

## Online Dating Secrets for (Sexy) Savvy Jersey Seniors

By Karen Berg

*[Editor's Note: The staff at Savvy Jersey Seniors asked best-selling "self-help" author Karen Berg to chime in on online dating for seniors in general and on our "guinea pig" Mark's foray into this new world specifically. Her thoughts follow.]*

### **WE MAY ENCOUNTER MANY DEFEATS BUT WE MUST NOT BE DEFEATED**

Maya Angelou

Mark was nervous about dipping his toe into the dating pool, or "swamp" according to his buddies. After procrastinating for a year after his divorce, Mark finally joined Our Time.

Living alone and working via Zoom with little interaction with his teammates, Nick was getting depressed. He was starting to suffer from the isolation imposed upon all of us during the first six months of the COVID-19 epidemic. He had run out of excuses and looking at the commercials and headshots of all the happy couples who have met online he realized, "I want that!"

Mark shot a few blurred selfies in his mirror and posted them on his newly launched profile page. "I'm a good-look guy", he thought. "That should be enough."

Mark perused the site. He clicked "yes" on all the women's pictures that the site's algorithms sent to him. He waited for these fine women to land in his lap.

After a few months of no success finding a "quality" person, Mark started to become cynical of this new frontier and didn't like the emotions that might potentially surface. His defense mechanisms replaced his previous gun-ho attitude, and he decided to take his profile down. Poor Mark.

If you've gone to the trouble of researching and purchasing a subscription to an online dating site, it's more productive in the long run to take the time in the beginning phases to put the best "you" forward. How?

1) Post a good photo. A *recent* photo. Please don't be that person uploading pictures of yourself in your prime forty years ago. Not cool and a waste of time for someone coming across your profile and for *you*.

If taking a selfie, direct light *at* your face, not behind you, which will silhouette you and not show anything. We've all seen pictures of otherwise eligible men who look like they have entered the Witness Protection Program. In your photo, be well groomed. Wear a photo friendly *ironed* color shirt (blue, green, red), shave or trim your beard and mustache. And, for heaven's sake smile, at least in one of the shots you post. Remember: This photo is your gateway to romance. Your potential new mate is likely already running away from a sourpuss. Let your bright smile be her beacon.

2) If you write anything about yourself, you will be ahead of most of the men listing their qualifications online. It's a competitive sport. Those sections are there for a reason. Women like content. Fill those sections.

While online dating can be rewarding, it's fraught with peril, and especially at our age. While we may not have some of the same danger as the younger crowd, the worst offense for elder dating is being bored to tears by an unevolved self-centered senior citizen trying to be "hot" again.

Senior dating and senior sex are fabulous; and also very different from dating and romance in our thirties and forties.

And actually, in so many ways, it can even be better

Check in at our next issue to learn about Mark's preparations for his first date in 30 years

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