



American Heart Association.

Healthy for Good™



REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

1. Lots of the Good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.



2. Less of the Bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

3. Won't Weigh You Down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.



4. Super Flexible Super Foods

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

5. A Whole Body Health Boost

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.





Communities of **Strength**

**OLDER
AMERICANS
MONTH**



COMMUNITIES OF STRENGTH: MAY 2021

[ACL.GOV/OAM](https://acl.gov/oam)





Fortaleza

en comunidad

MES DE LOS
ESTADOUNIDENSES DE
EDAD AVANZADA



FORTALEZA EN COMUNIDAD: MAYO DE 2021

[ACL.GOV/OAM](https://acl.gov/oam)



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 [name of town/community] 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, [organization name] 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 [organization/community name] in strengthening our community – [insert call to action, such as joining a virtual event or engaging on social media activities].

[Optional: organization contact person, social media links, and/or website as suitable for call to action and any activities announced.]

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

Older Americans Month Event Ideas

Distanced Outdoor Event

Seeing other people in person—even with masks on and from a six-foot distance—can offer a richer sense of connection and community than virtual gatherings.

The CDC says that outdoor gatherings with plenty of ventilation, masks, and social distancing pose less risk of spreading COVID-19.

Here are some ideas for bringing members of your community together for a safe afternoon or evening of outdoor entertainment and socialization:

- **Organize a game night.** Contactless options like charades allow teammates to work together from a safe distance. For more ideas, try searching online for “contactless games for adults.”
- **Hold an outdoor movie screening.** Consider a comedy or other light-hearted movie. Sharing a laugh can bring people together. Make sure household groups sit six feet from other families.
- **Coordinate a musical event.** Music can help people to connect, heal, and much more. Hire a band, let participants show off their musical talents, or just play music from an app and let everyone make requests. Keep music levels down and encourage clapping and distanced dancing over singing and shouting.

Follow all state and local health guidelines. Check your [state health department](#) for safety information. Read the latest [CDC guidance on events and gatherings](#).



COMMUNITIES OF STRENGTH: MAY 2021

Group Project

Working together creates community, even when you cannot be physically together. Celebrate contributions of individuals and what your community can accomplish together by organizing a group project. Each participant can work individually before their work is combined to create a final masterpiece. All collection activities can be done without contact.

We suggest polling participants to see where their talents and interests lie, but here are some project ideas to get you started:

- **Create a community quilt.** Individuals can make squares on their own, which can then be sewn into a beautiful wall hanging or cozy blanket. The quilt can then be donated to a charitable organization or a community member. For tutorials, beginner patterns, and other ideas, search “how to quilt” on the Internet.
- **Decorate a public garden or community walking path.** Paint rocks with eye-catching designs and inspiring messages. Ask community members to paint their rocks individually, providing simple supplies, if possible. Then, collect them to display in your community.
- **Establish a physical or virtual bulletin board.** Fill it with photos, jokes, quotes, and/or good news from community members. Display in a public place or on your organization’s website.
- **Plant a community garden of flowers or vegetables.** Have participants plant in shifts to maintain social distancing or provide participants with seeds and a pot to plant them in at home. Collect all the potted plants to display together as one large container garden.
- **Design a mosaic art project or mural.** Each participant can take a turn adding their own touch. Don’t have a space that can be permanently altered? Use small canvases instead. Search “mini canvas collage” to spark your creativity.



COMMUNITIES OF STRENGTH: MAY 2021



Pen Pal Writing Ideas

For anyone:

- What do you see as your biggest accomplishment? What obstacles did you overcome to achieve it?
- Who or what have you missed most during the pandemic? What have you done in place of seeing them or doing that activity?
- Did you take on a project, develop a new hobby, or learn a new skill during the past year?
- What are your goals for this coming year?

For older adults:

- What would you tell your 20-year-old self?
- What do you think your 20-year-old self would tell you now?
- What lessons have you learned from tough times in your life? How have those experiences made you stronger?

For younger adults:

- What have you learned from your elders? How has it shaped your experiences?
- What questions would you like to ask people who have lived through tough times?
- When you are older, in what ways do you think you'll be different? In what ways do you hope you are the same?



Event Planning Tips

- **Plan:** Start planning early and set clear goals. Identify people who can help, including volunteers and vendors. Communicate regularly with your planning team and track major decisions. Select your event date and time early in the planning process.
- **Partner:** Join forces with others in your community who can provide in-kind services, volunteers, or materials. They may also have connections to speakers or entertainers. Local businesses may agree to exchange publicity for gift cards, which work well for prizes. Partners can also amplify your activities online.
- **Promote:** Develop a publicity plan to promote your event. Use traditional strategies, like newspaper ads and community board flyers, as well as newer media—your website, blog, and/or social media accounts. You might also consider contacting a local reporter.

Conduct registration online via any of the free options available. Email is an effective way to get people to register, so if you have an existing email distribution list, use it. Virtual invitations can make your email stand out.

- **Produce virtually:** Choose a platform that fits your budget. Free or low-cost options may work for smaller events. Make sure the platform is accessible for participants and includes any special features you need (e.g., recording, whiteboard, breakout rooms). Conduct a dry run well in advance to refine logistics and troubleshoot technical issues.

Remember, attention spans are shorter online. Aim for an hour-long event and include breaks if it will be longer. Assign at least one moderator to answer questions, engage participants, and keep time. Interact as much as possible, engaging people with games, polls, and/or Q&A segments.

- **Produce in person:** Use a space large enough to allow for social distancing. Make sure it is easy for everyone to access. Bring ample supplies such as hand sanitizer, disinfecting wipes, and disposable masks. If you plan to take pictures of your event, bring photo release forms. Print name tags and ask coordinators and volunteers to wear matching shirts or dress in the same color.

Follow all state and local health guidelines. Check your state health department for safety information. Read the latest CDC guidance on events and gatherings.

- **Publish:** Post a summary of the event on your website and highlight key aspects on social media. Make sure to tag the accounts of any partners who helped you. Include photos or graphics to gain traction for your posts.

If possible, gather feedback on what participants liked/disliked during this phase. If you have any future activities planned, use this opportunity to promote the next event.

Strawberry Feta Salsa

Time to Prepare: 10 minutes Number of Servings: 4

Ingredients:

- 1 1/2 cups strawberries, hulled and quartered
- 3 green onions, chopped
- 1/4 cup fresh basil, chopped
- 2 tablespoons crumbled feta cheese
- 1 tablespoon balsamic vinegar
- Black pepper, to taste



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Strawberry Feta Salsa

Directions:

1. In a medium-sized bowl combine strawberries, green onions, basil, feta, vinegar, and pepper.
2. Mix well and let sit for a few hours in the fridge.
3. Use as topping on chicken or fish or serve with pita chips or whole grain tortilla chips.

Nutrition Facts (per serving):

Calories: 72 Protein: 2.6gm Total Carbohydrates: 11gm

Fiber: 3.4gm Total Fat: 2.5gm Cholesterol: 8mg Sodium: 112mg

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