



2017 DECEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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3	4	5	6	7	8	9
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24	25	26	27	28	29	30
31						

**FROM THE DESK OF DR. THELMA B. WATSON, CEO
WORTHY NEWS ABOUT AGING ADULTS...12/11/2017**

Keeping organizations and the aging population informed about strategies and interventions to promote wellness and to contain the adverse impact of illness is a cornerstone of Senior Connections. This issue of *From the Desk of Dr. Watson* offers guidance and results from efforts of providers, philanthropists, researchers and advocates for the aging well population. It is important to emphasize that the settings for Senior Connections targeted population to obtain care is more diverse than available as recent as five years ago. For example, see the article on home-based primary care. Also experience a great week and feel free to read our newest publication, *Bright Moments*, which also is available on our website. Have a great week! **Thelma**

BILL GATES OFFERS \$100 MILLION TO FIGHT ALZHEIMER'S

Microsoft founder Bill Gates said Monday he's giving \$100 million to fight Alzheimer's disease — \$50 million out of his own pocket now, and \$50 million later for start-up efforts. Gates said he has a family history of Alzheimer's, the most common form of dementia, and he also said the condition can wreck the U.S. health care system as more and more people get it.

<https://www.nbcnews.com/health/health-news/bill-gates-offers-100-million-fight-alzheimer-s-n820341>

THE DIFFERENCE BETWEEN RETIREMENT AND SUCCESSFUL AGING

Many people assume that retirement and successful aging are somehow the same, or at least intertwined together. However, they are not synonymous and in fact, are two very different factors that don't simply merge together as people make the transition from work-life to home-life.

<https://www.forbes.com/sites/robertlaura/2017/10/30/the-difference-between-retirement-and-successful-aging/#779d0e8c6b23>

HOME-BASED PRIMARY CARE TRANSFORMS HEALTH CARE FOR MEDICALLY COMPLEX PATIENTS

Increasing the availability of home-based primary care services offers a viable solution to the challenges of our current health care environment, increasing quality of care while significantly reducing costs in the treatment of some of our nation's costliest and neediest patients.

<http://www.todaysgeriatricmedicine.com/archive/ND17p12.shtml>

SUPPORTIVE HOUSING FOR INDIVIDUALS EXPERIENCING HOMELESSNESS IN LOS ANGELES SAVES MONEY DURING FIRST YEAR

A public-private effort to provide permanent supportive housing to people in Los Angeles County with complex medical and behavioral health issues who were experiencing homelessness caused a significant drop in their use of public services, resulting in an overall savings to local government, according to a new RAND Corporation [study](#).

<https://www.rand.org/news/press/2017/12/05/index1.html>

7 WAYS TO ELIMINATE STEREOTYPES ABOUT AGING

When Next Avenue named its 2017 Influencers in Aging, a group I'm proud to be in, the site asked us: If you could change one thing about Aging in America, what would it be? My answer was: Eliminate stereotypes. We are all pioneers, crossing shifting/surprising terrain. Longevity is an individual and collective gift. High quality of life relies on what we actively do with what we've got or can create. The catalyst isn't age. It's active intention.

<https://www.forbes.com/sites/nextavenue/2017/11/19/7-ways-to-eliminate-stereotypes-about-aging/#62310b151d6a>

Deep Sleep Can Improve Quality of Life in Seniors

Growing older often means a loss of the youthful ability to enjoy a deep, restorative slumber as periods of wakefulness, frequent bathroom trips, and [anxiety](#) are common. As such, growing older is characterized by less [sleep](#). New research, however, finds that elders would benefit from the quantity and quality of the sleep they had in younger years.

<https://psychcentral.com/news/2017/04/06/deep-sleep-can-improve-quality-of-life-in-seniors/118729.html>

NEW ROUND OF FEDERAL FUNDING TARGETS ELDER ABUSE

The federal government will spend an additional \$3.42 million to counter physical and fiscal crimes against the elderly, according to the Justice Department. The new awards will emphasize the use of new technology tools, closer interagency collaboration and enhanced legal services, among other approaches. "Criminals who target and exploit our seniors are cowards, and their crimes are especially shameful because they prey upon the vulnerable," Attorney General Jeff Sessions said.

<http://www.mcknightsseniorliving.com/news/new-round-of-federal-funding-targets-elder-abuse/article/702173/>

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