

October 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

## FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...10/9/2017

Thank you for attending the 14<sup>th</sup> Annual Empty Plate Luncheon. The attendance was the largest ever. Well received was the panel discussion on elder abuse. Please consider giving back in some way to support Breast Cancer Month. Senior Connections' Speaker Champions for Aging Well Program is now available. Please enjoy this October issue and let me know if there is a topic that you would like to have addressed in the future. **Thelma**

### THE HEALTH BENEFITS OF HAVING (AND BEING) GRANDPARENTS

For kids, grandparents provide stability, safety, wisdom and fun. In return, caring for grandchildren can help stave off depression, boost social connections and keep older adults mentally sharp. <https://health.usnews.com/wellness/articles/2017-09-13/the-health-benefits-of-having-and-being-grandparents>

### STUDY CALCULATES HOW MUCH YOU'LL SAVE IF YOU LOSE WEIGHT

A recent study published in the journal Obesity examined how much money people can save by losing weight at different ages. <https://www.usnews.com/news/health-care-news/articles/2017-09-27/study-calculates-how-much-youll-save-if-you-lose-weight>

### INTEGRATING PRIMARY AND BEHAVIORAL HEALTHCARE FOR OLDER ADULTS IN RURAL COMMUNITIES

Nearly one in five older adults have one or more mental health and/or substance use conditions and are treated in primary care settings instead of specialty behavioral health settings. <http://www.asaging.org/blog/integrating-primary-behavioral-healthcare-older-adults-rural-communities>

### IS PNEUMONIA CONTAGIOUS? CAUSES AND TRANSMISSION

Pneumonia is an infection of the lung tissue that can make it difficult to breathe due to inflammation, fluid, and pus. Viruses or bacteria, which are contagious, cause most forms of pneumonia. <https://www.medicalnewstoday.com/articles/319581.php>

### WORKING TO AVOID FRAILTY

The term "frail" is often used to describe the appearance of an older person. Unfortunately, low physical activity is a common way of life for many Americans. <https://health.usnews.com/health-care/for-better/articles/2017-08-24/working-to-avoid-frailty>

### PREVENTING ELDER ABUSE AND NEGLECT IN GERIATRIC INSTITUTIONS: SOLUTIONS FROM NURSING CARE PROVIDERS

This study explores how and why abuse and neglect occurs in geriatric institutions and presents practical prevention measures. <http://www.sciencedirect.com/science/article/pii/S0197457216303111>

#### CONTACT INFORMATION

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