

Better Living through Tech Innovations

Though it may feel like technology innovations cater solely to the tween to 30-something crowds, baby boomers and seniors are getting their day in the tech spotlight these days.

Innovation is coming from numerous quarters, including Aging2.0's Global Startup Search. The global competition (<http://www.aging2.com/gss>) brings attention to startups that offer products and services focused on senior's needs and that ease the challenges associated with aging.

Competitors pitched their ideas at local events around the world earlier this year. Just this month, a combination of public voting and expert judges picked the finalists who will get to pitch their idea at the Aging2.0 Optimize (<http://www.aging2.com/optimize>) event in October.

Though many are designed to monitor health, not all the apps and services are illness focused. Among the companies that have been competing for votes this summer include:

- Echo System (<http://www.echocare-tech.com/home.html>) monitors seniors at home without using invasive cameras. It can detect dangers, such as falls, unusually long stays in the bathroom, and sleep apnea.
- FibriCheck (<https://fibrichk.com/en>) is an app that monitors those with atrial fibrillation to detect heart arrhythmias that can cause strokes.
- Freebird Club (<http://freebirdclub.net>) has been described as Airbnb for the aged 55-plus crowd. Members can connect with one another and offer a spare room in their house to fellow group members who are traveling. It's a way to bring in some extra income, meet others, and build new friendships.
- Memory Well (www.memory-well.com) captures seniors' life stories using prose, images, and music to help caregivers better know the person they're caring for. By understating who a person is and what he or she loves, caregivers can have more meaningful conversations with

patients and provide more personalized care. The digital biography also serves as a keepsake for loved ones and a way for family members to sit and reminisce with a patient.

- Silvernest (<https://www.silvernest.com>) is a roommate-matching service for boomers.
- Wiser (www.learnwiser.com), an online lifelong learning space, provides courses, webinars, and discussions. It offers everything from classes on the Spanish Civil War and Alexander Pushkin's literature, to discussion groups about music, cars, and politics.

Unconventional Retirement Spots

Arizona. Florida.

They're the usual suspects that pop to mind when people think about retirement spots.

But that's changing.

SeniorAdvice.com, for example, just released its picks of best cities for seniors (<https://www.senioradvice.com/articles/top-ten-large-cities-in-america-for-seniors>), and Oklahoma City tops the list.

Huh?

In making its choices, SeniorAdvice.com looked at 100 variables in four categories, including health and safety (things like access to senior healthcare facilities and quality emergency

services), recreation and leisure (amenities and activities that seniors value), finance (home affordability, taxes, and so forth) and quality of life (weather, population density, and environmental health).

Here are its top 10 picks.

1. Oklahoma City, Okla.
2. Austin, Texas
3. Pittsburgh, Pa.
4. Louisville, Ky.
5. Ft. Worth, Texas
6. Richmond, Va.
7. St. Louis, Mo.
8. Omaha, Neb.
9. Cincinnati, Ohio
10. San Antonio, Texas

Other studies and calculators also are suggesting non-traditional retirement cities. *Forbes'* "Great Places To Follow Your Passions In Retirement In 2016" (<http://www.forbes.com/sites/williambarrett/2016/03/09/great-places-to-follow-your-passions-in-retirement-in-2016/#4d71f2b3719f>), for example, ranks cities by their ability to let you pursue your passions, whether that's hiking and biking, fine dining or theater.

Billings, Mont., Chapel Hill, N.C., Bend, Ore., and Traverse City, Mich., all made that *Forbes* list.

And BankRate's calculator (<http://www.bankrate.com/finance/retirement/fun-tool-picks-perfect-cities-for-retirement.aspx>) lets you assign importance to several variables – taxes, walkability, community pride, weather, and so forth --and then it generates potential retirement cities. And many of them are huge departures from

tradition. Think Des Moines, Iowa, Franklin, Tenn., and Portland, Maine.

So just maybe winters during your golden years will be spent wearing North Face coats, not flip flops.

Travel Grants for Caregivers

If you're a long-term caregiver, you already know how your daily existence is framed by enormous pressure, endless to-do lists, and relentless stress.

And you also know that running an errand, even one to the Department of Motor Vehicles, provides a much-needed break from the daily grind.

Road Scholar, formerly known as Elderhostel, offers a break that is better.

Much better.

The group's grant program gives unpaid caregivers a chance to go on a trip and find some peace and rejuvenation.

Grants of up to \$1,300 are available to aged 50-plus caregivers and can be used for a U.S.-based trip.

To see if you're eligible and to find an application, see:

<https://www.road scholar.org/about/financial-assistance/media/> and https://www.road scholar.org/globalassets/rs_grantapplication_caregiver_jun16_final.pdf

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