

OWL Café

Optimism,
Wisdom,
and Laughter

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The café is open to share inspiring stories, catch a healthy laugh, or experience an insight that helps you cope with things not going so well.

Space Age Stuff: Technology Changing "Chance into Choices! "

In this issue we explore the wondrous and vast choices in technology that are reducing the stigma of aging, rehabilitation tools, and preventive measures to restore or maintain maximum functioning.



Workplace Update: Retraining and Retiring. Fresh Optimism

While this is bad news for our aging kids, there is good news for us. Recent news attests to the fact that we have the actual experience and skill sets companies need now, as we retire in droves as “boomers” with serious skill gaps in younger staff replacing us. Forced retirement based on a “number” is *too early* given our health, love of jobs, and energy in many cases. Some in law enforcement are forced into retirement. However, there is also new funding to train *all ages* in newer technologies and we remain good learners. There is equipment attached to work uniforms in manufacturing that allows us to lift excess loads, and safer workplaces with cleaner environments. Space age tech is here for laborers

suffering prior career changing disabilities.

The National Bureau of Economic Research, representing 143 companies and 2.9 million workers found 41% work beyond 65, compared to 13% in 1995. There is “significant loss of company knowledge and skill” when *boomers or earlier* drop out. We are also the first generation to offload jobs to robots and machines using our experience. These are improvements in our *employability*. We are not doomed to “volunteer work” only. Age will no longer be an obvious factor screening us out of opportunities as we are very reliable, and less costly as younger staff, waiving benefits, if not needed.



HEALTHCARE INNOVATION AND TRACKING: Taking Charge of Care, "from Chance to Choice"...New Wisdom on Tap!

Whether we like it or not, it seems the actual healthcare we get depends on *luck* given the complexity of diagnosis, medication interactivity, and treatment over time by various specialists. We have spoken before about the American Automobile Assn. resource examining the meds taken and the driving issues they might cause with *timing and dosage*. (AAA MedX or a pharmacist can help).

Last month we ended our newsletter with a promise to discuss new Technology advances for our OWL followers. It started with Patti, one of our founders, describing all the great advances in iPhone/watch style devices to monitor blood pressure, do EEG's, and test other factors one can manage on one's own Your watch literally can watch out for you, and connect with health records in seconds. You can download this every visit to a doctor or clinic.

Thanks to Science Fiction Musings the Future is here Folks!

I discovered amazing advances in “artificial intelligence” and robotics—not to mention the new equipment doctors use from remote or televised online sites that can scan your entire body.

Trained medical personnel are working in 3rd world countries without enough doctors to administer TV care, medication, and to track vital signs and drug side effects remotely with a little box a doctor can activate, and health workers with a suitcase of tools. For us in the United States there are canes that monitor gait and balance and correct it, preventing falls, hearing devices for TV's. There is even a self-driving capability in your own car that took a man to a nearby hospital when he had lost consciousness.

Visit: TheMedicalFuture.com for Extensive Information

I also landed on an amazing site TheMedicalfuturist.com, created by Hungarian Dr. Bertalan Mesko, with Youtube presentations. Mesko's vision statement attracted my

attention: *"We prepare in healthcare for the adoption of innovative, disruptive, technology while keeping the human touch."* "Disruptive" refers to major changes in our health habits and how we seek, acquire, and use care. Visit this site as it covers many topics and videos on an international level to see advancements already in use worldwide. Dr. Mesko has created an extensive information articles for all levels of interest aimed at professionals and patient- centered as well.

Technology and several devices can reduce our fears about aging and limitations. These new apps and devices make the usual care protocols unnecessary and offer amazing innovation like "Buddi" shoes for Alzheimer patients that guide them home, send alerts if they wander, and can be set to a range so they can still walk around a limited space.

Dr. Mesko also asserts that it was SciFi, and popular fantasy movies that drove this growth in products intended to offset any loss of normal social activities or hobbies.

TheMedicalFuture site also reveals a "Body Map" that you can download to see all the devices possible with digital sensors.



Technology and Phones: Saving Money and Eliminating Frustrating Robot Calls

In my quest for new approaches and devices, I discovered more choices than I wanted to discover. Due to my own frustration with unwanted robot calls, I started with phones. The landline equipment I use allows me to block a call after their first attempt. But I was interested in knowing why I even still need a *landline* at all. It depends on where you live and what is offered in your area to decide what to choose. Your internet and phone capabilities are most important, and one might need to get a cell phone just to keep up with further digital requirements by banks, healthcare outlets and others.

There are pros/cons on giving up your landline. The positive value is the incredible ability to save hundreds of dollars a year. A less frustrating strategy might be to hire one of your grandkids or a younger person to research and explore services. Most cost less than \$10 a month, but some require purchasing other devices. Go for full service and one does not lose the capability for emergency services despite the fear of power outages, and online internet failures. Explore options out there to support communication and social networks with friends and family should you need them. Landline phone charges are predicted to rise as revenue from them is reduced or lost.

Planting trees is what we need to offset carbon overloads--- **Love this idea!**

Watch this video which will repopulate our trees and is proof of our ingenuity.
I have been obsessed with the need for Johnny Appleseed activities!

Here it is.
Best Use of Drones



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