

## **FROM THE DESK OF DR. THELMA B. WATSON, CEO** **WORTHY NEWS ABOUT AGING ADULTS...August 28, 2017**

### **CFPB REPORT WARNS THAT TAKING OUT A REVERSE MORTGAGE LOAN CAN BE AN EXPENSIVE WAY TO MAXIMIZE SOCIAL SECURITY BENEFITS**

The Consumer Financial Protection Bureau (CFPB) today issued a report warning older consumers about taking out a reverse mortgage loan in order to bridge the gap in income while delaying Social Security benefits until a later age.

<https://www.consumerfinance.gov/about-us/newsroom/cfpb-report-warns-taking-out-reverse-mortgage-loan-can-be-expensive-way-maximize-social-security-benefits/>

### **LOWER BLOOD PRESSURE BEST FOR SENIORS' MINDS**

For seniors and particularly blacks with high blood pressure, lowering it may help keep their minds sharp, a new study suggests.

[https://medlineplus.gov/news/fullstory\\_167931.html](https://medlineplus.gov/news/fullstory_167931.html)

### **A GUIDE TO GERIATRIC SYNDROMES: COMMON AND OFTEN RELATED MEDICAL CONDITIONS IN OLDER ADULTS**

Americans are continuing to live longer and healthier lives. As we age, we become more likely to develop different kinds of health problems called geriatric syndromes.

<http://www.healthinaging.org/resources/resource:guide-to-geriatric-syndromes-part-i/>

### **PERSON-CENTERED CARE INCREASES SATISFACTION AMONG NURSING HOME RESIDENTS**

Older adults express higher levels of satisfaction with person-centered care by infusing it principles and practices that encourage a homelike living environment and more

<https://www.leadingage.org/cfar/person-centered-care-increases-satisfaction-among-nursing-home-residents>

### **FIVE SECRETS OF AGING WELL**

We'd all like to make it to 100 -- and scientists are turning up some surprising key factors: approaches to attitude and lifestyle that not only add years to your life but add a better quality of life to your years. <https://www.caring.com/articles/5-secrets-aging-well>

### **NOTE TO BOSSES: KEEPING OLDER WORKERS EMPLOYED HELPS THE BOTTOM LINE**

Workers who long for an early retirement may want to ponder retirement as life satisfaction initially increases — for a short time. After about a year, it starts to droop.

<http://www.deseretnews.com/article/865683562/Delaying-retirement-Its-good-for-the-mind-and-probably-the-economy.html>

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