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Subject: 5 ways Congress can support seniors

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5 ways Congress can support seniors

With a new Administration and a new Congress arriving in January, we're prioritizing the issues that matter most for older Americans and their families. See what we'll be advocating for in the new year.

[See our list](#)

Dec. 20, 2016

Straight Talk: Why the ACA matters for long-term care

Most people know the Affordable Care Act helps millions pay for doctor and hospital visits. What many don't know is that it also helps thousands get long-term care at home—instead of in nursing homes and institutions. But these provisions are at risk of being repealed.

[Find out what's at stake](#)

4 steps for seniors to combat loneliness

It's December, and the holiday season is in full swing. It's the time of year for good food and good friends and family—at least for most of us. For many others, the holiday season can remind them of just how lonely they are.

[Learn how to help](#)

Watch our winning Falls Free® videos

Our Falls Free® Initiative received over 25 entries in its 2016 video contest. The winners include positive depictions of older adults engaged in a variety of falls prevention activities.

[Watch now](#)

Looking ahead to Medicare in 2017

Now that the Medicare Open Enrollment Period has come to a close, it's important for people with Medicare to look ahead to the future and evaluate some changes and opportunities in 2017.

[Share these tips](#)

Did you miss this?

- [Tell Congress to Protect Key Parts of the Affordable Care Act for Seniors](#): Send an email to your lawmakers today.

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