



2017 DECEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					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						

www.calendar-to-print.com

FROM THE DESK OF DR. THELMA B. WATSON
Executive Director

WORTHY NEWS ABOUT AGING ADULTS...12/18/2017

This week's issue of *From the Desk of Dr. Watson* is filled with articles ranging from guidance for caregivers to some of the adverse effects of driving while older. There too is information about a significant report released about aging in the workplace. There also is an interesting perspective offered about the village concept to support the aging well population. Its features are similar to that of a continuing care retirement community. I also wanted to take this time to wish those celebrating Hanukkah (past), Christmas and Kwanzaa a joyous time with family and friends. Look for the final issue of *From the Desk of Dr. Watson* for this year on December 27. **Thelma**

HEALTHFUL TIPS FOR CAREGIVERS

Everyone needs a break now and then. A step away from your routine will lend a fresh perspective to your caregiving, show you options you didn't think you had, and get you back in touch with who you are. Our article about respite care provides practical advice for arranging a short getaway.

<https://agingwellexample.com/newsletter/december-2017january-2018/>

BLOOD PRESSURE DECLINES 14 TO 18 YEARS BEFORE DEATH

Blood pressure in the elderly begins to decrease about 14 or so years before death, according to a new study. Researchers looked at the electronic medical records of 46,634 British citizens who had died at age 60 or older. Blood pressure declined over the last 14 to 18 years of life in both healthy elders and those with serious health problems.

<https://www.sciencedaily.com/releases/2017/12/171204162340.htm>

SOMETIMES IT TAKES A 'VILLAGE' TO HELP SENIORS STAY IN THEIR HOMES

After a couple of years of effort, there is now a concept now known as the village. It's a membership-run organization that provides access to services like transportation, help with household chores, even trouble-shooting computer problems, along with classes and social activities. (Videos included in this article)

<https://www.npr.org/2017/12/15/569529110/sometimes-it-takes-a-village-to-help-seniors-stay-in-their-homes>

SENATE AGING COMMITTEE SPOTLIGHTS AGING WORKFORCE CHALLENGES

The challenges facing older workers, and older Americans who *want* to work, are abundant —ranging from age discrimination to employers' unaccommodating workspaces and work schedules to deficiencies in training. Appropriately, on the cusp of the 50th anniversary of the Age Discrimination in Employment Act next week, the U.S. Senate Special Committee on Aging yesterday issued an important report, *America's Aging Workforce: Opportunities and Challenges*, and held a riveting hearing on the subject.

<http://www.nextavenue.org/senate-aging-committee-aging-workforce-challenges/>

THE DEMOGRAPHY OF AGING

What factors really determine our longevity?

A university professor went on a pilgrimage to visit a famous Zen master. While the master quietly served tea, the professor talked about Zen. The master poured the visitor's cup to the brim, and then kept pouring. The professor watched the overflowing cup until he could no longer restrain himself. "It's too full! No more will go in!" the professor blurted. "You are like this cup," the master replied, "How can I show you Zen unless you first empty your cup?" In the same way, we need to empty ourselves of myths and misinformation on aging, so that we can appreciate the reality of our situation.

<https://www.psychologytoday.com/blog/the-art-and-science-aging-well/201712/the-demography-aging>

Driving While Old

A 2015 report by the Insurance Institute for Highway Safety suggests that increased fatalities involving the aging are more likely due to increased susceptibility to injury and medical complications, rather than the increased risk of crashing. Older people are more likely to be killed when in an accident. Frail bodies, as well as driving older and less safe cars, are to blame. There are a lot of older pedestrian deaths as well, which does not involve them driving.

<https://www.psychologytoday.com/blog/iage/201712/driving-while-old>

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