

FROM THE DESK OF DR. THELMA B. WATSON, CEO
WORTHY NEWS ABOUT AGING ADULTS...March 31, 2017

Ranking of Virginia as one of the top states to retire is good news. There is an opportunity to use this recognition in Age Wave planning, strategies and promotional efforts. http://www.richmond.com/business/local/virginia-ranked-as-the-sixth-best-state-to-retire/article_9d5e60d5-fb9e-50a6-a23b-839a1f1eb8bd.html

Challenges in Payment Model for Health Care Trickles Down to Aging Adults. Hospital leadership's concerns about the ACA continue in spite of the pause and regrouping at the national level. Nancy Agee of the Carilion Healthcare System addresses this. The message is a call to action for providers to continue building models of care that lead to high quality, affordable and accessible care, taking into account what happens on the national and statewide level and advocating for changes that minimize any further reduction in payment for care. http://www.roanoke.com/business/news/carilion-chief-says-uncertainty-over-health-care-bill-keeps-hospitals/article_06c2f45b-ca5d-5b68-92e4-55d02b768fad.html

Eye Treatment is Essential, but does it trigger other medical conditions? Identifying approaches to outreach to Aging Adults to Help with Medication Management is also essential. Aging Adults of all socio-economic levels are affected. Area Offices on Aging are a great resource. <http://health.usnews.com/health-care/articles/2017-03-16/for-seniors-treatment-for-one-eye-disease-may-cause-another>
<http://health.usnews.com/health-care/for-better/articles/2017-03-27/3-ways-to-simplify-your-monthly-medications?int=health-care-rec>

Did You Know under Obamacare that 12 million seniors saved \$26 billion on drugs and 40 million got free preventive services in 2016? Senior Connections advocacy and wellness programs also help aging adults to understand national and state policy changes that impact their living and to find value in investing in their personal health. <http://seniorjournal.com/NEWS/Medicare/2017/20170127-Senior-citizens-with-Medicare-get-lots-of-benefits-from-Obamacare.htm#Sg84I47KQG68gue2.99>

Helping Aging Adults Avoid Loneliness is Good Medicine Retriggering interest and participation in events with others, irrespective of the age has a huge return. Integrating a healthy feelings component in all programming for aging adults is a pathway for their longevity and emotional stability. <http://www.npr.org/sections/health-shots/2017/01/01/506724900/easing-old-peoples-loneliness-can-help-keep-them-healthy>

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