

Bedford COA Events

Memory Cafe

Tuesday October 22, 10:00AM

It's Time for your Medicare Check-up!

Monday, October 28th, 12:30PM

Pick the Perfect Trust

Wednesday, October 30th 1:00PM

Fire Safety Breakfast

Thursday, October 31 9:30AM

Much Much more in this month's Newsletter [COA Connections - October 2019](#)

In the News - Seniors Big Picture

States Focus on Rise of Elderly Populations

US News & World Report - Sep 30, 2019

THE AGING U.S. population is perhaps the most seismic demographic shift business leaders, state legislatures and health care providers will face in the next few decades, yet there aren't many one-size-fits-all options for catering to an increasingly elderly America

In the News - Housing

[Finding Affordable Senior Housing Is A Challenge For Many Americans. Here's Why](#)

NPR.org - Oct 3, 2019 (LISTEN)

About half of private sector employers don't offer a retirement plan. That means about a quarter of Americans retire on not much more than social security, even those who've worked all their lives.

[At Colleges, What's Old Is New: Retirees Living on Campus](#)

New York Times - Sep 10, 2019

Universities and colleges are sponsoring retirement communities on their grounds, hoping that young and old can enrich each other's lives while filling the school's coffers.

In the News - Technology and Seniors

[Experts say technology can support independence among senior](#)

The Columbus Dispatch - Sep 29, 2019

Experts are promoting technology as part of the answer for seniors who want to remain in their homes and communities, and reduce reliance on caregivers especially as workers are in short supply

[The Delicate Issue Of Taking Away A Senior's Smartphone](#)

Kaiser Health News - Sep 26, 2019

At first, Dr. Robert Zorowitz thought his 83-year-old mother was confused. She couldn't remember passwords to accounts on her computer. She would call and say programs had stopped working

In the News - Seniors Money

[Journalists File Lawsuit To Force Feds To Release Medicare Advantage Audits](#)

NPR.org - Sep 23, 2019

Kaiser Health News is suing the U.S. Centers for Medicare & Medicaid Services to release dozens of audits that the agency says reveal hundreds of millions of dollars in overcharges by Medicare Advantage health plans.

In the News - Caregivers

Caregivers Corner: How to tell someone with dementia it's time to stop driving

Baltimore Sun - Sep 28, 2019

My husband has a dual dementia diagnosis. He is still driving but I'm not sure if it's a good idea. One of his symptoms is paranoia and he can get very angry at me so I'm afraid to tell him he shouldn't drive.

When a family member needs help, who cares for the caregivers?

St Cloud Times - Sep 25, 2019

I have long stated there are two roles for which we receive inadequate preparation — marriage and parenting. Today I add a third — being caregivers, usually for parents but also for others whom we love...

Shopping Made Easier For Family Caregivers

Forbes - Sep 16, 2019

When it comes to shopping, Southern California e-commerce marketplace senior executive Mary Hannon is an expert. But when Hannon became a caregiver in her 50s for her 80-year-old mom with mid-stage Alzheimer's disease

In the News - Senior Health

Watch: Five Things To Know About Hunger Among America's Aging

Kaiser Health News - Sep 6, 2019 VIDEO

One out of every 13 seniors in America [struggles to get enough food to eat](#) while the federal program intended to help hasn't kept pace with the graying population.

Starving Seniors: How America Fails To Feed Its Aging

Kaiser Health News - Sep 3, 2019

One out of every 13 older Americans struggles to find enough food to eat while the federal program intended to help hasn't kept pace with the graying population.

In the News - Senior Scams

[4 costly scams targeting older people that you should know about – but probably don't](#)

MarketWatch - Sep 26, 2019

Scammers steal billions from older Americans each year. While it's hard to put an exact figure on how much elder financial abuse costs older Americans — in part because much of it goes unreported

[Officials Say Senior Citizens Highly Prioritized Among Scammers, Identity Thieves](#)

KLCC 89.7 - Sep 13, 2019

A consumer protection official is warning Oregonians of continuing scams aimed at the elderly. Ellen Klem is with the Oregon Department of Justice. She says she's heard reports of people posing as IRS agents, debt collectors, grandchildren in distress,

[Genetic cancer risk scam targeting seniors may disqualify them from legitimate tests](#)

CBS News - Sep 13, 2019

A CBS News investigation [uncovered a massive Medicare scam](#) where recruiters entice seniors to submit a DNA sample for a "free" genetic cancer risk test.

In the News - Seniors and Pets

[Art of Aging: Positive impact of pets and seniors](#)

6 ABC News - Oct 2, 2019

"They're good for you I think. They're really nice. Oh, I love them!" she said with a laugh. She has two pets that she rescued a few years ago from a local shelter.

[Pet therapy improves life for seniors](#)

Dothan Eagle - Oct 2, 2019

Some seniors feel lonely and isolated as they age. Pets, even in a limited role, can provide some of the companionship they desire.

In the News - Seniors Working

Older Americans Are Increasingly Unwilling – Or Unable – To Retire

NPR.org - Oct 2, 2019

Bob Orozco barks out instructions like a drill sergeant. The 40 or so older adults in this class follow his lead, stretching and bending and marching in place.

Either for passion or for money, more seniors keep working

USA Today - Sep 24, 2019

ASHBURN, Va. – At 76, Anne Doane is still stocking shelves in a Wegmans here, leaning to fill a display with hairbrushes as Don Henley’s “Boys of Summer” plays over the store’s sound system.