



## KEYS TO EMBRACING AGING

### Tuning in to the Times

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Can't teach an old dog a new trick? Centenarians (people 100 years old and older) beg to differ. When a group of 100-year-olds was asked why they have lived so long, they shared that they spent a lifetime staying in tune with the times (Reuters, 2007). While the days of Charlie Chaplin, Louis Armstrong, Ted Williams, talk radio programs, Model Ts and party lines have been replaced with reality television, hip hop music, multimillion dollar professional athletes, SUVs and smart phones, it is clear that technology and society are not slowing down. But neither are the “tech-savvy” seniors who drive successful aging through their zest for life and learning. Staying in tune to the times throughout life promotes lifelong learning, which increases knowledge, problem-solving and decision-making (Blaschke and Freddolino, 2009). Staying on top of the latest gadgets, playing video games and keeping up with the news also enhances brain stimulation and helps broaden social opportunities and networks. iPhones, iPads, iPods...iwhat?! This brief introduction to today's technology will help you stay in tune.

#### THERE'S AN APP FOR THAT (CELL PHONES AND SMARTPHONES)

Cell phones and smartphones are two devices that many people rarely leave home without. A cell or mobile phone is a hand-held, cordless device that can make and receive calls. A smartphone is a high-end mobile phone that incorporates computing abilities. Smartphones have an “app” or application for almost everything. An application is a computer program that can be downloaded to a smartphone allowing it to take photos, play music and videos and access Internet sites. A smartphone even has the ability to act as a navigation system, start your vehicle and activate your lights or home security system when you are not there. Whether it's a basic cellular phone or a smartphone, one of the best advantages of a mobile device is that it is portable and accessible. Charged on batteries, a mobile phone fits in your pocket and can be ready in hand to call a friend or call for help.

#### COMPUTERS AND THE INTERNET

Today's computers are small, fast, sophisticated and fairly affordable. These convenient and reliable machines can be found in the majority of American homes and workspaces, where they help make jobs and life easier (Nielson, 2011). For example, computers are used to type and print documents, calculate, sort, search and store data. Computers are also used for entertainment; they play and store games, music, movies and photos.

The majority of today's computers are linked to the Internet (Nielson, 2011). The Internet is a worldwide collection of computer networks that connect users through satellite and telephone. It is also a warehouse for data and software. Many people consider the Internet to be the world's largest encyclopedia. The possibilities of the Internet and the information you can find are endless. The Internet allows you to:

- Surf the Net. Surfing the net means spending time on the Internet to see what you find
- Social net-work. Social networking services, such as Facebook, allow you to register and create a personal profile, exchange messages and join common-interest groups
- E-mail. Electronic mail, known as e-mail, is a method of sending digital messages to or exchanging digital messages with one or more persons with Internet accounts. There is no post office or paper needed for this instant, modern-day letter writing

- Video Call. Through the use of webcams and microphones, various computer and social media programs allow you to communicate while both seeing and hearing the person you called
- Share, post and update information for others to see
- Request and provide assistance with problems and questions
- Market, sell and buy products and services
- Read newspapers and other current events
- Research your family tree
- Plan and book a vacation
- Access online dating sites

## **VIDEO GAMES AREN'T JUST FOR KIDS**

Games aren't just played at the table anymore. Games are now played on televisions, computers, mobile phones and other handheld devices. Many of today's video games require human interaction. The Nintendo Wii, Microsoft XBox 360 and Sony Play Station 3, for example, are popular interactive videos that come with handheld remotes that can be used to point and detect movement in three dimensions. This allows you to bowl, ski, play tennis and even hula in your own living room! Such games encourage people of all ages and abilities to get off the couch and move around. Even the non-interactive games encourage attention and memory. The benefits of playing today's video games include improved (Allaire et al., 2013; Maillot et al., 2012; Reuters Health, 2008; Thompson, 2009):

- Reflexes
- Processing speed
- Memory
- Attention skills
- Spatial abilities
- Reasoning and cognition
- Physical activity

Today's video games also help keep older adults' minds and bodies sharp and responsive. In fact, increasing numbers of retirement homes across the country offer video games in their rotation of available activities. Rehabilitation centers and hospitals also use video games to help patients improve motor function. Video games may contribute to slowing the progression of Alzheimer's disease and other dementias (Soong, 2009).

Want to earn a gold medal, practice yoga or drive a race car – all in the comfort of your own living room? Now you can! If you don't own a video gaming system, get together with a friend or family member who does. Sign up to play at your church, at a local community or senior center or even at the local gym to give it a try.

## **THE SOUND OF MUSIC**

Music is everywhere – elevators, fast food drive thrus, hair salons, banks, grocery stores and shopping malls. While the sound of music may be taken for granted, the health benefits do not go unnoticed. Music releases dopamine, the feel-good chemical in the brain involved in motivation and addiction (Sunil, 2013). As a result, music that moves you provides a sense of emotional arousal and pleasure. It is simple to take music with you wherever you go. Portable music players such as an MP3 player or iPod™ are electronic devices that allow you to download and save digital music and audio books. Most music and many books can be found online. To retrieve or download the music or book, you simply connect the portable music player to your computer, download the material onto the player, unplug the player from your computer, plug in headphones and take your audio along with you.

Music plays an important role in successful aging. Music exposure can also enhance perception, create a distraction from pain, reduce stress and anxiety, lower blood pressure, reduce heart rate and even relax your muscles (eMedExpert, 2014). In patients with Alzheimer's disease, music can even trigger memory, decrease agitation and enhance reality orientation and self-awareness (Alzheimer's Foundation of America, 2014).

## EXTRA! EXTRA! READ ALL ABOUT IT

Staying connected with the world influences longevity (DeNoon, 2007; Reuters, 2007). Whether it is the television, newspaper, Internet or radio, current events have a positive effect on long life because they encourage social interactions. For example, it is easier and more fun to engage in conversation when there are interesting topics to discuss or debate. Staying in tune to your community and the world also exercises the brain and can keep you more mentally active as you read or listen and process the news.

## CONCLUSION

If centenarians can keep up with the times, so can you. Embracing your techie side can be fun, exciting and beneficial. Engaging in technology and learning new technology keeps you mentally active and socially engaged. Staying connected to friends, family and current events helps you feel important and purposeful. Through the advancement of technology, there is always something new and thrilling to learn or play. Try making it your goal to learn something new once a day. Staying in tune to the times and establishing healthy lifestyle behaviors throughout your life will influence optimal aging.

Find a class at your local Extension office, library or community center that offers instruction in technology and make it a goal to try something new.

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## WEEK 6: TUNE IN TO TODAY

MONDAY	TUESDAY	
<p><b>READ YOUR LOCAL NEWSPAPER AND/OR DOWNLOAD A NEWSPAPER APP TO GET NATIONAL NEWS.</b></p>	<p><b>EMBRACE TECHNOLOGY.</b></p> <p>Learn something new — download a new app, learn how to add a photo to your virtual videoconferencing background, introduce a new virtual game to friends or family, make a quarantine playlist and learn a popular dance, etc.</p>	
WEDNESDAY	THURSDAY	
<p><b>WATCH THE NATIONAL NIGHTLY NEWS.</b></p>	<p><b>SUBSCRIBE TO A NEW PODCAST.</b></p>	
FRIDAY	SATURDAY/SUNDAY	
<p><b>MOVIE NIGHT.</b></p> <p>Watch an award-winning movie or documentary, or one of Netflix's trending series.</p>	<p><b>RESEARCH WAYS YOU CAN HELP IN YOUR LOCAL COMMUNITY DURING TIMES OF CRISIS.</b></p>	<p><b>REVIEW THE NEW YORK TIMES BEST SELLERS LIST.</b></p> <p>Choose a new book to read.</p>
	<p><b>DOWNLOAD OUR FREE FITBLUE APP</b> →</p>	 <p><a href="http://bit.ly/FitBlueApple">http://bit.ly/FitBlueApple</a></p>
		 <p><a href="http://bit.ly/FitBlueAndroid">http://bit.ly/FitBlueAndroid</a></p>

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