of the National Council of Senior Citizens met over concerns that a third of older Americans lived in poverty, and there were few programs to meet their needs. This led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Every May, the Administration for Community Living leads our nation’s observance of Older Americans Month. The theme for 2021 is “**Communities of Strength**”. Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This Older Americans Month, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

This year, Eastern Carolina Council Area Agency on Aging will celebrate Older Americans Month by encouraging community members to share their experiences. Together, we can find strength, and create a stronger future.

Here are some ways to share and connect:

- ❖ **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 cannot 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 home cooked 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.
- ❖ **Share your story:** There is a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences through action, story, or service we help build strong communities. And that is something to celebrate. Please join Eastern Carolina Council AAA in strengthening our community.

End date of Release: May 31, 2021

Contact: Eastern Carolina Council Area Agency on Aging
252-638-3185