

Brain Awareness Week

March 15 – 21, 2021



Smart Phones, Sharp Brains

How your device can support living a brain-healthy life

Senior Tech Tuesday

March 16, 2021 10 AM CDT

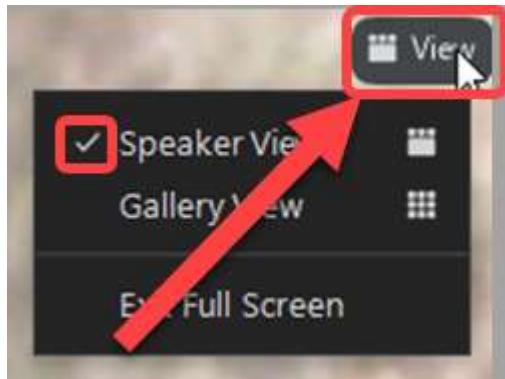


www.SeniorTechClub.com

Zoom Setup – GO Big!!

Use Speaker/Active Speaker View

Computer
or laptop



iPad



Photography Series Summary

Need to revisit a missed session or topic that you didn't get?

The Class Pages for all nine sessions can be easily accessed at:

Links.SeniorTechClub.com/photography



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Senior Tech Tuesdays

This is a different session

More Ideas & Consideration
and less

How-to & Step by Step

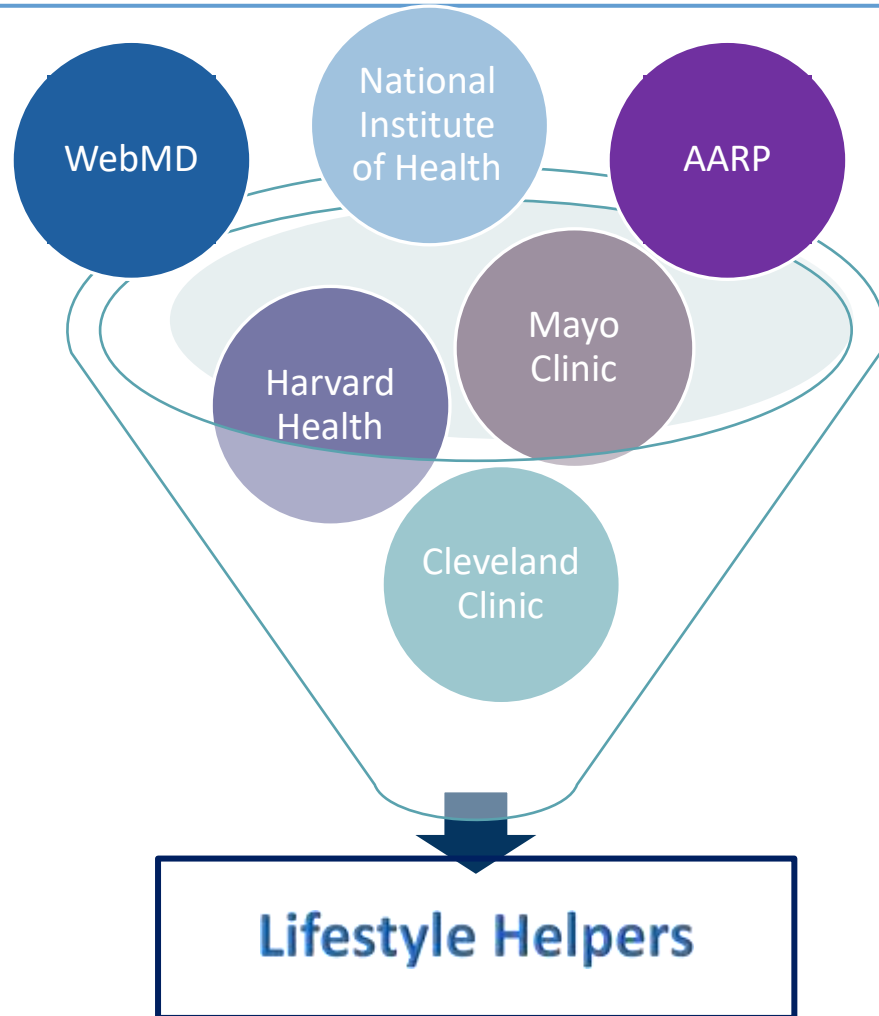


Our Learning Tools

- Sharing Ideas
- Your Questions
 - “Hey Don” or Chat
 - Email: don@SeniorTechClub.com
- Online Class Page at:
[Links.SeniorTechClub.com/STT19](https://links.SeniorTechClub.com/STT19)
- Tuesdays Page for Future Topics
[Links.SeniorTechClub.com/tuesdays](https://links.SeniorTechClub.com/tuesdays)



Sharp Brain Lifestyle Helpers



Lifestyle Helpers

Rules

- Consult with Health Professionals
- Not Comprehensive
- Helpers are for Support Only
- You are responsible for Lifestyle Decisions



Sharp Brain Lifestyle Helpers

1. Get Exercise
2. Sleep Well
3. Manage Stress
4. Be Social
5. Learn Something New



Helper #1 – Get Exercise

Experts: What is Good for your Heart is Good for your Brain

- ✓ Lead a physically active lifestyle
- ✓ 150 minutes of weekly aerobic activity and 2 days of muscle strengthening activity
- ✓ Make it enjoyable



Help is On the Way

Helper: Activity or Fitness Trackers

- Set Goals
- Track Activity Progress

Research Summary – Using a fitness tracker could get you to walk an extra mile a day.

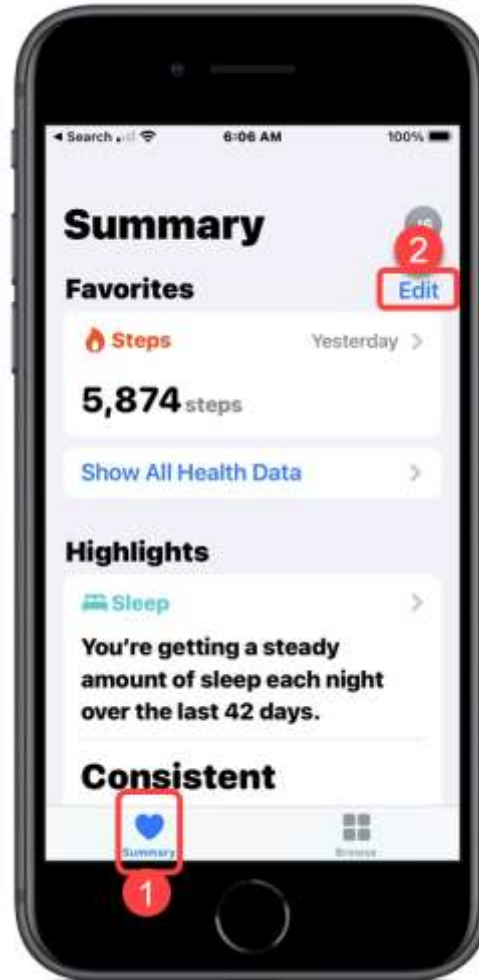


Basic Helper - Using your iPhone to Track Steps and Exercise

Launch the Health App.



1. Tap **Summary** to see activity.
2. Tap Edit to add additional activity to the favorites area.



Beyond the Basics – Fitness Trackers

Two Examples:

- Apple Watch
- Fitbit

To provide:

- More Detailed Trackers
- Goals
- Detailed Tracking
- Socialization



Consider.....

Set Activity Goals (Consult your Health Professional)

Start with the Health App as a tracker

Carry Your Phone On Walks

Log From Other Workout/Fitness Apps

- J&J Official 7 Minute Workout App
- Map My Walk by Under Armour

Consider Advanced Activity Trackers and Programs



Helper #2 – Sleep Well

Experts: Aging well means prioritizing sleep

- Consistency matters
- Keep a journal or log
- Only sleep when you are sleepy
- Good Sleep environment
- Digital Detox before Sleep



Help is On the Way

Helper: Sleep Trackers

- Set Schedule
- Reminders
- Sleep Patterns
- Keep a log

Research Summary – Some usefulness for developing and tracking routines but it is a developing technology



Basic Helper – Use the iPhone Health App to Set Schedules and Routines

Use it to:

- Set Schedule
- Set Alarm
- Set Do Not Disturb
- Nighttime Routines

Launch Health App
Browse, Sleep



Beyond the Basics

Sleep Trackers:

Wearables – Apple Watch

Bed Sensors – Tempur-pedic , Sleep Number, Separate Sleep Tracking Pads

To Provide:

- Logging
- Sleep Cycles
- Monitoring of Sleep environment



Consider.....

Use the iPhone Health App to
Setup Routines

Consider Advanced Activity
Trackers and Sensors

Get Professional Help



Helper #3 – Manage Stress

Experts: Stress Ages Your Brain

- ☑ Multiple Stress Reduction Techniques
 - ☑ Praying & Meditation are most common
- ☑ Consider Meditation and its Benefits
- ☑ Meditators Have Younger Brains
- ☑ No side effects



Help is On the Way

Helper: Meditation apps

- Meditation Guides – verbal instruction & training – good for beginners
- Setting up Meditation Routines

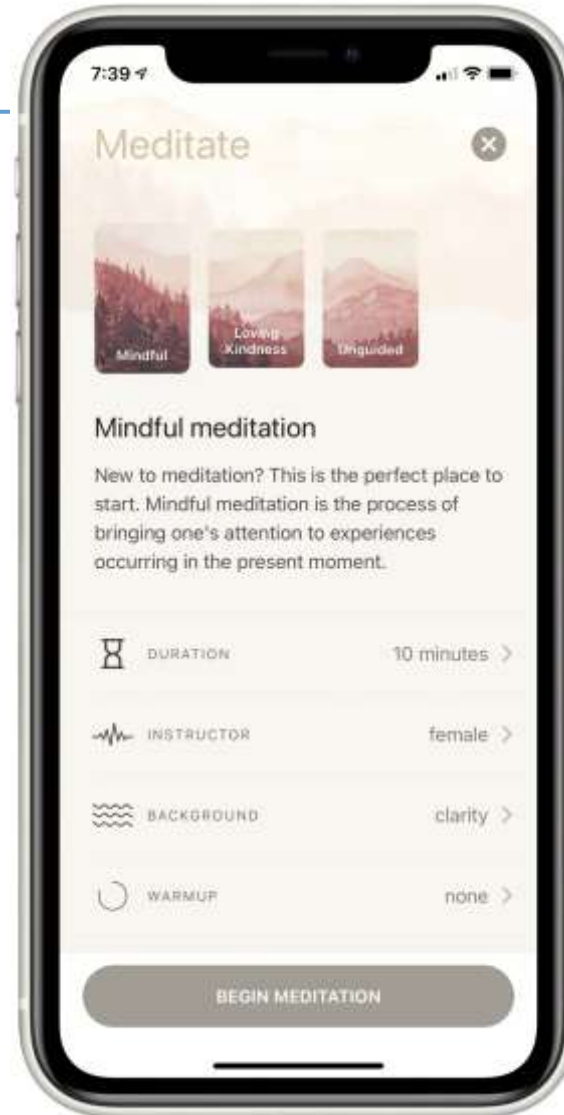
Research Summary – Brief
smartphone mindfulness training
can impact stress biology



Basic Helper – Free Meditation app

Available in the App Store:

Oak Meditation
Insight Timer
Smiling Mind



Beyond the Basics

Two Examples:

- Cleveland Clinic – Stress Free Now
- Paid Meditation Apps
 - Calm
 - Headspace
- Meditation Teachers



Consider.....

The Advice and Research is Compelling

Try It

No Side Effects except while driving or operating heavy equipment

Start with a FREE app

- Oak Meditation
- Insight Timer

Build it into a ritual



Helper #4 – Be Social

Experts: Having a strong social circle, connecting with friends, volunteering in your community and maintaining family ties is good for your brain.

- ✓ Older Adults tend to shed friends
- ✓ Prolonged loneliness in older adults is significant.
- ✓ Loneliness may contribute to cognitive decline
- ✓ A Social Circle is not Social Media
 - ✓ Social Media can help you stay connected



Help is On the Way

Helper: Stay Connected with your tools and apps

- Text
- Email
- FaceTime/Zoom
- Social Media



Basic Helper – Senior Tech Class: Staying Well-Connected with Your iPhone.

Use it to learn your tools:

- Video Calls
- Family Conference Calls
- Texting & Messaging



Beyond the Basics

Find a Volunteer Opportunity

Attend Classes

Meetup.com to find local events

Join a Group, e.g. AARP, SHIFT,



Consider.....

Master your Communication Tools

Look for Opportunities to Engage
or volunteer



Helper #5 – Learn Something New

Experts: Use it or Lose it

- Brain Plasticity vs The Brain Myth
- Get Out of your Comfort Zone
- Brain Games are OK
- Better to develop complex skills, e.g. Languages, Music, Digital Photography, Quilting
 - Languages and Music are cited most frequently



Help is On the Way

Helper: Smartphone/Device Opportunities

- eBooks & Audio Books
- Podcasts
- Online Learning Platforms
- Video Sharing Platforms



Beyond the Basics

Sign Up for a Class – State Tuition Waivers

Online Learning Platforms (free and paid)

- [Edx.org](https://www.edx.org)
- [Udemy.com](https://www.udemy.com)
- [Coursera.com](https://www.coursera.com)
- [LinkedInLearning.com](https://www.linkedin.com/learning)

Community Education classes

Other Community Groups

[Meetup.com](https://www.meetup.com) for local events & classes



Consider.....

Partner with your Local Library

- Free eBooks and magazines – Libby app
- Training classes (Lynda.com/LinkedIn Learning)

Take a “Try It” Approach

- Look for FREE resources
- If it takes.... Pay Later

Harness your curiosity to direct your learning – what are you curious about?





Follow-up Questions?
don@SeniorTechClub.com

More Information & Download
links.SeniorTechClub.com/Tuesdays



Next Online Sessions

Spring Break Until April 6
Topic: Fitness, Health and Safety
Series

Future Session Information
links.SeniorTechClub.com/Tuesdays



Thank You!

Stay Well

Watch your Distance

Wash Your Hands

Get Vaccinated

Keep Learning