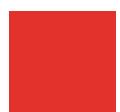
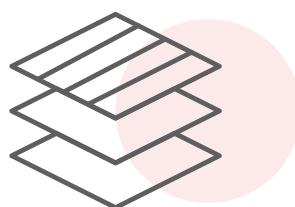
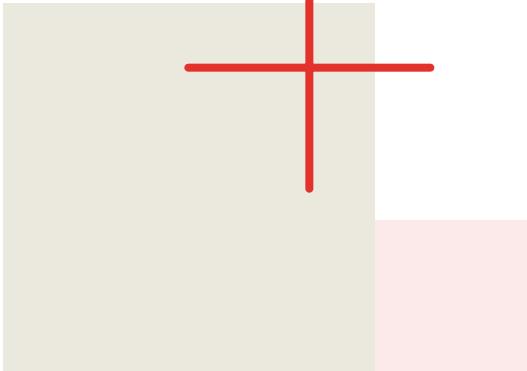
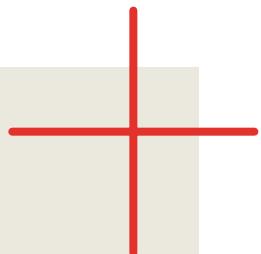


Senior Planet's Annual Technology Review

2022 Edition



SENIOR PLANET
FROM **AARP**

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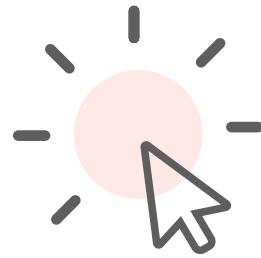
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Thank You!



■ Letter From Senior Planet

Hello Supporters,

We are excited to share with you our **2022 Annual Technology Review!**

Whether you're an expert or only just beginning to learn the ropes, there are an endless number of tech tools at your disposal to help you achieve your goals. This wide array of options can seem daunting – but Senior Planet is here to cut though the noise and narrow your search to find the perfect tools for you!

In this Technology Review, we showcase some devices, apps, and websites that we don't have time to cover in our classes, but we believe you should know about.

You'll read about "Smartphone Hacks," our staff picks from each of our five impact areas, community members' "Favorite Apps," and more!

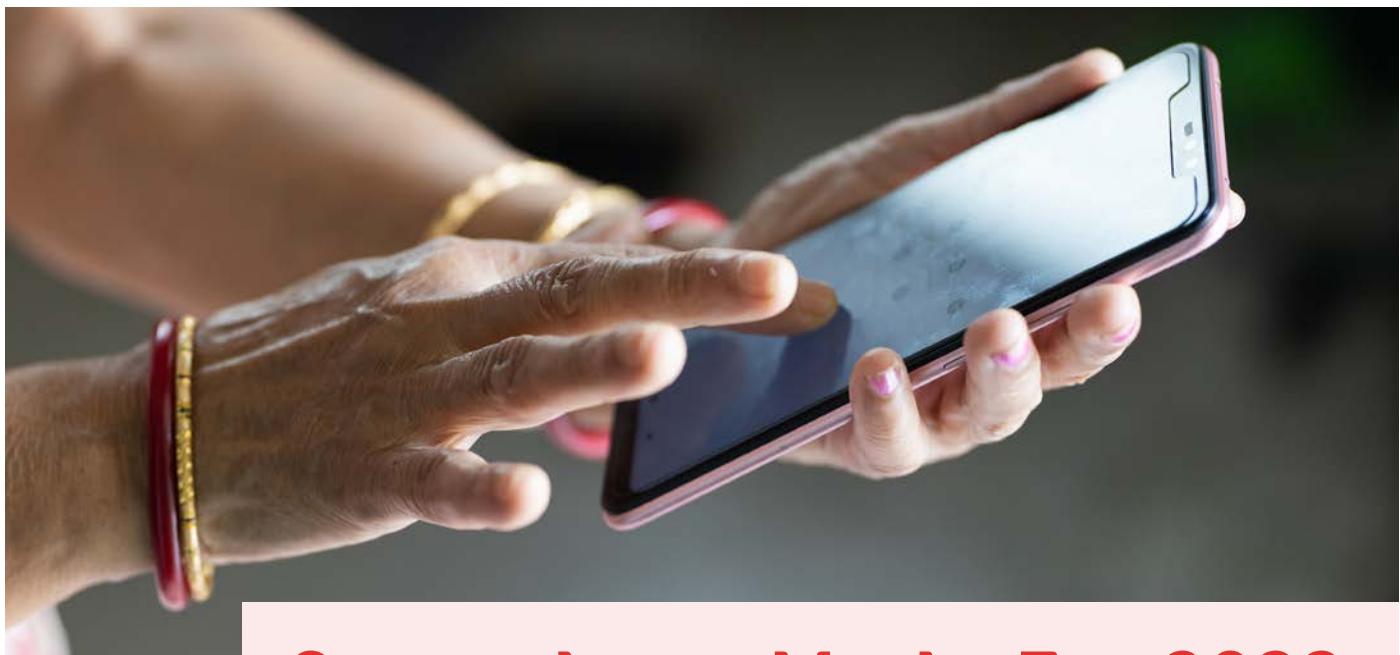
Have a question about one of the recommendations? Call our technology hotline **(888-713-3495)** and one of our trainers can help you get started!



Pamela Hugi

Community and Advocacy manager

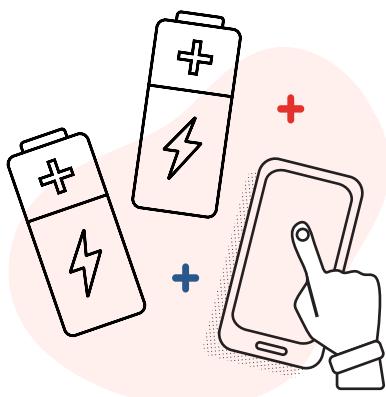
Don't forget to view all of your Supporter-only benefits on the online Supporter Portal:
www.seniorplanet.org/supporterportal



Smartphone Hacks For 2022

■ **Erica Manfred**, Seniorplanet.org Tech Writer

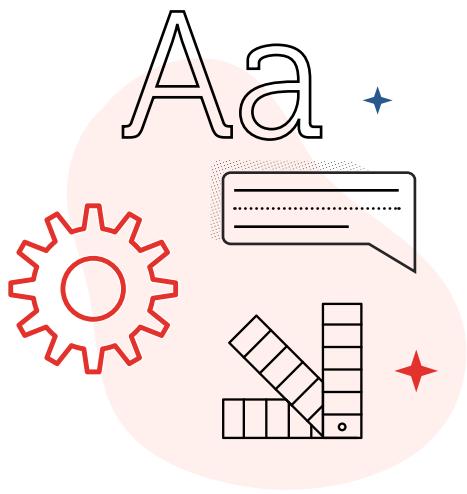
Here are some clever hacks to enhance your smartphone experience on an [Android phone](#) and an [iPhone](#).



Use the negative pole on an AAA or AA battery as a stylus in a pinch if you're wearing gloves or your arthritis is acting up and you don't have a stylus on hand.



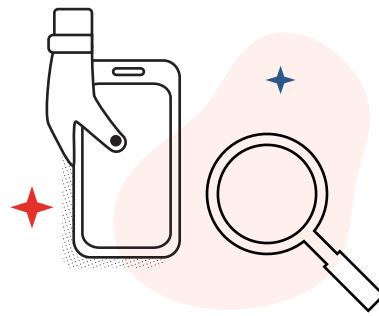
Lower the glare on your photos by aiming the phone camera through a pair of sunglasses. If you're ready to delve into more about smartphone photography [here](#) is an article that will help.



Change the accessibility options. On both Android and iPhone go into *settings > accessibility* and enable whichever settings you need. If you're hard of hearing you can optimize sound for your hearing aids. If you have limited visibility you can increase contrast, use color buttons and enlarge fonts. iPhones have even more settings. [Here's](#) a helpful article about the 25 accessibility settings you need to know about.



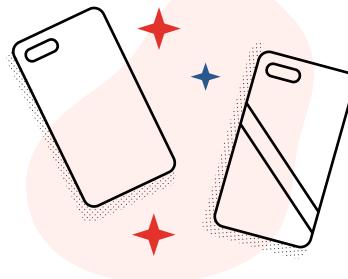
Simplify the interface. Instead of tweaking individual accessibility options, you can opt for an app like [Big Launcher](#) to make a phone's interface easier to use. Your home screen will look simpler and brighter with larger text and brighter colors. If you have a Samsung try "easy mode" which does this automatically. [Here's more info](#) on how to enable these modes.



Make sure [Find My Device](#) is installed on your phone. It's pre-installed on most Android phones, but even if it isn't you can easily download it from the Play Store. Simply turn it on from the device's settings. To find the phone use your computer or tablet, go to the [findmydevice](#) home page and log in with your Google Account. Don't forget the password. After putting it in, it will show you the exact position of the smartphone. You can also use it to call the phone. If the sound is turned off, call twice and it will ring.



Add emergency information to your phone's lock screen. [Here's how.](#)



Make a fun, original phone case with balloons, hot glue and other crafty ideas by following [this YouTube video](#) which has other clever hacks as well.



Organization Picks

Marissa Franco,
Senior Project Specialist

Need a little extra help to keep your finances and more in order? Take a note from Senior Planet's Project Management Specialist to help get your ducks in a (digital) row!



PocketGuard

PocketGuard is a popular money management app. It's easy to use and has an intuitive, colorful interface. You can connect accounts for a holistic view of your finances, categorize your transactions, and track spending against budgets.

Things we like

♦ PocketGuard sets itself apart from other tools with its "In My Pocket" feature, which calculates income, bills, savings goals, and ongoing spending to give you a snapshot of available funds to spend on fun or "non-essential" purchases. Next time you're out shopping and wondering whether something is going to throw you off your budget, Pocketguard can help you make the smart decision.

Things we don't like

♦ PocketGuard doesn't have credit score or investment monitoring features.



Good Rx

Good Rx is not specific to money management, but this website can help you save a lot of money on medications.

Things we like

- ♦ GoodRx helps you save money on prescriptions with or without insurance! It is free and easy to use from your computer or phone, and there's no need to create an account or enter personal information.
- ♦ The app eliminates the need to print or clip anything. You can show the pharmacist your coupons directly from your phone and bookmark prescriptions so they're easy to find each time.

Things we don't like

- ♦ The cheapest prescription may not be available at your regular pharmacy, so make sure you check before getting your prescription filled.



LastPass

LastPass is a password management tool that creates and stores secure passwords for you.

Things we like

- ◆ LastPass's single sign-on technology means you only need to remember one master password, without having to change any of your existing passwords. It is simple to download as an app or web browser extension and easily syncs across multiple devices and browsers.
- ◆ LastPass has a strong security policy. Your master passwords and authentication keys are not stored on their servers, which means no one (not even LastPass employees) can access them remotely.

Things we don't like

- ◆ LastPass recently added restrictions to their free subscription. Individuals can choose to use the software on their computer or mobile device, but not both. Biometrics aren't supported for free users either, which means if you're already using your fingerprint to log into important accounts on your mobile device, you may be better off downloading LastPass on a computer that also doesn't support biometrics.



Mint

Mint is a great website and app for managing personal finances, enabling users to sync financial accounts and organize all financial information in one place.

Things we like

- ◆ Mint helps eliminate a lot of leg work when it comes to monitoring spending. It automatically categorizes most transactions and tracks spending against budgets you create, and allows you to set up bill payment reminders and low balance alerts that notify you without needing to log in or open the app.
- ◆ In addition to checking bank account balances, you can also view your credit score for free through Mint.

Things we don't like

- ◆ Connecting financial accounts to the app can be a bit of a chore the first time around, but it's worth it in the end!
- ◆ The free version has advertisements.



Wellness Picks

Fitness and Wellness Team

Can't make Morning Stretch? Or looking for more wellness assistance outside of Senior Planet courses? Here are our app suggestions to keep you moving, stress-free and aging with attitude!



YouTube

You almost certainly already know about this free video-sharing website and second largest search engine behind Google Search. But are you taking advantage all of its amazing wellness features?

Things we like

- ◆ Instructional and How-To videos are an amazing resource! The fitness videos are terrific and can keep you moving at home. Some of the team's favorite fitness instructors include Coach Kel, Kit Rich, Paige with BodyBarre and MadFit - just to name a few.
- ◆ You can find whatever type of exercise you like on YouTube: cardio, barre, strength training, dance fitness, yoga and so much more!

Things we don't like

- ◆ The ads that interrupt the fitness programs can be very annoying and distracting. But, they also signify that the channel you're watching is popular!



MyChart

This app is a secure and free online tool that connects patients electronically to portions of their medical record.

Things we like

- ◆ Easy sign-up with just your insurance number and date of birth.
- ◆ You can view information on laboratory results, medical procedures, and medications.
- ◆ It also allows patients to learn about their care team, request services, and access educational information.

Things we don't like

- ◆ There is no way to set a priority flag on messages.
- ◆ There is no method to copy additional doctors on messages.
- ◆ There is no list of scheduling phone numbers for departments.



Zocdoc

Zocdoc is an online service and app that allows people to find, schedule and track in-person or video appointments with various healthcare providers.

Things we like

- ◆ You can filter by insurance provider and location.
- ◆ Most doctors include a "Professional Statement" that allows you to learn a little bit about their background, plus reviews from previous patients.
- ◆ Though limited, the app includes doctors who practice complementary and integrative medicine.
- ◆ There's a well-guide that reminds me about recommended check-ups, including an annual physical, vision exam and skin screening.

Things we don't like

- ◆ The app does not always list all available appointments, but you can call the doctor's office and book directly with them.
- ◆ Not all doctors include comprehensive information about their training and approach.
- ◆ Doctors may not be available in all areas, mostly larger cities.

“

I don't need to be the stereotypical senior citizen. I can be my own version of 60, my own version of 70, my own version of 80.

— Jolynn

”





Creativity Picks

Jeanette Giancaspro,
NYC Trainer

What better way to stretch our minds than to create something unexpected? Use these technologies not only to spark your creativity, but to track your development towards your artistic goals.



Day One Journal

A combination journal and calendar app that is free and easy to use.

Things we like

- ◆ There are templates that include daily summaries, gratitudes, photos and goals. You can also log your meals, take notes, and track your progress toward various goals.
- ◆ You can print your entries if you have a printer that is compatible with your mobile device.
- ◆ It's a wonderful app to use while you're on vacation, because you can add notes to each picture and GPS track where photos were taken.

Things we don't like

- ◆ If you want to use video or audio, you must purchase a subscription.
- ◆ Only one photo per entry is available with the free version.



Photoshop Express (PSExpress)

A free, simplified version of the more expensive Photoshop computer program.

Things we like

- ◆ It's very easy to create collages and albums.
- ◆ There are lots of free images that you can use, although some of them are copyrighted.
- ◆ It's easy to import images from other apps/services, such as Facebook, Dropbox, Google Photos, and more.
- ◆ You can easily create formatted graphics for social media.

Things we don't like

- ◆ The premium account offers some very tempting features that are hard to resist!



Colorfy

An easy-to-use, free virtual coloring book app for all ages. Coloring books are all the rage right now, especially for adults. Now you can take them on the go; and you won't need to bring any supplies except your mobile device!

Things we like

- ◆ There are lots of free images to use, including famous works of art, florals, animals, and mandalas. There are new free images added every day!
- ◆ You can share your works with others via Facebook and within the app.
- ◆ You can also upload your own drawings to color in, as well as draw and color your own mandalas and messages.
- ◆ Your work is saved automatically, and you can edit and continue working whenever you like.
- ◆ If you have a printer that is compatible with your mobile device, you can print your creations.

Things we don't like

- ◆ The ads can be distracting.
- ◆ The premium color palettes and images aren't separated from the free ones, and sometimes it's disappointing to find that they aren't available in the free version.
- ◆ The premium version is expensive and can run you up to \$13.99 a week with all the bells and whistles.

“

You've been doing what you have to do. Now what do you want to do?

— Madelyn

”





Advocacy Picks

Laurence Lombart,
Director of Development

Advocacy begins with learning. Take the time to explore a new topic using these resources and you may just find yourself inspired to make a change!

TED Talks

(www.ted.com/talks)

TED is devoted to spreading ideas, usually in the form of short, powerful talks. TED covers almost all topics — from science to business to global issues — in more than 100 languages. The independently run TEDx events help share ideas in communities around the world. Topics cover every interest and are inspirational for improving your life or motivating you to join these change agents.

Things we like

- ◆ Talks are digestible, 18 minutes or less and provided by experts on the topic.
- ◆ Talks have opened my eyes on new topics that I now care about and have shared with others. I have enjoyed topics such as the value of vulnerability, tips for good leadership and public speaking, and how to manage stress.

Things we don't like

- ◆ You can lose hours watching these videos, but they might inspire you to make a change!

AARP Create the Good

(www.createthegood.aarp.org)

AARP has a bevy of rich content generated on their website that will keep you informed about pressing issues in your community. Want to take the next step and get involved? Create the Good connects you with volunteer opportunities to share your life experiences, skills and passions!

Things we like

- ◆ There are over 7,000 volunteer opportunities listed on the website! And you can look around at what is available without registering.
- ◆ There is a filter to view all home/remote volunteer opportunities!
- ◆ You can receive notifications when new opportunities pop up in your area.

Things we don't like

- ◆ The posting are not always up to date, so make sure to do your research!

The Access Campaign

(www.msfaccess.org)

The Access Campaign is part of Médecins Sans Frontières (MSF), an international, independent, medical humanitarian organization. Using its winnings from the Nobel Peace Prize, the Access Campaign advocates for medical tests, drugs, and vaccines that are affordable and available for all. The website is full of valuable information from a respected voice in the field.

Things we like

- ◆ Rich in information and founded in science and research, MSF's great work of speaking out has impacted change on the price of drugs and policies.
- ◆ You can learn about COVID, diabetes, drug resistant infections, tropical and neglected diseases, and vaccines.
- ◆ The site has many calls to actions on how you can get involved and stay informed and contains resources such as articles, videos, and pamphlets.

Things we don't like

- ◆ Not many people know about it!

“

You never know what you can do until you try it.

— Steve

”





Socializing Picks

Jonathan Ushindi Zaluke, Senior Digital Communications Relations Specialist

As we are starting to get back to our regular way of living, there are more and more ways to socialize outdoors. However, socializing online remains indispensable! Use these recommendations to join new social groups, make new friends with similar interests, and socialize outdoors while keeping yourself and the world around you safe.

Senior Planet Community

(community.seniorplanet.org)

Senior Planet Community is an online, secure, social networking site for older adults to make their voices heard, engage in thought-provoking discussions, and share resources with one another.

Things we like

- ◆ It's completely ad-free.
- ◆ This online social platform is divided into interest groups. No matter what your interest is, there's a group for you. Travel or Photography, Fitness, Creative Creations, or Gardening; discussion groups like Book Club and Everything Technology – and more!
- ◆ It's run by your friends at Senior Planet!

Things we don't like

- ◆ No phone app yet. However, as a website, it is available on any device through a web browser.



Words with Friends

If you love Scrabble, then you need this app in your life. Imagine always having someone to play Scrabble with.

Things we like

- ◆ Even if you don't have a friend with you to play a game, there are millions of people available and ready with you any time of day!
- ◆ No matter where you are, or who you know, Words with Friends will keep the game going.
- ◆ It's a great way to keep in touch with loved ones far away!

Things we don't like

- ◆ Just like most free apps, you must deal with ads or pay to get rid of them.



Eventbrite.org

There are probably way more things going on in your hometown than you think. This website will let you know about most, if not all, events happening or coming up in your city!

Things we like

- ◆ By using Eventbrite, you will be the first to know about an upcoming outdoor concert or festival and be able to book the perfect seat before it is all sold out.
- ◆ Any ticket booked through Eventbrite will be saved inside the site or app, so no need to keep tab of all those events inside your email.
- ◆ A lot of the events are free!
- ◆ You can promote and host your own events on the site.

Things we don't like

- ◆ Unfortunately, not all events are free.

“

The internet really is a marketplace of ideas.

— Ed

”



Our Senior Planet community recommends...



News Apps: CNN, BBC, YouTube and More!

I stay up to date on current events easily with a variety of free apps! YouTube allows me to never miss a PBS NewsHour. The CNN app works well for accessing breaking news stories with frequent updates. The BBC keeps me in the loop for international news. Whatever your news source of choice it, there's an app for you to enjoy!

— Colette
.....



Audible

Although there is nothing like the feel of a real book in my hands, I often do not have the time to sit and read, never mind join a book club. Audible, however, has taken care of that. For just \$14.95 a month you get a credit towards any book regardless of the price. This app has allowed me to enjoy reading again, but with my ears, and join the Senior Planet Book Club.

— Sandra
.....



Waterminder

As an avid runner, getting the right amount of water on a daily basis can be difficult. This \$5 app has put an end to that. Just answer a few questions and it gives you the suggested amount of water intake and provides daily reminders that feel more personal, like "Hey San, it's time for more water." This personalized and gentle nudge really makes a difference.

— Sandra
.....



Gas Buddy

Using this app means no matter where I am or where I am traveling, I can find the cheapest gasoline. And it gives directions!

— Tom
.....



Library Apps: Libby, OverDrive and More!

I love to be able to read free library books on my phone or tablet!

— Rochelle
.....



What's Next?

The Consumer Electronics Show (CES) brings tech innovators from around the world together to preview what new products will hit the market over the next three to five years. This sneak peek into the future of technology highlights the devices of today and tomorrow's connected world.



CES 2022

CES is an annual trade show hosted in Las Vegas by the [Consumer Technology Association](#) (CTA).

While many companies decided not to attend in-person because of the pandemic – AARP and Senior Planet included – we still saw some amazing new tech products roll out of the conference.

Four large areas of interest this year included digital health, transportation (a staple innovation moment for CES), AR/VR, and smart home technologies. Senior Planet took a look at the hot trends in popular categories of particular interest to older consumers.

Digital Health

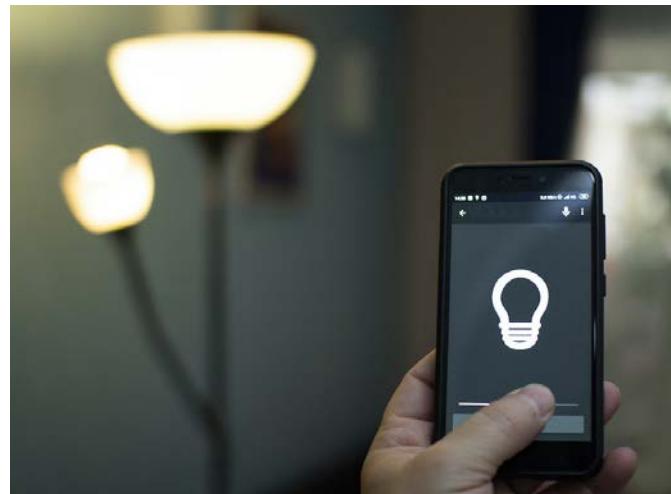
♦ Apple Watch continues to lead in **wrist technology** but didn't participate in CES this year – but [Garmin](#) unveiled a new watch with a speaker and microphone built-in (at left). You can use the brand's traditionally excellent sports tracking technology and voice assistant software all from your wrist. [Omron Healthcare](#) also announced the first-ever wearable blood pressure monitor in watch form.

♦ **Hearing amplifiers** – often considered less personalized hearing aids – made waves at CES this year. [BeHear SMARTO](#) rolled out a hand-held amplifier and [Eargo](#) put their newest version of a hearing aid on display, with even more automated adjustments built in to mirror the user's environment.

Transportation

♦ Transportation trends are typically a crowd favorite at CES, but rarely do they make it from the trade show floor to the actual pavement. This year, BMW unveiled the [BMW iX Flow](#) with E Ink that can change the exterior color of a car with the touch of a button. The car also boasts a multi-sensory experience, digital art in the far, and a state-of-the-art sound system.

♦ The team behind [PoliMOVE](#) brought to life self-driving race cars at CES this year, winning them first place at the Autonomous Challenge @ CES. The self-driving cars set a top speed of 173 mph and marked great strides in self-driving technology.



AR/VR

♦ AR/VR (Augmented Reality/Virtual Reality) headsets have been the hot story at CES for a few years now. (Augmented Reality adds digital elements to a live view; Virtual Reality is a completely immersive digital experience). [Meta's next-generation VR headset, Cambria](#), is setting itself up as the leader in the category. The new device features a sleeker design with face-tracking technology that boasts the mixed reality features that lead into the metaverse.

♦ The [Shiftall MeganeX by Panasonic](#) is a unique example of a VR headset that could almost pass for a pair of bulky sunglasses. Touted as “ultra-lightweight, ultra-high-resolution,” these digital goggles have displays in each eye and can fold up into your pocket.

Smart Home Technologies

♦ [Sengled's new Smart Health Monitoring Light Bulbs](#) monitor the movement and health of individuals. These smart lightbulbs use a Frequency-Modulated Continuous Wave (FMCW) radar to map a room and detect its occupants. They can then sense if a person has fallen, and monitor vital signs such as heart rate and breathing.

♦ Belkin unveiled its [Wemo Smart Video Doorbell](#) which provides extremely high video quality, a wider view for the user, night vision, and zoom capabilities. The smart home device connects with Apple products to store selected video clips to your iCloud account.

Thank you!

It's because of Supporters like you that we are able to offer free, life-changing technology courses to thousands of older adults across the nation.

Make sure to keep an eye out for all the Supporter benefits that will be coming to your inbox this year. You can also visit the online Supporter Portal to find all of your benefits in one place: www.seniorplanet.org/supporterportal

- Annual Technology Review
- Quarterly Impact Reports
- Volunteer Opportunities
- Exclusive Supporter-Only Events

We want to hear from you! Can you think of any technology recommendations that we should have included? Have an idea for another benefit?

Reach out to us anytime at
supporters@seniorplanet.org

SENIOR PLANET
FROM 