

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 at WRC 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, WRC 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 home cooked meal.

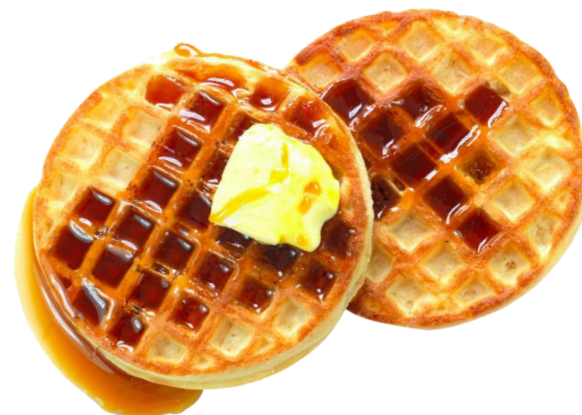
Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

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.

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 WRC in strengthening our community!



Laurels



The Laurels residents, for the first time in a year, had the opportunity to enjoy waffles in the clubhouse and visit with their neighbors. Dennis & Jennifer Snyder from The Bistro at Water Run prepared the fabulous breakfast.



VETERANS 2021



Village at Laurelbrooke
Robert Stephen

Village at Ridgmont
Francis Sidelinger
Arthur Zambanini
Sonny Chenot

Laurels
Lanny Ferraro
Jack Johnston
Larry Gilford
David Welton
Ken Himes
Raph Minich
Roger Roebke
Ken Sprankle
Darr Briggs

Villas
Irvin "Poncho Yockey"

Laurelbrooke PC
William Williams
John Tress

Ridgmont PC
Terry Titchner
Paul Parmigiani

Edgewood Heights PC
Julian Males
Jack Mogle

Highland Oaks PC
Doc Crawford
Ed Clowney
John Burgdorfer
Donald Lavelly
Cecil Smith
Larry Slaten

McKinley Health Care
Lawrence Aharrah
Harry Chitester
Edward Dornbrock
Bernard Drayer
Richard Haas
Samuel Hanley
Richard Kahle
Robert "Tom" Milligan
George Senott
Robert Stormer

North Fork Heights
Richard Atchison
Glenn Gearhart
Susan Joiner
Steven McMurray
Rocco Pangallo
Eugene Richards
Clyde Shumaker
Wayne Flack
Richard Atchetson
Robert Teeter