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March 3, 2015

6 ways to eat well as you get older

March is National Nutrition Month! Check out our tips for older adults to eat well as they age—read and share our article, infographic, and three videos. Plus use our link to help seniors find and apply for the Supplemental Nutrition Assistance Program (SNAP) to stretch their food budget.

[Get tips now](#) | [Download your state SNAP application](#)

Webinar: Substance Abuse and Misuse: Impact on Older Adults

Join our Center for Healthy Aging on March 11 to discuss the problem of substance abuse and misuse among older adults, including key data, trends, and interventions.

[Register](#)

2015 theme for Falls Prevention Awareness Day

This year's event is Sept. 23, the first day of fall. Start planning now to educate older adults about how they can stay safe! This year's theme is "Take a Stand to Prevent Falls."

[Find out more](#) | [Read what states did last year](#)

NCOA to help thousands of struggling older adults in Maryland

In Maryland, a quarter million adults aged 60+ live on incomes of less than \$29,400 a year. With support from the Harry and Jeannette Weinberg Foundation, NCOA will help these seniors get personalized assessments and connect to services to improve their economic security.

[Learn more](#)

Family caregiving caucus gears up on Capitol Hill

NCOA is assisting with the launch of a new bipartisan congressional caucus on

caregiving. The caucus will focus on addressing the needs of 65 million family caregivers who serve as the backbone of our long-term care system.

[See our statement](#)

Coming up ...

- **Senior SNAP Enrollment Grants** : Apply to help low-income seniors enroll in the Supplemental Nutritional Assistance Program. *Applications due March 6.*
- **Economic Security at Your Senior Center** : One-third of seniors are economically insecure. Find out how senior centers can make a difference. *March 12 @ 1:30 p.m. ET*
- **Healthy LGBT Aging Photo Contest** : Submit your photos that exemplify what it is to be an aging lesbian, gay, bisexual, and/or transgender person. *Deadline is March 13.*

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