

# Eldercare Answers

August 2009



Linda Fodrini-Johnson, MA, MFT, CMC, is the Founder and Executive Director of Eldercare Services and is a Fellow and President Elect of the National Association of Professional Geriatric Care Managers.

We are inundated with advertising for gadgets that we don't need. Other technology, however, can improve the quality of life or secure the safety of loved ones or ourselves. Many of us over 50 are somewhat intimidated by technology – can you think about all the 85 year olds you know using the latest technology? – just a little overwhelming. We do know the occasional elder who welcomes and masters all technology with the joy of a child enjoying a new toy – however these folks are rare.

Most of us are familiar with the emergency response systems – a life saver for those who live alone. Call us for the names of local companies that can assist you with this security.

We are featuring two items in this month's newsletter that can be used by elders with ease. The first piece of technology is the "Jitterbug" phone. This is a cell phone with a large backlit keypad and bright color screen. This phone has clear sound that reduces background noise, no confusing menus, and access to all the options with a

## *New Technology For Better Living*

simple "Yes" or "No". The latest model, Jitterbug J, generally retails for \$147 and has service plans as low as about \$15 a month. These features can allow adult children and seniors to feel comforted knowing they can reach each other even when away from their homes.

The second piece of technology can greatly benefit seniors and especially family caregivers by identifying the feeling of stress and helping control one's reaction to stress. Imagine a device the size of a small cell phone weighing 2.2 oz. that's easy to use the first time! This handheld, portable device is the emWavePSR<sup>®</sup> developed by HeartMath<sup>®</sup>. (PSR stands for personal stress reliever.) The emWavePSR<sup>®</sup> can be used almost anytime, anywhere and retails for about \$199. It identifies the body's reaction to stress, sometimes before you know it's there, so it can be quickly eliminated.

Stress comes out as anxiety, frustration, anger, impatience or other negative responses. Left unchecked it damages our body and our well being. Reducing stress with the emWavePSR<sup>®</sup> diminishes its potentially

damaging effects to our body and our relationships. The body then runs more efficiently; has more energy, thinks better, and is more productive. This brings new strength, confidence, and a new sense of empowerment.

According to Sandy Stober, a Licensed HeartMath<sup>®</sup> Provider, "When we recognize and control stress, we realize we don't have to be a victim and can be in control of our lives protecting our energy, vitality, and health".

Each day strides are made in technological advancements to improve our lives. Staying on top of the latest gadgets and inventions can be a challenge. A Professional Geriatric Care Manager can let you know about technologies that can benefit you or your loved one. For more information about these technologies, contact Beryl Anderson at [BerylA@EldercareAnswers.com](mailto:BerylA@EldercareAnswers.com).

### New Technology List

1. Jitterbug cell phones are senior friendly
2. HeartMath emWavePSR helps seniors and caregivers reduce stress
3. A Care Manager can tell you about technology for your needs
4. Email us for more info

**Help!**

**Need help? Read Care Manager tips and share stories on our new interactive Blog at [www.EldercareAnswers.com](http://www.EldercareAnswers.com)**



1808 Tice Valley Boulevard  
Walnut Creek, CA 94595

PRESORTED  
STANDARD  
U.S. POSTAGE  
PAID  
WALNUT CREEK CA  
PERMIT# 1505

**ADDRESS SERVICE REQUESTED**

Eldercare Services has offices in Marin, Oakland, San Francisco and Walnut Creek, CA.  
Visit us on the web at <http://www.EldercareAnswers.com> for more information.

**Support Groups**

When concerns for aging family members are part of every day life, or when they interfere with work, your health or other relationships, you need to join a support group.

**Caring for An Aging Family Member**

2nd Thursday of every month from 7 to 8:30 PM  
1808 Tice Valley Blvd., Walnut Creek, CA 94595

1st Tuesday of every month from 6 to 7:30 PM  
605 A Cheney St., San Francisco, CA 94131

**Cost for Support Groups and Classes: None**

**Support Group Registration: Not required**

For more information regarding classes and support groups, please call (925) 937-2018, (415) 469-8300 or email us at

[info@EldercareAnswers.com](mailto:info@EldercareAnswers.com)

**Community Classes**

Walnut Creek

**Dementia—In the Thick of It**

Friday, August 21, 2009 from 9 to 11:30 AM

**Families Dealing with Dementia**

Friday, September 18, 2009 from 9 AM to Noon

**Dementia—Middle of the Road**

Tuesday, October 13, 2009 from 6 PM to 8:30 PM

San Francisco

**Families Dealing with Dementia**

Wednesday, September 9, 2009 from 5:30 to 7:30 PM

*and*

Saturday, September 12, 2009 from 3 PM to 5 PM

At the Glen Park Library

**Class Registration: Please call at least 3 days ahead**