

From: NCOA Week <newsletters@ncoa.org>

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November is National Caregivers Month—a great time to thank and lend a hand to the 40 million Americans who care for an older loved one or individual with disabilities. Share our video that spotlights free tools to make caregivers' lives just a little bit easier.

[Watch](#)

Nov. 8, 2016

Don't burn out, find a respite

Caregivers often need a break. Read our newest blog post for 5 respite options provided by Lauren Snedeker, a licensed social worker at the Alzheimer's Foundation of America.

[Read](#)

Help seniors get savvy about their money

We've updated our Savvy Saving Seniors® toolkits. Each one includes everything you need to host a financial education workshop for seniors in your community—including a presentation, facilitator's guide, handouts, flyers, and more.

[Download or order now](#)

Say hello to our 13 new BECs

NCOA has awarded grants to 13 more organizations to become part of our growing Benefits Enrollment Center (BEC) network. The new grantees—serving broad geographic areas and special populations—expand benefits enrollment for Medicare beneficiaries into 31 states.

See who got funding

Coming up...

- **NISC 2016 Programs of Excellence:** Submit your outstanding senior center program to our National Institute of Senior Centers (NISC). *Deadline Nov. 11*
- **Learn to Navigate the New Roadmap to Community-Integrated Health Care:** Join our Center for Healthy Aging for a guided tour of a new tool on ncoa.org that can help community organizations connect to health care partners. *Nov. 15 @ 3 p.m. ET*

Did you miss this?

- **18 Steps to Fall Proofing Your Home:** Read and share practical steps explained by Scott Trudeau, an occupational therapist.
- **Medicare Open Enrollment:** Share our checklist to help older adults review their plans by Dec. 7.

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