

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...10/30/2017

Aging and aging well requires continuous attention by this population segment and others who care for and advocate on their behalf. This week's articles highlight interventions and practices that boost mobility, safety, independence and thinking. **Have a great week, experience a great Halloween Day on October 31 and take a look at our newest publication *Bright Moments Weekly*. We value your support! Thelma**

AGEISM IN TOP TV SHOWS MAY AFFECT SENIORS' WELL-BEING

If you watch TV, you're likely to hear **ageist** language, see worn-out stereotypes and wonder why older characters lead such one-dimensional lives. Seniors are underrepresented on screen, behind the camera and as TV writers and producers.

<https://health.usnews.com/wellness/articles/2017-10-18/ageism-in-top-tv-shows-may-affect-seniors-well-being>

PRUNING IN YOUR MOST IMPORTANT GARDEN

It's no secret that behind every beautiful garden is regular maintenance including pruning. One very important area of our body is also constantly undergoing pruning and that is our brains. This is known as neural pruning.

<http://www.activeseniors.net.au/pruning-in-your-most-important-garden/>

Keeping Seniors Independent While in Retirement Homes

While living in a retirement community may make many seniors feel as though they no longer have the same amount of independence that they once did, it is still important for these older adults to feel independent in their new homes.

<https://www.senioradvice.com/articles/keeping-seniors-independent-while-in-retirement-homes>

DRY MOUTH SYMPTOMS CAN BE SIDE EFFECT OF CERTAIN MEDICATIONS FOR OLDER ADULTS

For older adults, dry mouth can be a common side effect of prescribed medications. However, there's much we don't understand about the connection between medications and dry mouth in older adults.

<https://www.sciencedaily.com/releases/2017/10/171027141545.htm>

PROBLEMS WITH SENSES MAY PREDICT OLDER ADULTS' OVERALL HEALTH, ABILITY TO FUNCTION

Researchers have mainly focused on what happens after people lose one or two of their senses. Until now, no studies have examined how losing multiple senses affects older adults. <https://www.sciencedaily.com/releases/2017/10/171004142700.htm>

UBER, BUT FOR GRANDMA

A graying America is also an America that is gradually, reluctantly, sometimes painfully giving up its keys. A lack of independent mobility leads many seniors to miss medical appointments and can isolate them from the social support network that is clinically shown to [prolong life](https://www.politico.com/agenda/story/2017/09/27/transportation-for-the-aging-population-000531). <https://www.politico.com/agenda/story/2017/09/27/transportation-for-the-aging-population-000531>

HOW TO DETECT AND RESPOND TO ELDER ABUSE

Caring for an ailing loved one is difficult...But the issue is more complicated. Some abusers blame stress, perhaps subconsciously, to avoid taking responsibility for their actions. <https://www.forbes.com/sites/nextavenue/2017/03/28/how-to-detect-and-respond-to-elder-abuse/#6e59a322b184>

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