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[BLOG]: Making Time for a Retirement Savings Check-up

We all know the importance of yearly physical check-ups: regular health exams and preventive screenings are key to healthy aging. While you're scheduling your annual physical this year, you may want to also consider an annual financial check-up, especially as it relates to retirement security.

Retirement security is one of the four focus areas of the 2015 White House Conference on Aging.

Doing an annual financial check-up for retirement— an assessment and examination of our retirement needs—can be important, particularly since we're living longer and healthier lives. That means we can expect to spend more time in retirement, or semi-retirement, than our parents or grandparents. Financial security in retirement is one of [\[READ MORE\]](#)

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[WEBINAR]: Family Caregiving Tele-Town Hall

The National Alliance for Caregiving and the Caregiving Action Network is sponsoring a **Family Caregiving Tele-Town Hall, this Thursday, February 26th at 3:00 pm ET**. Guest participants include Nora Super, Executive Director of the 2015 White House Conference on Aging. Ms. Super will discuss the upcoming White House Conference on Aging. Along with other participants, she will also answer questions. **Register at [bit.ly/CaregivingTownHall](#) or learn more at [caregiving.org/townhall](#).**

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