

## **FROM THE DESK OF DR. THELMA B. WATSON, CEO** **WORTHY NEWS ABOUT AGING ADULTS...May 22, 2017**

### **Are You a Perennial?**

A recent essay by Gina Pell, suggests that we are perennials. She writes, “We are ever-blooming, relevant people of all ages who live in the present time, know what’s happening in the world, stay current with technology, and have friends of all ages...” Recent research suggests that age 115 may be the upper limit of longevity.

<https://www.newretirement.com/retirement/aging-retirement-will-change-near-future/>

### **Responding Effectively to Health Care Costs in Retirement...It is Possible!**

Knowing you are eligible for Medicare at age 65 may give you some peace of mind about retirement health care costs, but you may be surprised to find out that you’ll still be paying a lot out of pocket. See 12 Surprising Tips to help assure that you make budget with expected and unexpected healthcare expenses.

<https://www.newretirement.com/retirement/save-on-retirement-health-care-costs/>

### **Out of the Box Thinking for Aging in Place Is a Call for Collaboration**

A tenet of Out of the Box thinking is that success really comes from interdependence. Though we idealize independence, the reality is that family, neighborhoods, community, services and networks are the foundation underlying individual success at every age — including healthier, dignified and economical aging.

<https://www.forbes.com/sites/nextavenue/2017/01/04/aging-in-place-needs-out-of-the-box-thinking/#4ff053ff3078>

### **Healthy Aging: Oral Health for Older Adults**

To protect your teeth in your 70s and beyond, start now. In the past, losing teeth and getting dentures was considered an almost-inevitable part of aging. Those days are over.

<http://health.usnews.com/wellness/aging-well/articles/2017-01-13/healthy-aging-oral-health-for-older-adults>

### **Positive Outcomes Accrue when Older and Younger People Communicate**

In a national report released today, two out of three adults surveyed said they want to spend time with people who aren’t their age, while three in four wish there were more opportunities to get to know different age groups. When generations work together, this can break down stereotypes, change attitudes, foster mutual empathy and improve communities.

<http://www.nextavenue.org/old-young-better/>

**See Also Highlights of the 2017 Virginia Governor’s Conference on Aging**

[www.vgoca.com](http://www.vgoca.com)

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