

Sample Newsletter Insert

This language can be included in newsletters or other correspondences Members of Congress send to their constituents

Older Americans Month 2009 Living Today for a Better Tomorrow

May is Older Americans Month and 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.

In addition to adopting healthy habits, such as exercising regularly, maintaining a healthy diet, and ceasing tobacco use, this month provides an excellent opportunity to ensure that you and your loved ones are up to date on your immunizations.

Talk to your doctor if you have not received:

- Shingles (herpes zoster) vaccine (aged 60 and older)
- Pneumococcal vaccine (aged 65 and older)
- Influenza vaccine (aged 50 and older)
- Tetanus, diphtheria, pertussis, vaccine (aged 19-64)

Thousands of older adults die or have serious complications from vaccine-preventable diseases every year. If we work together, however, we can improve the health of older Americans.