

From: National Council on Aging <donate@ncoa.org>

To: Kester, Tonykester@aging.sc.gov

Date: 12/13/2016 5:04:07 PM

Subject: Stand with Maria

---

Email not displaying correctly?  
View it in your browser.

*Dear Anthony,*

Maria, 74, wants to stay healthy.

“I’m a seven-year breast cancer survivor,” she said. “I’m the seventh woman in my family. I thought I’d be the one it would skip over.”

After her cancer treatment, Maria was determined to live a long, healthy life.

Her doctor suggested she sign up for the Chronic Disease Self-Management Program, a proven workshop that NCOA supports in communities across the country. She found one at her local senior center, MAC, in Salisbury, MD.

“I’m very big on quality of life, and I wanted the best quality of life that I possibly could gain,” Maria said.

The class gave her hope for a healthy future. “The monthly and weekly action plans that I had to make helped me with regular exercise and gave me a goal that I had to meet every week,” Maria said.

In 2016, NCOA helped 61,500 seniors like Maria participate in proven healthy aging programs in their communities.

**But we’re worried about 2017 and beyond. And we need your support.**

Funding for this program comes the Affordable Care Act (ACA)—which faces serious threats come January. The new Administration and Congress say they plan to repeal portions of the ACA as quickly as possible.

**Help us defend and improve programs that help seniors like Maria.**

**#StandWithSeniors by donating to NCOA today.**

Then share this message with your friends and colleagues. Thanks!

**DONATE NOW**

**On the go? Text NCOA to 41444 to donate by phone!**

*NCOA is a highly rated charity, and all donations are tax-deductible.*

© 2016 [National Council on Aging](#), Inc. All rights reserved. Unauthorized use prohibited. May not be reproduced in whole or in part by persons, organizations, or corporations other than NCOA, its affiliates, divisions, and units without the prior written permission of an authorized officer of NCOA. For permission, please contact [newsletters@ncoa.org](mailto:newsletters@ncoa.org).

[Manage Email Preferences](#) | [Opt Out of Donor Appeals](#)

NCOA | 251 18th Street South | Suite 500 | Arlington, VA 22202