



November 2017

| SUN | MON | TUE | WED | THU | FRI | SAT |
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| 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 | | |

FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...11/06/2017

This week is a special week. We kicked off by transitioning on Sunday from Daylight Savings Time. Tomorrow, November 7 is Election Day for key offices in Virginia and other states. Seniors are capable of voting and should. Senior Connections helps to spread the word about the value of voting through its own or other initiatives. Veteran's Day too will be celebrated on November 10th and 11th. Many of our seniors are veterans and encouraging others to say thank you to them would bring smiles. Approaching as well are major holidays and many of our seniors are depressed during this time as are their caretakers. This publication and several companion documents such as Bright Moments Weekly will highlight interventions and practices that lift up the entire senior community during this time. **Have a great week and please know how much we value your support! Thelma**

HEALTHY BODY, HAPPY HEART

Do you take your heart for granted? Most of us will have heart trouble at some point in our lives. Heart disease is the number one killer of women and men in the United States. But you can take steps now to lower your risk.

<https://newsinhealth.nih.gov/2017/11/healthy-body-happy-heart>

HEALTH TIP: FINDING SAFE SHOES FOR THE ELDERLY

As you age, you are at greater risk of falling. To compensate, you should wear shoes that can minimize your risk.

<https://consumer.healthday.com/general-health-information-16/shoe-health-news-611/health-tip-finding-safe-shoes-for-the-elderly-727265.html>

A LOOK INTO OLDER ADULTS' STATE OF MIND

The oldest age group is growing, but its supply of psychological support is dwindling. One in four adults ages 65 and older experiences a mental health problem such as depression, anxiety, schizophrenia or dementia, according to the [American Psychological Association](#). And people 85 and older have the highest suicide rate of any age group, especially among older white males who have a suicide rate almost six times that of the general population, according to the [National Council on Aging](#).

<https://www.usnews.com/news/best-states/articles/2017-10-11/older-adults-struggle-to-get-adequate-mental-health-care>

ARMY VETERAN DECLARES VICTORY ON A 50-YEAR BATTLE

Savannah's STAR program is an intensive, outpatient substance abuse treatment program that offers individual assessment and treatment plans for Veterans struggling

with addiction.. A primary goal of the program is equipping Veteran patients with the tools they'll need to manage a healthy, clean lifestyle and avoid relapses.

https://www.va.gov/HEALTH/NewsFeatures/2017/October/Army_Veteran_declares_victory_on_a_50_year_battle.asp

THE ELDER LONELINESS EPIDEMIC

In an age where [communicating with a friend or family member](#) on the other side of the country takes no more than a few clicks of a mouse, or a few taps on a cell phone screen, research indicates that we are, as a society, more lonely than we have ever been. Perhaps no other age group feels the keen sting of loneliness more than the elderly. <https://www.agingcare.com/Articles/loneliness-in-the-elderly-151549.htm>

HOW TO MANAGE "SUNDOWNING"

Up to 1 out of 5 people with Alzheimer's get sundown syndrome. But it can also happen to older people who don't have dementia.

<https://www.webmd.com/alzheimers/guide/manage-sundowning#1>

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