



Cortland County Area Agency on Aging

County Office Building

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Elizabeth Haskins

Director

Dear Friend,

The Cortland County Area Agency on Aging invites you to participate in celebrating Older Americans Month this May. The theme for this year's Older Americans Month is "Communities of Strength" and emphasizes the power of connection and engagement in building strong communities. Through connecting with others, finding joy in small things, and sharing our stories, we are contributing to our health and well-being.

The Older Americans Act Advisory Board and the Area Agency on Aging are asking individuals 60 and older to share their story on how they have built strength and resilience during this past year while navigating the pandemic. We encourage you to write a small paragraph about your activities whether alone, or with others, that helped you survive COVID-19 in addition to any new goals you may have as the country begins to return some level of normal. Stories will be compiled into a book. A complimentary copy will be provided to each writer.

Authors will be entered in a drawing for prizes including new laptop computers, tablets, Fitbits, and more! Additional chances to win if you refer others to submit entries, and/or have a grandchild or another youth assist you in the submission.

Ideas to consider when submitting your story:

- Socially, physically, mentally?
- Strengths during quarantine?
- Did you feel isolated or did you continue regular relationships with family?
- Were your daily habits affected or did you find alternate methods?
- Did you engage in more physical activities?
- How do you feel about the future?
- Is there something positive that has come from this experience for you?
- What lessons did this experience teach you?
- What are you thankful for?

Submissions can be sent to: Cortland County Area Agency on Aging, 60 Central Ave., Cortland, NY 13045 or emailed to lknapp@cortland-co.org. All submissions are due by June 30, 2021.

Sincerely,

Advisory Board Members: Mary Ann Gambitta, Margo Yager, Maria Purcell, Sue Covington
Matthew Kemak, Aging Services Coordinator