

## Celebrate Older Americans Month This May

(NAPSA)—May is Older Americans Month and the U.S. Administration on Aging (AoA) is urging all Americans to find ways to honor seniors. Bankers Life and Casualty Company, a national life and health insurer specializing in the insurance needs of seniors, participates each year by sponsoring Forget Me Not Days®. The fundraiser collects money to benefit local Alzheimer's Association chapters. This year, volunteers collected donations in more than 80 U.S. cities and towns.

"America's seniors are our clients and more importantly, our friends," said Suzanne Schmitt, communications manager at Bankers, who organized this year's event.

She said this is the third year for the "street-corner" fundraiser in which Bankers volunteers take to the streets of their hometowns for two days to collect donations at storefronts, intersections, parking lots and other locations. In 2004, Bankers raised over \$80,000, to help the Alzheimer's Association provide services and programs to those suffering with the disease and those who care for them.

"There are two great and far-reaching benefits to Forget Me Not Days," said Kent Barnheiser, President and CEO of the Alzheimer's Association Greater Illinois Chapter. "First, 100 percent of the funds stay in the local chapter area to benefit those who most need it. Second, with volunteers out on the street wearing distinctive aprons printed with Forget Me Not Days and Alzheimer's Association information, people are reminded of the disease and



the need for resources to help the 4.5 million Americans who have Alzheimer's today, plus millions more of their family members and caregivers."

Schmitt notes, however, that donating to a charity is not the only way to contribute. She suggests volunteering time.

- Get involved with a local senior center, assisted living facility, nursing home or other organization.
- Spend time with a senior in your life—play a game together or go for a walk.
- Ask them what they did for fun when they were young or to tell you stories about family members.
- Send a card or letter to out-of-town grandparents or visit a nursing home and talk to the residents there.

Bankers urges all Americans to reach out to seniors. To contact your local Alzheimer's Association chapter visit [www.alz.org](http://www.alz.org). Visit the AoA at [www.aoa.gov](http://www.aoa.gov). To contact Bankers go to [www.bankers.com](http://www.bankers.com) or call 800-231-9150 to find your local Bankers office.