



MAY BREAKFAST



Tuesday – 5/4 Orange Juice Oatmeal Turkey Sausage Pancake on Stick Fresh Fruit Pancake Syrup	Wednesday – 5/5 Apple Juice Turkey Sausage Biscuit Swiss Cheese Tropical Fruit	Thursday – 5/6 Grape Juice Bran Flakes Cereal Hard Boiled Egg Fresh Fruit Wheat English Muffin w/ Peanut Butter
Tuesday – 5/11 Grape Juice Oatmeal Turkey Sausage/Egg/Cheese Wrap Strawberry Waffle Graham Crackers	Wednesday – 5/12 Cranberry Juice Cinnamon Squares Cereal String Cheese Whole Wheat Cinnamon Roll	Thursday – 5/13 Orange Juice Bran Flakes Cereal Pancakes w/ Pancake Syrup Turkey Sausage Link Fresh Fruit
Tuesday – 5/18 Orange Juice Bran Flakes Cereal Whole Wheat Cinnamon Roll Hard Boiled Egg	Wednesday – 5/19 Apple Juice String Cheese Turkey Sausage Pancake Minis (3) Tropical Fruit Pancake Syrup	Thursday – 5/20 Grape Juice Cinnamon Squares Cereal Whole Wheat Bagel w/ Cream Cheese Fresh Fruit Assorted Jelly
Tuesday – 5/25 Orange Juice Cheese Omelet Strawberry Waffle Graham Crackers Raisin Bran Cereal	Wednesday – 5/26 Grape Juice Oatmeal String Cheese French Toast Sticks w/ Pancake Syrup Whole Grain Goldfish Crackers	Thursday – 5/27 Cranberry Juice Bran Flakes Cereal Whole Wheat Bagel w/ Peanut Butter Pineapple Tidbits



Older Americans Month: Communities of Strength

Every May, the Administration for Community Living leads our nation’s observance of Older Americans Month. The theme for 2021 is “Communities of Strength.”

Older adults have built resilience and strength over their lives through successes, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities. There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important-it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

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 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 us in strengthening our community!

For more, resources, visit the official OAM website, <https://acl.gov/oam/2021/older-americans-month-2021>.

Simple Ways to Practice Gratitude

We all could use a little more positivity and encouragement. Below are quick and easy ways you can jump-start your journey to becoming Healthy for Good.

- Beauty can be found in the most unlikely places. So today, stop, look around & capture a mental snapshot of the beauty you see.
- Read a good book recently? Pass it on to a friend or loved one-or even a movie for nonreaders.
- If something frustrates you today, hit your pause button. Take a breath & reframe the moment by focusing on what IS going your way. A little positivity goes a long way.
- Think of someone who has cheered you up during the pandemic. Write them a note or send a funny text.
- Everyone has “off” days. Think of three quick things you’re grateful for and repeat them to yourself when you’re feeling blue.
- Stop for a second before a meal today. Soak up the smells, enjoy the moment & be grateful for whoever prepared it (especially if it was you)!

<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/simple-ways-to-practice-gratitude>

E C A D L P R S X I V K Y T K
 A R W C M D T C T M B Z O M E
 J A U Y T R E V I R H T J D T
 A A C T E I Z V K O U S U S N
 H I A N R O O U V I D T L M E
 F E G E G U D N W J I B T E M
 V T C N D P N W T T E C A X E
 H F D H I U J R A B G C L P G
 S W S O V M S R I J Z K E E A
 N G J W U Y G Z Y H Z K N R G
 S T O R Y T E L L I N G T I N
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 C O N N E C T E D T E J J N G
 Q W Y L A G D S I V X A R C W
 T F P Y O D Y P Y M P V J E D

ACTION	COMMUNITY	CONNECTED
ENGAGEMENT	EXPERIENCE	GRATITUDE
STORYTELLING	NURTURE	JOY
STRENGTH	TALENT	THRIVE