



1-800-AGE-LINE
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www.EastAlabamaAging.org

Older Americans Month

May is Older Americans Month, and we're celebrating with some great events! Over 1,200 participants are expected to attend our MayDay Older American's Festival this year on May 26 at the Talladega Superspeedway Motorsports Hall of Fame. We ran out of tickets in less than 2 hours for this year's event. Check out one of our Senior Activity Centers to find more events and activities you can join. We have 39 centers in our 10-county area. [Click here](#) for more info.



Avoid / Deny / Defend

What would you do if you were in public and an Active Shooter Situation began? An Active Shooter Event can happen anywhere. 45% of attackers have no connection to the people they attack. At our Senior Center Manager Training in April, all of our Managers received training through the Avoid / Deny / Defend program presented by the Calhoun County Sheriff's Office.

This presentation gave tips on how to:

Avoid the Situation: *Leave through the closest exit, don't hesitate, be aware of your surroundings, etc.*

Deny Access: *Lock doors, barricade doors, etc.*

Defend Yourself: *Be aggressive, do NOT fight fair, etc.*



Go to our [website](#) to find information about this program, tips to becoming a survivor of an Active Shooter Situation, and a list of organizations that do group presentations on this topic.

SenioRx Program

Have you heard about our SenioRx program? SenioRx is a partnership of state agencies and community organizations that work to remove barriers to get help with medication, diabetic supplies, and liquid supplements. For more information and to find out if you qualify, just follow this [link](#).



Area Agency on Aging
AGING AND DISABILITY RESOURCE CENTER