



## Update on NUENAS 1.0

May is [Older Americans Month](#) (OAM), and this year's theme for OAM is "Powered by Connection."

Research indicates that people who stay socially engaged tend to be physically and mentally healthier.

Yet, [data from the Native Urban Elder Needs Assessment Survey](#) suggest that social isolation impacts the well-being of many American Indian and Alaska Native Elders in urban areas.

Notably, about 26% of survey respondents said they never socialize. And approximately 27% of respondents said they eat alone most of the time.

These data highlight the need for more programs to help Native urban Elders establish and maintain meaningful social connections. We hope you'll continue advocating for additional resources to support such programs.

### Resources

#### Tips for Better Sleep

In observance of Better Sleep Month, share an article about sleep's impact on health and what Elders can do to make sure they get enough rest.

[Access the article >](#)

#### Disaster Preparedness Guide

Download and share a disaster preparedness guide (PDF, 3.5 MB, 20 pp) that helps Elders create an emergency plan.

[Download the guide >](#)

#### USAgging Policy Priorities

Read a recently published booklet (PDF, 2.6 MB, 28 pp) about the policy priorities currently guiding USAgging's advocacy efforts to support Elders and family caregivers.

[Get the booklet >](#)

### Upcoming Events

#### Webinar on Brain Health

Join a webinar May 22, at 2 p.m. Eastern, to hear about resources and activities that support brain health and reduce the risk for dementia.

[Register for the webinar >](#)

#### NANASP Annual Conference

Plan to attend the National Association of Nutrition and Aging Services Programs (NANASP) annual conference June 12–14 in Denver.

[Register for NANASP >](#)

#### USAgging Event

Attend the 49th annual USAgging Conference and Tradeshow July 8–11, in Tampa, Florida, to share knowledge and network with other professionals who serve Elders.

[Register for the USAgging event >](#)

The Coalition on Urban Indian Aging was created to promote the Native Urban Elder Needs Assessment Survey (NUENAS 1.0).

[Visit the Coalition on Urban Indian Aging website](#)

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