



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 Fulton 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.

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 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. 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.

(from April May June OFA Newsletter)

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 year, 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.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

Our THANKS AND APPRECIATION go out to AgingNY and Kinney Drugs for helping Fulton County get vaccinated!

Here are some examples how Fulton County has shown strength over the last year:

- ◆ CC Move Mass Food Distributions
- ◆ NOAH turned Take Out!
- ◆ Fulton Co. Office for Aging distributed Comfort Pets to people at home and in area adult care facilities
- ◆ Local agencies showed resilience in providing services virtually with great success
- ◆ Fulton Co. Office for Aging continued safely delivering Home Delivered Meals and stayed in contact once a week or more via phone to keep in touch with our service recipients
- ◆ Senior Transportation successfully continued with the capable drivers from Fulmont Community Action Agency
- ◆ County Departments continued to successfully serve the community under work alternation plans & safe return to full staffing
- ◆ Senior Center opened with safety guidelines in place!