

FROM THE DESK OF DR. THELMA B. WATSON, CEO **WORTHY NEWS ABOUT AGING ADULTS...September 5, 2017**

RECOGNIZING AND PREVENTING DEHYDRATION

Seniors can become highly susceptible to the effects of dehydration often without even noticing. As our bodies age, the brain doesn't always transmit signals to let us know that we are needing hydration often as necessary

<http://www.seniorguide.net/austin/articles/recognizing-preventing-dehydration/>

MANHATTAN GETS \$20,000-A-MONTH HOMES FOR NEW BREED OF SENIORS

Manhattan is about to become a testing ground for what could be the next luxury real estate boom. Well, maybe mini-boom, considering the rather narrow target group: frail urban seniors with fat bank accounts.

<https://www.bloomberg.com/news/articles/2017-08-21/manhattan-gets-20-000-a-month-homes-for-new-breed-of-seniors>

SENIORS DISCOVER THE THERAPEUTIC BENEFITS OF HAVING A PET

Both Consumer Reports and the newsletter published by the Mayo Clinic have recently introduced and possibly familiarized their readers with pet therapy, which the clinic describes as "man's best friend."

<https://riderwoodtv.wordpress.com/2017/07/31/seniors-discover-the-therapeutic-benefits-of-having-a-pet/>

BEST STATE TO GROW OLD IN IS...

Utah residents who look forward to retiring in their state just got some good news in a report that names the state as the best in which to grow old. Those who hope to age gracefully in Wyoming, North Dakota, and New York may face more of a challenge. Those states are ranked as the three worst.

<https://www.bloomberg.com/news/articles/2017-08-16/the-best-and-worst-states-for-seniors-by-health-care-and-more>

Getting It Straight...Improve Your Posture for Better Health

Our bodies change as we age. These natural changes make it especially important for older adults to maintain good posture, strength, flexibility, and balance

<https://newsinhealth.nih.gov/2017/08/getting-it-straight>

PROLONGED SITTING AND TV WATCHING 'DANGEROUS' FOR SENIORS

New research suggests that increased sedentary behavior, combined with low physical activity and increased TV watching time, drastically raises the risk of walking disability among seniors. <http://www.medicalnewstoday.com/articles/319170.php>

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