

# HealthEASE

## STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- Observances:
  - Falls Prevention Awareness Day [Link](#)
  - Healthy Aging Month [Link](#)
  - National Senior Center Month [Link](#)
  - National Sickle Cell Disease Awareness Month [Link](#)
  - National Recovery Month [Link](#)
  - National Cholesterol Education Month [Link](#)
- September is the National Institute on Aging's Go4Life Month. Go4Life is a campaign that focuses on bringing attention to the health benefits of exercise and physical activity for older adults, and the theme of the month this year is Be Active Every Day. For more information or to see how you can get involved, see [Link](#)
- The results of the 2015 United States of Aging Survey showed that physical health was a top concern for older adults. Among the top three concerns of older adults were physical health, memory loss, and mental health. To learn more about what seniors and aging services professionals have to say about growing old in America, see [Link](#)
- NCOA and FamilyWize are partnering to offer older adults and their caregivers a way to save on their prescription medications. The FamilyWize Prescription Savings Card is free to everyone, even if you have insurance. For more information and details, see [Link](#)
- Community-based organizations (CBOs) serve a critical role in promoting the health and well-being of older adults. A recent Health Affairs blog highlights how CBOs can support value-driven health care, which is particularly important for older adults with multiple chronic diseases. For more information, see [Link](#)
- Mall Walking is a fairly new trend to help seniors stay active. Explore a new CDC guide that explains how mall walking programs can help people stay active. The NCOA also provides a video to learn more about mall walking. For the CDC Program Guide, click [Link](#). For the NCOA video, click [Link](#)

## WEBINARS, TRAININGS, & SEMINARS

- Suicide Prevention and Older Adults Webinar hosted by the NCOA on September 17th from 2:30—3:30 PM. In recognition of Suicide Prevention Awareness Month, this webinar will feature expert speakers highlighting risk factors for suicide among older adults and successful strategies for preventing suicide. For more information or to register, see [Link](#)
- Senior Center Month: Engaging With Boomers Webinar hosted by the NCOA on September 10th from 1:30—2:30 PM. Learn strategies for creating and promoting programs and services for baby boomers. For more information or to register, see [Link](#)
- A Matter of Balance: Managing Concerns About Falls Coach Training in Morris County. September 22 and 29 from 9:30 AM — 3:30 PM. Site location is still to be determined. For more information or to register contact Nancy Hess, (973) 784-4900 x208 or hessn@norwescap.org
- CDSMP Peer Leader Training in Ocean County. October 22, 29 & November 5, 12 starting at 9:30 AM. For more information or to register contact Louanne Kane, 732-281-8391 or lkane534@comcast.net



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