

From: NCOA Week <newsletters@ncoa.org>

To: Kester, Tonykester@aging.sc.gov

Date: 9/1/2015 1:12:32 PM

Subject: 4 ways to celebrate LIFE at senior centers

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## 4 ways to celebrate LIFE at senior centers

It's Senior Center Month,  
sponsored by our National  
Institute of Senior Centers!  
See 4 ways older adults can  
celebrate LIFE (Learning,  
Independence, Friends, and  
Energy) at their local center.

[Read More](#)

*Sept. 1, 2015*

### Enter our Falls Free® Video Contest

Thanks to generous support from GSK, NCOA's Falls Free® Initiative is holding a video contest. We're looking for positive videos of older adults engaged in falls prevention activities. Winners will receive Amazon gift cards and have their videos used in NCOA materials.

**Submit a video by Nov. 2**

### Grandparents Day is Sept. 13

Generations United has a week's worth of activities planned to celebrate. See how your organization can help older adults #DoSomethingGrand.

**Get ideas**

*Coming up ...*

- **Senior Center Month: Engaging with Boomers+**: Get strategies for

- creating and promoting baby boomer programs, making community connections, and mobilizing 50+ volunteers. *Sept. 10 @ 1:30 p.m. ET*
- **Suicide Prevention and Older Adults:** Learn the risk factors for suicide among seniors and strategies for prevention. *Sept. 17 @ 2:30 p.m. ET*
- **SEEK: 2015 NISC Senior Center Conference:** Discover how to make your senior center the best it can be. *Sept. 20-22 in Columbus, IN*

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

- **SNAP Best Practices Handbook:** See best practices in enrolling eligible seniors into the Supplemental Nutrition Assistance Program (SNAP).
- **5 Steps for Avoiding Medicare Scams:** Get educated and share these five tips from My Medicare Matters®.
- **FamilyWize Prescription Savings Card:** Explore another option to help individuals save on their medicine.

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NCOA | 251 18th Street South | Suite 500 | Arlington, VA 22202