

FROM THE DESK OF DR. THELMA B. WATSON, CEO **WORTHY NEWS ABOUT AGING ADULTS...July 3, 2017**

OLDER AMERICANS DON'T GET—OR SEEK—ENOUGH HELP FROM DOCTORS, PHARMACISTS ON DRUG COSTS

Many older adults aren't getting - or asking for - as much help as they could from their doctors and pharmacists to find lower-cost options, the new data reveal. This suggests an opportunity for health professionals and patients to talk more about drug costs, both in everyday interactions and in formal medication reviews that insurance may cover.
<https://medicalxpress.com/news/2017-06-older-americans-dont-getor-seekenough.html>

EATING DARK CHOCOLATES DAILY CAN BOOST BRAINPOWER OF OLDER ADULTS

Chocolate lovers rejoice, as a recent study has found that eating dark chocolate daily can help in boosting brain function and counter the mental effects of sleep deprivation in older adults. <http://www.newkerala.com/news/fullnews-251914.html>

REPORT OUTLINES STRATEGIES TO ADDRESS ETHNIC HEALTH CARE DISPARITIES

An analysis of survey data from participants in the Massachusetts General Hospital-based Disparities Leadership Program -- a yearlong executive education initiative designed to help health care leaders address racial and ethnic disparities in health care services -- has identified five important strategies that helped participants implement successful projects for their institutions.
<https://www.sciencedaily.com/releases/2017/06/170612135514.htm>

HOW TO NEGOTIATE LOWER MONTHLY BILLS IN RETIREMENT

If you need your retirement income to stretch a bit further, you might be able to reduce your monthly bills. You can take steps to negotiate lower prices and ensure you are not being taken advantage of by your current service providers.
<http://money.usnews.com/money/blogs/on-retirement/articles/2017-06-23/how-to-negotiate-lower-monthly-bills-in-retirement?int=retirement-rec>

9 WAYS TO FIGHT LONELINESS

Feelings of isolation can affect your physical, emotional and mental well-being. According to research by AARP 35% of recent survey respondents age 45 and up are lonely and additional research has tied loneliness to metabolic syndrome such as abdominal obesity and high blood pressure and increases the risk of stroke, heart disease and type 2 Diabetes
<http://health.usnews.com/wellness/mind/slideshows/9-ways-to-fight-loneliness>

CONTACT INFORMATION

24 East Cary Street, Richmond, VA 23219

www.seniorconnections-va.org

Richmond area: (804) 343-3000

Toll Free: 1-800-989-2286

email: twatson@youraaa.org