

An Anthology of Timely Tidbits and Fascinating Factoids for

Savvy Jersey Seniors



Advice, Humor, and Miscellaneous Words of "Wisdom" For and About Seniors

Volume 1, Number 3 • October 2020

Welcome to Our Third Issue!

Welcome to the third issue of *Savvy Jersey Seniors* (SJS). In this edition, we take a look at some new wrinkles on senior fitness, while we also catch you up on mail-in voting in the coming Presidential election and continue our ongoing look at the growing popularity of online dating for seniors. Plus the usual smattering of advice, humor and miscellaneous "words of wisdom."

By the way, if you have ideas for topics that you'd like to see us tackle, just drop us a note at savvyjerseyseniors@gmail.com. Ditto if you'd like us to take a deeper dive into a subject that we have mentioned in passing.

Some New Wrinkles on Exercise and Fitness: Pickleball and Bowling

Yes, we know that using a word like "wrinkles" is probably not what you expect in a newsletter dedicated to savvy senior living, but we know that our readers can handle the irony.

Pickleball

Even though you may not have heard of pickleball, it's one of the fastest growing sports in America. Nearly 3.1 million Americans play, according to the USA Pickleball Association. That's a 12% increase over 2018.

The game combines elements of tennis, ping pong, and badminton and among players 55 and older, 75% indicated they play more than eight games a year.

Seniors embracing the sport report that they are attracted to its simple rules and its low impact on knees and joints.

Continued on page 2 🍷



Breast Cancer Awareness Month

More than 276,000 new cases of invasive breast cancer will be diagnosed in women this year. And more than 80% of breast cancer cases occur in women over 50. Early detection is the key, so get screened.



The SJS Poll

Just like you, we're interested in what our friends and neighbors across the region are thinking. So, we've recruited 100 folks who will be asked to respond to a question of two for every issue (and who will remain totally anonymous).

This time we asked the members of our Anonymous 100 if they had ever tried online dating and, if they had, to rate the experience on a scale of 1 to 10. We also asked them to tell us how many seniors they know who have tried it and how they would rate their collective satisfaction...on the same 1 to 10 scale.

You probably won't be surprised to learn that most (87%) of those who responded had not tried it and that, for those who had, the average rating was only a 5. As for their friends, the numbers ranged from more than 50 to 0 and the average rating our respondents hypothesized from their conversations was a 3.5. That doesn't seem to augur well for our SJS "guinea pig" Mark. But we'll see... After all, we are picking up his "expenses."

Next Time: How worried are you, if at all, about the impact of voting by mail?

**TELL US WHAT
YOU THINK**

Some New Wrinkles on Exercise and Fitness: Pickleball and Bowling *Continued*

A 2018 study conducted by Western State Colorado University found that seniors playing pickleball three times a week saw improvement in blood pressure and cardiovascular fitness. And it also helps with hand-eye coordination.

Bowling

If you're still looking for a fun way to get more exercise, you may also want to consider going bowling. More than 67 million people, including many seniors, bowl at least once a year, making



it the largest participatory sport in the United States.

And, much like pickleball, bowling can improve your health. Benefits include:

- Increased muscle strength...requires a combination of lifting, bending, and extending
- Improved flexibility...requires an extensive range of motion.
- Improved cardio...the average bowler takes an estimated 71 steps per minute while bowling. That adds up to about half a mile, if you bowl three games. For each hour of bowling, you'll burn between 150 to 300 calories, that's the same number of calories you'd burn if you were to jump rope for 25 minutes straight.
- Low-impact exercise...easier on your knees and joints and doesn't put a strain on your elbows or wrists.
- Better social life...because it is often done with others, it gives you the social interaction needed to decompress and improve your mental well-being.

An Added Bonus: Most bowling centers offer discounted prices for seniors, as well as morning or afternoon leagues for seniors.

Update on Online Dating for Seniors



Not surprisingly, we've gotten a LOT of feedback on our foray into the world of online dating for seniors in our last issue.

Here are a few snapshots that our readers have shared with us:

Mario, 63: Used Plenty of Fish..."saw the difference between all boys vs all girls vs boys with girls as dates or bf gf and online and I could really get to know someone or just shoot a message to someone I found

interesting and see how the convo went rather than it starting with alcohol involved...which ultimately leads to 'doing the wild thing.'" Had a positive experience (fun mostly was the positive) but felt discouraged because many women seemed to message him and then not reply and he felt that they were always looking for "the bigger fish". Has gone back to the old school way of meeting people.

Patti, 62: Was in the process of divorce and everyone contacting her was from her past and home town. Lots of positive and negative and "lots of scammers." Ended up with someone she knew most of her life—not from the online dating.

Jeff, 56: After divorce wanted to find people outside of home town and not meet at bar or hook up places, it was positive and he "met a lot of great people but a few weirdos, too." Hasn't found what he's looking for but still online looking.

Toni, 60: Husband took his own life and she was looking to date but didn't know anyone in the area. Had some positive experiences and some are still her friends, but also some negative experiences and "real weirdos." Ended up meeting and dating someone she did not meet online.

Sherry, 56: Did not like the bar/club scene and knew that co-worker had met her husband online. lite attempts by her to tell them they were not a good match and mostly looking for sex versus a real connection, decided to leave online dating and enjoy herself.

Continued on page 3 ➡

Something You Probably Didn't Know About South Jersey:

The runway at the FAA Tech Center in Pomona was once designated as an official alternate landing site for the Space Shuttle. The runway was originally built for a military base and is 10,000 feet long. Now it's the home of ACY the Atlantic City Airport.



Senior Online Dating: *Continued*

Cheryl, 66: Divorced for six years and decided to try online dating. So far nothing just a few texts, no dates yet.

Terri, 61: Separated...met "a couple of nice guys, but lots of negative experiences lately... one time the guy wouldn't pay for food, complained about cost of dinner being \$200 when he thought it'd be \$50, put his teeth on table, gave bad review (to her place of business, even though he'd never been to it)." Admits that she "dipped on a few of them while they were in the bathroom". Still hopeful to meet a nice guy online.

"Sweets," 72: "I know possibly 50 people who admit to online dating. Of that number I know only one person who has had long term success. Many of the people I know who have tried online dating have not met a new mate, lover, or even a friend with benefits. But, they may have found something even richer: A friend. My friend, Mark, was my first date when I moved to this area. We don't have the right interpersonal 'chemistry' to fall in love, but we have enough in common to become good platonic friends."

A First-hand Report From Mark, Our Online Dating "Guinea Pig"

"I really didn't know what to expect when my friends at SJS asked me to be their senior online dating "guinea pig." I had never tried it and was virtually certain that I never would. But...friends can be persuasive. And they agreed to pick up the tab for signing up for a couple of dating sites and for meals, etc.



"The bottom line, so far, is that in the last seven weeks I've been inundated with photos and mini-profiles of potential matches (more

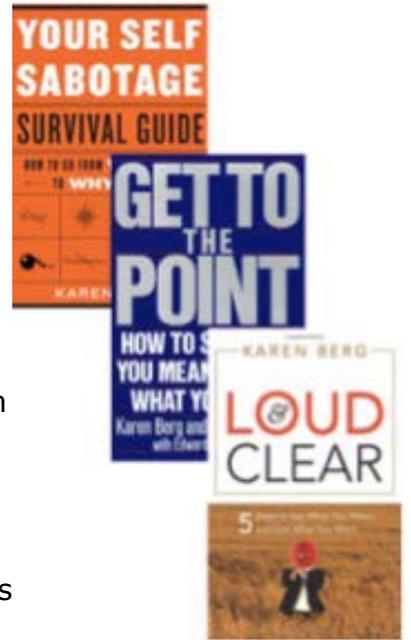
than 500), as well as messages from women who have "liked" me or sent me a "smile" or invited me to contact them (many fewer, but enough to be flattering).

"A lot of Zoom "meetings" (14 so far), half as many in-person meetings, a lot of fascinating conversations, and a few disappointments. (I've become acutely aware of how much attempted hacking and phishing is going on.)

"I'll report again in the next issue of SJS. Let's just say for now that it's been fun, flattering, and very time consuming. It, unfortunately, has also totally confirmed how shallow and superficial I really am."

Mark (aka "The Guinea Pig")

"PS: One of the fascinating people I've enjoyed meeting is Karen Berg, an executive coach, CEO of Commcore Strategies, and the best-selling author of three books on self-improvement. Fortunately, for the readers of SJS, Karen has volunteered to offer a few thoughts from the female perspective."



A little excerpt follows and you can click on "Read More" to access Karen's musings in their entirety. [\[READ MORE\]](#)

"Many seniors live alone away from family and being alone for long periods of time can be detrimental to our health. I urge seniors to try online dating because, even if you don't find a new husband (if even at our age a person would want that), there is a new friend out there."

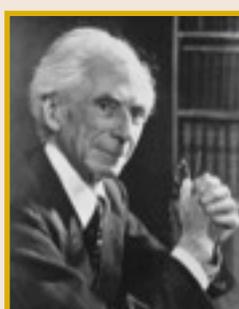
Wit and Wisdom on Aging



By the time a man is wise enough to watch his step, he's too old to go anywhere.
(Billy Crystal)



We could certainly slow down the aging process, if it had to work its way through Congress.
(Will Rogers)



The whiter my hair becomes, the more ready people are to believe what I say.
(Bertrand Russell)

More Wit & Wisdom

- Inside every 70-year old is a 35-year old asking, "What happened?"
- An old-timer is one who remembers when we counted our blessing instead of our calories.

A Walk Down Memory Lane...Ring A Bell?

These were the top-rated primetime television shows of the 1965-1966 season as measured by Nielsen Media Research:

1. Bonanza (NBC)
2. Gomer Pyle U.S.M.C (NBC)
3. The Lucy Show (CBS)
4. The Red Skeleton Hour (CBS)
5. Batman (Thurs.) (ABC)
6. The Andy Griffith Show (CBS)
7. Bewitched (ABC)
8. The Beverly Hillbillies (CBS)
9. Hogan's Heroes (CBS)
10. Batman (Wed.) (ABC)

By the way, numbers 1, 2, 6, and 9 are still staples on the cable channel MeTV.



Example of a Too-Typical Online Dating Scam?

Our SJS online dating guinea pig, Mark, has already gotten five of these e-mails. All five were worded in precisely the same way...just the names and e-mail addresses were different. Needless to say, Mark has not responded.

If you're an online dater, have you gotten an e-mail like this? And, if you responded, what happened?

Your Friends at SJS

From "Annie" on 10-7-20:

"Hi, I'm writing to inform you that my story has been a success on this site as i found my life partner and we are getting married soon. I was online today, about closing my account when my friend Alexia (who has been so reluctant giving the online dating a try) came across your profile, She's been all over me about getting in touch with you..lol. Anyway She's 60years old 5'10 Tall, Widower, a good Listener, Beautify Lady, I really do not know if you have found someone already but i thought I take a chance, you never know until you try, it might worth it at the end of the day. Please take a chance and e-mail her, she'll share a picture and more information with you, her direct email is: alexiaparkerlynn@gmail.com

One thing I can assure you is you'll brighten her day if you do get in touch with her. Am closing my account now with this little hint and i believe if my story can be successful, yours will be too. Good luck."

Update on Mail-In Voting



You can track the progress of your ballot. Start by signing into your personal My Voter Record account. If do not already have a My Voter Record account, you will need to set up your account. You can use your Voter ID, NJ Driver's License Number or the last 4 digits of your Social Security Number to sign up for your account. It is suggested that you use your Voter ID. You can find it by using the ["Am I Registered/Voter Search Tool."](#) Or you can contact your [County Election Officials.](#)

Seniors and Plastic Surgery

According to an American Society of Plastic Surgery survey, more than 143,000 Americans ages 65 and older had plastic surgery in 2016. For more than three-fourths of them, it was their first experience with plastic surgery. Seniors having cosmetic surgery increased by 24% while those having surgical procedures increased by 10% from 2009 to 2017. In all, seniors underwent more than 8 million procedures to enhance their looks.

Cremation

The number of people choosing cremation has been steadily rising the past several decades. In 2016, cremations accounted for 50.2% of funerals in the United States. New Jersey lags slightly behind the national rate with a 48.5% cremation rate, according to a National Funeral Directors Association study.

Packing for Your Own Move

The average home move by a senior (typically from the family home to a smaller residence usually measuring 1,000 to 1,200 square feet) involves as many as 80 to 100 boxes. And that's after all of the family giveaways and takeaways, charitable donations, auctions, estate sales, and yard sales.

One of the most appealing aspects of working with a certified "senior move manager" is that the SMM's staff does ALL of the packing and the unpacking at the new destination. Aside from avoiding the physical torture, having "someone else" do it will typically save you countless hours that could be spent doing something more fun!



The People Who Make SJS Happen

We don't have a real "staff," but our contributors now include (in alphabetical order) Karen Berg, Courtney Colletti, Mark (the guinea pig), and Barry Sparks. If you have story ideas, comment, kudos, or criticisms, you can reach us at savvyjerseyseniors.com.