Utilizing Technology Effectively as We Age

Technology is giving seniors more confidence to remain at home and in their communities. Remote monitoring through smart phone apps like GrandCare and Life Alert allow seniors to interact with loved ones and doctors with the touch of a button. How? A small app installation on a hand held smart phone or tablet alerts seniors on everything from taking medication to upcoming doctors’ visits.

A senior can manage their medications or even doctors’ appointments with these online platforms. Also, seniors can check in with their loved ones through interactive sites like GrandCare. This program uses interactive on-line tools and assessments to help extended caregivers keep in-touch with a loved one’s daily wellness and health activities. For instance, by using the mobile reminder app, a son or daughter living out-of-state can program a daily reminder for a parent to take their pills.

There are many in-home modifications on the market now that easily allow seniors to touch base with loved ones or doctors. Some apps require slight in-home modifications such as installing sensors or smart device check-ins. Life Alert is a small pendant or wrist band that can notify the proper authorities about an in-home emergency.

As a senior, you may want to ask yourself how you personally can benefit from technology as you age. The use of personal smart phones as monitoring tools seems to be on the rise for the aging population. Hand held devices have become almost second nature to many, and most seniors are catching on quickly. Connected independence allows seniors to utilize technology and devices as a method to help them safely remain in their homes and communities longer.
The Importance of Vitamin D in Aging

Vitamins and minerals can play a large role in maintaining a healthy aging body. They help support our vital system and bone functions. Vitamin D is known as the “sunshine” vitamin because it is mainly produced through the body’s response to sun exposure.

Vitamin D is the bone builder of all the vitamins. It helps the body absorb minerals such as calcium and promotes cell growth. According to the National Institutes of Health (NIH), Vitamin D is thought to prevent bone breaks and keep bones strong after they begin to naturally lose density after the age of 30.

Not everyone processes vitamin D equally. The absorption of Vitamin D through our skin changes later on in life due to common skin changes like thinness and collagen loss. Some individuals, especially those over the age of 65, are prescribed a vitamin D supplement to help support absorption.

The NIH suggests getting most Vitamin D through supplements as we age due to the correlation of certain cancer risks and sun exposure. It can also be ingested by eating green leafy vegetables, fortified foods, or fatty fish.

Seniors over the age of 65 should speak with their doctors about the importance of vitamin D in maintaining muscle mass and bone health. The Vitamin D Council recommends 600-800 international units (IU’s) a day for seniors over 65. A simple blood test can be preformed with the consultation of your doctor to see if you could benefit.
The Medicare Access and CHIP Reauthorization Act (MACRA) of 2015, requires the Centers for Medicaid and Medicare Services (CMS) to remove Social Security Numbers (SSNs) from all Medicare cards by April 2019.

Participants will receive a new Medicare Beneficiary Identifier (MBI) card to replace the previous SSN-based Health Insurance Claim Number (HICN). The MBI card will be used for Medicare transactions like billing, eligibility status, and claim status.

* Sample of New ID Cards to be Issued

Save the Date: The 3rd Annual Hudson County Department of Health and Human Services Resource Fair

**Date:** Saturday, April 28, 2018

**Time:** 10:00am - 2:00pm

**Where:** Hudson County Schools of Technology (County Prep)

525 Montgomery Street

Jersey City, NJ 07302
Know Your Fish: Sardines

Get to know the benefits of these little fish!

- Sardines help control inflammation and risks of certain diseases due to their high Omega-3 values.
- They are packed with vitamins and minerals like vitamin D and Calcium.
- Who knew these little fish protect bone and immune health?
- They help support mood stability due to high vitamin B-12 values.
- They are sustainable and are packed with protein!

**Omelet With Sardines, Peppers, & Tomato**

**Ingredients**

- Sardines
- 5 Medium Eggs
- 1/2 Tomato
- 1/2 Cup (8 tbs) Chopped Green Pepper
- 1/2 Chopped Onion
- 1 Tablespoon Olive Oil or Coconut
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Pepper

https://ifood.tv/fish/92591-sardines-omelet

**Directions**

**GETTING READY**

1. Dice the sardines. Then beat eggs in a bowl and set aside.

**MAKING**

2. Heat 1 tablespoon of Olive or Coconut oil in a frying pan. Sauté the chopped onions until the onion is fragrant.
3. Then add in the pan the green peppers and tomatoes with the onion.
4. Heat oil in a separate pan again and pour in the egg mixture. When it is half done, add in the sardines, cooked peppers and onions. Fold it over to keep everything enclosed.

**Serve over a bed of spinach**

Read more at https://ifood.tv/fish/92591-sardines-omelet#daF4s0MgKBEGJWs1.99