



Dear IAH Members:

Your IAH Board is pleased to announce a newly added focus to our mission!

*From the start, the goal of IAH has been to support living fully and safely at home as we age. IAH offers a broad range of **services** to help us when we need it and **programming** to keep us entertained and stimulated. Many of us are able to enjoy enriched, vibrant and independent lives. However, as we all age, there are life challenges to be addressed: the well being of our minds, bodies and spirits.*

Over many months, Yannis Tsavalas has led discussions with several of our members, who have varied expertise and experiences, about how best to address mental, emotional and physical health as we age. A special thank you to Barbara Cole, Marty and Ben Tennille, Mary and Don Wilbur, Kathie and Allen Haas – and many other interested parties who have provided input on these topics.

*What has evolved is a plan to offer our members new services, social connections and information regarding lifestyle choices that enable us all to lead safe, healthy, active lives and live independently. We have named this new offering **CHOICES**.*



CHOICES

Health & Wellness

To kick off **CHOICES**, we have two lectures coming up, one addressing emotional health and a second addressing healthy living.

On May 10th - **How to be Happy, Resilient and Mindful**
with Dr. Tim Cantopher



Keeping a positive outlook and confronting life's challenges are keys to living a happy, fulfilling life. Join Dr. Tim Cantopher for an intellectually stimulating talk about getting more joy from life, becoming more resilient to life's challenges and achieving more by focusing on success. Dr. Cantopher, trained in the UK, earned his MD at University College of London and is a Fellow of the Royal College of Psychiatrists.

On June 28th – **The Aging Body and the Importance of Diet, Exercise and Lifestyle** with Dr. Marie Fanelli Kuczmarski



Aging can impact your quality of life, if you let it! Join Dr. Marie Fanelli Kuczmarski for a motivating talk about how to feel better, enjoy greater energy and improve one's quality of life by making the right choices regarding the foods we eat, the exercises in which we engage and our overall lifestyle.

Dr. Marie Fanelli Kuczmarski is a nutrition scientist at the National Institute on Aging at the National Institutes of Health. If that name is familiar, it's because she is the sister of our very own Joe Fanelli!

*Check the website and watch the Weekly Updates for more detailed information about these talks and future **CHOICES** events.*

Do you have a particular interest in the topic of well being? If so, please get in touch with me or any member of our Board. We are interested in your views and would greatly appreciate the support.



*Peg Higgins
President*



Don't forget to sign up for Spring Fling on Monday, May 2 at 5 - 7PM

Join fellow IAH members for our annual Spring Fling garden party.

Hosted by Janet Harper in her secret garden at 57 Ponsbury Road.

The event is held in appreciation of members and non-members who volunteer their time and efforts during the course of the year to provide services, organize programs and oversee the administration of the organization.

This will be a great opportunity to mingle with your neighbors and enjoy the ample food and wine. We hope to see you all there!



CLICK HERE to see the latest information on upcoming IAH events and programs.