



# AGELESS

## NEWSLETTER

*Tech Tools*  
*Smart caring for a*  
*parent or spouse*

April 2025 Edition

Stressed Healthcare Proxy for your Parent?  
Feel Like You Again- Visit our website



**Worcester Physicians  
And Nurses Services**

# **WE ARE ACCEPTING NEW PATIENTS**

**OUR TEAM:**

**Julie Tucker, FNP-BC  
Chidimma Okoli, MD**

**\*We accept commercial insurance products**

**WORKING HOURS-  
MON TO FRI | 8:00 AM-4:00 PM**

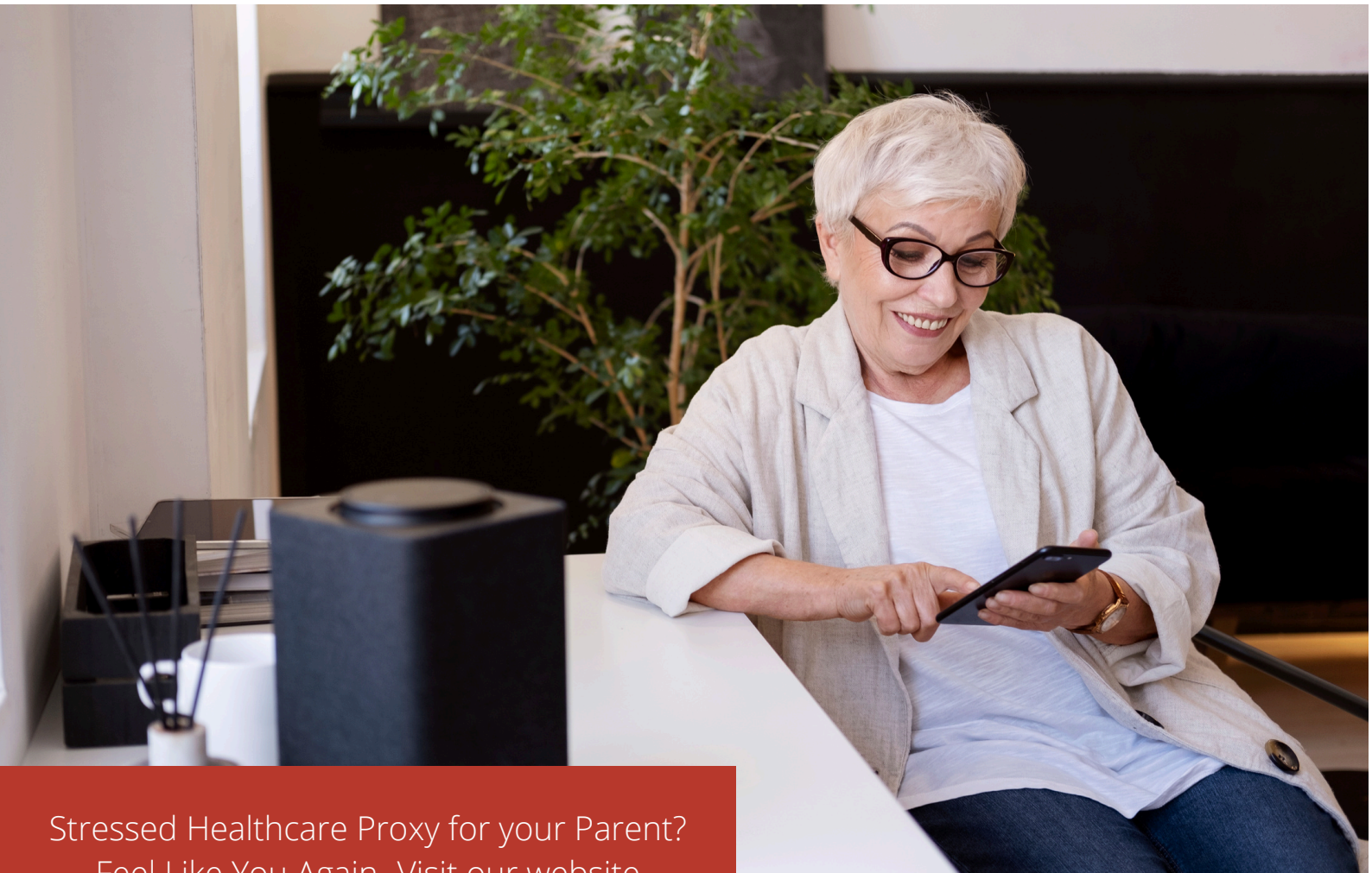
**CALL FOR APPOINTMENTS-  
(508)-556-1072**

## Featured Story:

### Tech That Talks (and Listens)- The Gadgets Redefining Independence

For Linda, a retired schoolteacher in her 70s, staying independent was a priority. After a fall last year, her daughter Sarah insisted on exploring technology that could help Linda live safely at home. Linda was skeptical—gadgets had never been her thing. But what started as a reluctant trial turned into a transformation.

The first device they tried was a voice-activated assistant. “I thought Alexa was just a fancy speaker,” Linda joked. But soon, it became her lifeline. From setting medication reminders to turning on lights with a simple command, the device made everyday tasks easier. When paired with smart sensors, it even alerted Sarah if Linda forgot to lock the door or left the stove on. [Read more ....](#)



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[www.wpnscaresync.com](http://www.wpnscaresync.com)



# NOVA LEAP HOME HEALTH

## Private Home Care Across MA

Worcester County/ Greater Boston: (508) 842-5576

Bristol & Plymouth County: (508) 748-1331

Hampden & Hampshire County: (413) 533-5336

Franklin County: (413) 665-9058

## Our Services

- ✓ Dementia Care
- ✓ Personal Care
- ✓ Companionship
- ✓ Meal Preparation
- ✓ Transportation & Errands
- ✓ Medication Reminders
- ✓ Light Housekeeping
- ✓ Live-In Care
- ✓ Respite Care
- ✓ Hospice Support

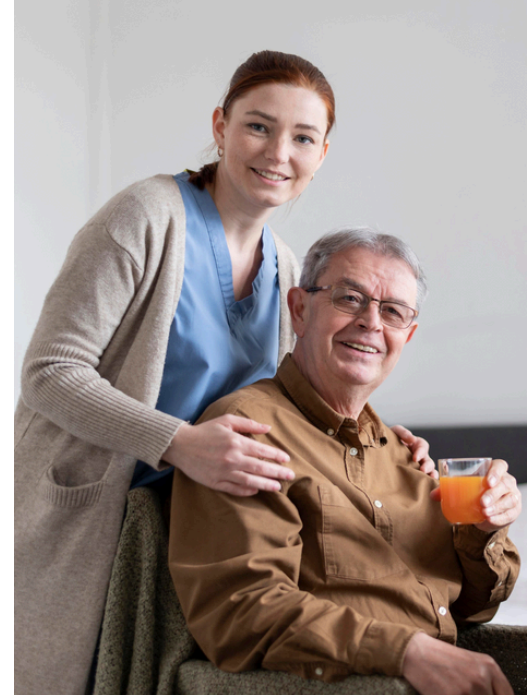
## Care with Trust & Compassion

- 1.Experienced Caregivers** – Trained CNAs, HHAs, and Companions available hourly (up to 24 hours).
- 2.Full-Time Nurses on Staff** – Offering expert guidance, personalized support, and seamless coordination of care.
- 3.Thoroughly Vetted & Insured** – Caregivers receive criminal background checks, are bonded, and are fully insured by the Workers' Compensation Board.
- 4.Payment Options** – Long-Term Care Insurance , Private Pay , and Veterans Benefits.

### TESTIMONIAL ★★★★★

The staff is extremely dependable - never a day that my mother has gone without caregiving. The caregivers are well trained. The staff is awesome and have excellent follow-through.

-Patty H.



## Call Us Today!

☎ 877-942-5576 (Toll Free)

🕒 Available 24/7

🌐 [novaleaphealth.com](http://novaleaphealth.com)



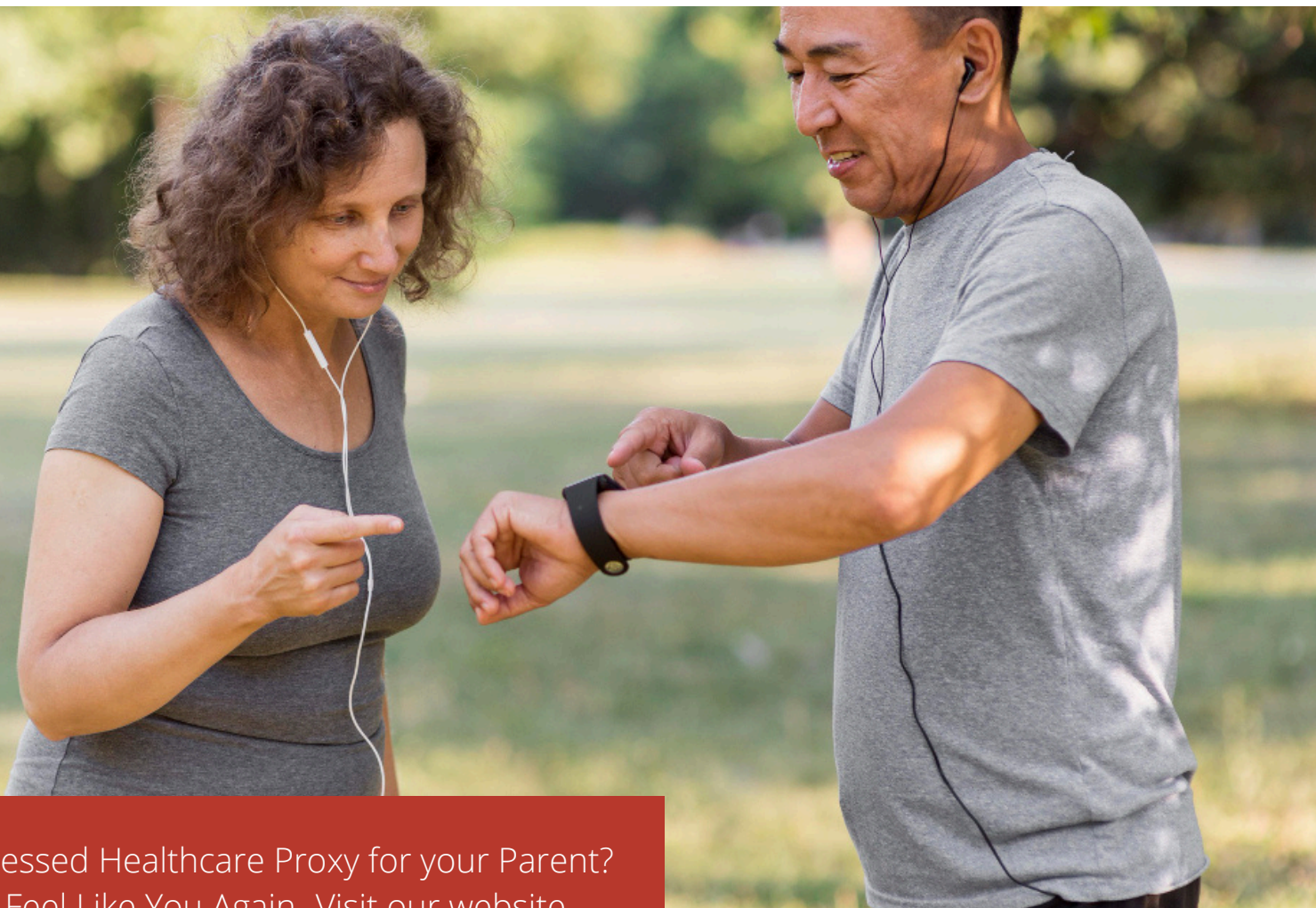
## Featured Story Continues:

### Tech That Talks (and Listens)- The Gadgets Redefining Independence

The game-changer was a wearable health tracker that monitored Linda's heart rate and detected falls. When Linda had a dizzy spell in the garden, the tracker alerted Sarah immediately, ensuring a quick response.

The impact went beyond safety. Linda began to embrace technology, joining virtual book clubs and reconnecting with old friends through video calls. "It's not just about gadgets," Linda said. "It's about freedom—freedom to live my life without fear."

Stories like Linda's show how tech isn't just for the young. It's a powerful tool to redefine aging and caregiving, making independence a reality for seniors and peace of mind possible for families.



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## Fun Section: Games & Trivia

Test your knowledge about tech and aging with these fun facts:

- **True or False:** Some wearable devices can detect irregular heart rhythms.
- **(Answer: True! Many health trackers now include advanced heart monitoring features.)**
- **Fact:** The first wearable health monitor was introduced in the 1970s.
- **True or False:** Smart homes are more common in senior housing than in family homes.
- **(Answer: False! Many families are adopting smart home tech to support aging in place.)**



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# April Adventures

## A Springtime Word Search!

Welcome the beauty of April with this delightful word search. From blooming flowers to April showers, find the 10 hidden words that celebrate the joy of spring!

(Hint: there are total 10 words hidden in the below puzzle)

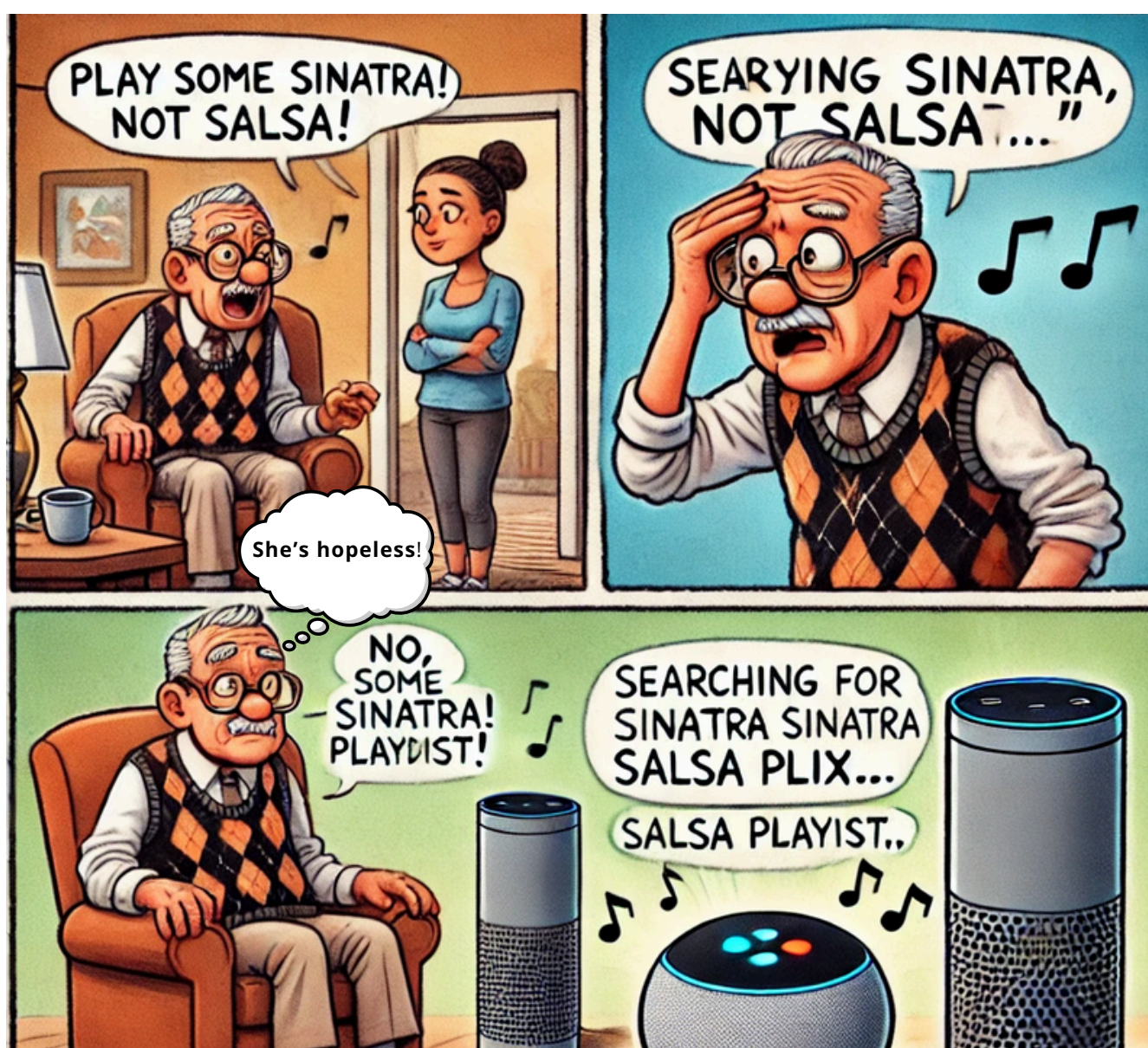
X	S	H	O	W	E	R	S	S	S
B	D	J	F	T	Y	X	C	B	C
L	D	E	A	S	T	E	R	U	G
O	K	S	L	W	S	T	Y	N	A
S	U	N	S	H	I	N	E	N	R
S	S	P	R	I	N	G	W	Y	D
O	E	R	I	K	S	F	P	O	E
M	J	R	A	I	N	B	O	W	N
U	M	B	R	E	L	L	A	I	G
S	F	L	O	W	E	R	S	H	C

## Grandpa vs. Alexa: The Rematch:

**Panel 1:** Grandpa asks Alexa, "Play some Sinatra!" Alexa responds, "Playing salsa playlist."

**Panel 2:** Grandpa shakes his fist. "No, Sinatra! Not salsa!"

**Panel 3:** After a moment of silence, Alexa replies, "Searching for Sinatra salsa mix..." Grandpa sighs. "She's hopeless."



## Ask A Geriatrician:

### Are Tech Tools Worth the Hype for Aging in Place?

Tech tools can be game-changers for seniors and caregivers, but only when chosen thoughtfully. Dr. Chidimma Okoli highlights key considerations:

**Safety First:** Devices like fall detectors, emergency response systems, and motion sensors provide invaluable support for seniors living alone.

**Ease of Use:** Tools should be intuitive. If it's too complicated, it won't get used.

**Integration:** Look for gadgets that work well together, such as a voice assistant synced with smart home devices.

**Cost vs. Benefit:** While some tech can be pricey, the long-term savings from preventing emergencies or hiring extra help often outweigh the costs.

Tech can't replace human connection, but it can complement caregiving by enhancing safety, organization, and communication.



**\*\*Got a question?\***

Mail us at [wpns@wpnservices.org](mailto:wpns@wpnservices.org) to submit your query for next month's "Ask a Geriatrician" feature!



Calling 10



# FAMILY CAREGIVERS

## GET FREE ASSISTANCE

Are you making big decisions for a parent and you feel worried or unsure? Don't do it alone!

CareSync is offering a FREE Assistance Call with a Caregiver Support Specialist!

- ◆ Get help and answers right away
  - ◆ Feel sure and calm about your choices
  - ◆ No stress, no work—just peace of mind
- ⚡ **ONLY 10 SPOTS due to limited openings**

The Caresync support specialist helped me feel less overwhelmed and gave me practical tools to help me make caring for my mom easier. I highly recommend them- Sarah, family caregiver for her Mom

**Text "RELIEF" to 774525855 NOW  
to book your appointment!**

CareSync is a Family Caregiver Support and Mediation Service  
We are on a mission to make caring for your loved ones easier through guidance, support and mediation  
[www.wpnscaresync.com](http://www.wpnscaresync.com)

CareSync ( Family Caregiver Support Service by Worcester Physicians and Nurses Services  
111 Elm Street, STE 201  
Worcester, MA 01609  
Contact : Chi or Lynn 7745254855 or 5085561072

## Ambassador of the Month Meet Lily Morgan

Lily, a caregiver for her father with Parkinson's, transformed his care by integrating AI tools. She uses a smart spoon to reduce tremors during meals, voice assistants to remind him of tasks, and a smart thermostat for his comfort. "Tech gave us time back," Lily shares. "It lets me focus on being his daughter instead of just his caregiver."



### **\*\*Ambassador Nominations Now Open\*\***

Do you know a caregiver who's making a significant impact? Nominate them to be our **\*\*November Ambassador of the Month\*\*** and let their caregiving story inspire others.

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# Business Spotlight

## Reminderlink app for your pill reminders

What if you never had to worry about missing a medication or appointment again?

### What is ReminderLink?

This is the app for pill reminders, doctor's and home visit appointments and much more

### Why It's Amazing

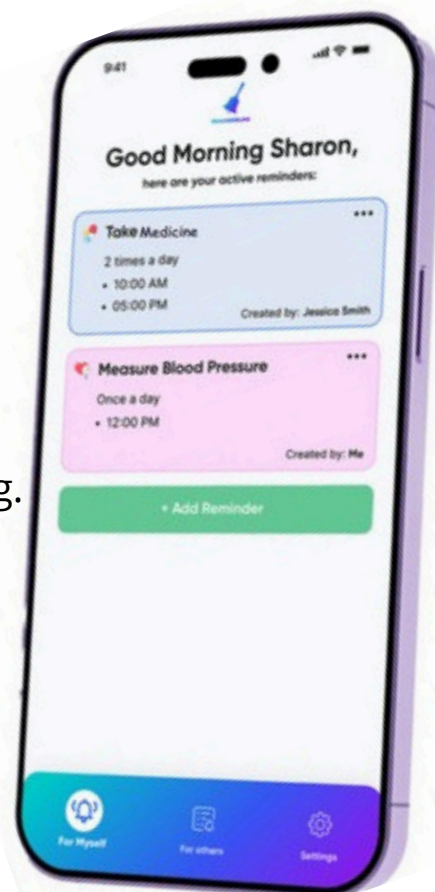
- One app for all tasks and reminders.
- No more sticky notes, emails and texts
- Peace of Mind knowing you're always in control
- Stay Connected: Share schedules with family or other caregivers..

### Who's It For?

Family caregivers and their loved ones  
Professional caregivers and helpers  
Adults who want to stay independent.

### Why It Matters

Caring for someone can be overwhelming.  
ReminderLink makes it easier  
Sign up to download when available  
scan or go to signup page



# CARESYNC TALKS SEMINAR/WEBINAR

**JOIN US**  
**Last Thurs of the Month**  
**1pm to 2pm**

**PREFER TO JOIN ONLINE?  
SCAN THE CODE  
ON MEETING DAY**



**THIS SEMINAR IS FOR ANYONE  
CARING FOR A PARENT OR SPOUSE**

**What You will learn:**

**Effective Caregiver  
Communication Strategies**

**Practical techniques for  
managing caregiver stress**

**Legal, Financial and  
Healthcare planning**

**Lots of Tools and checklists  
to make it all easy to use  
from day One**

**Presenter: Chi Okoli  
CareSync  
Family Caregiver Support  
and Mediation  
We are on a mission to  
make caring for your loved  
ones easier through  
guidance, support and  
mediation**

Did you forget to take  
your pills this morning?

**Never Miss A Dose**

With

# ReminderLink App



**Scan the QR Code to  
Sign Up for Early Access!**



**WPNSCareSync**

Owned by Worcester Physicians and Nurses Services

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Suite 201, Worcester  
MA 01609



774-525-4855



[wpns@wpnservices.org](mailto:wpns@wpnservices.org)



[wpnscaresync.com](http://wpnscaresync.com)

## Checklist/Guide

### Your Guide to a Tech-Savvy Home for Caregiving Ease

Creating a smart home for seniors doesn't have to be complicated. Start with these essentials:

**Smart Lights:** Motion-activated or voice-controlled lighting reduces falls and makes navigation at night safer.

**Wearable Trackers:** Devices like fitness trackers with heart rate monitoring or fall detection ensure quick responses in emergencies.

**Medication Management:** Smart pillboxes and reminder apps like ReminderLink keep schedules on track.

**Security Cameras:** Indoor and outdoor cameras provide caregivers peace of mind while respecting privacy.

**Voice Assistants:** Tools like Alexa or Google Home can set reminders, play music, or even make calls.

Each piece of tech should solve a specific problem and make daily life easier for both seniors and caregivers.



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# Trending

## Viral Spring Tech Innovations

- A 92-year-old teaching her Alexa to tell jokes went viral with over 1 million views.
- Seniors across the globe share creative ways they're using wearable tech to stay fit and connected.





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**Call 5085561072**

**email: [wpns@wpnservices.org](mailto:wpns@wpnservices.org)**

# **FEATURE YOUR BUSINESS PLACE YOUR AD**

## **AGELESS**

**Newsletter  
Monthly**

MONTHLY DISTRIBUTION  
ONLINE , SOCIAL MEDIA  
AND IN-PRINT

**Grow Your  
Business  
With Us**

**REACH** Senior and their families

Readership: ADULTS 40+

Distribution

- 30 days placement on social media-**Facebook, Instagram, twitter, Nextdoor, LinkedIn, Caregiver support service website- [www.wpnscaresync.com](http://www.wpnscaresync.com)**
- Print copies distributed to **Worcester area Senior Services businesses**
- **Annual plans** available - GET a spot on our caregiver resource section after 2 years

# Stay Connected & What's Next

## Become a CareSync Member

### **Member PERKS**

- **Expert Caregiver Support**

Get personalized advice from a caregiving expert to help you every step of the way.

- **Connect with Other Caregivers**

Join a private community to share experiences, tips, and emotional support with other family caregivers.

- **Free Emotional Release Call**

A free 30-minute session to help you reduce stress and feel more in control.

- **Access to Helpful Resources & Guides**

Easy-to-understand tools and guides to manage caregiving, Medicare, and more.

Click here to [Start Your Membership Today](#)

*WPNSCareSync- Feel Like You Again.*