OAM 2020 Activity Ideas

Share Your Stories

Stories build community and connect us even when we can't be physically together. Recalling adventures with childhood friends, that family weekend at the beach, a teacher who helped guide your life, or how you learned you would become a grandparent—all of those stories connect you with your past and the people who have mattered along the way. They help people you love get to know you better and feel closer to you.

Looking back at how we got through other tough times can help us manage this challenging time. Sharing what we love about our friends and family members helps them feel stronger and more connected.

Stories can be told over the phone, on the computer, over the backyard fence. They can be told in letters, in pictures, in headlines and photographs collected from newspapers. We don't have to be together to share our stories and build each other up.

We can make a mark on people's lives with the stories we share.

Inspire Your Community

Encourage individuals to share stories with the people they live with, in writing, in pictures, or by phone or video call. Make the following ideas your own and promote them through social media, check-in phone calls, a flyer handed out with home-delivered meals, or another way you're connected to your community.

If you really like one of the questions or ways to share, focus your efforts there. This kind of inspiration can be as broad or narrow as you'd like—customize for your community.

Jumpstart the memories

Think about the stories that make up your life. Which ones would you like to share? Here are some questions that might get you thinking:

- What would you like to tell your 22-year-old self?
- What do you think your 22-year-old-self would want to tell you?
- What are the best and worst pieces of advice you've received?
- What's your hidden talent?
- What are you most proud of?
- Looking back, is there something you wish you had done that you did not?
- What do you most admire about your best friend?
- What do you wish the world knew about you?
- Was there a time when an older adult helped you feel strong in a tough time?
- What does it mean to be a caregiver? What did you learn from the experience?

For more ideas, see the Great Questions list from StoryCorps.

Many ways to share

Whether you're a family or a community-based organization, here are some ideas for sharing stories. These can be done once or many times. If you want to organize a story-sharing series, try to make it as easy as possible for people to participate.

Remember that everyone has different interests, access to technology, and comfort levels. The best sharing activities are those where people feel encouraged and at ease.

- Use video chat technology to hold a storytelling party. Select a theme or question from the list, and each person gets five minutes to tell a story that relates to that theme.
- Interview a relative—record the call or take notes and write up the story they tell you.
- Draw a picture that answers one of the above questions or captures a favorite day or memory.
- Keep a journal of stories to share with friends or family when you can get together again.
- Write a letter to a friend or relative and tell them what you love about them.
- Use your phone or computer to record a story.
- Post a story on Facebook. If you can, include a photo. Respond to the comments.
- Pick a song that means a lot to you and sing it to someone. Tell the person why you chose it.
- Call a relative and tell them you have a story to tell. Set up a time that works for both of you so you can be relaxed and focused.
- Talk to your grandchildren about your favorite activities as a child. Did you prefer to ride a bicycle, play team sports, or read a book while sitting in a tree?
- Read a favorite book, poem, or passage to loved one by video chat or phone. If by phone, describe the pictures as well as reading the words. Tell them why you chose that story.

OLDER AMERICANS MONTH

MAKE YOUR MARK: MAY 2020

https://acl.gov/oam/2020/oam-2020-activity-ideas

MAY 2020

OLDER AMERICANS MONTH

Make Your MARK!

VISIT ACL.GOV/OAM FOR MORE INFORMATION.

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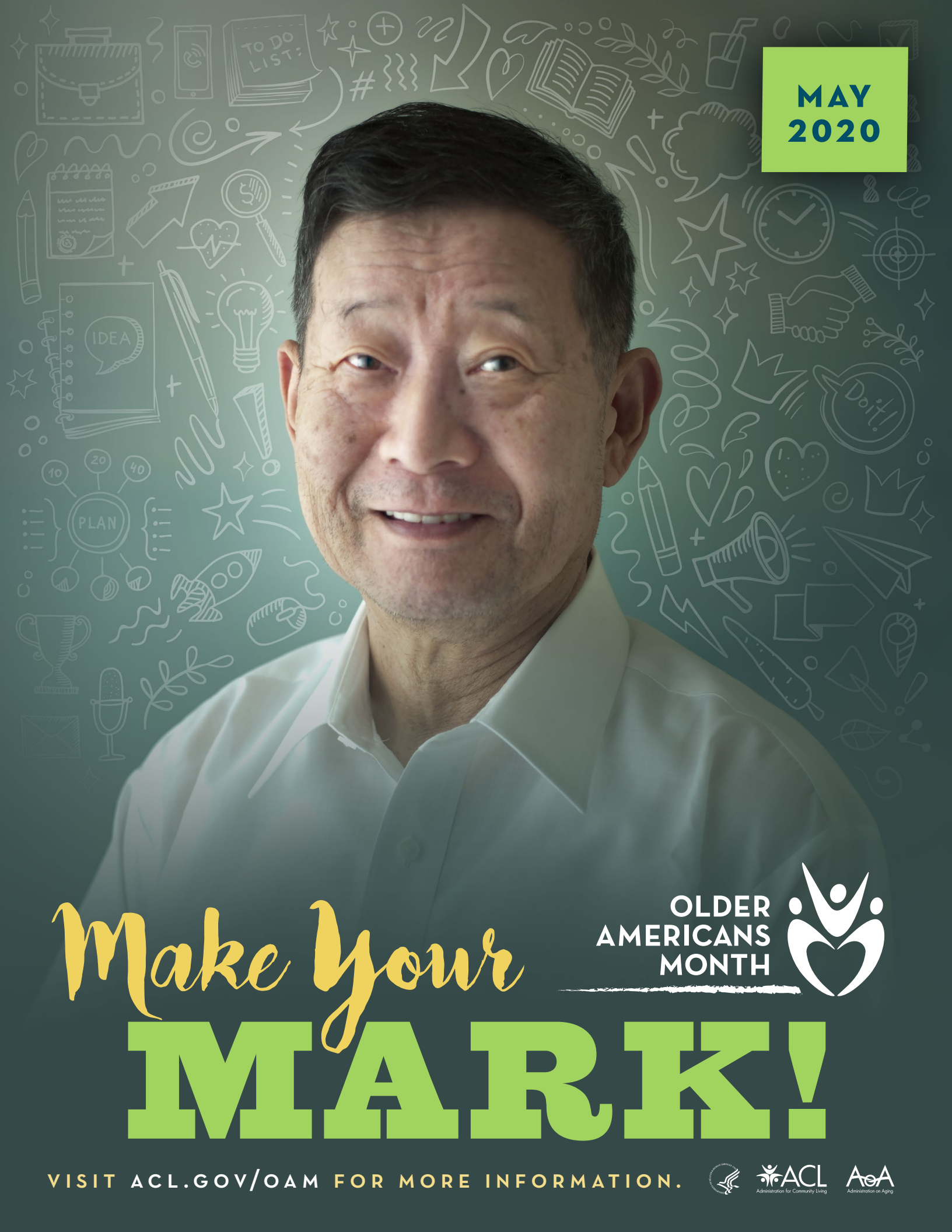
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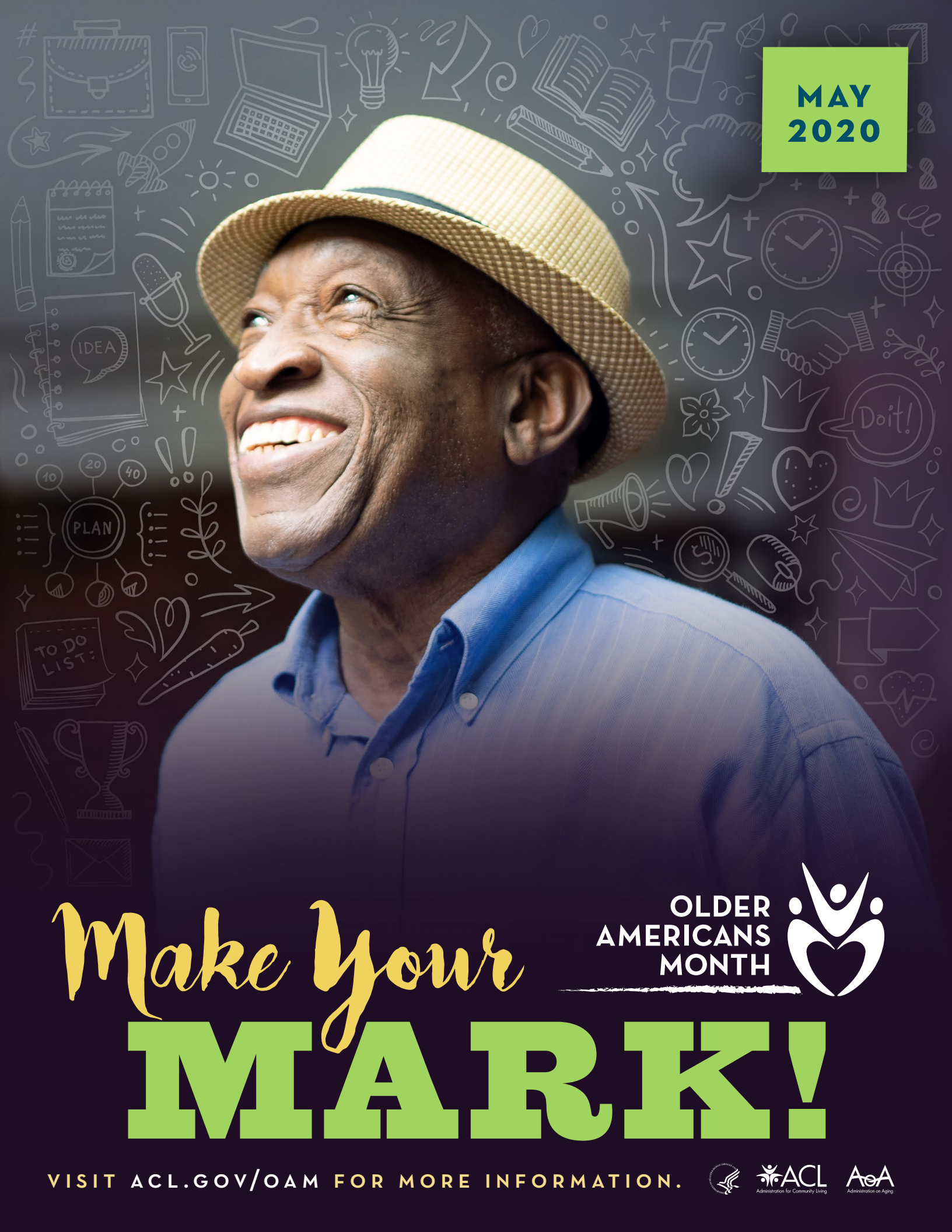

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MAYO DE 2020

MES DE LOS ESTADOUNIDENSES DE EDAD AVANZADA

Deje HUELLA

VISITE ACL.GOV/OAM PARA OBTENER MÁS INFORMACIÓN.

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Cherry Banana-Berry Smoothie

Prep/Cook Time: 3 minutes Number of Servings: 1

Ingredients:

- 1 cup frozen, pitted unsweetened cherries
- ½ cup frozen or fresh strawberries, sliced
- 1 ripe banana, frozen slices*
- Juice of ½ a lemon
- ½ cup plain, non-fat Greek yogurt
- 1 cup unsweetened vanilla almond milk or low-fat cow's milk
- 4-6 ice cubes
- Honey, to taste (optional)

*Freeze ripe bananas ahead of time in slices

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Cherry Banana-Berry Smoothie

Directions:

1. Add lemon juice, Greek yogurt, almond milk (or low-fat milk), banana slices, cherries, strawberries, and ice cubes to a blender.
2. Blend on high until creamy and mixed well.
3. Taste for sweetness and add honey to your desired taste preference (optional).

Tips:

- Add ¼ of an avocado, 1 tablespoon chia seeds OR 1 tablespoon of ground flaxseed for a more filling smoothie & a dose of heart-healthy fats!
- Add more or less ice depending on the thickness you desire.
- Add a handful of baby spinach to add some veggies to your smoothie.

Nutrition Facts (does NOT include honey):

Calories: 324 Total Fat: 3.2gm Protein:16gm Dietary Fiber: 9gm
Total Carbohydrates: 63gm Cholesterol: 0mg Sodium: 235mg

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Quick Black Bean, Corn, and Tomato Salsa

Prep Time: **10** minutes Number of Servings: **5** (3/4 cup is a serving)

Ingredients:

- 1 tablespoon lime juice
- 1 tablespoon ground black pepper
- 1 tablespoon cilantro, chopped (optional)
- 15.5oz jar of restaurant style salsa
- 1/2 cup canned reduced sodium black beans, rinsed/drained
- 1/2 cup canned not salt added corn, drained
- 1 tablespoon hot sauce (optional)

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Quick Black Bean, Corn, and Tomato Salsa

Directions:

1. In a large bowl, combine all ingredients and lightly toss until well incorporated.
2. Cover and chill if not served immediately

Tips

- Pairs great with 1oz (about 15 chips) of whole grain tortilla chips.
- Use as a topping on baked or grilled chicken or fish.
- Use as a filling for bean enchiladas and bake in the oven

Nutrition Facts (per serving):

Calories: 80 Protein: 2gm Total Carbohydrates: 17gm
Fiber: 2gm Total Fat: 0.2gm Cholesterol: 0mg Sodium: 650mg

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