



EDITORS: Your reporters are invited to work side by side with seniors at a Thursday afternoon iPad class at Spring Hills Lake Mary.

A Dropbox link with high resolution photos is located at https://www.dropbox.com/sh/mtl07xj7xif11du/nYf-QN_eZ-
Photo credit: Spring Hills Lake Mary

CONTACT: SFPR – 215-627-0801
Liz Matt, x 102, Cell 215-285-4867, liz@sf-pr.com



Photo caption: 91-year old Rita O'Brien participates in the weekly iPad class held every Thursday afternoon at Spring Hills Lake Mary Assisted Living in Orlando.

IPAD LESSONS HAVE SENIORS 90-AND-UP EAGERLY EXPLORING TECHNOLOGY AT SPRING HILLS LAKE MARY ASSISTED LIVING

One resident exclaims ... "I'm as hip as my grandson!"

Orlando, FL (June 6, 2013) – The iPad, a relative new-comer on the technology scene, turns out to offer many advantages over computers for the elderly. That has led to several residents over 90-years old becoming enthusiastic regular users at Spring Hills Lake Mary in Orlando. Weekly iPad classes offered on Thursday afternoons, and taught by the Orlando lifelong learning company Team Elliott Education, introduce the ways that an iPad mimics the familiar experiences of paper and pen. Seniors, who often fight new technology advances, quickly become comfortable with these devices, branching out to explore personal interests, games, email, Skype, e-books and web-searches. As an added bonus, a variety of iPad applications have been developed to stimulate senior brain vitality, including an app by Team Elliott.

According to Leigh Elliott, whose company presents the classes, seniors at Spring Hills Lake Mary tell her that the compact size --- and even the name iPad --- makes the device seem very approachable. "If the session is labeled 'computers,' that is often intimidating to seniors. It conveys work, difficulty, the sense that it requires 'more than I can do'," said Elliott. "But," she explains, "the iPad is very intuitive for seniors. When they touch the screen, there is immediate response and reinforcement. It's less cumbersome than a mouse and there are fewer steps to getting a result. Specifically for seniors, many folks have conditions like arthritis, which can limit

dexterity or make manipulation painful. I have a fellow who uses his knuckles and another who uses a pogo, a stylus for the mouth. And for the many seniors who once were proficient typists, iPads can connect with keyboards that provide the tactile response that feels familiar and more satisfying, to some, than tapping on flat glass while writing.”

At Spring Hills Lake Mary, eager new iPad users include residents Mimi Howard 88, who loves to be challenged and is always the last resident to reluctantly end her session. Eloise Youngman, 95, is very knowledgeable of how to communicate with family via email, and successfully downloads new challenging games. She recently discovered the internet and YouTube. For Maxine McArtor, 73, e-mail is always popping with new messages and links to fun clips and slideshows. She is a top communicator via technology. Florence Minter, 90, has discovered new games and sticks with them until she feels a sense of mastery.

“It’s important to note that our focus is never on the result but it’s all about the engagement process,” concludes Leigh Elliott. “Being involved provides an atmosphere for shared social discussions within the community and within families. Residents gain confidence. They feel empowered, saying ‘I can do it’ and ‘I am as hip as my grandson!’ They love knowing that they still *have it!*”

About Spring Hills Lake Mary:

Spring Hills Lake Mary provides premier assisted living and memory care with the finest amenities in the Orlando area. It is located at 3655 West Lake Mary Blvd Lake Mary, FL 32746. For more information, visit www.springhillslakemary.com or call 321-710-8513.

About Spring Hills Senior Communities:

All Spring Hills Senior Communities offer a distinctive and innovative approach to assisted living and Home Care Services. Signature Touches is the company’s approach to offering services that are designed to meet the needs and preferences of residents and clients. Personal choice is top priority, which is exemplified by recreational programs led by professionals in one of the company’s eight communities located in NJ, VA, OH and FL or in their own home. For more information about their commitment to senior living, including information on Spring Hills Home Care Services, visit www.spring-hills.com

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