

FROM THE DESK OF DR. THELMA B. WATSON, CEO **WORTHY NEWS ABOUT AGING ADULTS...June 26, 2017**

AS WE AGE, FRIENDS CAN TRUMP FAMILY TIES

The importance of family relationships to happiness is pretty much viewed as a given. However the days of having relatives down the street are not the norm. These days, friends are, in many cases, people's surrogate family.

<http://blogs.discovermagazine.com/d-brief/2017/06/13/friends-over-family-with-age/#.WVFB2evyvlU>

6 TRENDS THAT ARE CHANGING RETIREMENT IN AMERICA

Retirement today will be significantly different from that of our parents' and grandparents' retirement as it is being shaped increasingly by trends such as Technology and connectedness, Exploding health care costs, Increasing opportunities for retirees to work and pursue entrepreneurial interests and Changing recreational preferences.

<http://money.usnews.com/money/blogs/on-retirement/articles/2017-06-22/6-trends-that-are-changing-retirement-in-america>

MEALS ON WHEELS IS WORKING FOR EVERYONE

For 2.4 million seniors, Meals on Wheels is their lifeline and often the only companionship or nutritious meal they have in a given day. Recent studies indicate that seniors receiving Meals on Wheels reported fewer hospitalizations, improved health, less loneliness and fewer falls, which cost our country \$31 billion annually.

http://www.huffingtonpost.com/entry/meals-on-wheels-is-working-for-everyone_us_58cfc95be4b0be71dcf60dd5?section=us_fifty

LABOR MARKET DISCRIMINATION: A BLEAK OUTLOOK FOR OLDER WOMEN

Older women face worse age discrimination than men in the labor market. Call it intersectionality (the intersection of age and sex discrimination) or call it more of the same—whatever the name, the reality is that older women get paid less for their experience and education than men, and older women have a more difficult time finding work if they are unemployed.

<http://www.asaging.org/blog/labor-market-discrimination-bleak-outlook-older-women>

NEW MEASURES OF AGING MAY SHOW 70 IS THE NEW 60

A new study uses new measures of aging to scientifically illustrate that one's actual age is not necessarily the best measure of human aging itself, particularly in relation to population aging.

<https://www.sciencedaily.com/releases/2017/06/170621145404.htm>

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