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FOR IMMEDIATE RELEASE

**COUNCIL ON AGING JOINS HENDERSON COUNTY BOARD OF COMMISSIONERS IN
RECOGNIZING MAY AS OLDER AMERICANS MONTH**

HENDERSON COUNTY CELEBRATED AS A COMMUNITY OF STRENGTH

[Hendersonville, NC] – May 3, 2021 – The Henderson County Board of Commissioners proclaimed May as Older Americans Month, and acknowledged this area as a “community of strength” at its most recent meeting. Commission Chair, Bill Lapsley, commented, “We older adults in Henderson County serve in a variety of ways—including in public office—because we care deeply about this community.”

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.

Keith Logan, executive director for the Council on Aging stated, “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 Henderson County as friends, neighbors, and organizations have found new ways to support and stay connected to each other.”

“Strength is demonstrated not only by bold acts, but also small ones—a conversation shared with a friend, working in the garden, or taking time for a cup of coffee on a busy day. And when those actions are shared—even virtually—resilience of community is built,” Logan added.

This year, the Council on Aging will celebrate OAM by encouraging community members to share their experiences. 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 share a new recipe.
- **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.

The Council on Aging invites everyone to strengthen Henderson County by volunteering. Whether it’s delivering Meals on Wheels or helping with any other of its programs, or another worthy nonprofit organization, get involved. For more resources, visit acl.gov/oam or the Council on Aging’s website, coahc.org or join the conversation via [#OlderAmericansMonth](https://twitter.com/OlderAmericansMonth).

The Council on Aging serves 400+ clients each week in all parts of Henderson County. In addition, they host congregate meals at the Sammy Williams Center, provide liquid nutrition to seniors who cannot get sufficient nutrition from solid food (many of whom are getting cancer treatment), and advise older adults and their families on helpful resources to navigate the aging process.

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