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March 24, 2015

It's Diabetes Alert Day!

We're joining six national organizations to help find 1 million Americans at risk for diabetes. Chances are you know one of the 86 million people who have pre-diabetes.

[Share the diabetes risk test](#)

Are you at the Aging in America conference this week?

Check out NCOA's sessions and visit our My Medicare Matters® booth!

[See where we are in Chicago](#)

Medicare assistance just got more personal

Find Medicare confusing? Get personal help navigating the Medicare maze on NCOA's updated My Medicare Matters® website. Find friendly guides, simple graphics, a blog, and a resource library. Plus check out the enhanced Medicare QuickCheck®, which gives users a personalized report of their Medicare options.

[See what's new](#)

Helping seniors navigate housing options

NCOA and the Wells Fargo Housing Foundation are helping struggling older adults navigate their housing options via a new financial education module, Your Home as a Strategic Asset. The module will help older adults participating in NCOA's Aging Mastery Program® weigh their options for utilizing their home equity.

[Learn more](#)

Coming up ...

- **[Strong Brains, Sharp Minds – Part I](#)** : Explore the fundamentals of the aging brain through the latest research, as well as risk factors and self-care opportunities. *April 9 @ 1:30 p.m. ET*

- **Strong Brains, Sharp Minds – Part II** : Discover how to offer practical, low-cost brain health programs for seniors and caregivers in your community.
May 7 @ 1:30 p.m. ET

Did you miss this?

- **6 Ways to Eat Well as You Get Older** : March is National Nutrition Month! Read and share our tips for seniors.
- **2015 Older Americans Month** : Download posters, sample social media, event ideas, and templates for your May event.

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