

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- July Observances:
 - 50th Anniversary of Medicare and Medicaid [Link](#)
 - UV Safety Month [Link](#)
 - Fireworks Safety Month [Link](#)
 - National Park and Recreation Month [Link](#)
- Chronic diseases are the leading cause of death and disability in the U.S. and account for 75% of the nation's health care spending. As part of the July 13, 2015 White House Conference on Aging (WHCOA), NCOA offers 10 actionable recommendations to promote healthy aging for the U.S. population. For more information, see the [Link](#)
- A new CDSME Resource Center tip sheet provides helpful information and guidance about disability literacy, etiquette, accessibility, accommodations, and inclusion. This tip sheet is useful for anyone offering or wishing to offer evidence-based programs (EBPs) to adults with disabilities. [Link](#)
- Older adults diagnosed with pre-diabetes can prevent or delay the onset of type 2 diabetes by adopting a healthier lifestyle, but staying motivated can be a challenge. The YMCA's Diabetes Prevention Program provides the support seniors need to stay healthy and improve their condition. For more information on this program, see the [Link](#)
- Finding health information you can trust online can be difficult, especially if you are looking for information in Spanish. The National Institute on Aging at NIH has developed an AgePage to help older adults and caregivers. [Link](#)
- Review the House and Senate FY16 funding proposals for aging services programs as of June 2015. [Link](#)

WEBINARS, TRAININGS, & SEMINARS

- Diabetes Self-Management Program (DSMP) Cross Training for Active DSMP Peer Leaders only — Conducted by Robert Wood Johnson University Hospital Hamilton. Dates: Aug. 5 & 7. Time: 9:30 AM. For more information or to register, contact Billie O'Donnell 609-584-6725 or modonnel@rwjuh.edu OR Shirley Roberts, 609-631-6819
- Webinar: *Promoting SNAP and Food Security for Older Americans*. Learn best practices that your organization can use to get eligible seniors enrolled in the Supplemental Nutrition Assistance Program (SNAP). Date: July 16. Time: 1:30—2:30 PM. For more information or to register, see [Link](#)
- Webinar: *Medigap: What You Need to Know*. This webinar walks through the way Medigap supplemental insurance works with Medicare coverage, and when people can and should enroll in Medigap. Date: July 22. Time: 2:00—3:30 PM. For more information or to register, see [Link](#)
- Healthy Aging Summit in Washington, DC. Dates: July 27—29. Highlights of the summit will include the science of healthy aging and preventive services and policy gaps that can improve the quality of life for older adults. A variety of topics will be covered, including falls prevention and chronic disease. For more information or to register, see [Link](#)



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