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Time OF YOUR Life

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4 benefits of using technology in retirement homes

Technology is playing an increasingly significant role in retirement homes. Here are four benefits of embracing technology as you age.

1 Connect with loved ones

Nothing can replace in-person interactions, but video chats, texting and social networking sites like Facebook can keep you connected with your loved ones anywhere in the world. Studies have shown that social connection plays a crucial role in health and longevity.

Moreover, you can play various “brain games” on a tablet or smartphone. For example, games like Tetris and Solitaire help with spatial recognition and memory, while logic games like Sudoku and chess improve problem-solving skills.

2 Stay mentally and physically active

Interactive video games like Wii Golf and Wii Bowling are fun and can motivate you to get your body moving. Physical games can improve your strength, balance and aerobic endurance.

3 Increase safety

Personal monitoring devices like smartwatches can track your steps, heart rate, sleep patterns and stress levels to keep you on top of your

health. Some devices provide emergency support like fall detection, which can immediately contact emergency responders or a trusted contact when needed.

4 Improve convenience

It’s now possible to shop for groceries and other items online or through an app and have them delivered to your apartment. This is helpful if you have limited mobility or don’t want to risk going out in bad weather.



Learning to use technology can open doors and provide significant benefits for people of all ages, including seniors.



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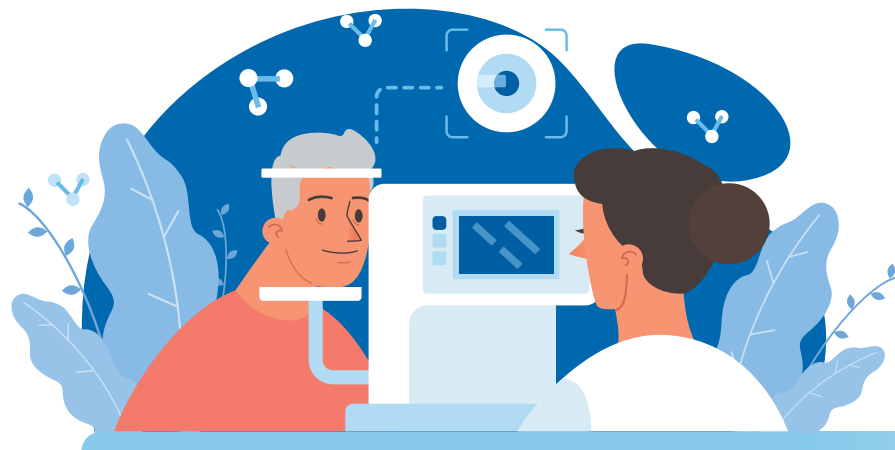
As cremation has become more popular in recent years, some providers have learned to cut corners. Unfortunately, this has resulted in a growing concern about cremation ethics and has put doubts in the minds of families that choose cremation.

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Low vision: what it is and what you can do about it

Low vision is an age-related eye condition that can make doing everyday tasks like driving and reading difficult. There’s no treatment or cure for low vision. However, there are things you can do to adapt and continue doing the things you love.

Symptoms of low vision

Low vision can’t be fixed with glasses, contact lenses, surgery or medicine. You may have low vision if you have difficulty:

- Reading • Driving
- Recognizing people’s faces
- Telling colors apart
- Seeing your television or computer screen clearly

Older adults are more susceptible to low vision because the diseases that cause it are more common in older people.

Living with low vision

If you have minor low vision, using bright lights at home or work may help you see better. Moreover, wearing polarized lenses when it’s bright can help filter glare, improving your vision.

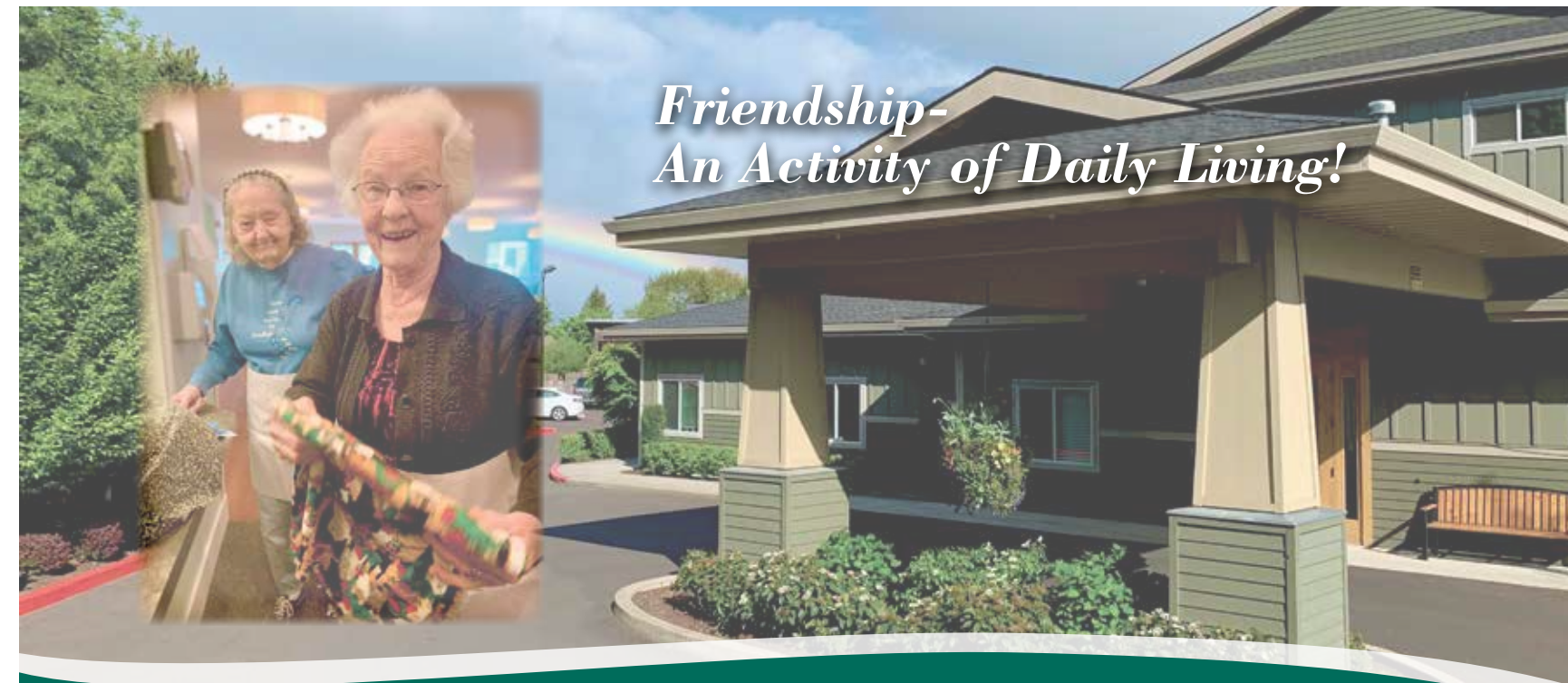
Talk to your doctor or optometrist if low vision is preventing you from doing everyday tasks. They may advise using a magnifying glass for reading and other activities or rearranging your home so you can move about easily.

Besides blurry or hazy vision, you may have trouble seeing things in the center of your vision, out of the corners of your eyes or at night and in low light.

Causes of low vision

Low vision is a symptom of one of several eye-related diseases, including:

- Age-related macular degeneration
- Cataracts
- Diabetic retinopathy
- Glaucoma



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Marjorie House Memory Care Community provides person-centered long term care for individuals suffering from all stages of dementia in a safe, secure, supervised and caring environment. The comforts of home combine with design features specifically intended to enhance the quality of life for individuals with a diagnosis of a dementia, including Alzheimers.

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The challenges and losses that accompany dementia are many. The life provided by our skilled and loving staff strives to break down those challenges. Our goal is to create a life of potential and peace, lessening the challenges and loss.

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Vitamins and minerals for older adults

As you get older, your nutrition needs change. Your body needs more of certain vitamins and minerals. Here's a list of some essential nutrients for older adults.

- Calcium is found in foods like dairy, tofu and dark-green leafy vegetables. Older people at risk of bone loss need calcium in their diets. Men between 51 and 70 need 1,000 milligrams daily, while women over 51 and men over 71 need 1,200 milligrams daily.
- Vitamin B6 helps your body form red blood cells and is found in foods like bananas and potatoes. Men over 51 need 1.7 milligrams, while women of the same age need 1.5 milligrams.
- Vitamin B12 is found in meat and keeps your red blood cells and nerves healthy. Older adults may have trouble absorbing this vitamin from food and require a supplement. Aim for 2.4 micrograms per day.
- Vitamin D helps your body retain and use calcium and phosphorus. Only a few foods, like fish, contain it. Your skin also produces Vitamin D in sunlight. Therefore, if you live and work indoors, a supplement may help you get the recommended amount. People between 50 and 70 require 600 international units (IU), while people over 71 require 800 IUs.
- Sodium in high doses can lead to elevated blood pressure, which can result in a heart attack or stroke. Men and women over 51 should limit their sodium intake to 2,300 milligrams per day.





4 tips for staying fit and healthy in a retirement residence

Staying active is a great way to live longer and improve your quality of life. Here are four tips for staying fit and healthy while living in a retirement home.

1 Go for a daily walk

You don't need expensive workout equipment to enjoy an active lifestyle. Brisk walking is an excellent way to strengthen your body. Moreover, some retirement homes offer excursions and sightseeing tours to help residents get out, move their bodies and experience new things.

2 Participate in community classes

Many retirement residences offer group fitness classes to get your blood pumping. Gentle options like tai chi and yoga can keep you fit without the strain or risk of injury. It's also great to meet new people and stay active in the community.

3 Eat healthy foods

Adopting a nutritious diet is an essential part of staying in shape. Make sure you eat balanced and nutrient-rich meals and drink plenty of water. If your retirement home provides food service, choose a dietary option that meets your personal needs.

4 Take care of your mental health

To stay in the best possible shape, you must also take care of your mental and emotional health. Socializing with others and spending time with family and friends help keep your mind sharp. Some retirement homes offer engaging activities like arts and crafts, which

allow you to challenge your mind and express your creativity.

When you're ready to make that move, look for a retirement residence that offers a wide range of activities and exercise opportunities to keep you happy and healthy for the years ahead.



Have you thought about getting an electrically assisted bicycle?

Electrically assisted bicycles (EABs) are becoming increasingly popular, especially among older adults. They have a powerful battery that can cover long distances, battle the wind and climb steep slopes much better than a traditional bike.



What you need to know

Various EAB models may suit your needs depending on how you plan to use them. You can find mountain, road, hybrid and fat bikes with electric assist. Remember that hybrid models are ideal for city riding.

The bike's battery power determines how far it can travel on a single charge. The greater the battery capacity, the greater the distance the bike can travel without you having to pedal. The range for most electrically assisted bikes is between 19 and 112 miles. Maintaining an EAB is like caring for a regular bicycle, except you may need to have an expert check the electrical system from time to time.

Shopping tips

Electric bikes are often more expensive than their conventional counterparts. While some are more affordable, it's essential to research the most reliable brands before making a choice.

Look for a model with the motor in the crankset for even weight distribution and a smooth ride. This also makes the rear wheel easy to change if you get a flat.

Some electric bicycles are specially designed for older people and include an ergonomic frame, seat and handlebars.



4 ways to maintain your self-esteem in retirement

While retirement has plenty of perks, it can also cause a decline in self-confidence. This change can be brought on by a shift in your social status, a decrease in your physical abilities or a feeling of no longer being beneficial to society. Here are four ways to help you regain your self-esteem and improve your psychological and physical health.

1 Have a positive view of old age. Society tends to put a negative spin on old age. Make sure you create your own positive view of aging.

3 Try new things. Instead of complaining about what you can no longer do, improve your self-confidence by trying new things. You're still capable of taking on exciting challenges.

2 Give back. Research shows that social participation has a substantial impact on self-esteem. Developing relationships with others can give your life meaning and make you feel useful, recognized and valued.

4 Move your body daily. Being physically active helps you maintain your independence, which promotes self-esteem. Never stop learning and get out of your comfort zone whenever possible, as long as it's safe to do so.

Have you developed a negative view of yourself since retiring and found it challenging to regain confidence? Talk to a healthcare professional.



How to downsize and declutter before moving into a retirement home



A big part of moving into a retirement home is downsizing. This involves getting rid of many of the possessions you've accumulated throughout your life. Here are a couple of tips for moving into a smaller space.

Start early

It can take a long time to sort through your belongings. Therefore, the earlier you begin, the better. It's best to start at least three months before your move. You may want to kick things off by making a list of the items you think you absolutely must have in your new retirement residence.

Tackle small jobs first

To avoid feeling overwhelmed, declutter one room at a time and break things down into manageable tasks. For example, start by sorting through easy spaces like the kitchen pantry, bathroom and front closet. If you can, go to

your new residence and plot out where things will go to visualize what you need and don't.

As a general rule, donate, sell or throw away things you haven't used in more than a year.

Hire a moving company

Once you've decided what you're keeping, it's a good idea to hire a full-service moving company to help transport and unpack your belongings in your new place.

Although difficult at first, downsizing and decluttering can make your life easier. After all, the less you have, the less you have to maintain and the more time and energy you'll have for your retirement years.



Types of medical equipment available at retirement homes

Retirement homes are intended to be enjoyed by people of all abilities. Therefore, they often provide various medical devices to ensure you're as comfortable as possible. Here's an overview of some of the medical equipment you'll generally find.

- Bathroom equipment like grab bars, grip mats, shower chairs and raised toilets
- Lift chairs to make it easier for individuals to get in and out
- Bedroom equipment like adjustable beds and safety rails
- Wheelchairs and mobility scooters to help residents get around



- Stairlifts and elevators to assist residents going up and down stairs, giving them access to different levels of the facility

If you have concerns about the type of medical equipment at the retirement home you're considering, speak with them directly about what accommodations they provide.



3 easy-to-grow indoor plants for seniors

Do you live in a retirement home and want to add some greenery to your environment? Here are three easy-to-care-for houseplants that'll thrive in your space.

- 1. Sansevieria**
Often referred to as the snake plant or mother-in-law's tongue because of its shape, the sansevieria doesn't need much light. It also doesn't need to be watered frequently; therefore, it's the perfect plant for forgetful folk.

- 2. Crassula**
Commonly known as the jade plant, the crassula requires a lot of sunlight.

It needs very little water and grows slowly, making it ideal for small spaces.

- 3. Chlorophytum**
Usually called the spider plant, chlorophytum can be placed on a piece of furniture or shelf to trail down. It's esthetically pleasing and easy to maintain. As a bonus, chlorophytum plants often produce pups, so you can create new plants to give to others.



Besides being decorative, houseplants have a soothing effect and generate a sense of well-being. Don't hesitate to embellish your home with one or more species that grow well indoors.

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5 ways to get the most out of your doctor's visit

Visiting your doctor can be stressful, mainly because your time is limited. Communicating effectively with your doctor is essential to preventative medicine and maintaining good health, especially as you age. Here's how to get the most out of your doctor's visit.

1 Prepare your questions and concerns

Write down three or four questions or concerns ahead of time. Address each point with your doctor. You should also share any symptoms, medicines or vitamins you're taking, health habits and significant life changes.

2 Stay focused

Don't let the conversation get derailed. Stay focused on why you're there and stick to the point. Be precise about your symptoms, including when they started, how often they occur and if they're getting worse.

3 Take notes and ask for clarification

Bring a notepad and write things down. Don't be afraid to ask for clarification, correct spelling or reference materials.

4 Be honest

Although you may want to hide the truth about habits like smoking, lack of exercise or poor diet, your doctor can only help you if you share the truth about your lifestyle.



5 Share feelings

Say something if you feel rushed, confused or uncomfortable. Book another appointment if your doctor didn't adequately address your needs in the time you had. If your doctor doesn't have answers, they may refer you to a specialist.

If your doctor disregards your concerns as part of the normal aging process, you should consider getting a second opinion.



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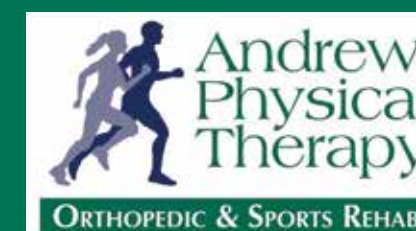


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