

Wingman4Seniors



News You Can Use



Health Navigation



Health Plan Selection



Wealth Preservation



Connection to Family



Biggest Challenges facing Seniors who Live Alone

Navigating Healthcare and Medications:

Solo agers (those aging alone) lack family or friends who can effectively function as an aging support system. They must navigate a system that often assumes adult children are available for caregiving. Managing medications becomes critical as seniors age. Organizing pills and avoiding accidental overdoses are essential.



This is WHY Wingman4Seniors Health Navigation was started.

Tech Literacy and Connectivity:

Seniors need to adapt to technology for communication, accessing services, and staying connected.

Adapting to technology is hard enough for working adults and students. Imagine how much harder it is for those no longer working who rarely have access to live call support.



This is WHY the Wingman4Seniors Connection service was started.

Source: Jeff Preece,
TopTenReviews - Five Challenges of Seniors Living Alone, September 8, 2020

Younger people such, as adult children, and grandchildren, don't answer the phone; they text. They don't send grandparents photographs; they post them on social media.

This IS why seniors, especially those living alone, **must "get connected"** to their children.



Communication with Loved Ones:

- **A lack of technical skills or an outright fear of technology** is a significant barrier to communication for elderly people today.
- Younger people, such as adult children and grandchildren, don't answer the phone; they text. They don't send grandparents photographs; they post them on social media.
- **Older adults may feel isolated and disconnected if they haven't learned to use these technologies.**
- To help address this issue, provide older adults with access to the technology and resources needed to stay connected with their loved ones.



This is WHY the Wingman4Seniors Connection service was started.

Financial Security:

Fixed income and difficulty accessing benefits can pose significant financial challenges.



This is EXACTLY why Wingman4Seniors Health Plan & Wealth Preservation was started.

Living with Chronic Health Conditions:

Navigating the healthcare system and insurance and financial matters related to medical care is **confusing and frustrating, no matter your health status.**

Multiple chronic conditions (many elderly adults have two chronic conditions or more simultaneously) are costly and might lead to financial difficulties, making daily living even more challenging.

All of this compounds, leading to feelings of isolation and depression and possibly a decline in quality of life.

As is often the case, many of life's most pressing challenges are interconnected.



This is WHY Wingman4Seniors Health Navigation, Health Plan Selection, & Wealth Preservation (Billing & Audit) were created.

Full Articles and Link: [Overcoming the Struggles of Aging: 9 Challenges Facing the Elderly \(grayingwithgrace.com\)](https://www.grayingwithgrace.com)



Connection:

1

Eight [8] Reasons Seniors Can Struggle with Technology

- This article provides a concise list of eight common reasons why seniors might struggle with technology, **including limited exposure to technology earlier in life**, lack of confidence, lack of live customer support, and concerns about online safety and scams.

Full article and Link: [8 Reasons Seniors Struggle with Technology](#)

2

Closing the Digital Divide: How to Help Seniors Use Smartphones

- This article **focuses on bridging the digital divide for seniors**. It acknowledges the challenges seniors face and offers solutions on how to **help them navigate smartphones**. It highlights the importance of tailoring guidance to individual needs and learning styles, focusing on practical applications like video calls, and **celebrating small victories to boost confidence**. The article also suggests resources like senior-friendly phone plans and tech training programs specifically designed for older adults.

Full article and Link: [How to Help Seniors Use Smartphones](#)

3

Why Seniors Struggle With Technology: It's Not Just About Vision

- This AARP article delves into the reasons why seniors might find using smartphones and keeping up with technology challenging. It goes beyond vision issues and explores factors like unfamiliarity with interfaces, fear of making mistakes, and intimidation by rapid technological advancements. The article offers suggestions including seeking patient instruction from family members or tech-savvy friends.

Full article and Link: [Why Seniors Struggle with Technology and How to Help AARP](#)



Connection

The number of social media users worldwide has **swelled to a record 4.9 billion people globally**. What's more, this number is expected to jump to approximately 5.85 billion users by 2027.¹ Users are not tied to a single platform. Below are the most popular platforms by three age demographics:

Millennials (Ages 25-40):

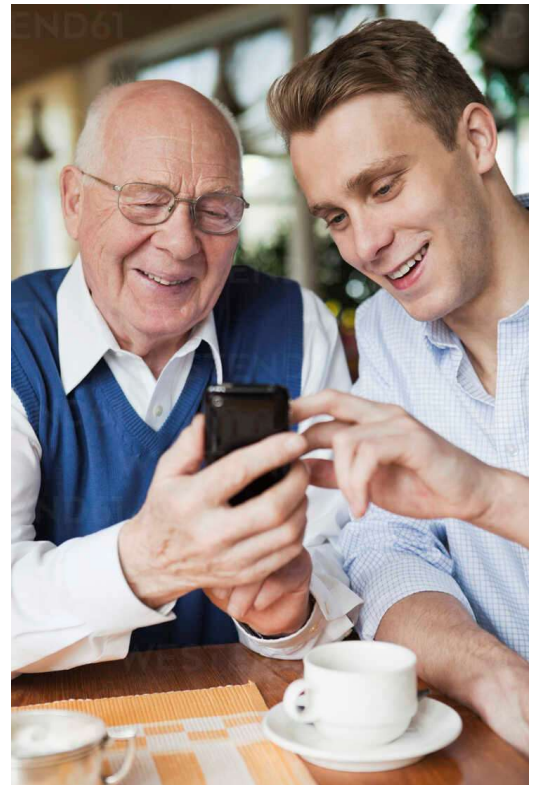
- **YouTube:** 83% of U.S. adults report using YouTube, which includes a significant portion of millennials.
- **Facebook:** 68% of U.S. adults report using Facebook, with a steady usage among millennials.
- **Instagram:** 47% of U.S. adults say they use Instagram, which is popular among millennials.

Gen Z (Ages 18-24):

- **YouTube:** 96% of Gen Z respondents reported using YouTube.
- **TikTok:** 62% of 18- to 29-year-olds say they use TikTok
- **Instagram:** 78% of 18- to 29-year-olds report using Instagram.

Seniors (Ages 65 and older):

- **YouTube:** While specific data for seniors wasn't provided, 83% of U.S. adults use YouTube, which includes seniors.
- **Facebook:** 68% of U.S. adults use Facebook, with seniors likely contributing to this number.
- **Instagram:** 15% of those 65 and older say they use Instagram.



Sources: Statistics provided by [pewresearch.org](https://www.pewresearch.org), [statista.com](https://www.statista.com), [businessdit.com](https://www.businessdit.com), & [civicscience.com](https://www.civicscience.com)

7.1

Average number of social media accounts people in the US have.

145 minutes

The average amount of time a person spends on social media every day.

\$49 Billion

Value of the social media app market in 2022.

The most common way people access social media is through a mobile device.

Source: [Top Social Media Statistics and Trends of 2024](#)

food for thought



What to Put on Your Plate to Maintain Health as a Senior

The best place to start for any person looking to develop a healthy diet is the [Australian Dietary Guidelines](#)*. Here are the top recommendations:

- **Eat a wide variety of foods** from the [five food groups](#): plenty of colorful vegetables, legumes/beans; fruit; grain (cereal) foods, mostly wholegrain and high fiber varieties; lean [meats, and poultry](#). Remember, an EASY and TASTY way (see January Newsletter) to get great nutrients and ENERGY is to have a blended smoothy for lunch every day.
- **Drink plenty of water - six to eight cups** of fluid per day.
- **Limit foods high in saturated fat**, such as biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps, and other savory snacks.
- **Replace** high-fat foods containing mostly **saturated fat with foods containing mostly polyunsaturated** and monounsaturated fats. Swap butter, cream, cooking margarine, coconut, and palm oil with unsaturated fats.
- **Limit** foods and drinks containing **added salt**, and don't add salt to foods in cooking or at the table. Remember, the #1 risk factor for death in the world is High Blood Pressure AND excessive SALT is the main cause.
- [Limit alcohol](#). (Drink no more than two standard drinks a day.)
- **Keep 'extras' or 'sometimes foods' to a minimum** - burgers, pizza, alcohol, cakes and biscuits, fried foods, and fruit juices. It's OK to celebrate and enjoy treats, just be careful the treats don't sneak into your everyday diet.
- **Be physically active**. Aim for at least 30 minutes of moderate-intensity physical activity, i.e. walking, every day.
- **Maintain a healthy weight and muscle strength** through physical activity.
- **Be careful with your teeth**. If nuts, grains, and hard fruits and vegetables are difficult to chew, try milled wholegrains, soft-cooked and canned fruits and vegetables, and nut pastes and butters.
- **Fish is your friend**. Regularly consuming fish may reduce your risk of heart disease, stroke, dementia, and macular degeneration (a type of vision loss). **Eating fish twice a week is wise.**

* Why the Australian Dietary Guidelines?

Australia is ranked among the top 10 healthiest countries in the world for 2024.

By comparison, according to the Bloomberg Health Index, **the United States ranks 38th out of 56 countries.**

This is why the standard American Diet is NOT ONE to emulate. The mnemonic, SAD says it all.

The Australian Dietary Guidelines are based on the best available science about the types and amounts of foods and dietary patterns that may promote health and well-being and reduce the risk of diet-related conditions and chronic disease.

A healthy diet benefits you physically, mentally, and socially. Without good food and drink choices, you're at greater risk of chronic diseases. These chronic diseases (CHD, cancer, hypertension) impact how you feel NOW and impact longevity.



Fraud Alert

Don't think this can't happen to you or your Mom

Marjorie Bloom, a retired civil servant & widow, was the victim of a **tech support scam** in 2021. **Bloom, now 77, lost her life savings, \$661,000.**

- Over the previous month, Marjorie had wired hundreds of thousands of dollars per the suggestion of someone she believed to be a trusted confidant. **The man claimed to be a fraud investigator at PNC Bank**, where she had been a longtime customer.
- The action was supposedly preventative: **The “investigator” persuaded Bloom that criminals, using stolen personal data, were in the process of pilfering her life savings.**
- **To protect her money, he said, she had to move it quickly – and covertly.** Divulging the problem to anyone, even her three children, could compromise their efforts, he said.
- The “investigator,” though very convincing, turned out to be a wolf in sheep’s clothing. Bloom, a retired civil servant, was ensnared in a [“tech support”](#) scam.
- This type of fraud is increasingly common and largely targets older adults, who lost \$588 million to tech support scams in 2022, according to the [Federal Bureau of Investigation](#). **Criminals persuade victims they have a serious computer issue such as a virus, then masquerade as computer technicians from well-known companies** as a cover for theft. Often, they persuade victims to wire funds to fraudulent accounts.