

## **FROM THE DESK OF DR. THELMA B. WATSON, CEO** **WORTHY NEWS ABOUT AGING ADULTS...August 21, 2017**

### **REMINDER--SENIOR CITIZENS DAY IN THE UNITED STATES**

National Senior Citizens Day recognizes contributions senior citizens make in communities across the United States. It is annually observed August 21

<https://www.timeanddate.com/holidays/us/senior-citizens-day>

### **A NATIONWIDE LOOK AT HOW STUDENT DEBT IMPACTS OLDER ADULTS**

Today, the Office for Students and the Office for Older Americans released new data regarding the scope and growth of student debt among older borrowers (ages 60 and older) in each of the 50 states, Puerto Rico, and DC. The new data further demonstrates the significant growth of student debt among the older population, and the proportion of older borrowers struggling to make their payments.

<https://www.consumerfinance.gov/data-research/research-reports/nationwide-look-how-student-debt-impacts-older-adults/>

### **THE REFORMATION OF AGE AND AGEING**

There are deep stereotypes and preconceptions around the contribution and burden of older adults which are not supported by robust evidence, and these need to be revisited. Not only because many of them lead to unjust behavior towards older people, such as ageism, but also because these influence the behavior of older people.

<https://link.springer.com/article/10.1007/s12062-017-9200-8>

### **RURAL AMERICA IS AGING AND SHRINKING**

Technology and diverging values widen the gap between small-town USA and cities. Americans in rural areas and small towns see the world a lot differently from those living in and around cities, according to a Washington Post-Kaiser Family Foundation poll.

<https://www.bloomberg.com/view/articles/2017-06-20/rural-america-is-aging-and-shrinking>

### **MIDLIFE CARDIOVASCULAR RISK FACTORS ... AND DEMENTIA**

A recent NIH study supports a growing body of research linking vascular risk factors to dementia. The NIH's Mind Your Risks® campaign urges Americans to control their blood pressure to reduce the risk of dementia. <https://www.nih.gov/news-events/news-releases/midlife-cardiovascular-risk-factors-may-increase-chances-dementia>

### **LONELINESS A BIGGER KILLER THAN OBESITY, SAY RESEARCHERS**

Obesity has become a major public health concern, affecting more than a third of adults in the United States. New research, however, suggests that there are two bigger threats: loneliness and social isolation.

<http://www.medicalnewstoday.com/articles/318723.php>

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