

FROM THE DESK OF DR. THELMA B. WATSON, CEO **WORTHY NEWS ABOUT AGING ADULTS...August 7, 2017**

STUDY FINDS LINK BETWEEN GUM DISEASE, CANCER RISK IN OLDER WOMEN

Postmenopausal women who have a history of gum disease also have a higher risk of cancer, according to a new study of more than 65,000 women.

<https://www.buffalo.edu/ubnow/research/news.host.html/content/shared/university/news/ub-reporter-articles/stories/2017/08/perio-disease-cancer-risk.detail.html>

THE BEST ANTI-AGING MEDICINE

Do see yourself as frail, weak and less healthy than you are now? It's sad to say, but a lot of people do. They think the older you get, the worse your health gets. But...

<https://www.informationng.com/2017/08/best-anti-aging-medicine.html>

RISK FOR BIPOLAR DISORDER ASSOCIATED WITH FASTER AGING

New King's College London research suggests that people with a family history of bipolar disorder may 'age' more rapidly than those without a history of the disease.

<https://www.sciencedaily.com/releases/2017/07/170726091523.htm>

RECOGNIZING SIGNS OF AGE DISCRIMINATION IN THE WORKPLACE

In the ideal workplace, employees would be evaluated based on their knowledge, skills, and work ethic. Unfortunately, this is not always the case. For an employer, it's not only a bad idea to discriminate against someone because of his or her age – it's also against the law. <https://www.todaysworkplace.org/tag/ageism/>

VOLUNTEERS NEEDED TO BRIGHTEN SENIORS' DAYS

Without the stimulation that social interaction and friendship provide, an isolated elder or disabled individual can experience poor health, a lack of strength and energy, depression, and other physical, emotional, and mental health problems.

<http://www.njherald.com/20170801/volunteers-needed-to-brighten-seniors-days>

A HEALTHY LIFESTYLE INCREASES LIFE EXPECTANCY UP TO SEVEN YEARS

Maintaining a normal weight, not smoking, and drinking alcohol at moderate levels are factors that add healthy years to life.

<https://www.sciencedaily.com/releases/2017/07/170720113710.htm>

SENIOR CITIZENS DAY IN THE UNITED STATES

National Senior Citizens Day recognizes contributions senior citizens make in communities across the United States. It is annually observed on August 21.

<https://www.timeanddate.com/holidays/us/senior-citizens-day>

CONTACT INFORMATION

24 East Cary Street, Richmond, VA 23219

www.seniorconnections-va.org

Richmond area: (804) 343-3000

Toll Free: 1-800-989-2286

email: twatson@youraaa.org