PLUGGED IN
SENIORS ARE MAKING TECHNOLOGY WORK FOR THEM

By Curt Holman | For the AJC

A popular but misleading belief holds that seniors are regularly beheld by technology. In fact, a 2017 Pew Research Center study found seniors are the fastest growing online demographic, with 73% of people over the age of 65 in the United States using the internet, up from 14% in 2000. And that was before the 2020 pandemic accelerated the trend by encouraging the elderly to stay at home.

Used effectively, smart technology can not only help compensate for the social isolation brought on by COVID-19, they can give seniors more control of such personal necessities as shopping and medical care.

Dr. Lynn Reina, a professor of gerontology and geriatric medicine at Emory University School of Medicine, is the author of “Losing My Mother and Finding Myself: A Story of Alzheimer’s Disease and Family Commitment.” In her book and in an interview with The Atlanta Journal-Constitution, Reina discussed how the coronavirus pandemic has made many older people comforted with the ease and convenience of technology to stay connected with loved ones.

In recent months, under stay-at-home orders due to the coronavirus pandemic, many people lost touch daily with family members (Reina, the other hand, have done my best to maintain in as many of them as possible while sitting by remote. With seniors, the traditional approaches to social distancing and group activities aren’t always possible, and close friends now limit their personal desire to avoid exposure to COVID-19, the bond socially distanced contacts with people in their neighborhood, for those who have known casually for years and others I just met, have been crucial to my emotional and practical well-being and maybe even my health.

The benefits I associate with my own contacts were nurtured recently by a hermaphrodite bird. During the pandemic, when a group of feathers on my headfallen, a friend gave me a book on birds called “Consequential Strangers.” The Power of People Who Don’t Know You.” I stumbled upon, a book, like literature called “Consequential Strangers.” The Power of People Who Don’t Know You.”

The bird’s feathers fell through the leaves at 425 degrees, which broke them down, but without changing the edges or setting off the smoke alarm. The only real variables are the seasons, and the options are many.

With its sweet, zappish flavor, cauliflower is not exactly a blank canvas of a veggie. But it can play nicely with others, especially sharp, salty, spicy ingredients, which help highlight its gentle side. Here, crusted olives, fresh lemon juice, garlic and red pepper flakes provide the needed key and tang, while adding an earthy note. There’s a thin, lazy coating of Parmesan that bubbles up in a crisp-topped surrounding each floret. A little like fricos — those brittle Northern Italian cheese crackers that are so fantas- tic with a Negroni — you’ll be hard pressed not to pop the golden bits off the pan and pop them directly into your mouth. If you’re not sharing, highly recommend this maneuver; do it standing over the pan before adding the oil drizzling. Off-

You won’t want to share this roasted cauliflower

Cauliflower paired with olives, pancetta and Parmesan brings out the vegetable’s most irresistible side...crispy, nutty and slightly smoky. 

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COOKING

SCIENCE

AGING IN ATLANTA

JOIN US AS WE EXPLORE WHAT IT MEANS TO BE HAPPY AND HEALTHY BEYOND 55

BONUS SECTION

PRESENTED BY KROGER

MEETING STRANGERS EXPANDS OUR WORLD

Even in COVID-19 era, talking to others lifts emotional well-being.

Janet Fish

The New York Times

I’m a lifelong extrovert who readily establishes and refinches casual con- tacts with people I encounter during daily life, while walking my dog, shopping for groceries, working out at the gym and just hanging out at my sidewalks. These win- dow-smash introductions are often a matter of chance, but they are also the essence of what it is to interact with people. They are also a source of useful information and often provide needed emo- tional and physical sup- port. Equally important, they rarely always leave me with a smile on my face (although now hidden under a mask!).

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65 is the new 30. Time to take advantage.

One of the pluses of getting old, ahem, aging gracefully, is that in a lot of ways life gets easier.

At 65, menus have whole sections dedicated to you and people start offering you their seat.

By enrolling in a Kaiser Permanente Medicare health plan rated 5 out of 5 Stars in Georgia for 2020, that easy streak keeps on going. Our high-quality health plans help make it easy to access your health needs — often under one roof.

So take advantage of all those “senior benefits,” as long as they benefit your health.

Visit kp.org/medicareforyou to learn more.
Continued from G1

5 ounces Parmesan cheese, shredded (not ground)
1 1/2 teaspoons cumin or caraway seeds
2 tablespoons roasted balsamic vinegar
1/2 teaspoon kosher salt, plus more as needed
1 cup extra-virgin olive oil
1/4 cup chopped fresh parsley or mint for serving

Instructions

1. Preheat oven to 425 degrees. Place cauliflower on a rimmed baking sheet and toss with 1/4 cup olive oil and 1/2 teaspoon salt until well coated. Roast for 15 minutes. Add pancetta and cumin seeds to pan. Gently combine. Roast another 15 minutes, or until pan juices are thick and cauliflower is tender.
2. In a small bowl, whisk together 1/2 cup olive oil, 1/8 teaspoon red-pepper flakes and a large pinch of salt. Drizzle in the remaining 1/4 cup olive oil, whisking well.
3. After the cauliflower has roasted for 1 1/2 hours, pour in olive dressing. Toss to combine. Taste, and add more salt, red-pepper flakes or lemon juice, if needed. Scatter parsley over the top before serving.

ROASTED CAULIFLOWER WITH PANCETTA, GAYRENS AND CRISP PARMEAN

Yield: 2 main-dish servings or 4 side-dish servings

1 large head cauliflower (about 1 1/4 pounds), trimmed, cut into bite-size florets (about 8 cups)
1/2 teaspoon salt until well coated. Roast for 15 minutes. Add pancetta and cumin seeds to pan. Gently combine. Roast another 15 minutes, or until pan juices are thick and cauliflower is tender.

CAULIFLOWER continued from G1

Cauliflower

If you're like me, be quietly thrilled that they're all yours. I'm always looking for a vegetarian side dish, or something a little lighter, just leave the brawny drippings on the pan, which melts its flavorful drippings on the florets. This said, if you're looking for a vegetarian main course rather than a side dish, I add a generous amount of diced pancetta and cheese is golden brown and crunchy. 4. Spoon olive dressing all over roasted cauliflower while still hot and toss to combine. Taste, and add more salt, red-pepper flakes or lemon juice, if needed. Scatter parsley over the top before serving.

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• An invitation to join your loved one in their new apartment for their first days after move-in; and
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WE PROMISE.

If you're not satisfied and decide to move out within your first 60 days, we'll give you a complete refund.*

*Refund is available only if move-out is a result of dissatisfaction with our service. Our patient, undivided attention and straight talk; advantage.

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connections with people other than family and friends. In their book, _Consequential Strangers_, they argue that we can foster a sense of belonging by making an effort to connect with people other than family and close friends. Consequential strangers can be a valuable source of community, helping us to maintain a sense of belonging to a community.

The tendency to “clutch” local strangers I meet in the course of my daily life has resulted in a slew of acquaintances who have filled my life with pleasantries, advice, information, and emotional support. They are among the most important of all during this time of isolation. For me, they are a valuable source of community to people who share my environment.

Pinger’s research has also shown that people who are more socially active are physically “being sedentary kills you,” she said. “You have to get up and move to be with the people you run into while exercising.”

Consequential strangers also help your brain, she said, because “conversations are more stimulating than people you know well.”

A fellow researcher in the field, Katherine L. Prior, chairwoman of undergraduate psychology at Adelphi University, has found that interactions with “weaker ties” can be a source of better emotional and physical health. “The greater the number of weaker ties, the stronger the association with positive feelings and fewer depressed feelings,” Prior said in an interview. “It’s clearly not the case that close ties are all that older adults need.”

Every older American deserves to live free of fear.

If you think someone is being abused or exploited, contact Adult Protective Services at 866.553.4444.
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