

september							2016
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FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...9/25/2017

There are so many advocating on behalf of seniors to age well. This week and next we are celebrating in RVA the following and I welcome your participation.

RVA's 2017 Active Aging Week

September 24 - 30

Theme: "Ignite Your Passion"

<http://www.agewellva.com/aaw.html>

14th Annual Empty Plate Luncheon

For Senior Connections, the Capital Area Agency on Aging

Trinity Family Life Center

3601 Dill Road, Richmond, Virginia 23222

This issue of *From the Desk of Dr. Watson* will continue to focus on elder abuse but also highlight a few other articles that keep seniors mobile and as functionally independent as possible. Please let me know of additional topics that you would like covered. **Thelma**

ELDER ABUSE AWARENESS

Understanding what elder abuse is represents a first step to preventing and curing it once known. Categories covered include **Emotional Abuse, Financial Abuse, Physical Abuse and Neglect**

<http://nypdnews.com/2017/06/elder-abuse-awareness/>

EMERGENCY ROOM CREWS LEARN TO SPOT ELDER ABUSE

Abuse often leads to depression and medical problems in older patients — even death within a year of an abusive incident. Yet, those subjected to abuse often remain silent. Identifying victims and intervening poses challenges for doctors and nurses. Because visits to the emergency room may be the only time an older adult leaves the house, staff in the ER can be a first line of defense.

<http://www.dailynews.com/2017/09/03/emergency-room-crews-learn-to-spot-elder-abuse/>

PERSONALITY CHANGES DON'T PRECEDE CLINICAL ONSET OF ALZHEIMER'S, STUDY SHOWS

For years, scientists and physicians have been debating whether personality and behavior changes might appear prior to the onset of Alzheimer's disease and related

dementias. Now, the findings of a new and comprehensive study from FSU College of Medicine Associate Professor Antonio Terracciano and colleagues, published in the journal *JAMA Psychiatry*, has found no evidence to support the idea that personality changes begin before the clinical onset of mild cognitive impairment (MCI) or dementia. <https://www.sciencedaily.com/releases/2017/09/170922090944.htm>

SMALL INCREASES IN PHYSICAL ACTIVITY REDUCE IMMOBILITY, DISABILITY RISKS IN OLDER ADULTS

Older adults who add 48 minutes of moderate physical activity per week can lower their chances for major mobility disability led by researchers at the Jean Mayer USDA Human Nutrition Research Center on Aging (USDA HNRCA) at Tufts University. In the study, published in *PLOS ONE* on Aug. 18, the researchers evaluated how different doses of exercise for adults age 70-89 would impact the benefits. While the researchers saw improvements in all participants who added some physical activity to their routine, those who got more exercise saw greater changes. The work is part of the Lifestyle Interventions and Independence for Elders (LIFE) study.

<http://www.npr.org/sections/health-shots/2017/09/19/552042095/many-nursing-homes-arent-prepared-for-even-basic-emergencies>

MANY NURSING HOMES AREN'T PREPARED FOR EVEN BASIC EMERGENCIES

It does not take a hurricane to put nursing home residents at risk when disaster strikes. Around the country, facilities have been caught unprepared for far more mundane emergencies than the hurricanes that struck Florida and Houston, according to an examination of federal inspection records. And these nursing homes rarely face severe reprimands, even when inspectors identify repeated lapses. In some cases, nursing homes failed to prepare for even the most basic contingencies.

<https://www.sciencedaily.com/releases/2017/09/170911122620.htm>

AGING WELL DUPAGE...HELPFUL TIPS FOR FAMILY CAREGIVERS

Driving, Medicare and food rank high on a list of care giving support tasks. For example, if a new car is in your future, check out our tips for features that will make your auto caregiver-friendly. Then there's the Medicare issue and Interesting changes in payments to medical providers. How about Heartburn? This is the most frequent digestive problem in older adults. Learn about foods that make heartburn worse and need to be avoided.

<https://agingwelldupage.com/newsletter/augustseptember-2017/>

COMING SOON...THE SPEAKERS FOR CHAMPION INITIATIVE !!!

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