



Aging Healthfully Newsletter

Illinois Department on Aging

May is Older Americans Month (OAM)

Around the country, older adults make their marks every day as employers, volunteers, staff, parents, grandparents, advocates, and mentors. Older adults bring forth their talents, experience, and offer their time to benefit our communities.

For 57 years, Older Americans Month (OAM) has been a special time to recognize these contributions. Led by the [Administration for Community Living](#) (ACL) each May, OAM also provides resources to help older Americans stay healthy and independent, and materials to help communities support and celebrate their citizens.

This year's OAM theme, *Make Your Mark*, highlights older adults' unique and lasting contributions to their communities—everything from sharing a story with grandchildren to leaving a legacy of community action.

In the spirit of this theme, here are a few ways to make your mark this May and all year long:

- **Volunteer your time safely during the pandemic** – many programs are looking for volunteers to provide telephone reassurance or friendly visiting calls to older adults that are socially isolated in their homes due to the virus.
- **Take time to pass on your knowledge** – perhaps you can tutor a student or your grandchildren who could use extra help in math, music, or science.
- **Share your story** – there are so many ways to do this, from sending your grandchildren or friends pictures or written stories about where you grew up or activities you participated in when you were their age.
- **Assemble a photo album or scrapbook of important moments in your life** – then share them later after the pandemic has subsided or virtually with your friends and family.
- **Get involved in your neighborhood** – host a virtual gathering with your neighbors to play trivia, knit together, share stories, play bingo, etc.

Attachments:

- OAM 2020 Activity Ideas
- OAM Poster 8.5x11
- OAM Spanish Poster 8.5x11
- **Recipes:** Cherry Banana-Berry Smoothie; Quick Black Bean, Corn, and Tomato Salsa

References:

<https://acl.gov/oam/2020/older-americans-month-2020-templates>

<https://acl.gov/oam/2020/oam-2020-activity-ideas>

<https://www.uchealth.org/today/how-to-help-older-adults-use-video-calling-to-stay-connected-and-combat-loneliness/>

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<https://www2.illinois.gov/aging/CommunityServices/nutrition/Pages/nutrition.aspx>