**Sourcewise Celebrates Communities of Strength in May**

**Santa Clara, May 11:** From May 01 through May 31, Older Americans Month is recognized nationally to celebrate the resilience and strength that older adults have experienced throughout their lives through successes, failures, joys, and difficulties in our local communities. In 2021, the California Department of Aging estimates that there are more than 417,912 adults 60 years and older who live in Santa Clara County.This year, the Administration for Community Living Older American Month theme is Communities of Strength. This past year, older adults have faced unexpected challenges and experienced exacerbated rates of isolation, depression, and lack of access to essential community support systems due to sheltering in place. It is more important now than ever to raise awareness and celebrates the resiliency of our seniors during Older Americans Month to highlight the vital role our aging adults represent in our communities for all ages.

During the month of May, Sourcewise will highlight the importance and strength of older adults in our community on our social media platforms to celebrate older adults in Santa Clara County. Throughout the entire month, Sourcewise is sponsoring the Saratoga Area Senior Coordinated Council Walks or “SASCC Walks!” virtual walk-a-thon to build awareness around the importance of social and recreational activities for seniors while sheltering in place and celebrating Older Americans Month. A new topic, like this one, will be highlighted each week to inspire and celebrate. Follow Sourcewise on [Facebook](https://www.facebook.com/mysourcewise" \t "_blank) or [LinkedIn](https://www.linkedin.com/company/council-on-aging-silicon-valley" \t "_blank) to learn about older adults in our community and special ways to engage with us during the month of May.

Older Americans Month is a special time to acknowledge older adults and the hardships they have overcame or are experiencing. As the designated Area Agency on Aging for Santa Clara County, Sourcewise focuses on advocating for and assisting older adults and their loved ones through all stages of aging. Our Community Resource Specialists are available by phone Monday through Friday, 8 a.m. to 5 p.m., excluding national holidays. Contact our Community Resource Specialists at (408) 350-3200, option 1.

**About Sourcewise:** Our mission is to provide adults and their caregivers the tools and services they need to effectively navigate their health and life options. Through a comprehensive network of resources, Sourcewise strives to educate, support, and advocate for all adults, their families, and their caregivers within Santa Clara County. We empower our community by providing access to information, allowing for personal choices, and continued independence. Our commitment to offering community resource solutions is grounded in our rich history of serving the communities of Santa Clara County since 1973. Sourcewise is a 501 (c)(3) nonprofit organization.

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