

From: **Comfort Keepers** <jgreen@florenceck.com>  
To: **Kester, Tony** <kester@aging.sc.gov>  
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## NEWS YOU CAN USE

BY COMFORT KEEPERS®

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### 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.

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### 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...](#)

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### 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

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#### 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.

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