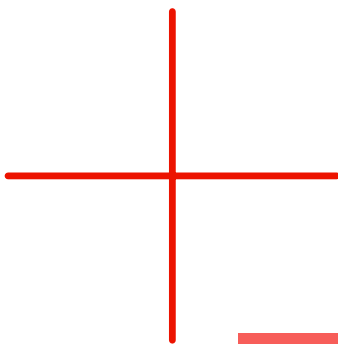
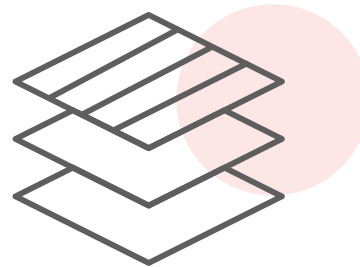


Annual Technology Review

2023 EDITION



SENIOR PLANET
FROM **AARP**

Contents

03

Letter from Senior Planet

04

Online Dating 101

06

Fitness Technology and You

08

Tech for Change

10

Picture Perfect

12

Staying Safe on Social Media

14

Finessing Finance

16

What's Next? The Future
of Aging Technology

19

Thank You!



Letter from Senior Planet

Dear Senior Planet Donors and Friends,

We are excited to share with you the **2023 Annual Technology Review!** In this donor-exclusive benefit, we showcase tech devices and apps as well as expert tips and tricks that we sadly don't have time to cover in our classes.

Whether you're an old hand with tech or just beginning to learn the ropes, there's an endless selection of technological tools at your disposal to help you achieve your personal goals. This wide array of options can seem daunting – but Senior Planet is here to cut through the noise and narrow your search to find the perfect tools for you. In this Technology Review, you'll read about the best free photo-editing tools, online dating tips, fitness apps and much more.

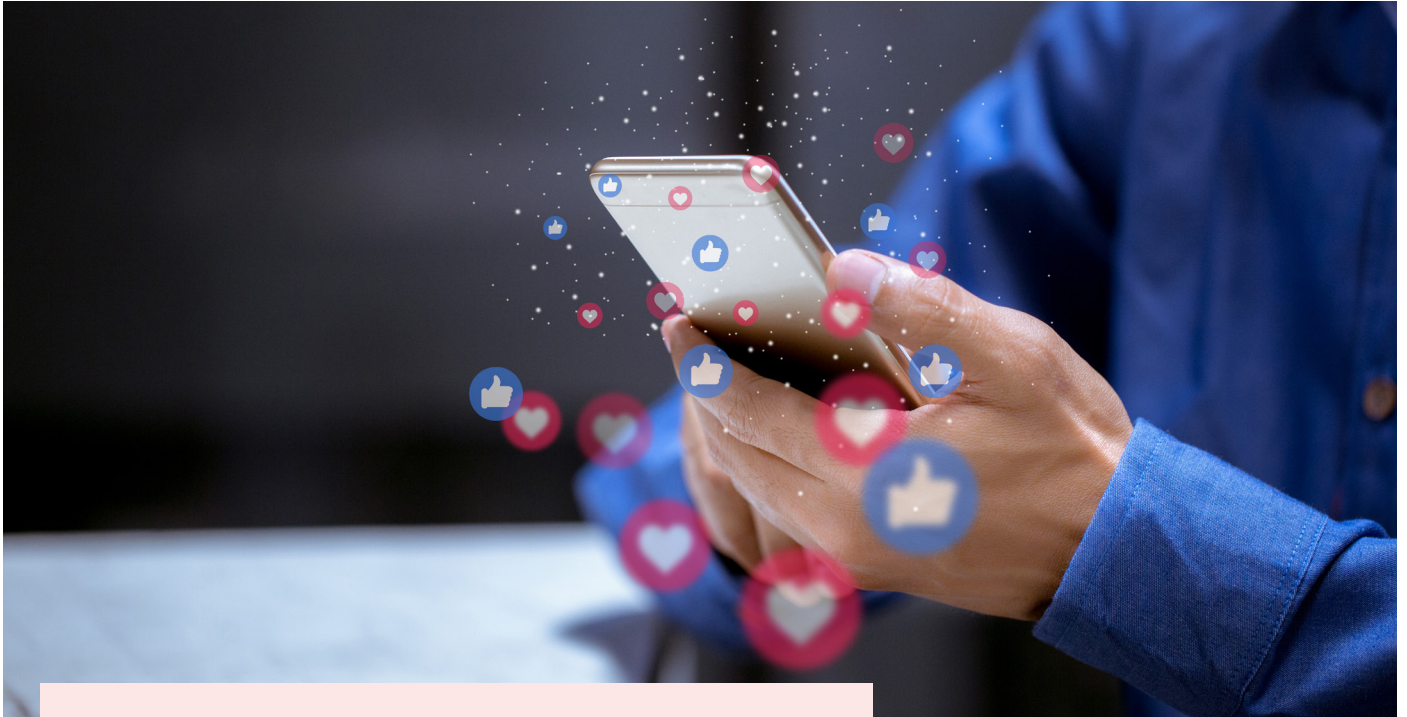
Have a question about one of the recommendations? Call our technology hotline (**888-713-3495**) to get started!



Pamela Hugji, Community and Advocacy manager

Don't forget to view all of your Supporter-only benefits on the online Supporter Portal:

www.seniorplanet.org/supporterportal



Online Dating 101



Joan Price, Senior Planet's Sex and Relationship Expert

You're ready to try online dating, or maybe you already have with limited success. Let's increase your chances of meeting your match - or at least having enjoyable dates! Dive into dating with these Online Dating Tips from Senior Planet's resident sex and relationship expert, Joan Price.

■ Writing your profile

Aim to attract the right people, not the most people. What makes you unique and appealing? What sets you apart from the gazillions of other profiles your potential dates are viewing? Don't be shy about your fine qualities. Avoid trite words such as "honest," "caring," "walks on the beach" that make you sound like everyone else.

Include interests and activities that will help you match with the right person. If you love to travel and would welcome a partner on your next adventure, for example, or if you volunteer at an animal shelter and seek fellow animal lovers, include these interests, and describe some experiences. If you enjoy knitting, watching TV, or babysitting your adorable grandchildren, no, these won't attract a date.

■ What are you looking for?

Specify the attributes you seek — and those you absolutely do not want — in a positive way. “Seeking a physically active nonsmoker who enjoys discussing books” works better than “No couch potatoes, smokers, or non-readers.” Include extra qualities that would add to your date’s appeal, like “bonus points if you drive at night and like to cook.” Keep your style warm and inviting.

■ Photo

Use a current photo that shows you smiling and authentic. No selfies — ask a friend to take it. Think “I’m so glad to see you!” while the photo is taken. No sunglasses, floppy hats, or shadows that obscure your face. Never use a photo where you’ve cropped out your ex and a disembodied hand flops on your shoulder. Yes, I’ve seen this.

■ First date

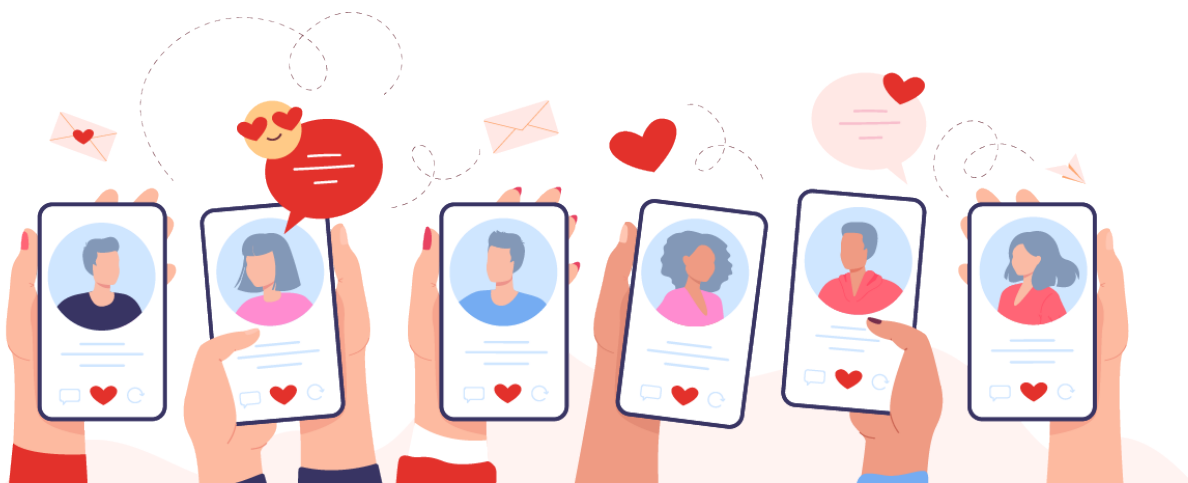
If you click with someone, plan an in-person meeting soon. Remember that a first date is not an audition for the rest of your life — it’s only an audition for a second date. If the date goes badly, the worst dates make the best stories for your friends.

■ Rejections

You’ll be rejected and you’ll reject others. Create a kind way to say no to people who are clearly not right for you, e.g., “Thank you, but I don’t see us as a match.” When potential dates say no to a first or second date with you, take it in stride. If someone doesn’t want what you have to offer, it’s good to know that before investing time and emotion.

Most people you interact with won’t be a match. Don’t give up. Each person who isn’t right for you gets you closer to meeting the one who is. Enjoy the process and give it time to work!

[Joan Price](#) is Senior Planet’s “Sex at Our Age” columnist. She is the author of four self-help books about senior sex, including her award winners: [“Naked at Our Age: Talking Out Loud about Senior Sex”](#) and [“Sex after Grief: Navigating Your Sexuality after Losing Your Beloved.”](#) Visit Joan’s [website and blog](#) for senior sex news, views, tips, and sex toy reviews from a senior perspective. [Subscribe to our weekly newsletter, The Orbit, for her monthly column.](#)





Fitness Technology and You

The Senior Planet Sponsored Athlete Program invites older adults to share their fitness journeys in order to motivate others across the country to improve their health in accessible, authentic ways. We asked some of our 2022 Sponsored Athletes about the apps and websites they use to stay on track for their fitness goals.



PJ, 68

As an avid ice hockey player, PJ believes in one simple message: ***“Do your best and your best gets better with fitness and wellness.”***

Stack.com

This website has “warm-up” tips and stretching guides across many sports, as well as nutritional articles.

👍 What he likes

There are hundreds of articles which date back over 10 years, and this impressive collection is read by millions in the school age & college-age population (so why not older folks ?!).

👎 What he dislikes

Some articles appeal more to young athletes – but all have learning points, including the nutritional articles.



Keo, 85

At age 85, Keo pumps iron and breaks stereotypes that claim weakness and fragility are an inevitable part of the aging process.

The Barbell Prescription

The Barbell Prescription is a healthy lifestyle that makes people in their 50s, 60s, 70s and 80s stronger, with safe, effective exercises and rational programming. The results are more strength, greater mobility, more endurance, improved balance, better health, and a higher quality of life.

Read more about the program at www.greysteel.org/ or watch videos at www.youtube.com/@GreySteel.

“

Don't be afraid of challenges. I didn't know anything about DJing or the equipment when I started, I just knew that I liked music.

”

Larry, Senior Planet Guest Speaker



Carolyn, 73

Carolyn transformed herself from an inner-city girl with no interest in sports or outdoor activities, to being a health advocate, athlete, and Outdoor Adventure Leader.



MapMyWalk app

Whether you're just starting your fitness journey or are a seasoned runner, this free app has what you need to stay on track and motivated to hit your goals.

👍 What she likes

- It's free and easy to understand.
- It connects to my Smartwatch.
- It gives detailed information on your distance, average speed, time spent walking and elevation gain!

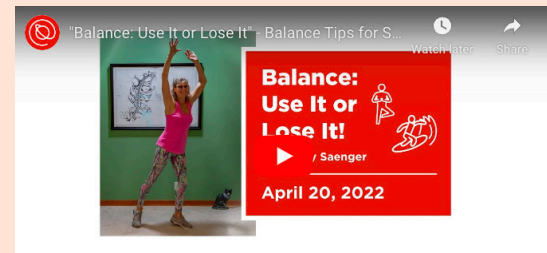
👎 What she dislikes

To be honest, I really cannot think of anything I do not like about it!

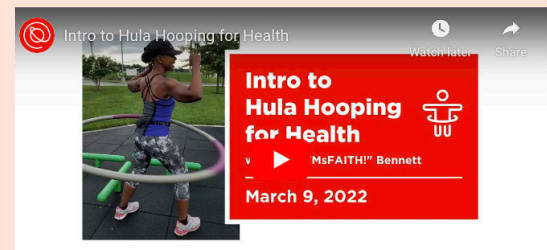
On-Demand Tutorials!

Want more Sponsored Athlete content? Check out their recorded tutorials anytime on seniorplanet.org/athletes/.

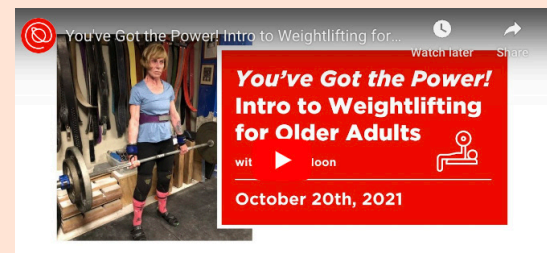
■ Better Balance with Sally

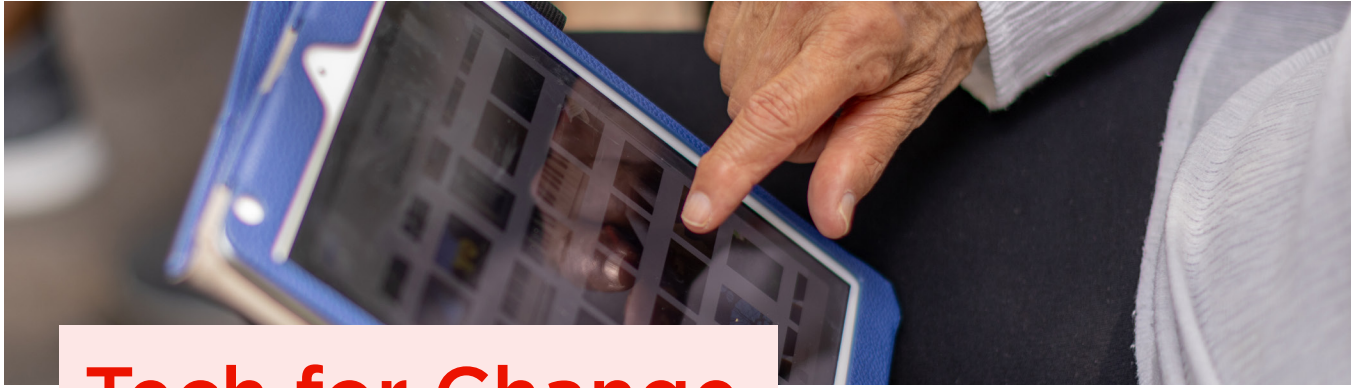


■ Hula Hooping with MsFAITH!



■ Powerlifting with Abbey





Tech for Change Grassroots Mobilization



Reshma Mehta
VP of Outreach &
Mobilization, AARP

Being a charitable affiliate of AARP means that Senior Planet has access to some of the biggest movers and shakers in DC lobbying on behalf of older adults. We invited one such person, Reshma Mehta, Vice President of Advocacy, Outreach and Mobilization for AARP, to share some of her top tips for making a difference on a grassroots level.

Relentless testing

My team focuses on testing and optimization every single day, including testing our messaging. [Click here to read](#) more on designing messaging for social movements.

Highly-personalized communications

If you're lucky enough to have a large base of supporters, customization helps drive the right actions to lawmakers who need a push. The more specific the ask, the more motivated supporters will be to get involved.

Creating your own moments

There are lulls in politics — like when the chambers aren't in. When that happened during [our fight to lower the cost of prescription drugs](#), we made our own noise.

In August, we launched the [#ShowYourReceipts campaign](#). This earned us a bit of press coverage and helped us reach out to lawmakers with more proof that their constituents were suffering because of high prices.

Innovate!

I encourage my team to be smart, creative, and to not be afraid to experiment with new approaches to old problems.



[Watch the full Supporter-exclusive talk here!](#)



I want to help people view aging as an opportunity, not a problem.



Pat, Senior Planet Trainer



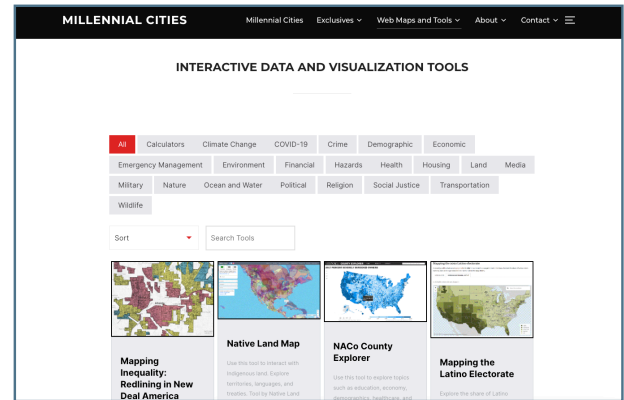
More about Reshma: She has spent almost 20 years in the government and non-profit arena and has been involved in the enactment of a number of landmark laws, such as the Affordable Care Act, the Wall Street Reform and Consumer Protection Act, the Medicare Modernization Act, and the newly passed Inflation Reduction Act.

More Activist-Friendly Tech

Check out these free tools that can help you make a change in your community:

How to Vote by State

[Click here](#) to read AARP's thorough breakdown of each state's specific voting protocols.



Millennial Cities website

Interactive Data Tools

[Millennial Cities](#) is an online resource for planners, changemakers, and curious observers. Find hundreds of interactive tools related to demographics, climate change, urban planning, transportation, sustainability, social justice, the environment, housing, and more. Explore and see what you can learn about your community!

Inspiring Words

Looking for the perfect quote to inspire others or maybe even yourself? Poets.org not only hosts a [free library of poems](#), where you can browse by topics such as Juneteenth or Veteran's Day, but they also host [free lesson plans](#) to help educators infuse more poetry into the classroom.



Picture Perfect: Free Photo-Editing Tools Picks



Davis English

Do more with your photos! Tech writer and [SPC](#) member, David English, shares free tools to bring out your photos' full potential.

Smartphones

A photo-editing app on your smartphone is a natural fit if you regularly use your phone's camera. The default camera app may be all you'll need, but these four apps could expand your creative options.



Snapseed ([Android](#) and [iPhone](#)) excels with a broad range of tools and filters, including a powerful Tune Image tool that automatically optimizes color and exposure. This one is completely free, as Snapseed doesn't have a pay-as-you-go option.

While the next three have in-app subscription options, the free versions are highly capable.



Adobe Lightroom ([Android](#) and [iPhone](#)) has a strong set of professional-quality tools—but without the flashy gimmicks.



VSCO ([Android](#) and [iPhone](#)) grafts a comprehensive array of filters and effects onto a basic editing engine.



Picsart ([Android](#) and [iPhone](#)) throws in some imaginative extras, including an image generator that turns overlaid text into art.

Windows PCs

If you're running **Windows 10** or **Windows 11**, don't overlook the built-in Photos program. It has many of the usual photo-editing functions, including color and brightness adjustments, cropping, rotating, red eye correction, and blemish removal. You can also use it to sort your photos into albums or collections.



Adobe's [Photoshop Express](#) is especially well-suited for mobile phone photography. There's a free version for Windows (Windows 8 and above), as well as for Android and iPhone. You'll have the typical adjustment tools, but also be able to create collages, add watermarks, and upload photos to social media.



If you yearn for the simplicity of the Paint program in older versions of Windows, you might try [Paint.NET](#). It's free to download and use with Windows 10 or Windows 11. With its intuitive interface and unlimited undo, this one is a good choice for beginners.



“

To fearlessly embrace technology is tantamount to freedom. ”

Mike, Senior Planet Supporter

Web-Based Solutions

The latest twist in photo editing is to do it through your Web browser. You could potentially have the same toolset on your computer, phone, or tablet.

Fotor®

If you're just starting out, [fotor](#) sticks closer to its core mission of photo editing. It does have some unusual cosmetic tools, including teeth whitening, wrinkle removal, and body reshaping. And there are 686 templates for projects such as collages and greeting cards. Alternatively, **fotor** is available as an app for Android, iPhone, Windows, or Mac.

Typical Basic Functions

- Adjust exposure, color, and contrast
- Crop, straighten, or rotate the image
- Apply filters or vintage styles
- Add frames, borders, or text
- Remove red eye or blemishes

Advanced Features

- Auto adjust
- Blur or erase the background
- RAW file support
- Create collages
- Upload photos to social media

Canva

[Canva](#) is a popular subscription site for designing invitations, brochures, and presentation materials. The company offers a free plan that provides access to a somewhat limited drag-and-drop photo editor, 250,000+ templates, and 5GB of cloud storage. **Canva** is also available as an app for Android, iPhone, iPad, Windows, or Mac.





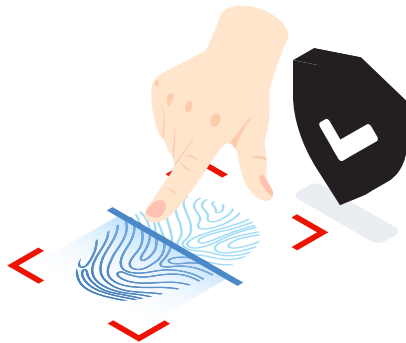
Staying Safe on Social Media



Deborah Reale, Social Media Expert

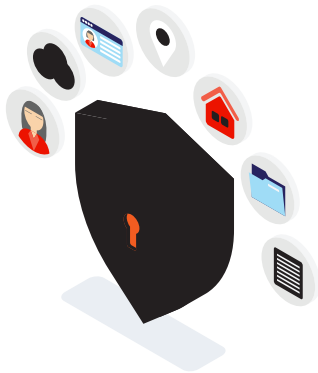
Mashable CEO Pete Cashmore famously said, "*Privacy is dead, and social media is holding the smoking gun.*" Unfortunately, in 2023, the reality is that companies and individuals are waiting online to exploit older adults on social media for money and personal information. The next time you log in to Facebook or your favorite social media app, give these tips a try.

Three steps for staying safe online



01 Use a strong password

Using a strong password can help prevent bots and scammer alike from gaining access to your account. We recommend people to use a password of a minimum of eight characters, with a hearty mix of letters, special characters, and numbers. In addition, [Google](#) has a free tool that allows its users to check to see if any of their passwords stored in Google were compromised.



03 Update your privacy settings

Every platform has privacy settings, it's up to the empowered user to make sure they are comfortable with their level of privacy. You may want to consider who can see your published posts, profile information, and photos. [Senior Planet from AARP](#) has some helpful video resources on how to keep your information private and limit tracking.



02 Censor yourself

In many ways, social media is like a cocktail party. Nobody wants to be remembered at the party as the loudmouth wearing the lampshade on their head. Don't tell people or post photos that show the world you are out of town, or that you bought a new 70" flat-screen television to watch the Super Bowl. Posts like these are chum to the scammer sharks lurking online to benefit from unknowing victims.



Tips for better online conversations

HARO founder Peter Shankman said there are three rules to follow to write better posts and comments online: Be brief, relevant, and transparent. An implied fourth rule to observe is "be kind when online." As in the cocktail party scenario, it's much better to be the person who knows how to work the room, and not the troll who tries to win every conversation by forcing their opinion on whoever has ears.

And, if you want a safe space to connect with other older adults, check out [Senior Planet's own ad-free social platform, Senior Planet Community](#).



Finessing Finance

We've collected top tips from our www.seniorplanet.org contributors to help you harness technology in order to build entrepreneurial skills, search for jobs and stay on top of your financial security.

Rodney's tips for building entrepreneurial skills

Rodney A. Brooks, our monthly financial contributor to www.seniorplanet.org and former guest speaker for Senior Planet Supporters ([click here to watch his 2021 talk all about finances in retirement](#)), advocates for learning new job skills at any age. Here are his top recommendations for free and low-cost learning opportunities to gain new skills that will be useful in your new business or line of work:

- **[Senior Planet Digital Skills Ready@50+™](#)**
Senior Planet is proud to work with AARP Foundation on the Digital Skills Ready@50+™ initiative. The resources are focused on digital essentials to help

older adults find and secure jobs, change careers, or explore entrepreneurship. Visit [here to learn more and register](#).

- **Community Colleges**

A lot of community colleges have great offerings aimed at entrepreneurs as well.



U.S. Small Business
Administration

- **Small Business Administration**

The SBA has business development centers around the country, where they offer advice and courses.



■ **SCORE**

The nation's largest network of volunteers and expert business mentors, offers mentoring for small businesses as well as webinars and on-demand courses.

■ **MOOCs**

Coursera, edX and some of the other online universities combine courses from many colleges and universities and are a great way for older entrepreneurs to gain necessary skills.

Nona's tips in the event of an emergency

Nona Aguilar, www.seniorplanet.org contributor, knows that even with the best prevention tools in places, privacy leaks can still happen ([click for her latest article on scam prevention!](#)). Here are Nona's tips on what to do if your Social Security Number has been stolen or financial accounts compromised by exposure:

■ **File immediate alerts with all three credit agencies:**

Experian: experian.com/fraud

Equifax: equifax.com/CreditReportAssistance

TransUnion: transunion.com/fraud

■ Place either a freeze or fraud alert on your credit accounts. There are advantages and drawbacks to each.

[Click here to read more about how to decide which to choose.](#)

- To protect against identity theft, make it a point to check your credit reports annually. Reports are free; all three are available at www.annualcreditreport.com/index.action

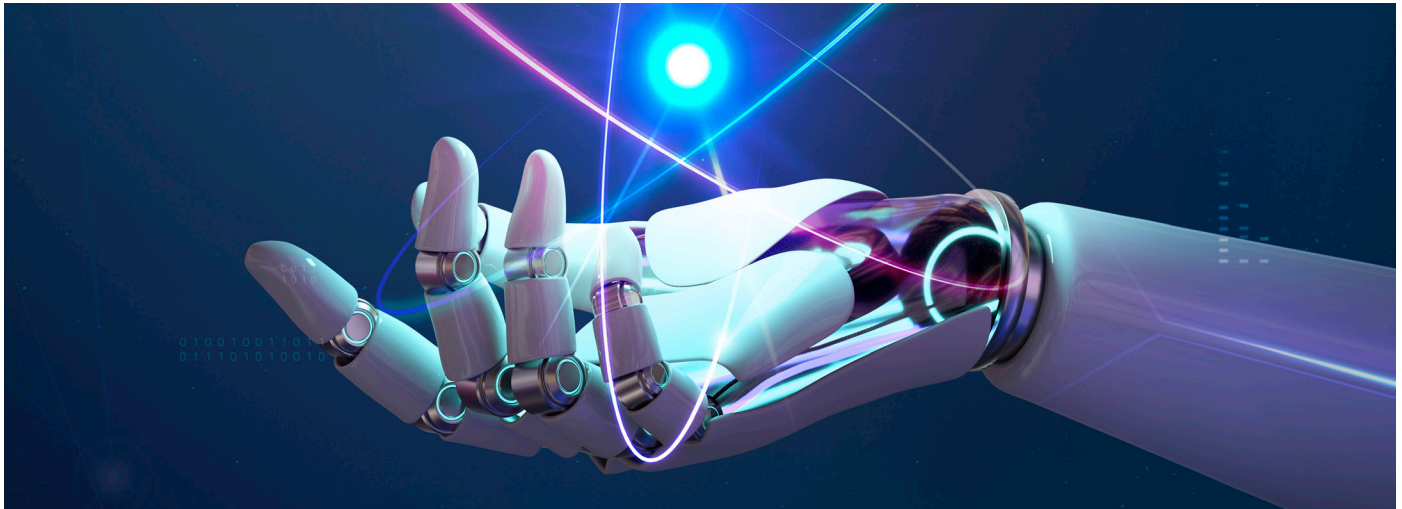
Kathleen's tips for the social job search

Kathleen Doheny, seniorplanet.org contributor, talked to several experts about how to use social skills to help with job hunting. Here's what she found:

- **Check out** professional development courses through your local university or community college. Don't forget libraries as well.

- **Network!** Don't assume other social/networking groups are for younger people only. "A very significant percentage of our members are over the age of 60," says Dennis Olson, a spokesperson for [Toastmasters](#), a nonprofit educational organization that teaches public speaking and leadership skills through its global network of clubs. It's a great place to learn how to be more comfortable talking in front of groups, and a goldmine of networking opportunities. It's got more than 15,000 clubs, so chances are one is near you.

- **Visit [LinkedIn](#)**, the online site with more than 750 million members. It's ideal for professional networking, career development—and maybe finding your new boss, your new employee, or a new circle of friends.



What's Next? The Future of Aging Technology



Colette Buscemi, Senior Planet's Director of Innovation

As we have in the past, this year Senior Planet scoped out the coolest and most cutting-edge technologies on view at the [Consumer Electronics Show](#), produced by the [Consumer Technology Association \(CTA\)](#), the trade association for the multi-billion dollar U.S. consumer technology industry.

This year we were able to have Senior Planet participants join us on the trade show floor virtually! We live-streamed to some 200 Senior Planet participants all the action at AARP's Age Tech Collaborative booth - where dozens of start-ups were providing solutions in the age-tech space. Missed the live-stream? Check out the [recorded videos here!](#)



CES 2022

Why does the Senior Planet team, along with thousands of other people, descend upon a two-mile patch of convention center carpet? CES is the premiere annual, global tech conference – a “who’s who” in tech from multinational brands to early-stage start-ups. These technophiles attend to launch new tech products, meet partners and get an inside track on the next big innovation.

It’s also where thought leaders take center stage to offer insights – including Tom Kamber, Executive Director of OATS.

CES had emerging and cutting-edge technologies in more than 40 different categories. Here are just some of the products that grabbed our attention with the potential to benefit older people.

Technology Standouts

Senior Planet explored some cool and useful companies among the many start-ups showcased at [AARP’s Age Tech Collaborative](#) booth. (This is for informational purposes only and does not constitute endorsement or recommendation).

Robotics

■ **Labrador Systems** is an early-stage robotics company developing a new generation of assistive robots to help individuals live more independently. Labrador robots are an extra pair of hands, to help move large loads, or keep smaller items within reach. The robot uses advanced 3D vision to guide itself around the home and has a dual layer of obstacle sensors on all four sides to operate in spaces as narrow as 28” across. The system can carry up to 25 pounds, and can be used to deliver laundry, meals and other items around the house. Pricing: \$700.00.



■ **Gameboard** helps break social isolation and increase social connections through games. It’s a complete digital social gaming system that can be played with anyone, anywhere, with any game piece. Your minis (and other game pieces) interact with battle maps and board games in a whole new way with the technology mimicking how you use your hands in real-life on the surface of the screen. The gameboard is 22” playable screen in a 17” x 17” sleek form factor and Sense Screen display at 1920x1920 Resolution. Pricing: \$700.00 for board plus monthly subscription approx. \$15.00 per month.

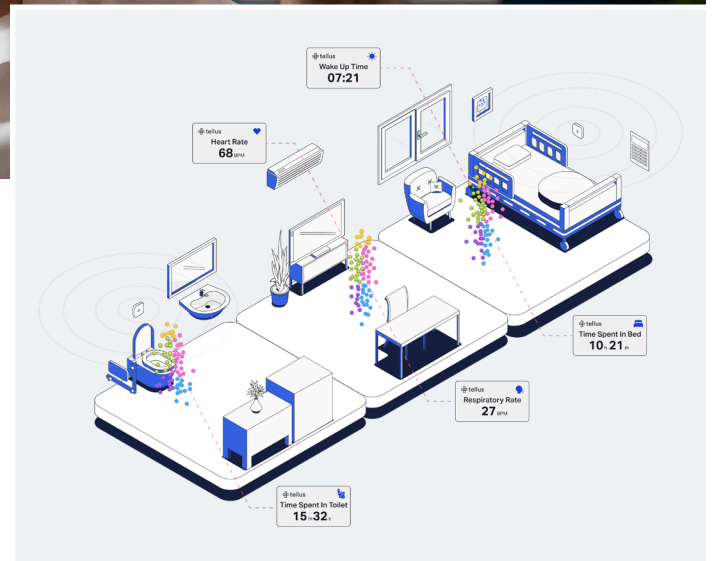


Virtual Reality meets Health

■ **Flowly** is platform that empowers people with chronic illness to take control of their nervous system and connect people with health-focused resources & experiences. The product includes a VR headset and heart rate test and direct access to a representative to guide you. Users can check their body's performance via a data portal and use an app to reach a community and health coach. The \$45.00 per month membership includes a VR headset.

Artificial Intelligence and Healthcare

■ **Tellus** is an advanced sensor with AI to predict and analyze the health of a person without the use of wearables or video cameras. The Tellus device is mounted to the wall and uses radar to safely and unobtrusively learn important health information.



It plugs into an electrical outlet and uses a cellular or WIFI connection to link to an app monitored by users' loved ones or caregivers. With a range of about 5 meters, it can detect users going to or getting out of bed, walking around and falling, as well as vital signs. It provides actionable health information and real time alerts, improving quality of care and operational efficiency. Pricing not available.

These are just a few of the amazing innovations we checked out this year at CES. We're already looking forward to and planning for CES 2024 - keep your eyes out for more dates in the coming months ahead!

Thank you!

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

Keep an eye out for all the donor benefits that will be coming to your inbox this year. You can also visit this webpage to find all of your benefits in one place:

www.seniorplanet.org/supporterportal

- Annual Technology Review
- Quarterly Impact Reports
- Volunteer Opportunities

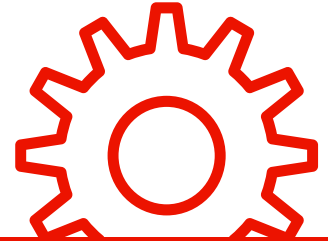
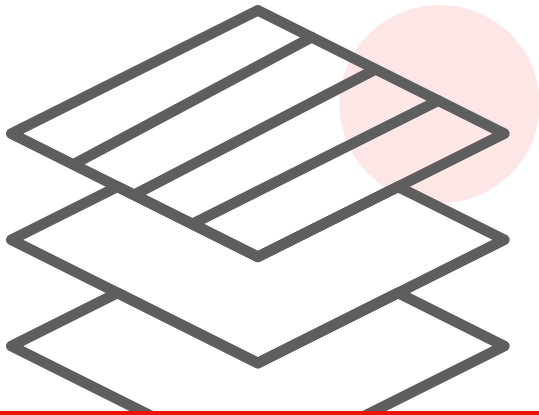
We want to hear from you!

Can you think of any technology recommendations that we should have included?

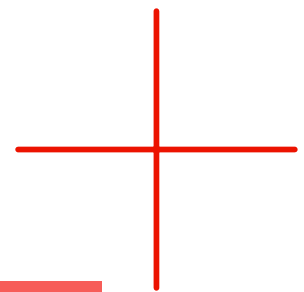
Have an idea for another benefit?

Reach out to us anytime at
[**supporters@seniorplanet.org**](mailto:supporters@seniorplanet.org)

SENIOR PLANET
FROM ~~AARP~~



www.seniorplanet.org



SENIOR PLANET
FROM **AARP**