

FALL 2020

# SENIOR Living

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# Technostress: among older adults



Do you feel overwhelmed when you turn on your tablet, navigate your social media account or sort through your inbox? If so, you may be experiencing technostress. First coined in the 1980s, this term refers to feelings of stress, frustration, anxiety and depression that are linked to an inability to cope well with new technologies.

## A CHANGING WORLD

Though technostress can be felt by individuals of all ages, it's particularly common among older adults. This is largely because most seniors haven't grown up, gone to school and worked in a plugged-in environment the way younger people have. As a result, the ability to adapt to changing technologies doesn't come easily, which can lead to an array of negative feelings like despair, distress and shame.

## A RECENT STUDY

In 2018, researcher Galit Nimrod conducted a study to assess technostress among 500 seniors in Israel. The results indicated that older adults tend to experience stress when faced with new technologies and feel pressured to use them. The study also revealed that older adults who struggle to adapt often compare themselves to so-called digital natives, which leads to feelings of inferiority.

## A WAY FORWARD

If left unchecked, technostress can seriously impact the well-being of older adults. If you struggle to cope with this type of anxiety, speak with a health-care professional. Additionally, if you want to learn how to better navigate the digital world, consider signing up for a computer course or asking a family member for a tutorial.



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## 3 ways: to go gray

Are you ready to stop dyeing your hair and embrace your natural look? If so, here are three ways you can transition to gray hair.

lowers you to maintain your length, it should be noted that gray hair tends to look more youthful when worn short.

### 1. CUT IT OFF

While this option isn't for everyone, it's certainly the fastest way to make the switch. Let your roots grow out at least an inch and consult your hairdresser before you make the change to ensure a cropped cut will suit you.

### 3. KEEP IT CAMOUFLAGED

Touch-up products allow you to conceal gray roots, which you can do until they grow out to the desired length. Keep in mind that this option requires frequent maintenance as these concealers wash out easily and must be regularly reapplied.

### 2. GET HIGHLIGHTS

This is a good option if you have light hair, as highlights can seamlessly blend the dyed ends with your natural roots. While this al-

Finally, to prevent your gray hair from looking dull or yellow, opt for hydrating products specifically designed for gray hair such as blue or purple shampoo.



# Components: of an anti-inflammatory diet

If you have arthritis, you likely suffer from chronic inflammation. While genetics and stress both play a role in the disorder, your diet can also affect your symptoms. In fact, eating certain foods may help reduce inflammation throughout your body. The key components of an anti-inflammatory diet are:

• **ANTIOXIDANTS**  
(FRUITS, VEGETABLES)

• **PLANT PROTEINS**  
(NUTS, SEEDS, BEANS)

• **GOOD FATS**  
(OLIVE OIL, OILY FISH)

• **FIBER**  
(WHOLE GRAINS)

Additionally, you should limit your consumption of animal protein and salt, and avoid processed food, refined sugar and saturated fat altogether as these have been shown to worsen inflammation.

In general, if you follow the Dietary Guidelines for Americans and eat a healthy, balanced diet rich in fruits and vegetables, you should see improvements. For more personalized tips to help manage chronic inflammation, speak with your doctor, pharmacist or nutritionist.



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# 3 ways to avoid loneliness: if you have reduced mobility



If you live alone and have reduced mobility, it can be difficult to ward off loneliness. Here are three tips to help you feel less isolated, even if you're largely confined to your home.

## 1. CONNECT WITH LOVED ONES

You might not be able to visit your friends or family members in person, but there are still numerous ways to stay in touch. Phone calls, emails, social media and video conferences are great tools to help you avoid feeling cut off from the people you love.

## 2. REDISCOVER OLD HOBBIES

The difference between isolation and solitude can be a matter of perspective. Wheth-

er you enjoy reading, painting, knitting, doing crossword puzzles or watching cooking shows, take this opportunity to engage in pastimes that you may have been neglecting.

## 3. ADOPT A CAT OR DOG

The comforting presence of a pet can greatly improve your mood if you live alone. Both cats and dogs make excellent companions who can give and receive affection. Plus, having someone to take care of can strengthen your sense of purpose.

Finally, consider writing in a journal on a regular basis to help you organize your thoughts and deal with your emotions as they come up.



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# 3 exercises: to improve your balance

Falls are common among older adults and often result in serious injuries. Luckily, taking steps to improve your balance can reduce your risk of falling. Here are three basic exercises to get you started.

## 1. STAND ON ONE LEG

While holding on to a countertop or the back of a stable chair, slowly bend your knee and lift one foot off the ground. Start by trying to maintain the position for 30 seconds or as long as possible. Alternate feet and repeat the movement until you've done it three times on each side.

## 2. STAND ON TIPTOES

While maintaining your grip on a solid surface, slowly lift your heels off the floor without bending your knees. Briefly hold the position and then slowly lower your heels back down. Start with two series of 10 repetitions and gradually increase the quantity.

## 3. HIGH KNEES

Slowly walk in place, lifting your knees to the height of your waist with each step. For extra security, complete this exercise near a table or countertop so you can catch yourself if you lose your balance.

For additional exercises and a more personalized workout plan to help you improve your balance, speak with a kinesiologist or other health-care professional.



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# 8 signs you might need a hearing aid

Hearing impairments are common among older adults. While a variety of solutions exist, it's important to recognize the signs of hearing loss so you can promptly seek treatment and restore your auditory acuity. Here are eight signs you might need a hearing aid.

1. You think your loved ones mumble more than they used to
2. You confuse similar-sounding words and have trouble distinguishing consonants
3. You often need to ask people to repeat themselves
4. You struggle to follow conversations in noisy environments such as restaurants
5. You have a hard time understanding people over the phone
6. You find it particularly difficult to hear the voices of women and children
7. You often increase the volume of the TV or radio
8. You no longer notice everyday sounds like birds chirping or your phone ringing

If you notice these or any other signs that your hearing is declining, consult a local audiologist. This health-care professional can propose hearing solutions that suit your needs and lifestyle. Just wait and see how better hearing can impact your life.




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