

November 2017						
SUN	MON	TUE	WED	THU	FRI	SAT
			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		

FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...11/27/2017

Senior Connections and its partners research and identify options that promote wellness and appropriate treatment for the aging population. A major goal is to keep aging adults as functionally independent as possible through a myriad of programs that are facility, home, and virtually based. These programs demonstrate that the aging population can overcome limitations. Senior Connections also continues to pursue opportunities to keep seniors and their caretakers as informed and aware of assistance available to them. The articles below represent a sampling of the guidance and tips to assist seniors to age well. This issue focuses on understanding the aging process, how to respond to the process from physical and behavioral perspectives and more. **Experience a great week and please know that we value your support! Thelma**

SPEAKER CHAMPIONS FOR AGING WELL

Check out Senior Connections' Corps of Subject Matter Experts (SMEs) to elevate understanding and awareness for aging well. A few of the topics are Transportation, Care Coordination, Elder Abuse, Staying Positive During the November thru February Holidays and Medication Management. For more details, contact Ms. Angie Phelon at aphelion@youraaa.org.



Focusing on the positive and negating the negative can go a long way to improving your health. Being thankful is one way to be positive and reduce your level of stress. Too much stress increases cortisol levels, which may increase inflammation. It is our body's reaction to what it perceives as a threat: we feel as if we must fight it or take flight from it to protect ourselves. Instead, look at life through the lenses of reality. Are we really being threatened?

<http://agingwithgraceinfo.org/2017/11/19/november-19-2017/>

CONSCIOUS AGING & CEREMONIES FOR SENIORS

By 2030, the US Administration on Aging predicts that there will be about 72 million people aged 65 and older which will represent 19% of the population. Mixed messages from society about aging, how seniors are viewed and the value they bring can add

confusion and challenges that lead to frustration. As a friend recently said to me “Approaching a ticket booth and being automatically given a senior ticket to an event can feel like being handed a card that says “No longer relevant.”

<https://spiritualityhealth.com/articles/2017/11/20/conscious-aging-ceremonies-for-seniors>

AN AGING GLOBAL POPULATION AND ITS ECONOMIC IMPLICATIONS

Nations will have to make many changes or face slower economic growth and increased social costs to deal with aging populations. A phenomenon deeply troubling economists and policymakers is the aging global population. This is a major concern since it has numerous global economic and financial implications impacting economic growth, health care costs, and social support systems.

<http://globalriskinsights.com/2017/02/aging-global-population-economic-implications/>

EVEN LIGHT ACTIVITY MAY INCREASE YOUR CHANCES OF LIVING LONGER

Using accelerometers to precisely measure physical activity, researchers have found that even very light exercise, well below the generally recommended levels, reduces mortality in older women.

https://www.nytimes.com/2017/11/16/well/move/even-light-activity-may-increase-your-chances-of-living-longer.html?rref=collection%2Ftimestopic%2FElderly&action=click&contentCollection=timestopics®ion=stream&module=stream_unit&version=latest&contentPlacement=7&pgtype=collection

AGING: WHAT TO EXPECT

You know that aging will likely cause you to develop wrinkles and gray hair. But do you know how the aging process will affect your teeth, heart and sexuality? Find out what kind of changes you can expect in your body as you continue aging — and what you can do to promote good health at any age.

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20046070>

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