

From: NCOA Week <newsletters@ncoa.org>

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Subject: New video: Mastering Longevity

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Video: Mastering Longevity

NCOA has partnered with ITN Productions on a news style program exploring innovative ideas to help people navigate the challenges of aging. Mastering Longevity is a combination of interviews, news items, and sponsored profiles.

[Watch now](#)

Oct. 20, 2015

Webinar: Implementation of the HCBS Settings Rule

Join the Disability and Aging Collaborative (DAC) on Oct. 30 to hear an analysis of state implementation plans for the Home and Community-Based Services (HCBS) Settings Rule. Speakers also will discuss ongoing opportunities for consumer engagement and resources for state advocates.

[Register](#) | [Meet the DAC](#)

Time to get real about Medicare costs

People with Medicare are facing increased costs in 2016, making this year's Open Enrollment period more important than ever. See our suggested 6 steps that everyone with Medicare should consider.

[Use this checklist](#) | [Find help on My Medicare Matters®](#)

No Social Security COLA in 2016

There will be no Social Security annual cost-of-living adjustment (COLA) in 2016. The COLA is based on the Labor Department's Consumer Price Index (CPI), which has not risen since the last COLA. If you work with seniors on a fixed income, please share our free BenefitsCheckUp® service to help them find benefits to pay for food, medicine, heat, and more.

[Read more](#) | [See how BenefitsCheckUp® can help](#)

Register for Aging in America by Oct. 31 to save

Aging in America 2016 is set for March 20-24 in Washington, DC. The event, sponsored by the American Society on Aging, is one of the nation's largest gatherings of aging field professionals. For the lowest possible rates, register by Oct. 31.

[Register now](#)

Coming up...

- **Medicare in 2016: Helping Your Clients with Open Enrollment:** Join our Center for Benefits Access to learn what changes older adults can expect coming next year. *Nov. 4 @ 2 p.m. ET*
- **Talking with Your Doctor: Everything You Need to Know to Lead a Lively Workshop:** Explore how to use the National Institute on Aging's new "Talking With Your Doctor" presentation toolkit. *Nov. 5 @ 1:30 p.m. ET*

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