

## **FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...July 24, 2017**

### **AGING WELL**

When it comes to Aging Well, many people focus on physical health—exercise and diet. But there are other areas of healthy habits that can provide balance in life.

[http://www.tucsonlocalmedia.com/news/article\\_79b7daca-4adc-11e7-91c1-dba37c17349a.html](http://www.tucsonlocalmedia.com/news/article_79b7daca-4adc-11e7-91c1-dba37c17349a.html)

### **HEAVY DRINKING IS AGING YOUR CELLS SAYS NEW RESEARCH**

The more people drink, the quicker their cells age, placing heavy drinkers at a higher risk of age-related illnesses, such as cardiovascular disease and diabetes.

<http://www.ctvnews.ca/health/heavy-drinking-is-aging-your-cells-says-new-research-1.3478623>

### **4 STEPS FOR IMPROVING LEG STRENGTH & BALANCE**

Falls and fall-related injuries are unfortunately more common among older adults as a variety of age-related changes happen to our bodies. The fear of falling can lead some to limit their social interactions outside the home, decrease physical activity and more.

<http://www.asbury.org/news-center/the-asbury-perspective/aging-well/4-steps-for-improving-leg-strength-balance>

### **HELPFUL TIPS FOR FAMILY CAREGIVERS**

Life is full of surprises. And as a family caregiver, it's to everyone's benefit if you can be prepared ahead of time such as Talking to Your Parents about Money.

<https://agingwellcharlotte.com/newsletter/junejuly-2017/>

### **MORE PEOPLE ARE MAKING MISTAKES WITH MEDICINES AT HOME**

The rate of serious medication errors that occur outside of health care facilities doubled from 2000 to 2012, a new study finds.

<http://www.npr.org/sections/health-shots/2017/07/12/536519077/took-the-wrong-medicine-by-mistake-study-finds-such-errors-are-on-the-rise>

### **BIOSENSORS AND YOUR HEALTH**

Your body alerts you to many aspects of your health. Your stomach growling tells you when to eat. Scientists are looking for new ways to track and use your body's signals to improve your health and manage disease.

<https://newsinhealth.nih.gov/issue/jul2017/feature1>

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