

Older Americans Month: Communities of Strength

May 2021

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 in Davidson County as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

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.

This year, Davidson County Senior Services will celebrate OAM 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 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.

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! Please join Davidson County Senior Services in strengthening our community by joining in on-going Facebook, email, telephone and in-person activities.

For information on upcoming happenings find us on Facebook at Davidson County Senior Services, email dcsslex@davidsoncountync.gov or call (336) 242-2290.

See Proclamation Below

The Davidson County Board of Commissioners officially proclaimed May as Older Americans Month in Davidson County.



OLDER AMERICANS MONTH 2021

Proclamation

Whereas, Davidson County includes a growing number of older Americans who have built resilience and strength over their lives through successes and difficulties; and

Whereas, Davidson County benefits when people of all ages, abilities, and backgrounds are included and encouraged to share their successes and stories of resilience; and

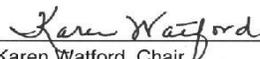
Whereas, Davidson County recognizes our need to nurture ourselves, reinforce our strength, and continue to thrive in times of both joy and difficulty; and

Whereas, Davidson County can foster communities of strength by:

- creating opportunities to share stories and learn from each other;
- engaging older adults through education, recreation, and service; and
- encouraging people of all ages to celebrate connections and resilience.

Now, therefore, we, the Davidson County Board of County Commissioners do hereby proclaim May 2021 to be Older Americans Month and urge every resident to recognize older adults and the people who support them as essential contributors to the strength of our community.

Dated this 27th day of April, 2021.



Karen Watford, Chair
Davidson County Board of Commissioners

Attest:


Deborah J. Harris, Clerk to the Board

