

FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...May 30, 2017

Alcohol and Dementia: Critical Lessons from USA and South Africa

Studies have shown that excessive alcohol use can lead to many health problems such as dementia and cognitive decline, particularly among older people. Researchers stress that it is important to act now to raise awareness of alcohol consumption as a risk factor. <http://blog.aginglifecare.org/blog/alcohol-and-dementia-critical-lessons-from-usa-and-south-africa/>

For seniors, these vital tips can help you age well

Even at age 70 or older, the choices you make about exercise, eating and your health remain important. As Miriam C. Morey, an expert on aging at Duke University, put it, seniors "need to reset your thinking in terms of what you've been doing and what you want to do in the future." https://www.washingtonpost.com/national/health-science/for-seniors-these-vital-tips-can-help-you-age-well/2017/04/14/27f82860-1fc2-11e7-be2a-3a1fb24d4671_story.html?utm_term=.336b52a1446d

Seniors' Well-Being May Get a Boost From Green Spaces

British researchers say, they may also boost older people's mental well-being. "We found that older participants experienced beneficial effects of green space whilst walking between busy built urban environments and urban green space environments," said study author Chris Neale. <http://health.usnews.com/health-care/articles/2017-04-17/seniors-well-being-may-get-a-boost-from-green-spaces>

Chances of Successful CPR Dwindle as Seniors Age

A new study finds that older Americans have little CPR training, and they are less likely to get CPR when they suffer cardiac arrest at home. "The new data affirms the need for targeted training in the older population," said senior study author Dr. Benjamin Abella, an associate professor of emergency medicine at the University of Pennsylvania's Perelman School of Medicine. https://www.ehandme.com/news_articles/549680652

10 Essential Health Tips For Seniors

Aging is different now than it was for our parents/grandparents. Today, there are more people living "We need to become activists in promoting healthful behaviors and try our best to remain active and healthy the rest of our lives." How to do it? Dr. Hayward of Kaiser Permanente recommends tips to help baby boomers live longer and thrive. <http://www.parentgiving.com/elder-care/10-essential-health-tips-for-seniors/>

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