

NCOA Week
Dec. 21, 2010

Part D Enrollment Period Ends Dec. 31:

There are just 10 days left for Medicare beneficiaries to change their Part D prescription drug plans for 2011. NCOA offers several resources to help. My Medicare Matters (and Mi Medicare Importa) is a consumer-focused website offering worksheets and seven simple steps for new enrollees. The annual enrollment period is also a great time for people with Medicare to use BenefitsCheckUp®, our free online screening service, to see if they're eligible for the Medicare Part D Extra Help and other benefits that help pay for medicine, home energy, food, and more.

President Signs Medicare Extenders Bill :

On Dec. 15, President Obama signed legislation that delays a 25% cut in Medicare reimbursement for physicians for one year and includes an NCOA-supported one-year extension of the Qualified Individual (QI) Medicare Savings Program. The QI program, which was set to expire Dec. 31, is critical to many seniors and younger adults with Medicare whose incomes are between 120-135% of the federal poverty level. It pays for Medicare Part B premiums that cover physician and other outpatient services. The law also includes a one-year extension of Medicare therapy caps.

Report Spotlights Elders Living in Poverty:

Half of America's elderly will spend at least one year in poverty, states a new report from the Alliance for Children and Families. Researchers say 18% of Americans will have experienced poverty by the age of 70, 29% by the age of 80, and 41% by the age of 90. NCOA's Economic Security Initiative is working to bring attention not only to elders in poverty, but also to those living on the edge of poverty, who are trying to make ends meet with incomes just above the poverty level. Read the Alliance report and explore our economic security work.

http://waystohelp.ncoa.org/site/R?i=HffMakQN_Usk3pf-RIrIBw..

<http://waystohelp.ncoa.org/site/R?i=SdlTwc6SXV9Guq5BOCKnTg..>

Act Creates National Alzheimer's Project:

For the first time, Congress voted unanimously to establish a National Alzheimer's Project within the U.S. Department of Health and Human Services to coordinate the country's approach to research, treatment and caregiving of the disease. The project would include an

advisory council of representatives from agencies like the Centers for Disease Control, National Institutes of Health, and Centers for Medicare and Medicaid Services, as well as health care providers and caregivers. Learn more from the Alzheimer's Foundation.

<http://waystohelp.ncoa.org/site/R?i=ZCHJFeAfI6rXKdFWEEpXw..>

Older Volunteers Help Seniors Live Healthier:

In Utah, older volunteers involved in our Wisdom Works program are helping their peers learn how to manage chronic conditions. Through an NCOA grant to the National Tongan American Society, a team of older volunteers is offering the Chronic Disease Self-Management Program to Pacific-Island seniors. Read about this project in a Salt Lake Tribune article and see more of NCOA in the News.

http://waystohelp.ncoa.org/site/R?i=aBuWubqg_4Bs3I-CYyIPLQ..

http://waystohelp.ncoa.org/site/R?i=extltNin0gXg902hf0Cd_Q..

ASA Accepts Applicants for Leadership Program:

The American Society on Aging (ASA) is accepting applications for the 2011-2012 class of New Ventures in Leadership, a leadership development program for professionals of color in aging. The 12-month program offers high-level management and skills development, as well as opportunities to build a network of mentors and leaders. The deadline is Feb. 15. Apply.

<http://waystohelp.ncoa.org/site/R?i=faxYcWOvF8qTjVdE0QOvjg..>

Editor's Note: NCOA Week will not be published on Dec. 28 due to the holidays. Wishing you a happy 2011!

Follow @NCOAging on Twitter!

<http://waystohelp.ncoa.org/site/R?i=X3exnm3ODab5dqsSxSj2Ew..>

What we're tweeting:

OpEd by Sandra Day O'Connor and @MariaShriver - "Our new national goal: Defeating Alzheimer's in 10 years"

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The National Council on Aging is a nonprofit service and advocacy organization headquartered in Washington, DC. NCOA is a national voice for older Americans--especially those who are vulnerable and disadvantaged--and the community organizations that serve them. It brings together nonprofit organizations, businesses, and government to develop creative solutions that improve the lives of all older adults. NCOA works with thousands of organizations across the country to help seniors find jobs and benefits, improve their health, live independently, and remain active in their communities.