

## **FROM THE DESK OF DR. THELMA B. WATSON, CEO** **WORTHY NEWS ABOUT AGING ADULTS...June 5, 2017**

### **Aging Does Not Necessarily Preclude Healthy Arteries**

Research tells us that living in a Western culture makes it unlikely that people in their 70s can have arteries as healthy as those of people in their 20s and 30s. However, a new study suggests that this is not impossible.

<http://www.medicalnewstoday.com/articles/317704.php>

### **Baby Boomers Look to Senior Concierge Services to Raise Income**

Elder concierge is a way for the semi and fully retired to continue to work, and, from a business standpoint, the opportunities look as if they will keep growing. Around 10,000 people turn 65 every day in the United States.

[https://www.nytimes.com/2017/05/19/business/retirement/boomers-retiring-concierge.html?rref=collection%2Ftimestopic%2FElderly&action=click&contentCollection=timestopics&region=stream&module=stream\\_unit&version=latest&contentPlacement=5&pgtype=collection](https://www.nytimes.com/2017/05/19/business/retirement/boomers-retiring-concierge.html?rref=collection%2Ftimestopic%2FElderly&action=click&contentCollection=timestopics&region=stream&module=stream_unit&version=latest&contentPlacement=5&pgtype=collection)

### **The Dramatic Impact of Aging Populations On World Economy By 2050**

The global population is growing. This is no big secret. Many people realize the impact of the growing population around the world. While living longer is generally a positive thing, a steep growth in aging populations can impact the global economy and the division of labor and care.

<http://www.valuwalk.com/2017/06/dire-aging-population/>

### **Post-traumatic Stress Disorder (PTSD) and Aging**

PTSD is a mental health condition characterized by an experience of a traumatic event and a following psychological impact so severe that it impairs normal function for an extended period of time. As PTSD sufferers age, it is not uncommon for symptoms to increase, emerge, or re-emerge.

<https://www.silverts.com/giving-care/index.php/post-traumatic-stress-disorder-ptsd-and-aging/>

### **For Socially Isolated Seniors, Meals On Wheels Delivers More Than Food**

As our aging population increases and health care costs become increasingly burdensome, Meals on Wheels and similar programs offer critical support that permit older adults to stay in the community, and they promote positive mental and physical health outcomes. Those returns are worthy of investment.

<http://www.urban.org/urban-wire/socially-isolated-seniors-meals-wheels-delivers-more-food>

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