

Eyes Only *January 2018*

The membership newsletter of the
ASSOCIATION FOR MACULAR DISEASES

A Selection From Our New Website

GOGO GRANDPARENT GETS AN UBER WITHOUT AN APP

by Dorrie Rush

Uber and Lyft are technology companies operating new age transportation networks on a global scale. Their names are becoming synonymous with dated terminology like: taxi or cab. They deliver transportation to people where and when they need it. The entire process fully transacted on a smartphone app.

Naturally this seems like a perfect fit for the transportation needs of older

adults. But according to a study by PEW Research, less than 1% of Uber customers are 65 and older, while about 4 in 10 seniors are using smartphones.

Justin Boogaard was living with his Grandma Betty, after college, when she gave him the idea for GoGo Grandparent. Betty noticed her grandson was taking a lot of Ubers wherever he needed to go. She recognized this could be a great way for her to get around as well and she wanted to get in on the action. One problem: Uber can only be summoned by app, and Betty doesn't have a smartphone.

Necessity is, after all, the grandmother of invention. Justin set out to find Betty an easier way to get an Uber, and a start-up was born. GoGo Grandparent takes the app out of the equation as it adds people back in. Less technology and more personal attention opens up these transportation services to a significant demographic they would not have otherwise attracted.

With GoGo Grandparent the transaction is conducted by phone, with customer service provided by "Professional Grandchildren." They order the car, communicate with the driver, and monitor your trip.

There is technically no age requirement, so you don't actually have to be a Grandparent and you can schedule a ride from any phone you choose. The concierge fee for this service is \$0.19 a minute, which means if the ride takes 15 minutes, the fee added to your fare is \$2.85.

Uber and Lyft cars are notoriously difficult to locate, particularly if you are visually impaired. GoGo Grandparent can help by making the driver aware and by providing the customer more detailed location information.

Here's how it works:

- **Set up an account by phoning 855.464.6872 or online at GoGoGrandparent.com**
- **Choose Uber or Lyft**
- **Fare is billed to your credit card by GoGo Grandparent**
- **Rides are closely monitored and managed by the Professional Grandchildren**
- **Service available 24/7**
- **Notifications available to keep family and friends in the loop**
- **Schedule rides weeks in advance or on-demand**

Oh, and did we mention, there's nothing to download.

**Ask questions or set up an account:
Phone: 855.464.687**

**Online:
GoGoGrandparent.com ■**

**SAVVY SENIOR
TECH SUPPORT
RESOURCES**

by Dorrie Rush

A recent Wall Street Journal article, titled "Want To Be Tech Savvy? Don't Ask Your Kids," exposes a harsh reality. Family members are not a reliable source for technical support. This is not to cast aspersions on your loved ones, or to judge their ability.

Stop blaming your visual impairment for the emotionally charged exchanges with the geek you love. Let's be clear — tech support is best administered by a neutral party. Your offspring can be impatient

or make fun. It can be a frustrating, aggravating experience.

Today's tech is not for the young, it's for everyone. When it's well designed and user friendly, technology knows no bounds. Age should not be a barrier. The true test of great universal design is its adoption by young and old alike. The aging population can well benefit from the focus on social, communication, finance, health and fitness as much, or more, than any other age group.

The move to mobile touch screens has opened the gates of access. That means we do not have to buy "special devices" because of our age or our eyesight. The most popular smartphones and tablets do not discriminate — they are designed to benefit all of us.

Do not be deterred by a bad encounter with the family genius. Do not give up.

It is well worth your effort to stay connected. Learning new technology is a great way to exercise your brain and keep it sharp.

Here are some places you can find the tech support you need to nourish the nerd within.

- **Public Library** - more and more libraries are offering free tech support and training programs. They may have regularly scheduled classes and even individualized help administered by qualified volunteers. Contact your local library today and inquire.
- **Apple** - the Apple Stores offer free personal set-up, numerous work shops scheduled daily, Genius Bar to help you solve issues or fix problems, and Accessibility Support 24/7 by phone at 877.204.3930 for people with visual, hearing, learning and physical impairments.
- **YouTube.com** - video tutorials are utilized by people of every age. Search your topic and find a variety of "how to" videos on the subject. If the first video doesn't suit you, another will immediately follow. Watch, pause, rewind, as needed. You'll even find tech tutorials specifically for Seniors.
- **Microsoft** - Microsoft Stores offer technical support and personal training for a fee under Microsoft Complete hardware protection plans, and the Microsoft Disability Answer Desk is available by phone at 800.936.5900 to support customers with vision loss (free of charge).
- **Senior Centers** - are offering more in the way of technology support, and and training as well. Contact your local center and ask about their offerings. In this setting you'll be learning from and with your peers.

Before you begin to expand your horizons, here are a few tips that can help you ease into the learning process with realistic expectations.

- **Focus on learning one thing at a time. Classes and workshops may cover more elements than you can absorb in one session. Be happy to learn a couple of new things each time and come back for the rest later.**

- **Know the key to successful learning is rooted in repetition. You don't learn to do something on the first try. Repeat it 20 times and suddenly you are the master. Learning to navigate a touch screen is mostly about how many times you touch that screen every day. After a while it's just second nature — engrained in your sense memory.**

- **A learning curve causes discomfort across the entire spectrum of age, whether your eyesight is good, or not. Keep things in perspective by allowing yourself credit for your successes.**

Remind yourself with each new endeavor — you can do this! ■

AUTODROP IS A REAL EYE OPENER

by Bernard Landou

An eye drop prescription for a newly diagnosed glaucoma was accompanied by a simple, stunning little gizmo that totally resolved the issues that commonly occur when trying to deliver the drops into the eye, and not onto the face.

This clever invention takes the mess and the aggravation out of the self-administration of medication directly into the eye. And it has a companion device that controls the dose. Both

the AutoDrop and the AutoSqueeze are products developed in England by Owen Mumford in collaboration with the Royal National Institute for the Blind.

An eye drop guide is something you may have never heard of before today. It is a fascinating solution to a problem that can be annoying and even detrimental. This is one of those discoveries you'll be sharing with friends.

It's really not unusual at all to have difficulty self-administering eye drops. The eye naturally blinks as the drop approaches, and it winds up on your eye lid instead of your eye ball. This eye drop guide is designed to override that reflex by holding still the lower lid and drawing the focal point away from the drop as it positions the bottle and steadies the hand for accurate delivery, without waste.

The bottle of drops clips into AutoDrop and can be used

with its companion Auto-Squeeze to further enhance stability for patients with dexterity issues. The accurate delivery of medicine is essential for successful treatment.

This is not the only eye drop guide on the market, but it does seem to be a favorite. Consult your doctor or pharmacist for advice on these products. AutoDrop can be found online at Amazon, Walmart and Walgreens for a retail price in the vicinity of \$5. It is easily cleaned and can be used on multiple bottles, or you can give each dropper you use its own guide. ■

***LOW-VISION GOURMET
A MAIN DISH RECIPE THAT IS
VERY FAST, VERY EASY, AND, IT
TURNS OUT, VERY SPECIAL
by Bernard Landou***

There was a salmon fillet I'd bought yesterday on the bottom shelf of the fridge.

It was a lucky find on an evening when I wanted a quick and easy-to-do dinner.

A glance in the cupboard spotted a plastic bucket of panko. These Japanese bread flakes would provide a crisp coat for the succulent fillet.

With salmon and panko on hand, I grabbed the standard trio of condiments I use on virtually all protein – kosher salt, a black, pepper mill, and a jar of ground yellow mustard. That was the eureka moment.

The removal of the condiments revealed a jar of Chinese five spice powder. Cancel the tourist seat, we were flying first-class tonight.

Chinese five spice powder is used widely in Chinese, Taiwanese, and related cooking. It's a mixture of Szechuan pepper, cinnamon, star annise, fennel, and cloves.

It is readily available, on the spice racks of your local market. The 5-spice I'm using came from a market half a block away from the Association's office here at

Manhattan Eye, Ear & Throat Hospital.

We're cooking.

1. In a small mixing bowl combine:

**3 tbsp. panko
2 big pinches salt
6 grinds black pepper
1 generous pinch mustard
1 big pinch Chinese five spice**

Mix well. Pour mixture on dinner plate and smooth out.

2. Add 1 tbsp. butter to medium nonstick frypan.

While butter heats to frying bubbles, quickly dredge fillet top in panko mix, getting as much as possible. Use the rest with the bottom.

Saute the fillet for 4 minutes, add a pat more of butter, flip the fish and cook for 2 minutes. Remove from heat.

This salmon will be nicely medium rare.

Plate the side (made-ahead salad, green vegetable), then the fillet, pouring the melted butter over the fish.

But if you're really in an expansive mood, serve this simple special salmon

with sauted baby bok choy or braised endive. You can find receipes on the Internet.

The salmon fillets at my market weigh one pound. I usually reserve one third of the cooked fillet for a nice cold lunch the next day. ■

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