

When Seniors Text

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It's no secret; seniors are becoming more and more tech savvy every day. Sending or receiving emails and ordering on line are no longer reserved for the young. While computer classes for seniors are held in many communities, many seniors will admit to having been taught how to use this wondrous machine by their grandchildren. And, will also tell you that the "schooling" proved to be a welcome bonding experience.

The same is true for cell phones. Many seniors at Village North have chosen to forego restricting land lines and have opted for the convenience of cell phones. This is especially true for active seniors who benefit from the added security a cell phone brings. Whether on a walk, out shopping, or just down in the basement—help is just a phone call away. As with the computer, many seniors have also learned to use this device with the help of their grandchildren.

One element to the use of these devices that seniors find not so user-friendly is the abbreviated language—the OMGs, BRBs, ROFLs, NPs, etc. What does it all mean first of all, and what relevance does each of these "tech clichés" have in the life of a senior. ROFL (Roll On Floor Laughing) for instance could not be further from the truth. If one of us seniors is on the floor—we're definitely not laughing. OMG (Oh My God)—hey, when you're this close you are a lot more careful with HIS name. NP (No Problem)—where do I begin—

getting to the store is a problem, getting up during the night is a problem, remembering yesterday is a problem! BRB (Be Right Back)—honey, I can't guarantee that.

In my field, I am always looking for an opportunity to empower seniors. Therefore, I offer seniors everywhere a tech language they can identify with:

OML—Oh My Lord
WWWY—When We Were Young
IRWW—I Remember When We....
BK—Before Kids
HAY—How Are You
CC—Card Club
TWB—Trouble With Bowels
TDK—They Don't Know
SIOO—Saw It On Oprah
TKAC—The Kids Are Coming
AC—After Church
ISH—I'm Still Here
TMK—Tending My Knittin'
(means minding my own business)
NF—New Fangled
BOSS—Any governing insurance body
GGNC—Gotta' Go Nature's Calling
D1—Primary Doctor
D2—Specialist
D3—Dentist
D4—Any Doctor one of the above sent you to
CU—See You (metaphorically speaking, of course—it more specifically means to talk to or run into you—we don't actually see who you are before we recognize your voice)
GROC—Prune Juice, Protective Undergarments, Prescription Refill (in other words: the staples)

So the conversational text between Mildred and Agnes last Saturday evening went kinda like this:

A: HAY
M: TWB but OK

A: Me2. Heard fm BOSS
M: No. I will call MON before CC. Better to do in AM—SIOO

A: IRWW spent Saturdays dancing!
M: Me2. OML if I could still move like that!

A: Or had that waistline—BK!
M: Need more than a D2 for that!

A: CU at church?
M: No TKAC

A: OK, GGNC
M: Yep, on my way out to GROC

In closing (as with anything these days)—here's the disclaimer: Abbreviations are for personal use only, must be over 55. Do not text and drive scooter. Do not text while medicating.

P.S. A big TY (thank you) to my daughter, Elaine, for helping to educate this 50+er on the language of text—otherwise, I'd still be trying to figure it out.



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