



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

Discussions intensify about Medicaid's future, which may not be so bright. We must showcase our best thinking. All that have thoughts and ideas should share with their legislators and other public officials.

http://www.richmond.com/news/virginia/government-politics/general-assembly/future-of-medicaid-on-the-table-as-new-state-subcommittee/article_1ef9ee3a-6aea-5b4f-b0f1-ab47e780cf4d.html

You have just been diagnosed with arthritis!! You can let it manage you or you can manage it. There are many options to offset this crippling disease.

<http://health.usnews.com/wellness/articles/2017-03-29/youve-just-been-diagnosed-with-rheumatoid-arthritis-what-do-you-need-to-know?int=wellness-rec>

Transitioning to another organization oftentimes brings on positive changes. For example, Kissito PACE of Roanoke is eyeing growth plans after being bought this week by InnovAge, a Colorado health services company.

http://www.roanoke.com/business/news/roanoke/roanoke-s-kissito-pace-changes-hands-hopes-to-expand-under/article_b9aac8af-d0f6-5c64-b4b8-4ab8628255e4.html

There are so many inspirational stories about aging well. See the words of wisdom of a 105-Year-Old Cyclist.

https://www.nytimes.com/2017/02/08/well/move/lessons-on-aging-well-from-a-105-year-old-cyclist.html?_r=0

Loneliness is a deadly form of poverty for seniors? Companion care could be the answer but who should pay for it?

<https://www.psychologytoday.com/blog/the-almost-effect/201704/loneliness-deadly-form-poverty-seniors>

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