

**From:** Comfort Keepers <jgreen@florenceck.com>  
**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 1/7/2016 9:41:41 AM  
**Subject:** Comfort Keepers News You Can Use

---

January 2016

## NEWS YOU CAN USE

BY COMFORT KEEPERS®

---

### Seniors and the Positive Impact of Social Media

Despite the myth that older people can't manage technology because of cognitive deficits, seniors are flocking to social media at a rapid pace.

[Read More...](#)

---

### High Blood Pressure: The Link to Memory Loss

Did you know that gradual decline in memory and cognitive function can be attributed to elevated blood pressure?

[Read More...](#)

---

### Keeping Seniors Safe During Inclement Weather

No matter where your client or loved one lives, bad or unexpected weather is bound to happen. Here is a quick guide for protecting seniors around their homes – and when they are out and about.

[Read More...](#)

We have 3 local office to better serve you:

Sumter, Manning, and Camden areas: (803) 773-0099

Pee Dee area: (843) 656-1056

East Columbia area: (803) 462-1808

#### In This Issue

[Seniors and the Positive Impact of Social Media](#)

[High Blood Pressure: The Link to Memory Loss](#)

[Keeping Seniors Safe During Inclement Weather](#)

[Fast Facts](#)

[Stay Connected](#)

#### Quick Links

[ComfortKeepers.com](#)

[Quick Link](#)

#### Fast Facts

According to Pew Research, 59% of adults age 65 and older are online, and 46% of those adults are using social media.

It has been estimated that nearly one in three American adults now has high blood pressure.

The American Red Cross online guide, "Disaster Preparedness For Seniors By Seniors" includes tips and supply checklists.

Most offices  
independently  
owned and  
operated.

**Stay Connected**

Copyright ©  
2016 CK  
Franchising,  
Inc. All  
Rights  
Reserved.

**Forward this email**

This email was sent to kester@aging.sc.gov by [jgreen@florenceck.com](mailto:jgreen@florenceck.com) |  
Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).

Comfort Keepers | 218 Dozier Blvd | 1216 Alice Dr. | 117 Alpine Circle | Florence, Sumter, Columbia | SC |  
29150