

From: NCOA Week <newsletters@ncoa.org>

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Subject: Summer may be ending but ...

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## Flu season is here

We have everything you need to educate adults 65 years of age and older on how they can help maintain their health. Our updated *Flu + You* resources provide the latest information on the seriousness of influenza, the importance of getting an annual flu vaccination, and available vaccine options.

[Get free materials](#)

*Sept. 6, 2016*

### How to prepare for Medicare Open Enrollment

Medicare Open Enrollment starts Oct. 15. How can people with Medicare evaluate all the plans competing for their business, and choose the one that's right for them?

[See 5 factors to consider](#)

### Share a story of malnutrition

Malnutrition Awareness Week is Sept. 26-30. Our partner Defeat Malnutrition Today is looking for stories about how malnutrition has affected you or someone you know.

[Submit a story](#) | [Watch a video](#)

*Coming up...*

- **Register for Senior Centers 2016:** Attend the nation's only conference for senior center professionals, sponsored by our National Institute of Senior Centers. *Sept. 26-28 in Philadelphia; register by Sept. 16*
- **Building upon Senior Center Strengths: 10 Steps for Sustainable Growth:** Learn practical steps for senior centers to succeed. *Sept. 22 @ 1:30 p.m. ET*
- **Suicide Prevention Among Older Adults:** Learn the risk factors for suicide among older adults and how evidence-based programs can help. *Sept. 29 @ 3:30 p.m. ET*

### ***Did you miss this?***

- **Benefits Enrollment Grants due Sept. 9:** Apply to become a new Benefits Enrollment Center serving special populations.
- **Falls Prevention Awareness Day is Sept. 22:** Use our resources to promote falls prevention.

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