

### **May is Older Americans Month**

A meeting with the National Council of Senior Citizens resulted in President John F. Kennedy designating May 1963 as Senior Citizens Month, encouraging the nation to pay tribute in some way to older people across the country. In 1980, President Jimmy Carter's proclamation changed the name to Older Americans Month, a time to celebrate those 65 and older through ceremonies, events and public recognition. For interesting facts about older adults in America, please visit:

<http://tinyurl.com/c42ddm>, and for further information, please also see:  
[http://www.aoa.gov/AoARoot/Press\\_Room/Observances/oam/oam.aspx](http://www.aoa.gov/AoARoot/Press_Room/Observances/oam/oam.aspx)

### **May is also Stroke Awareness Month**

Stroke is the third leading cause of death in the United States. It is also a leading cause of serious long-term disability. While most strokes occur in people aged 65 years and older, strokes can occur at any age. New treatments are available that can reduce the damage caused by a stroke for some victims. But these treatments need to be given soon after the symptoms start. Knowing the symptoms of stroke, calling 9-1-1 right away, and getting to a hospital are crucial to the most beneficial outcomes after having a stroke. The best treatment is to try to prevent a stroke by taking steps to lower your risk for stroke. For more information, please visit:

[http://www.cdc.gov/dhdsp/announcements/stroke\\_awareness\\_month.htm](http://www.cdc.gov/dhdsp/announcements/stroke_awareness_month.htm)

### **May is also High Blood Pressure Education Month**

May is National High Blood Pressure Education Month. About 73 million people in the United States have high blood pressure, which is also called hypertension. High blood pressure increases the risk for heart disease and stroke, the first and third leading causes of death in the United States. Researchers estimate that high blood pressure will cost more than \$73 billion in direct and indirect costs in 2009. World Hypertension Day is May 17. For more information about how you can prevent or control high blood pressure, please see:

[http://www.cdc.gov/DHDSP/announcements/hbp\\_education\\_month.htm](http://www.cdc.gov/DHDSP/announcements/hbp_education_month.htm)

### **QuickStats: Life Expectancy at Age 65 Years, by Sex and Race -- United States, 2000-2006**

CDC's MMWR, released on May 8, 2009, found that from 2000-2009, the most recent years for which data are available, life expectancy at age 65 years increased by 0.9 year for the overall U.S. population. A figure and link to the complete report may be found at:

[http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5817a7.htm?s\\_cid=mm5817a7\\_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5817a7.htm?s_cid=mm5817a7_e)

### **CDC's Healthy Aging Program At-A-Glance 2009**

The CDC Healthy Aging Program has released its annual "At-A-Glance" document entitled *HEALTHY AGING: Improving and Extending Quality of Life Among Older Americans*. This document addresses critical opportunities to improve older adults' health and quality of life, as well as what CDC is doing to promote healthy aging. A few CDC-funded programs are also highlighted. Please learn more at: <http://www.cdc.gov/nccdphp/publications/aag/aging.htm>

## **Articles and Reports**

### **Exercise Can Improve Balance For Older Americans**

(By Patti Neighmond, National Public Radio, April 27, 2009)

<http://www.npr.org/templates/story/story.php?storyId=103516803>

### **Aging: Reminders of Age Undermine Memory**

(By Eric Nagourney, The New York Times, April 27, 2009)

[http://www.nytimes.com/2009/04/28/health/research/28agin.html?\\_r=1](http://www.nytimes.com/2009/04/28/health/research/28agin.html?_r=1)

### **Caring for Ill, Elderly has Reward — A Longer Life**

“Aiding ailing family may reduce death risk and boost attitude, studies find”

(By Linda Carroll, MSNBC, May 5, 2009)

<http://www.msnbc.msn.com/id/30565985/>

### **Boomers Turn to Community Colleges to Launch New Careers**

(By Bob Moos, The Dallas Morning News, April 28, 2009)

<http://tinyurl.com/d6mend>

### **Boomers Learn to Work, and Play, Around Arthritis**

(By Mary Brophy Marcus, USA Today, April 15, 2009)

[http://www.usatoday.com/news/health/2009-04-14-arthritis\\_N.htm](http://www.usatoday.com/news/health/2009-04-14-arthritis_N.htm)

### **Obesity, Arthritis Dog Women in Later Years**

(By Anonymous, Reuters Health, May 5, 2009)

<http://www.reutershealth.com/archive/2009/05/05/eline/links/20090505elin020.html>

### **Up to 1 in 6 Older People Living at Home Face Malnutrition Risk**

“Overall risk is higher for women and depression increases risk for men”

(By Annette Whibley, Wiley-Blackwell, May 7, 2009)

[http://www.eurekalert.org/pub\\_releases/2009-05/w-uto050709.php](http://www.eurekalert.org/pub_releases/2009-05/w-uto050709.php)

### **More Older Americans Choose Age-based Communities**

“People 55-and-older cite family ties, efficient homes as reasons for moving”

(By Robert Powell, MarketWatch, May 6, 2009)

<http://tinyurl.com/dkdcx5>

### **Mealtime Interaction Encourages Hospitalized Seniors to Eat More**

“Universite de Montreal study highlights importance of socializing over food”

(By Sylvain-Jacques Desjardins, University of Montreal, May 5, 2009)

[http://www.eurekalert.org/pub\\_releases/2009-05/uom-mie050509.php](http://www.eurekalert.org/pub_releases/2009-05/uom-mie050509.php)

### **Low Blood Sugar a Dementia Risk for Diabetics**

(By Julie Steenhuisen, Reuters Health, April 14, 2009)

<http://www.reutershealth.com/archive/2009/04/14/eline/links/20090414elin013.html>

### **Senior Citizens Have an Appeal Process When Medicare Drug Plan Fails to Cover Needed Drugs**

“Part D appeals process explained by Medicare Interactive”

(By Anonymous, SeniorJournal, April 13, 2009)

<http://www.seniorjournal.com/NEWS/Medicare/2009/20090413-SenCitHaveAMedicare.htm>