

From: Kester, Tony
To: 'Tres214' <tres214@aol.com>
Date: 10/29/2013 2:03:05 PM
Subject: FW: Free online arthritis workshop

Just FYI

From: NCOA Week [mailto:newsletters@ncoa.org]
Sent: Tuesday, October 29, 2013 1:01 PM
To: Kester, Tony
Subject: Free online arthritis workshop

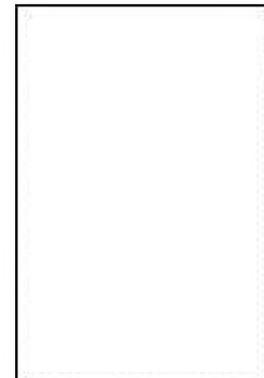
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Oct. 29, 2013

Free online arthritis workshop

With support from the Centers for Disease Control, NCOA is partnering with the Arthritis Foundation to offer the online workshop Better Choices, Better Health® Arthritis for free for a limited time. Over six weeks, from the convenience of their own computers, participants learn strategies for reducing pain, decreasing activity limitations, and more. They also receive a FREE workbook plus online resources to help them live healthier!

[See how to sign up](#)



Senate panel to take up OAA reauthorization

The twice-delayed markup of the Older Americans Act Reauthorization Act of 2013 (S. 1562) by the Senate HELP Committee is back on for Oct. 30. If your Senator is a member of the committee, please take a moment today to request his/her support for moving the bill forward, free of any issues that would undermine its bipartisan backing.

[Learn more](#) | [View the Committee list](#) | [Find contact details](#)

Sequester advocacy needed more than ever

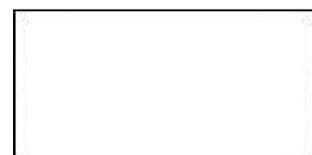
The federal government has been funded through Jan. 15, and the threat of a debt limit breach has been taken off the table for a few months. A House-Senate conference committee has been given until Dec. 13 to come up with a compromise budget for FY14, providing another chance to avert the sequester for at least the next year or two. Your stories are needed more than ever! Tell us about how the underfunding of Older Americans Act and other human services programs, the sequester, and the government shutdown have impacted crucial assistance for vulnerable older adults and their families.

[Share your story](#)

Thank you!

Thanks to our fans, NCOA is one of the first winners of a 2013 Top-Rated Award from GreatNonprofits! Read our reviews from experts in the field of aging and more.

[See what people said](#)



Nov. 19 is National Memory Screening Day

The Alzheimer's Foundation of America is sponsoring the 11th annual National Memory Screening Day on Nov. 19. Community sites will offer free, confidential screenings and educational materials about memory problems, caregiving, and successful aging.

[Find out how to participate](#)

Conference: After the Leap

How can you lead your agency, and the communities you serve, through the major, transformational changes it will take to increase quality, reduce cost, and build a more effective, comprehensive network of services? Explore these ideas and more at After the Leap, Dec. 3-4 in Washington, DC. The conference is dedicated to outcomes measurement, performance management, and organizational change, and is hosted by PerformWell and Leap of Reason.

[Learn more](#)

Did you miss this?

- **5 Tips to Protect Yourself During Open Enrollment:** See how seniors can avoid scams during Medicare Open Enrollment.
- **National Influenza Vaccination Week:** Order free *Flu + You* materials to distribute to seniors in your community Dec. 8-14.

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NCOA Week is published by the National Council on Aging. Your contributions and comments are welcome and should be sent to newsletters@ncoa.org.

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The National Council on Aging is a nonprofit service and advocacy organization headquartered in Washington, DC. NCOA is a national voice for older Americans—especially those who are vulnerable and

disadvantaged—and the community organizations that serve them. It brings together nonprofit organizations, businesses, and government to develop creative solutions that improve the lives of all older adults. NCOA works with thousands of organizations across the country to help seniors find jobs and benefits, improve their health, live independently, and remain active in their communities. For more information, visit www.ncoa.org.