

# Did You Know?

(NAPS)—A little-known gem nestled between the Tennessee River and the Great Smoky Mountains in the Eastern part of the state is the charming small town of Loudon County, TN. Learn about the food, fun, farms and shopping there at [www.visitloudoncounty.com](http://www.visitloudoncounty.com).

Health coaching is a dynamic and impactful approach to health care. Silver&Fit members can be paired with certified health coaches to work on their fitness, nutrition, and lifestyle goals.

America's businesses, large and small, are increasingly extending a hand to help others. For example, more than 125 employees at H/L, a fiercely creative marketing and advertising agency that makes momentum for clients, spent over 350 hours of volunteer time. To learn more, visit [www.hl.agency](http://www.hl.agency).

For happier, healthier holidays, have your home's air ducts professionally cleaned by a member of The National Air Duct Cleaners Association (NADCA). Dirty ducts can contribute to poor indoor air quality and exacerbate health issues. To find qualified and certified air duct cleaning professionals, visit [www.breathingclean.com](http://www.breathingclean.com).

While for many businesses, homeowners, and renters, decorating with lights is a festive holiday tradition, it's important to keep safety in mind, say the experts at National Grid. Learn more at [www.nationalgridus.com](http://www.nationalgridus.com).

Respiratory syncytial virus (RSV) vaccines are now approved and available throughout the U.S. and the cost is covered fully for Medicare beneficiaries, reports The National Association of



Nutrition and Aging Services Programs. Resources in English and Spanish are at [www.nanasp.org/vaccines](http://www.nanasp.org/vaccines).

A fast, reliable Internet connection is essential to many of our daily lives. That's where the Affordable Connectivity Program (ACP) comes in. Eligible households can save \$30 a month or more. Visit [www.fcc.gov/acp](http://www.fcc.gov/acp) for more details and call 844-844-WIFI (844-844-9434) to find a participating provider nearby.

2023 saw the centennial anniversary of the American Battle Monuments Commission (ABMC), the federal agency which is the guardian of American military cemeteries and memorials abroad. You can visit the sites or search [www.ABMC.gov](http://www.ABMC.gov) to discover a connection to the patriots the agency proudly honors.

When it comes to reducing alcohol intake, an accountability app called Reframe can help. Developed with experts in neuroscience and psychology, it tracks progress, sets reminders, provides a guided plan that works for your lifestyle and helps you change how you view alcohol. More at [www.joinreframeapp.com](http://www.joinreframeapp.com).