



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

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

### Farmers Market Coupons Now Available

Warm weather is on the horizon, which means local farmers markets will soon be in full swing, and if you qualify, you can receive coupons for great discounts!

The goal of the Farmers Market Coupon program is to provide **fresh, nutritious, locally grown fruits, vegetables, and herbs** to low income seniors and at risk women and children. For more information and to apply, visit

[www.fma.alabama.gov](http://www.fma.alabama.gov).



### Be Severe Weather Ready!

Spring can be a beautiful time in Alabama, but it's also our most active tornado season. Are you severe weather ready? It's very important for everyone to have a plan of action in the event of a tornado or a thunderstorm, but this is especially true for our older citizens. [Click here](#) for **Tornado Safety** information. For more information on **Thunderstorm Safety**, including what a Thunderstorm Watch and Warning mean, [click here](#).

### Older Americans Month Events Set for May

May is Older Americans Month, we will be holding our annual MayDay Older Americans Festival on **May 26th, 2016** at the Talladega Motorsports Hall of Fame. Our theme will be Mardi Gras with "Let the Good Times Roll!". **The doors will open at 8:00 a.m. and the entertainment will begin at 10:00 a.m.** The event will end after lunch is served. Several vendors will be set-up to give information on their programs and **FREE GOODIES**. **Free Tickets can be reserved by calling 1-800-239-6741 ext. 145 on April 11th, 2016 at 10:00 a.m.**



In celebration of Older American's Month, we will also be holding an **Art Contest** and selling MayDay tee shirts. For more information on our Art Contest, [click here](#). **Entries will be due April 22nd, 2016**. Shirt money is due April 6th. The cost for the sizes of small to XL is \$5. 2XL to 4XL will be \$7. Call Emily McCamy at 1-800-239-6741 for more details.

**Area Agency on Aging**  
AGING AND DISABILITY RESOURCE CENTER