



1-800-AGE-LINE
1-800-243-5463

www.EastAlabamaAging.org

Letter from the Director

I am excited and humbled by the opportunity to serve as the new Executive Director of the East Alabama Regional Planning and Development Commission.

The East Alabama Commission is a great organization with outstanding programs to help improve the quality of life of Alabamians throughout our regions. Over the last three months I have been getting to know the staff, the programs and the day to day operations of the Commission. As we move into 2016 my goals is to get out of the office and spend time in the communities across our ten county region to learn first-hand what your needs are and how East Alabama Commission can better assist you. I am committed to ensuring that local governments, seniors and those living with disability that we serve throughout Calhoun, Chambers, Cherokee, Clay, Cleburne, Coosa, Etowah, Randolph, Talladega and Tallapoosa counties receive quality and responsive services.

I look forward to getting to know you and your communities better in this New Year. Please call us at **1-800-243-5463** or **1-800-AGE-LINE** to get the help you and your family need in 2016.

Eye Care Month

The month of January is all about Eye Care! Most adults usually notice changes in their vision around their 40s, often with their ability to focus. This is called presbyopia. It's normal, even for people without any previous vision issues, and it will continue to progress over time. Because this puts seniors at risk for other vision related issues, it's important to get regular eye checkups. You can read more about presbyopia by [clicking here](#). Also, for nutritional foods that help you retain healthy eyes, [click here](#).

Healthy Weight Week

January 18th is the beginning of Healthy Weight Week, where we'll be raising awareness about obesity and healthy weight loss. Obesity and heart disease are among the leading causes of death in America. In fact, approximately 1/3rd of the American population is obese, and our portion sizes for food have risen by over 100%. The good news is that a great deal of obesity can be overcome by healthy eating and smaller portions. For some great tips on mindful eating, [click here](#).

Wear Red Day

Speaking of heart disease, the first Friday in February is Wear Red Day for women's heart health. Every year, 1 in 3 women die from heart disease and stroke. Help raise awareness about heart health for women by wearing red on February 5. Also, [click here](#) to watch this video on the signs of a heart attack, featuring actress Elizabeth Banks!