



## FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...9/11/2017

### SEPTEMBER IS HEALTHY AGING MONTH

Think it's too late to "re-invent" yourself? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion or hobby. And, now is the time to travel more than ever. <https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month/>

### REPORT CARD ON AGING NATIONS GIVES U.S. MIXED GRADES

How about the United States and is there more work to be done? A new global aging index places it among the top five nations, alongside Norway, Sweden, the Netherlands and Japan. <https://money.usnews.com/investing/news/articles/2017-09-07/column-report-card-on-aging-nations-gives-us-mixed-grades>

### HIGHER COFFEE CONSUMPTION ASSOCIATED WITH LOWER RISK OF EARLY DEATH

Higher coffee consumption is associated with a lower risk of early death, according to new research. The observational study in nearly 20 000 participants suggests that coffee can be part of a healthy diet in healthy people. <https://www.sciencedaily.com/releases/2017/08/170827101750.htm>

### THE FUTURE OF AGING

The global transition to an older population requires different thinking. Rather than looking at aging as an individual predicament, there could be merit to make connections to social policies and institutions, tackling topics such as how we work and where we live and how those arrangements could—or should—be updated to meet the current reality. <http://now.tufts.edu/articles/future-aging>

### TIPS FOR BABY BOOMERS ON HOW TO DEAL WITH LONELINESS

According to the new AARP Foundation website Connect2Affect Opens a New Window, 17% of American adults age 65 and older are isolated, and research shows a 26% increased risk of death due to subjective feeling of loneliness. Six million adults age 65 and older have a disability that prevents them from leaving their homes without help and 51% of people age 75 and older live alone. <http://www.foxbusiness.com/features/2017/09/03/tips-for-baby-boomers-on-how-to-deal-with-loneliness.html>

## LET'S REMEMBER THOSE WHO LOSS THEIR LIVES ON 911!

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