

October 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...10/23/2017

There is much research on factors that contribute to aging and what it takes to break through the glass ceiling and live longer. This week we focus on several of these efforts. BUT we also are providing articles on negative physical and behavioral experiences of older adults and those who are the oldest within this cohort and then describing interventions that may help to offset conditions such as sundowning and loneliness. We also talk about safety practices for seniors and actions that can be taken to insure safety during the upcoming Halloween Holiday. **Have a great week as we value your support! Thelma**

GENETIC RESEARCH UNCOVERS TRAITS ASSOCIATED WITH LONGER LIFE SCIENTISTS ARE DIGGING DEEPER INTO THE SECRETS OF LONGEVITY.

<https://www.psychologytoday.com/blog/cravings/201710/genetic-research-uncovers-traits-associated-longer-life>

BRAIN DRAIN TAKES ON NEW MEANING

Researchers from the National Institute of Health have uncovered “drain pipes” in our brains showing the first evidence of the body’s waste system in the brain.

<https://healthyaging.net/health/brain-drain-takes-new-meaning/>

THE GOOD SIDES OF AGING?

Sometimes, and especially in articles aimed at mitigating people’s fear of aging, it is said that aging doesn’t come just with downsides, such as frailty and diseases, but also with upsides — for example, wisdom and a long life experience.

<http://transhumanist-party.org/2017/10/17/the-good-sides-of-aging/>

HOW TO AGE ALONE - AN ‘ELDER ORPHAN’ CHALLENGES US TO ENGAGE

The Asbury team recently sat down with Carol Marak, editor of **SeniorCare.com** and “elder orphan.” Carol is passionate about the changes communities must make to help those who are aging — and aging alone — age well.

<http://www.asbury.org/news-center/the-asbury-perspective/aging-well/how-to-age-alone-an-advocate-speak-up>

WHAT IS SUNDOWNING SYNDROME? FOUR WAYS TO MANAGE IT

Sun-downing is a phenomenon that occurs in Senior’s affected by a symptom of Alzheimer’s disease and other forms of dementia. It can be described as “late-day confusion.” Confusion, anxiety, paranoia, and restlessness can occur around dusk time, continue throughout the nights, and resolve by morning. For a family member, “Sun-downing” is very real and scary when a loved one starts exhibiting signs.

<https://www.caringathomenj.com/what-is-sundowning-syndrome-four-ways-to-manage-it/>

ELDERLY LONELINESS

Loneliness in the elderly population is a growing health concern among families and physicians. According to the 2010 US Census Bureau, more people were 65 years of age and older in 2010 than in any other previous census. There were 40.3 million people who were 65 and older, which is an increase of 5.3 million since the 2000 census. The result is more lonely senior citizens. Many people experience loneliness as a result of living alone, lack of close family relationships, and age related losses.

<http://www.sageminder.com/SeniorHealth/MentalHealth/ElderlyLoneliness.aspx>

TOP 8 HOME SAFETY TIPS FOR SENIORS

Every year Seniors are involved in accidents/injuries that could have been prevented. Seniors are most susceptible due to physical changes such as declining vision and hearing. Mental changes can also put Seniors at risk for Falls.

<https://www.caringathomenj.com/top-8-home-safety-tips-for-seniors/>

HALLOWEEN SAFETY TIPS FOR THE ELDERLY

For most of us Halloween holds childhood memories of dressing up and more. And for many of our Elderly population this memory expands to giving out candy and treats to the costumed children at their door. However for some with Dementia and/or Physical limitations; Halloween may hold negative feelings and fear that can contribute to negative behaviors leading up to and on Halloween itself.

<http://www.patirader.com/halloweensafetytipsforelderly.html>

HOW THE ELDERLY LOSE THEIR RIGHTS

Guardians can sell the assets and control the lives of senior citizens without their consent—and reap a profit from it.

<https://www.newyorker.com/magazine/2017/10/09/how-the-elderly-lose-their-rights>

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