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learn more about twitter and how seniors can start using it below benefits of twitter for seniors social media allows seniors to stay connected to what is happening now twitter is the most fast paced of all social media networks because tweets are confined to a certain number of characters users post brief snippets that are easy to read

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the primary use of twitter for seniors is to connect with interesting people to see what they are tweeting and sharing you can also consider the following uses you can also follow news and twitter has become a popular way to follow breaking news you can set up your own personal newsfeed access to expertise

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what social media platforms do seniors use the simple answer is facebook youtube pinterest instagram linkedin and twitter although the rankings are not equal according to the pew institute in a study published in 2018 facebook and youtube are the top platforms used by older adults by a wide margin

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here are a few twitter accounts that you can follow follow the cdc health twitter cdc ehealth to get valuable information and updates on health and medications follow the aarp home family twitter aarpfamily to get information for caregivers advice for the elderly and fun stories

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1 you can interact on twitter without having a single friend think of twitter as a great big let s talk about what i want to talk about program whatever your interest is football news health concerns etc just put a hashtag in front of it and let twitter do the work watching tom brady stage a big comeback

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facebook twitter instagram for seniors for dummies 3rd edition offers advice on how to enjoy the three most popular social media options while avoiding worry about who sees what you share

# the ultimate guide to government aid for seniors Apr 18 2023

many government assistance programs aim to improve the lives of seniors by providing for their basic needs in the united states over 4 9 million seniors aged 65 and above lived in poverty in 2019 additionally as of june 2021 approximately 46 7 million retirees received around 72 7 billion in social security benefits

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find inspiration for senior friendly entertainment and activities in singapore to stay active and involved in the community

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place both feet on the floor and keep your legs about shoulder width apart keep your shoulders and your upper body still engage your buttocks and abdominal muscles to gently push your lower back

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