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FRIENDS OF LONGMEADOW OLDER CITIZENS ASSOCIATION, INC.  
(FOLOCA)

IN SUPPORT OF

The Longmeadow Adult Center—231 Maple Road, - Longmeadow, MA 01106  
A LIVING MEMORIAL/HONOR/GRATITUDE FOR SERVICES & PROGRAMS

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# THE VOICE

MAY 2009

## Older Americans Month May 2009

### Living Today for a Better Tomorrow

May is Older Americans Month, a great time to bring attention to the issues that affect older adults and create community-wide opportunities to help older Americans improve their quality of life. This year's theme is "Living Today For a Better Tomorrow," and we, as a nation, must work together to give older adults the tools they need to make healthy decisions.

By 2030, one in every five Americans will be age 65 or older. Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are preventable.

Nearly 40% of deaths in America can be attributed to poor health habits such as lack of physical exercise, poor eating habits and smoking. Older Americans

### CHEF ROBERT'S MAY SPECIAL LUNCHEONS

### MOTHER'S DAY BRUNCH Friday, May 8th!

All are welcome to join in our  
Mother's Day Celebration.

### BIRTHDAY BASH

### Thursday, May 21st, 11:30 AM

Join us for a delightful afternoon and festive meal! Call your reservations in early and be sure to let us know if it is your birthday month!

### THANK YOU THANK YOU THANK YOU

*Thanks to Pat Camerota for her stellar job as Chair of the Council on Aging Board of Directors for the past three years. As Chair, Pat has been an strong advocate for the Longmeadow Adult Center and our community elders.*



Adult Center

"A Branch of Community Support"  
at Greenwood Park Center  
231 Maple Road, Longmeadow, MA  
01106

Karen Neiman Michelman  
Director

Telephone & TDD  
413-565-4150

[www.Longmeadow.org](http://www.Longmeadow.org)

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