

ASK LARRY

“Do I Need a Smart Phone?”

Q: “I’m 76 and don’t have a “smart phone” or even a cell phone for that matter. My son and daughter keep bugging me to get one but is it really necessary at my age? I also have four grandkids in their teenage years. —K.G, San Jose, CA



A: Everything is mobile today.

What you can do with a smart phone (should be called a computer) is mind boggling. Monitor your health (over 5,000 health apps available), find your way around town (Google Maps), discover new restaurants (Yelp) learn new things (YouTube) and even find the best doctors and hospitals.

Back to your question: If you want to keep abreast of what’s happening in the world and stay connected with your kids and grandkids, you should consider getting a smart phone. Teenagers today communicate mostly via “texting,” not calling. If money is an issue, maybe your kids will buy one for you! It doesn’t hurt to ask.

Q: *My mother died of liver cancer a long time ago in a small town in Kansas. For many years, she complained of stomach pain but her doctor contributed it to indigestion and “part of growing older.” She was in her late 60s. Not once did she consider seeing another doctor for a second opinion. In those days, doctors were placed on a “pedestal” and seldom questioned. Of course, we didn’t have computers or the Internet. There was “no place to go” to learn about your condition. When something serious comes up, such as—surgery, should I seek a second opinion? SB, Oakland, CA*

A: Absolutely! It’s your body. Your life. Doctors today are not offended if you seek a second or even a third opinion. The more you know, the better treatment. In fact, most doctors want you to learn as much as possible about your condition. Thanks to technology, you can.

Got a question?

Ask me anything—email: ASKLARRY@activeover50.com. Or call 408.921.5806.

REDISCOVER COMMUNITY.



Connect with nature, and each other.

Nestled in the foothills of Cupertino is Sunny View, a 12-acre full-service retirement community that has all the charm of a neighborhood park. It’s a setting that’s both relaxing and rejuvenating. And with some of the best weather in the Bay Area, it’s no surprise that our residents are always outdoors walking trails, gathering together and soaking up the natural beauty with friends and family.

CALL JUDY AT
408.454.5600
TO LEARN MORE!



22445 Cupertino Road
Cupertino, CA 95014
sunny-view.org



We’re an equal opportunity housing provider.

CA License# 435201317 COA# 214