



MEDIA RELEASE

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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 The Green River District 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, The Green River Area Development District 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!

For more resources, visit the official [OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and [join the conversation via #OlderAmericansMonth](#).

The Green River Area Development District (GRADD) is a regional planning agency serving the communities of Daviess, Hancock, Henderson, McLean, Ohio, Union, and Webster counties. GRADD offers assistance in the fields of aging, health, and social services; community and economic development; transportation planning; and workforce development. Our mission is to afford local governments and citizens a regional forum to identify issues and opportunities, and to provide leadership in planning and implementing programs to improve the quality of life in our district.