

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...10/2/2017

There are so many advocating on behalf of seniors to age well. Thank you to all that participated in **RVA's 2017 Active Aging Week**, September 24 – 30. I look forward to connecting with many of you at the **14th Annual Empty Plate Luncheon at Trinity Family Life Center**-3601 Dill Road, Richmond, Virginia 23222. Let us all stand up for **Breast Cancer Month**. All can play a role. Please enjoy this October issue and let me know if there is a topic that you would like to have addressed. **Thelma**

BREAKTHROUGH IN UNDERSTANDING THE ORIGIN OF THE AGING PROCESS

Researchers have unveiled the mystery of why we age in a new study. They have identified that genes belonging to a process called autophagy are key contributors.

<https://www.sciencedaily.com/releases/2017/09/170927125011.htm>

CAN YOU BE TOO OLD TO DONATE BLOOD?

In general, you can never be too old to donate blood, though you can be too young or too thin. The American Association of Blood Banks used to bar people over 65 but now are happy to accept blood from older donors.

https://well.blogs.nytimes.com/2016/09/23/too-old-to-donate-blood/?rref=collection%2Fspotlightcollection%2Fwell-aging&action=click&contentCollection=live®ion=stream&module=stream_unit&version=latest&contentPlacement=1&pgtype=collection

THE TALENT FOR AGING WELL

There may be a few steps one can take to create favorable conditions to support aging well. "Don't try to think less of yourself, but try to think of yourself less."

<http://harvardmagazine.com/2001/03/the-talent-for-aging-wel-html>

WHY HUGE QUALITY GAPS AMONG NURSING HOMES ARE LIKELY TO GROW IF MEDICAID IS CUT

Nursing homes that rely the most on Medicaid tend to provide the worst care for their residents — not just the people covered by the program but also those who pay privately or have Medicare coverage.

<http://www.npr.org/sections/health-shots/2017/09/28/554030740/why-huge-quality-gaps-among-nursing-homes-are-likely-to-grow-if-medicaid-is-cut>

SOME PEOPLE LEARN TO CODE IN THEIR 60S, 70S OR 80S.

While millennials make up the bulk of those learning in-demand skills like web design, programming or digital marketing, some people old enough to be their parents or even grandparents are also acquiring these abilities.

https://www.nytimes.com/2017/09/22/your-money/some-people-learn-to-code-in-their-60s-70s-or-80s.html?rref=collection%2Ftimestopic%2FElderly&action=click&contentCollection=timestopics®ion=stream&module=stream_unit&version=latest&contentPlacement=4&pgtype=collection

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