

OLDER AMERICANS MONTH

UAW-FORD DIVERSITY DIGEST
SPECIAL EDITION - MAY 2020

Older Americans Month is a time to acknowledge the contributions of past and current older persons, in particular those who defended our country.



In 1963, President Kennedy and members of the National Council of Senior Citizens met to address the growing concerns of America's individuals ages 65 and older. To raise awareness of the problems facing seniors and to honor them, the Council proclaimed May as Senior Citizens Month.

In 1965, President Johnson passed the Older Americans Act of 1965 and formally declared May as Older Americans Month.

He took Kennedy's intentions a step further by taking action that resulted in positive change, financial assistance and federal support for Older Americans. Since then, every President has issued a formal proclamation.

This year's theme, "*Make Your Mark*," was selected to encourage and celebrate countless contributions that older adults make to our communities. Their experiences and talents benefit family, peers, and neighbors every day.

"*Make Your Mark*" highlights the difference everyone can make in the lives of older adults, in the support of caregivers, and to strengthen communities.

"*Make Your Mark*" during this time of social distancing by:

- Using social media platforms like Facebook, Zoom or Email to chat and share pictures
- Creating hand-sewn face masks
- Sharing gardening tips
- Making a phone call to share stories or watch a TV program together
- Mentoring or tutoring students
- Sending a letter or artwork in the mail
- Reading a story together virtually/discussing a chapter book
- Running errands for high-risk individuals
- Using the Internet to virtually travel together
- Challenging each other in virtual games like Scrabble, Chess or card games.

