

## FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...June 19, 2017

### **At Home, Many Seniors Are Imprisoned by Their Independence**

Almost two million people over age 65, or nearly 6 percent of those Americans (excluding nursing home residents), rarely or never leave their homes. The homebound far outnumber the 1.4 million residents of nursing homes. (**Dr. Watson Comment:** Let's work harder to bring the outdoors to the indoors for seniors to the extent that this is allowable by their physicians and practitioners.)

[https://www.nytimes.com/2015/06/23/health/at-home-many-seniors-are-imprisoned-by-their-independence.html?\\_r=0](https://www.nytimes.com/2015/06/23/health/at-home-many-seniors-are-imprisoned-by-their-independence.html?_r=0)

### **Centenarians Often Healthier Than Younger Seniors**

Centenarians are among the nation's fastest-growing age groups. Americans who are 100 years or older have lower rates of chronic illness than younger seniors, a new study finds. Their numbers are expected to top 1 million by the end of the century, according to the SSA. <http://www.healthywomen.org/content/article/centenarians-often-healthier-younger-seniors>

### **June Is Cataract Awareness Month**

Prevent Blindness America has declared June as Cataract Awareness Month. Cataracts are the leading cause of vision loss in the United States, and it is the leading cause of blindness in the world. (**Dr. Watson Comment:** Sustained mobility aligns in part with good vision. Checking on your eyesight and those near and dear to you is a must do.)

<http://ohioseniorexpo.com/june-cataract-awareness-month/>

### **You Can Live Healthy at Any Age**

Living a healthy life at any age means being proactive about your health. Eat nutritiously, exercise, stay hydrated, get enough sleep and keep physician checkups.

<http://seniorslifestylemag.com/health-well-being/you-can-live-healthy-at-any-age/>

### **Why You Should Have a Pet Companion in Your Golden Years**

By some measures, owning a pet may be as American as baseball and apple pie. Nearly 80 million U.S. households own a pet, according to the American Pet Products Association. Of those, 37 percent are baby boomers. (**Dr. Watson Comment:** Use a pet as an intervention to help promote a more positive outlook on life at any age.)

<http://money.usnews.com/money/retirement/articles/2015/06/19/why-you-should-have-a-pet-companion-in-your-golden-years>

#### CONTACT INFORMATION

24 East Cary Street, Richmond, VA 23219

[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

Richmond area: (804) 343-3000

Toll Free: 1-800-989-2286

email: [twatson@youraaa.org](mailto:twatson@youraaa.org)