Technology has made vast improvements over the years including special devices and apps aimed at seniors. These special devices with larger buttons and icons like the GrandPad © and Claris Companions © as well as apps that read aloud texts, emails and other documents are very helpful in seniors’ daily lives. They also provide them with entertainment, socialization and health benefits. Here are some benefits of technology for seniors.

Socialization
Seniors can easily keep in contact with long-distance loved ones and friends with the touch of a button on their phone or electronic device. It is a great way to check in on grandchildren as well as cook your favorite family recipe over video chat. “Health benefits of socialization can decrease feelings of isolation and depression,” says Mistie O’Daniel, RN, Regional Nurse Consultant at Avantara.

Entertainment
Seniors can watch movies that remind them of a special time in their lives on apps that offer streaming. “These movies bring back positive feelings that stimulate the mind as well as produce positive emotional connections to the past,” says Lembke. Seniors can also use the Kindle © app to read a variety of books, including classic favorites like The Great Gatsby and The Catcher in the Rye. Reading for seniors can increase memory, sharpen decision-making skills and reduce stress.

Monitoring Health
Smartphones can keep track of diet, fitness activity, doctor’s appointments and more. There are a variety of apps that can track daily walking progress, log exercise and calories. For those who love to cook there are recipe inspiration apps that feature step-by-step instructions and videos, shopping lists, voice instruction and tips. Sleep is also a big component in better health for seniors. There are apps for sleep that analyze your sleep patterns and pick an optimal time during your lighter sleep phase to gently wake you within a 30 minute window you select.

Exercise
There are plenty of apps and video games that will get seniors moving and keep their minds active. Game systems such as the Nintendo Wii © are often used in skilled nursing facilities to keep seniors active and engaged with others. “The Nintendo Wii © offers light and physical activity that is also fun,” says Lembke. “Games that help with mental capabilities such as Words with Friends © and the app Luminosity © helps with core cognitive abilities,” continues O’Daniel.

At Avantara, your health is our No. 1 priority. If you’re interested in learning more about how you can lead an active lifestyle, please talk to one of our nurses today or call 833.650.CARE (2273).

Avantara’s Leftover Thanksgiving Turkey Salad

Prep: 20 mins | Ready in 20 mins

Ingredients
4 tablespoons extra-virgin olive oil, divided
1 cup leftover bread stuffing
1 tablespoon apple cider vinegar
1 teaspoon grated lemon zest
¼ cup cranberry sauce
¼ teaspoon salt
¼ teaspoon ground pepper
4 cups mixed salad greens
2 cups chopped cooked turkey
1 cup roasted vegetables, such as butternut or acorn squash, potatoes, yams, carrots
3 tablespoons dried cranberries

Step one:
Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add stuffing and cook, stirring, until crisp, 8 to 11 minutes. Set aside.

Step two:
Whisk cranberry sauce, vinegar, lemon zest, salt, pepper and the remaining 3 tablespoons oil in a large bowl. Add greens, turkey and roasted vegetables; toss to coat.

Step Three:
Sprinkle with dried cranberries.