



# SEPTEMBER IS Healthy Aging MONTH

September 2026 Newsletter



## Healthy Aging Ahead!

September is [Healthy Aging Month](#), a reminder for us all to plan for long-term physical and financial health because roughly 60% of Americans survive past the age of 80, thanks to healthier lifestyles, better diets, less smoking, and more exercise compared to past generations. Seniors currently account for about 18% of the total U.S. population. Baby Boomers dominate the generational demographics but that is changing as Boomers are now outnumbered by both Millennials and Generation X. The oldest members of Gen X will be turning 65 in 2030!

Despite a longer and healthier outlook, age inevitably takes a toll, and more than 24 million family caregivers provide unpaid care for older adults at home. Most caregivers juggle these responsibilities with employment, spending an average of about 6 hours a day on caregiving duties alongside their jobs.

Whether planning for or experiencing your own aging or that of a family member, you can find numerous helpful resources by logging in to [www.HealthCareEAP.com](http://www.HealthCareEAP.com) to explore aging-related self-help tools, including:

- **Late Life Planner** – Retirement planning, wills, insurance, financial matters & more
- **Aging and Elder Care Resources** – Healthy aging, memory loss, daily living & more
- **Eldercare Locators** – Find local assisted living, nursing homes, in-home services & more
- **Caregiver Resources** – Counseling, wellness, information resources & more
- **Wellness & Physical Health** – Healthy aging, diet, fitness & more

## ★ Featured



## September Webinar

### Stress Better: Return to Work After an Absence

Transitioning back to work after an absence can feel overwhelming. In this session, we'll explore a practical six-step approach to ease the transition. We'll also explore the stress response, identifying its signs, and mastering techniques to effectively complete the stress cycle.

To access this Webinar and related resources, simply log in to [www.HealthCareEAP.com](http://www.HealthCareEAP.com) during September.

## Preparing to Save Lives

**Know the Number That Can Save a Life: 988** - Most people know to call 911 during a medical emergency. But how many people know that 988 is the number to call or text during a mental health or suicide crisis? [September is Suicide Prevention Month](#), a reminder that every one of us can play a role in saving lives. The [988 Suicide & Crisis Lifeline](#) connects people to trained crisis counselors 24 hours a day, seven days a week. One of the simplest things you can do is learn the number, save it in your phone, and share it with family and friends. You may never need it yourself, but someone you know might.

**Prepare for Physical and Weather Emergencies** - Emergencies often come with little advance warning. Whether it's severe weather, a power outage, wildfire smoke, flooding, or another unexpected event, a little preparation today can make a big difference tomorrow. September is [National Preparedness Month](#), an ideal time to review your family's emergency plans. Do you know where you'll meet if you're separated? Does everyone know who to contact if cell service is disrupted? Do you have enough food, water, medications, flashlights, batteries, and other essentials to be self-sufficient for a few days?



## Preparing to Save Lives (Continued)

Even simple steps, like updating emergency contact information, assembling a basic emergency kit, or signing up for local weather and emergency alerts, can help keep your family safe. Download [FEMA](#) and [Red Cross](#) emergency apps and encourage family members to have these apps on their phone, too.

## September Training Suggestions

Learn new skills for work and for home by choosing from thousands of training topics. Here are a few suggestions or search for your own themes. Simply click on “**Member Login**” at [www.HealthCareEAP.com](#), sign in, and click on the comprehensive training library in the “**Training Center**.”

- **NEW! 7 Easy Ways to Be Smarter Every Day | Course ID: SVL\_1023608**

This 7-minute session explores 7 foundational ways to rethink the way you learn, from changes to your routine to a daily reflection practice. Take away a list of ideas to try and resources to find even more ideas.

- **Suicide Intervention | Course ID: SVL\_1020546**

This 8-minute video describes the five steps the National Suicide Prevention Lifeline suggests taking when you suspect someone is battling suicidal thoughts and feelings.

- **Severe Weather Safety: Prepare, Survive & Recover | Course ID: SVL\_089235**

Severe weather can strike anywhere without notice. Lightning, flooding, hail, tornadoes, and hurricanes cause property damage, injuries, and fatalities. It is imperative that everyone be prepared for inclement conditions, no matter where they live and work.

## Accessing Your EAP Training Center

1. Go to [www.HealthCareEAP.com](#) and click the ‘**Member Login**’ button.
2. If you’ve already created an account, log in with your Username/Password.
3. If it’s your first time, click **REGISTER** to create your Username and Password. *You only need to register once.*
4. Click the ‘**Training Center**’ and then choose ‘**Comprehensive Training Library**’.
5. In the **Search bar** at the top of the screen, type the course code or search for a topic.
6. Click the course icon and click the ‘**Play**’ or ‘**Start**’ button to begin.

**To get a certificate:** View the course and take the quiz. Not all courses require a quiz, but if so, **you must score at least 80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

## More Key September Dates

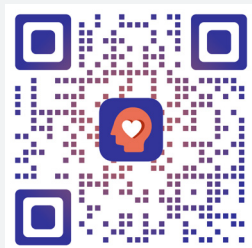
- [World Alzheimer’s Month](#)
- [National Fruits & Veggies Month](#)
- [Baby Safety Month](#)
- [Childhood Cancer Awareness Month](#)
- [National Sickle Cell Awareness Month](#)
- [National Yoga Awareness Month](#)
- 9/7 – [Labor Day](#)
- 9/15-10/15 – [National Hispanic Heritage Month](#)
- 9/21-9/25 – [Falls Prevention Awareness Week](#)
- 9/29 – [World Heart Day](#)

## Scan to Learn More!

Explore  
More of Your  
Employee  
Benefits



Download  
Talkspace Go  
For iPhone  
Or Android



### How to Scan A QR Code

1. Open the camera app.
2. Select the rear-facing camera in photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)



98% Employee Satisfaction Rate

[www.HealthCareEAP.com](#) | 800.252.4555