

Sandy N: Statistics say that young people are flocking to video and virtual reality games now during this pandemic as safe recreation and as a way to socialize.

Speaker 2: What do you see there Sandra?

Speaker 3: I see an elephant walking.

Speaker 2: Wow.

Sandy N: Well now seniors at Palm Desert's Caleo Bay Assisted Living & Memory [00:00:30] Care are taking a page out of that story to stay fit and well themselves. With visits and outings restricted as COVID continues, seniors are using virtual reality or VR to boost physical fitness and improve mental wellness. Research has shown that VR is incredibly beneficial for those with memory related disorders. And in this uncertain time, it's critical for seniors to retain some sense of normalcy.

[00:01:00] People with Alzheimer's and dementia rely on routine, and any changes to those daily routines can create stress. So coming up with a safe activity like virtual reality, not only engages their mind, but it also encourages movement. Thus keeping both minds and bodies active.

Love that you guys have come up with this great program for your seniors.

Dawn C: We really like to celebrate and [00:01:30] honor our residents in every way that we can and provide that quality care, that high quality of care, and also provide that quality of life. And so if there's any opportunity for us to do that, we are going to make that happen. The VR program is a very innovative technology. We are able to really create experiences for our residents in so many ways. It's an opportunity to inspire [00:02:00] a long-term memory and really just bring our residents together. We can travel the world. We've gone on architectural digs, we've gone on African safaris, we just went to Paris the other day and saw the Louvre. We explored the Hope Diamond.

Sandy N: Who would have thought that bringing something like virtual reality, which has been so popular for [00:02:30] years with millennials and teenagers, into the world of seniors, where they can benefit so much from memories that are frozen in their mind, and now they can relive it. Just a genius silver lining.

Dawn C: Technology is just amazing. And if we can use technology for the good, that's what it's all about.

Sandy N: Finding silver linings in the most unusual solutions is perhaps the greatest silver lining of all. [00:03:00] For NBCares Silver Linings, I'm Sandy Newton.