

## **Working Together for Strong, Healthy, and Supportive Communities**

May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year's theme is "Working Together for Strong, Healthy, and Supportive Communities," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults' overall quality of life by helping them:

- Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury.
- Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities.
- Have more options to avoid placement in nursing homes and remain at home as long as possible

The Fresno County Public Library supports older adults through its 35 branch libraries and Senior Resource Center Library. Free services at all library locations include:

- Materials for popular reading and independent learning
- Large print book collections
- Books by mail
- Access to computers and computer classes
- Programs for seniors and caregivers on topics ranging from healthcare to hobbies to music

The Senior Resource Center Library is open Monday, Wednesday and Friday from 10 am to 2 pm, Tuesday and Thursday from 12 pm to 4 pm, and closed on weekends. For more information, contact Paul Connor at 453-6767.

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area, promote community, state and national efforts to serve older adults, and find ways to enrich the lives of the older adults who touch your life. By working together we can improve the health and well being of our Nation's older adults and pave the way for future generations.