

## FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...June 12, 2017

### **Aging Is Not A Disease**

Old is not bad. Older people are not suffering a disease called "aging." Depending on one's world view, the last third of life actually gets better.

<http://www.oakpark.com/News/Articles/6-6-2017/Aging-is-not-a-disease/>

### **A Home Contractor Who Helps Older People Age In Place**

Nearly 90 percent of Americans 65 and older say they want to stay in their current homes and communities as they age, according to the AARP. But homes don't keep up with their aging occupants. <http://www.npr.org/2017/05/31/528949740/meet-a-home-contractor-who-helps-older-people-age-in-place>

### **Feds To Waive Penalties For Some Who Signed Up Late For Medicare**

People who mistakenly stayed on marketplace health plans after they qualified for Medicare may be eligible to have Medicare penalties reduced or waived, if they apply for the waiver by Sept. 30.

<http://www.npr.org/sections/health-shots/2017/06/06/531263277/feds-to-waive-penalties-for-some-who-signed-up-late-for-medicare>

### **Hearing Aids at the Mall: Congress Could Make It Happen**

The Over-the-Counter Hearing Aid Act of 2017 would give the Food and Drug Administration three years to create a regulatory category for such devices and to establish standards for safety, effectiveness and labeling.

[https://www.nytimes.com/2017/06/12/health/hearing-aids-congress.html?rref=collection%2Ftimestopic%2FElderly&action=click&contentCollection=timestopics&region=stream&module=stream\\_unit&version=latest&contentPlacement=1&pgtype=collection](https://www.nytimes.com/2017/06/12/health/hearing-aids-congress.html?rref=collection%2Ftimestopic%2FElderly&action=click&contentCollection=timestopics&region=stream&module=stream_unit&version=latest&contentPlacement=1&pgtype=collection)

### **Excess Weight May Reduce Early Death Risk For Older Adults With Diabetes**

Many of us are aware of the health risks associated with being overweight or obese. A new study, however, finds that holding some excess weight may actually benefit older adults with diabetes. <http://www.medicalnewstoday.com/articles/317875.php>

### **Technology Helps Seniors Remain at Home**

A variety of gadgets help the elderly keep their independence and age in place. A growing number of seniors are turning to state-of-the-art digital tools.

<http://www.kiplinger.com/article/retirement/T057-C000-S004-technology-helps-seniors-remain-at-home.html>

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