

## FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...May 15, 2017

### **Compound in Aged Cheese May Prevent Liver Cancer, Boost Longevity**

A new study suggests that there may be a simple way to help reduce the risk of liver cancer and extend lifespan: consume mushrooms, soy, whole grains, aged cheese, and more foods rich in spermidine.

<http://www.medicalnewstoday.com/articles/317088.php>

### **Revolutionary Eye Drops to Treat Age-Related Blindness**

University of Birmingham scientists report that a type of eye drop has been developed that could potentially revolutionize the treatment of age-related macular degeneration. <https://www.sciencedaily.com/releases/2017/05/170515122207.htm>

### **Older Americans Month 2017**

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. <https://oam.acl.gov/>

### **Dancing With A Little Do Si Do May Help Fend Off Aging in The Brain, Colorado State University Researcher Finds**

Looks like the good old-fashioned square dance, AKA contra dancing, accompanied by a fiddle and a helpful caller, could keep older brains firing on all pistons. The Colorado State University research team found that dance training in contra or English country dancing seems to have a positive effect on the fornix, a white-matter tract in the middle of the brain that is basically the brain's wiring.

<http://www.denverpost.com/2017/03/29/square-dancing-aging-health-csu/>

### **Preparing For Your Parent or Other Older Adult's Arrival**

If you've decided to move your parent, or another family member into your home, it's time to think about the specifics. Just as you'd babyproof to make your home safer for young children, it's a smart move to "elder-proof" your house to make it safer for an aging adult. <https://www.caring.com/articles/moving-in-parents-steps>.

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