

From: NCOA Week <newsletters@ncoa.org>

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Subject: A fresh and new BenefitsCheckUp®

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A fresh and new BenefitsCheckUp®

BenefitsCheckUp® is starting 2017 with a new design that makes it even easier to use. And it's still the nation's most comprehensive online service to screen people for benefits programs.

[Check it out now](#)

Jan. 10, 2017

Straight Talk on the federal budget and senior programs

The federal budget is rarely simple and straightforward, but this year promises to be even more complex. Republicans in Congress have indicated they plan to use it to repeal the Affordable Care Act and potentially pass significant cuts and changes to programs like Medicare and Medicaid. Get the details in our latest Straight Talk for Seniors® blog post.

[See a timeline of what's ahead](#)

5 tips for eating well after 50

After 50, it's more important than ever to eat well to get adequate nutrients. If you serve seniors who are setting New Year's resolutions, share these simple steps to make healthy eating a priority.

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Coming up...

- **Advocacy Priorities for Seniors in Early 2017:** Join our policy team to learn what's ahead in Congress this year—and how to make your voice heard. *Jan. 18 @ 3 p.m. ET*
- **Facilitating Transportation Access to CDSME and Falls Prevention Programs through Participation in Mobility Management Networks:** Learn more about the resources to help individuals in your community stay connected to health care services. *Jan. 24 @ 3 p.m. ET*

Did you miss this?

- **Tell Congress to Protect Key Parts of the Affordable Care Act for Seniors:** Send an email to your lawmakers today.
- **Protecting the Prevention and Public Health Fund:** The PPHF is at serious risk of being repealed. Find out what that means for falls prevention and chronic disease self-management education funding.

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