

Editor's Note: This is a new monthly column provided by the Big Stone County Memory Loss Connection Committee.

Memory Loss Connection

Technology? Why Should I Care?

By Mary Ross

Are you new to tech devices? Do you feel stuck at your present skill level? Do you want to learn more?

Schedule a free 1-on-1 tutoring session with Laura Thomas, Director of Aging Well at Prairie Five. Laura will meet you at the Ortonville Library basement on Thursday, Sept. 16 or Thursday, Sept. 30. Schedule an appointment between 1 and 3 p.m. by calling Laura at 320-226-8861. Then come with 3-4 specific questions or goals you want to achieve during the session i.e. "I want to walk out of here knowing how to _____."

Take your tablet trepidation to functional finesse and turn the

- "This is so frustrating" emotion into "I will figure this out!"
- "I'll never get it" discouragement into "I'm going to take a break and come back refreshed" Or "I can always call Laura!"
- "I'm going to break this" feeling, into "Nothing I can do will damage it."

The Big Stone Memory Loss Connection Committee now has tablets available to borrow, free of charge, for those with memory loss and their caregivers. Tablets have been preloaded with games and activities that are fun, stimulate brain activity, and connect people socially. Contact Ranet Schmeichel at 320-760-0266 for more information.

Laura Thomas recently worked with a senior couple who heard about an 84-year-old woman who had learned to use a tablet (iPad). They said to themselves "if she can do it, we can do it!" And they did. After 4-5 sessions with Laura they found themselves using and enjoying their device at ages 90 and 92. If they can do it, YOU can do it!

(Some content courtesy of Laura Thomas)