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ActiveAdult



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How to help aging adults adapt to technology

Children, adolescents and young adults likely cannot imagine a life without modern technology. Technology may have pervaded every part of life in the 21st century, but it wasn't so long ago that phones were still attached to walls and people had to watch their favorite shows and films exclusively on televisions instead of having the option to watch them on devices like smartphones and tablets.

The transition to life in the age of technology went smoothly for most segments of the population, but some aging adults have had a more difficult time making the adjustment. That difficulty was apparent throughout the COVID-19 pandemic, when public health agencies like the World Health Organization and the Centers for Disease Control and Prevention urged aging adults to limit interactions with people outside their homes. Such recommendations forced many seniors to communicate with their families exclusively over the phone or via video conferencing apps like Zoom.

If seniors have had a hard time adapting to technology, their families can try these strategies to make that transition go more smoothly.

- **Go over product manuals with seniors.** The senior caregiving experts at Home Care Assistance note that older adults are less likely to learn through experimentation than they are by reading instructions in the manual. When helping seniors learn to use new devices, go over the owner's manual with them as you set up the device. Mark important pages in the manual so seniors know where to go for quick answers if they experience any issues logging in or using certain apps.

- **Look for senior-specific devices and guidebooks.** Seniors make up an enormous segment of the population, and tech companies have long since recognized that there's a market for products designed specifically for aging men and women. When shopping for devices for seniors, look for those that have been designed to help them overcome issues that have proven problematic for aging adults in the past. Devices that feature touchscreens with large menus, easily accessible navigation tools and simplified features can help seniors as they learn to use new technology.

- **Be patient.** Some seniors are excited by the prospect of learning to use new technology, while others may be hesitant. Patience is essential when working with an aging loved one who's intimidated by technology. Take the time to explain apps and features and don't take it for granted that seniors will know how to use a device or recognize what a device can do.

Today's seniors may not have grown up with technology at their fingertips, but they can still learn to use devices to their advantage.



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A Life in Motion: Mike Donnelly Proves that Movement is One Key to a Full, Healthy Life

By Alice Patterson

With a love for active living running through his veins, Mike Donnelly's zest for life is fueled by a commitment to movement and service to others.

Raised in Novato, California, Donnelly moved to Chico in 1982 after discovering the community while playing baseball. With a love for journalism and sports, he enrolled at Chico State, ultimately graduating with a degree in Information and Communication Studies.

"I thought I'd play baseball and follow it up with broadcasting," he said, chuckling. Instead, Donnelly quickly found himself working in broadcast journalism, first in sports at KCHO, followed by a 12-year career at KHSL-TV.

"I fell in love with news," he said. Donnelly followed his passion to Spokane, Washington where he worked as an investigative reporter, then to KRON in San Francisco, all the while keeping his home in Chico, where he ultimately returned. In Chico, Donnelly began his career in economic development, working for the Chico Economic Planning Corporation (CEPCO) and the Butte County Economic Development Corporation. From there, the leap to commercial real estate was a natural step. For the last seven years, he's found success at Coldwell Banker Commercial Real Estate where, in

2020, he earned recognition as the #1 Commercial agent (<https://www.cbcncorcal.com/news>).

While Donnelly has had a fulfilling career, it's only one part of what makes his life so gratifying. Dedication to an active lifestyle, combined with community service, are at the core of how he "does life." He has been married to his wife, Mary Anne, for 31 years and they have four children.

"My philosophy is to keep moving; It does wonders for the mind and soul," he said. He resonates with a saying he once heard from a mountain-climbing guide, *'There are no "jerks" above 10,000 feet.'*

"People on top of the mountain are helping one another, wanting to see each other succeed," he said. This same philosophy applies off of the mountain, too. When we're moving...when we're active... everything improves. People are happier."

These days, Donnelly likes to mix up his activity with a combination of running, walking and cycling.

"I've been running all of my life," he said. Initially, running was simply a tool to stay in shape, but he ultimately fell in love with the sport. In 2020, he qualified for the highly competitive Boston Marathon, but completing it was no easy feat. Amidst a global pandemic, the Marathon transitioned to a virtual event. California runners were further impacted by devastating wildfires.

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Continued from page 4

Ultimately, he and a friend drove all the way to Elko, Nevada to find blue skies and a safe place to run the event.

"We persevered." You can see more on his Facebook Page at: <https://www.facebook.com/mike.donnelly.7796>

After a transformative trip walking the El Camino de Santiago across Spain in 2011, Donnelly said he and his wife set their sights on walking the "Camino Real de California" which is comprised of the entire California Mission Route.

Over the course of many long weekends and vacations over the past several years, they've been walking the route in stages. They started at Mission Solano in Sonoma, and have walked as far as Mission Santa Ines in Solvang, a little more than halfway to San Diego. To see the journey, which also serves as place to document technical advice and route information for those looking to walk the route, go to: <https://www.facebook.com/pelladonnellycaminoreal/>

"We tried it, and just kept going... It really gives you a better understanding of California and what the state is all about," he said.

Donnelly is actively involved in Chico Rotary, and currently serves as Chair of the International Projects Committee with a focus on the Women's Empowerment Project for young girls in Guadalajara, Mexico. "It's all about community service," he said. "It's about doing what needs to get done."

When asked what keeps him here in the Chico community, he said "Many people don't realize what a great, functioning community we have here. "It's enriching, friendly." Now more than ever, he feels a call to duty to stay and give back. "This is a hard time for people and for business. I feel needed. We need to keep our nose to the grindstone and help."



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Workers in your home and social security

By Rick Finwick
Social Security District Manager in Oroville, California

Do you plan to pay a cleaning person, cook, gardener, babysitter, or other household worker at least \$2,300 in 2021? This amount includes any cash you pay for your household employee's transportation, meals, and housing. If you will pay at least \$2,300 to one person, you have some additional financial responsibilities.

When you pay at least \$2,300 in wages to a household worker, you must do all of the following:

- Deduct Social Security and Medicare taxes from those wages.
- Pay these taxes to the Internal Revenue Service.
- Report the wages to Social Security.

For every \$2,300 in wages, most household employees earn credits toward Social Security benefits and Medicare coverage. Generally, people need 10 years of work to qualify for:

- Retirement benefits (as early as age 62).
- Disability benefits for the worker and the worker's dependents.
- Survivors benefits for the worker's family.
- Medicare benefits.

You can learn more about reporting household worker income by reading *Household Workers* at www.ssa.gov/pubs/EN-05-10021.pdf.



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What is Neuroplasticity and How Can You Increase It?

By, Becky Baker
Executive Director at Prestige Assisted Living at Chico

Neuroplasticity is defined as the ability of the brain to change and reorganize itself, allowing us to adapt to changes and experiences we may encounter throughout our life. Neuroplasticity also helps us learn new things and create connections between the regions of the brain as well as help the brain recover from injury and create more effective learning.

The human brain is highly dynamic and while the rate of change in the brain (neuroplasticity) declines as we age, it does not come to a halt; there are still many things you can do to encourage and stimulate neuroplasticity as you age and help improve or slow cognitive decline.

Get Enough Quality Sleep

Sleep is perhaps the most important factor in increasing neuroplasticity and has major effects on the brain through neuroplastic mechanisms. Sleep offers a “soft wipe” of the brain which provides a blank slate for you to lay down new connections through new experiences, memories and skills.

Learn New Things

Learning new things, such as an instrument or a new language, has a profound effect on neuroplasticity. Recent studies show that music practice forces the brain to work in new ways, an important contributor to neuroplasticity, and causes heightened connectivity between brain regions.

Learning new words or languages activates the brain’s visual, auditory and memory processes. Researchers from Penn State found that those who learned a new language underwent several functional and structural changes in their brain, including better integration between networks resulting in more brain flexibility and more efficient learning.

Reduce Stress

Stress takes a physical and mental toll on your body. Studies show that repeated exposure to stress can result in the atrophy of neurons in the hippocampus and hypertrophy of neurons on the amygdala, the area of our brain associated with fear, anger, anxiety and other emotional responses. If you can’t reduce the stress in your life, you can at least change the way you respond to it, either through meditation, physical activity or connecting with others.

Get Moving

Another great way to improve neuroplasticity is through movement. At Prestige Care, we offer Ageless Grace®, an innovative brain and body program based on stimulation of neuroplasticity to support cognitive health. The program uses 21 physical tools and “games” based on the concept of neuroplasticity and is designed to activate the organs and systems of the body. Each tool is based on every day, natural movements that focus on the healthy longevity of the body and mind. People of all ages and abilities, including those with physical disabilities and challenges, can benefit from this class, plus it’s a great way to fit in your recommended 150 minutes of weekly movement.

For more information on our call our Chico community at (530) 899-0814 to schedule a virtual tour to learn more.



At **Prestige Assisted Living at Chico**, it is our goal to provide quality care with a focus on wellness. We believe that it is not enough to simply care for those we serve, but to also provide residents ways to stay active and engaged by nurturing body, mind and spirit.

One way we help our residents focus on healthy longevity of the body and mind is through our Ageless Grace® programming, which consists of 21 seated exercise tools designed to address all five functions of the brain and improve neuroplasticity.

Interested in learning more about Ageless Grace® and its many benefits of wellness?

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The advantages of RV travel



Individuals who are approaching retirement or those who already have said goodbye to the working world may find they are ready to make some life changes. Travel is something many older adults enjoy when they have much more free time to see the sights.

Recreational vehicles are great ways for people to get out and about. An RV is more than just a way to get around; for many people it becomes a lifestyle. According to the RV Industry Association, about 10 million American households own RVs.

There have been more RVs on the road in recent years, and there are now more facilities to accommodate them. RVIA says there are now roughly 18,000 campgrounds around the country, and certain facilities are pushing to improve and upgrade campgrounds in national parks and on federal lands.

Individuals considering if the RV lifestyle is for them can refer to this list of RVing benefits.

- **Inexpensive travel (or living):** RVers may be attracted by the idea of low-cost travel that doesn't involve hotels and airfare and greatly reduces their reliance on restaurants while traveling. RVs can be rented for roughly \$100 to \$500 per day, and RV parks usually run between \$35 and \$50 per night, according to Allianz Travel Insurance. To keep the costs down even more, certain truck stops, big box retailers, churches, hotels, movie theaters, casinos, rest stops and other roadside locations will allow free overnight parking. Just verify before staying to avoid being ticketed.

- **Freedom to come and go:** When traveling in an RV, there are no set check-in-/check-out times to follow or boarding times to meet. RV travel can be strictly on your schedule.

- **Plenty of help:** Others who have embraced the RV lifestyle tend to be very friendly and ready to make new acquaintances at campgrounds and other stops. Those with more experience may be willing to share their expertise and pitch in to offer tips for better excursions.

- **Creature comforts:** People who vacation or choose to live in their RVs tend to keep familiar items and essentials on hand. Those can include preferred linens, clothing, toiletries, books, games, and more. When taking such items along, there's no need to pack and unpack much for any trip.

- **Follow the weather:** If desired, RVers can pick up and follow the jet stream. If 70-degree days are your thing, then follow those temperatures coast-to-coast. If you like skiing or snowboarding, you can head to colder climates.

- **Downsize:** The RVIA says that RVs are available across a wide range of price points. So if the idea is to trade in a stationary house for an RV, you may be able to do so for as little as \$6,000 to as much as \$500,000.

The RV lifestyle may attract soon-to-be retirees. There are various advantages to getting on board.

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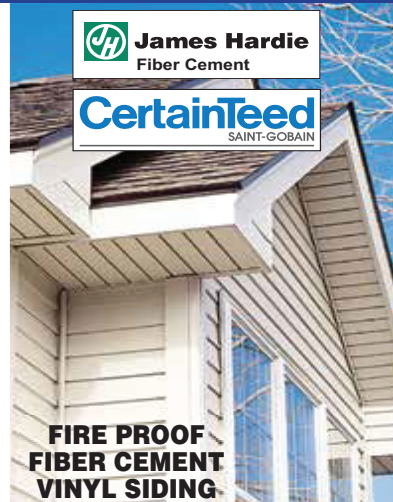
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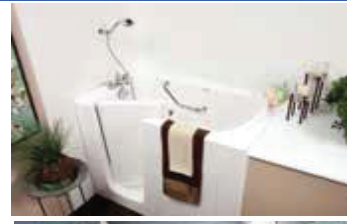
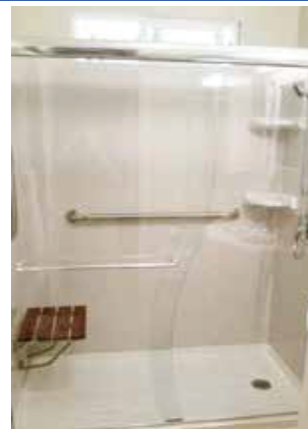
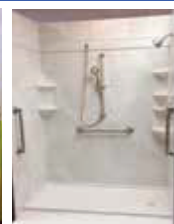


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