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Discussion Notes: December 10, 2020 Lunch and Learn - Wearables

1 message

Monyett Ellington <mellington@oats.org>
Bcc: dtaenzer@gmail.com

Thu, Dec 17, 2020 at 2:13 AM

Wearables

A Lunch and Learn Discussion

Discussion Questions

- Is there a wearable device that particularly interests you? Why?
- Do you own a wearable device?
- If you use a wearable, what is it and what do you use it for?
- What wearables real or imagined, would you most like to have and use?



"I've used wearable technology since I was a kid. It's called a wrist watch."

Discussion References

- BUILDING A BETTER TRACKER: OLDER CONSUMERS WEIGH IN ON ACTIVITY AND SLEEP MONITORING DEVICES -PDF report
In partnership with AARP's Project Catalyst initiative, Georgia Tech's Home Lab gave 92 older consumers one of seven popular devices to use in their daily lives for six weeks in their daily lives. Their experiences supported research to date and yielded fresh insights to guide future product development, primarily that, to be valued as useful, activity and sleep trackers must first be effective and easy to use.
- [Best Smart Watches of 2020](#) -Review article from CNET
- [The Best Fitness Trackers for 2020](#) -Review article from PC Magazine
- [Smart Wearables Market To Double By 2022: \\$27 Billion Industry Forecast](#) -2018 article from Forbes Magazine

Links to Wearables Examples

- [Nestlé FITNESS-Tweeting Bra](#) -promotional video from the 2013 breast cancer awareness promotion done in Greece
 - [Business Insider article](#)
- [Climate Dress 2009](#) - *The climate dress is an interactive dress that is reacting on CO2-changes in the nearby surroundings.*
- [I Wore A Smart Ring For A Month And This Is What Happened](#) -Review article from BuzzFeed
 - <https://ringly.com/> -Product website.
Smart jewelry that keeps you active, mindful, and in the moment.
- [Ritot - the first projection watch](#) -Original Indigogo fundraising page with video.
- [Anti-Drone Fashion](#) -clothing designed to hide thermal heat from surveillance drones.
- [Like-A-Hug Jacket Embraces The Wearer When Facebook Friends Show Their Love \(VIDEO\)](#) -Article and video from Huffpost
- [DareDroid](#) -*The DareDroid is a biomechanic cocktail making dress that uses medical technology, customised hardware and human temperament to provide you with a freshly made cocktail.*

Recommended Links

Web page for SOS on iPhone <https://support.apple.com/en-us/HT208076>

Air bag for hips: <https://www.youtube.com/watch?v=kW53dckxWHk>

Product website: <https://senior.helite.com/en/>

Senior Planet Tai Chi Class: <https://seniorplanet.org/event/tai-chi/all/>

Apple Watch health monitoring: <https://www.apple.com/healthcare/apple-watch/>

Google launches Android app to collect data for health research: <https://abcnews.go.com/Health/google-launches-android-app-collect-health-data/story?id=74632285>

MIT media lab research keyword "wearable computing" search results <https://www.media.mit.edu/research/?filter=everything&tag=wearable-computing>

SENIOR PLANET COLORADO GENERAL INFORMATION LINKS

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Cheers! (and thank you for your participation)



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Discussion Notes: December 10, 2020 Lunch and Learn - Wearables Supplemental

1 message

Monyett Ellington <mellington@oats.org>
Bcc: dtaenzer@gmail.com

Thu, Dec 17, 2020 at 5:16 AM

Hello All:

I forgot to add these links:

- [Healthcare-Apple Watch. Helping your patients identify early warning signs.](#)
- [Weighing the Pros and Cons of Wearable Health Technology-Article](#)
- [Abbot FreeStyle Libre continuous glucose monitoring systems](#)
- [Medicare information page about Therapeutic continuous glucose monitors \(CGMs\)](#)

Cheers!

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Thinking warmly of each of you
and wishing your family an
extra measure of comfort,
joy and hope this holiday season.



Happy Holidays from
Monyett - Sr Planet Trainer