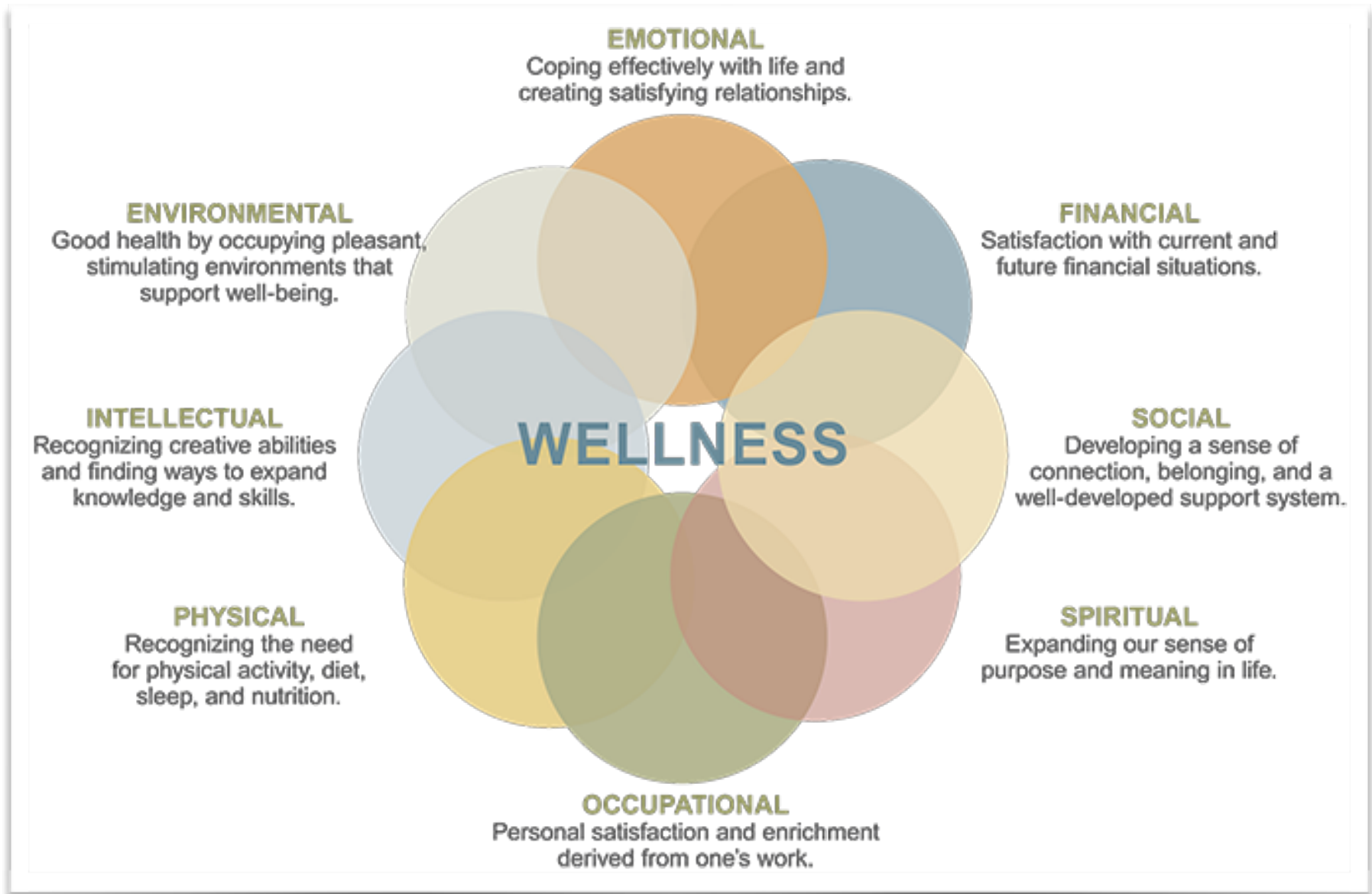


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PERSONAL WELLNESS		(Click on <u>hyperlinks</u> below to see examples and more information.)	
EMOTIONAL	Daily Mental Health	Virtual Talk Therapy	Customized News & Alerts
ENVIRONMENTAL	Air Quality & Environmental Hazards	State of Emergency & Natural Disaster	Customized News & Alerts
FINANCIAL	Mobile Banking	Personal & Family Budgeting	Customized News & Alerts
INTELLECTUAL	Daily Brain Health	Mobile Education	Customized News & Alerts
OCCUPATIONAL	Career Planning & Skills Matchmaking	Professional Networking & Job Searching	Customized News & Alerts
PHYSICAL	Mobile Health (mHealth) & Telehealth	Personal Health Trackers	Customized News & Alerts
SOCIAL	Biometric Mobile Voting for Elections & Public Opinion	Friends & Community	Customized News & Alerts
SPIRITUAL	Daily Spiritual Growth	Religious Studies & Community	Customized News & Alerts

Additional examples for citizen connectivity:

- **BenefitsCheckUp** helps you find and enroll in public and private benefits programs. <https://www.benefitscheckup.org/>
- **Eldercare Locator** a public service for older adults and their families. <http://eldercare.gov/eldercare.NET/Public/index.aspx> (includes transportation)
- **Illinois Healthcare Portal:** <http://health.illinois.gov/>
- **How Original Medicare Works:** <http://www.medicare.gov/sign-up-change-plans/decide-how-to-get-medicare/original-medicare/how-original-medicare-works.html>)
- **Medicare Advantage HMO vs. PPO:** <http://www.fhcp.com/medicare/information/medicare-advantage-hmo-vs-medicare-advantage-ppo>
- **Helpful Tips When Choosing or Changing Health Insurance Coverage:** <http://www.medicare.gov/sign-up-change-plans/decide-how-to-get-medicare/things-to-consider/8-things-to-consider.html>
- **Programs for All-Inclusive Care for the Elderly (PACE):** http://www.npaonline.org/website/article.asp?id=12&title=Who,_What_and_Where_is_PACE
- **Prescription Drug Assistance Programs:** <https://www.pparx.org/>
- **Dementia & Alzheimer's Caregiver Center:** <http://www.alz.org/care/overview.asp>
- **Financial Assistance & Programs for Hearing Aids:** <http://www.hearingloss.org/content/financial-assistance-programs-foundations>
- **Volunteer Income Tax Assistance (VITA)** offers free tax help to people who make \$53,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their tax return. <http://www.irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers>
- **Additional financial assistance programs:** <http://www.medicare.gov/your-medicare-costs/help-paying-costs/get-help-paying-costs.html>
- **10 Things Every Senior Should Know:** http://www.seniornet.org/index.php?option=com_content&task=view&id=145&Itemid=38

<http://www.altruistparty.org/>

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PewResearch Internet Project



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REPORT

SEPTEMBER 25, 2013



Who's Not Online and Why







BY KATHRYN ZICKUHR

15% of American adults do not use the internet at all, and another 9% of adults use the internet but not at home.

As of May 2013, 15% of American adults ages 18 and older do not use the internet or email. Asked why they do not use the internet:

- 34% of non-internet users think **the internet is just not relevant to them**, saying they are not interested, do not want to use it, or have no need for it.
- 32% of non-internet users cite reasons tied to their sense that **the internet is not very easy to use**. These non-users say it is difficult or frustrating to go online, they are physically unable, or they are worried about other issues such as spam, spyware, and hackers. This figure is considerably higher than in earlier surveys.
- 19% of non-internet users cite the **expense of owning a computer or paying for an internet connection**.

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WHY ILLINOIS | SMALL BUSINESS ASSISTANCE | EXPANSION/RELOCATION | WORKFORCE DEVELOPMENT

DCEO ▶ Why Illinois ▶ Technology Services

Eliminate the Digital Divide 2014-15 Grant Program

DESCRIPTION

The Eliminate the Digital Divide grant program seeks to provide access to computers, telecommunications technologies and related training to disadvantaged communities. Under this program, the Illinois Department of Commerce and Economic Opportunity (DCEO) is authorized to award grants of up to \$75,000 to plan, establish, administer and expand Community Technology Centers (CTC's) and to support basic computer literacy training programs.

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How Birth Control Has Changed Over the Centuries




Israeli Barber Designs 'Magic' Hairy Yarmulke That is Basically a Toupée



I Proposed to My Invisible Boyfriend and Here's What Happened


CONTENT FROM FEDEX

A Darn Good Yarn




Watch The Decemberists Sing YouTube Comments on Jimmy

time.com/2857448/mozilla-25-smartphone-firefox/#








Bone Soup Is Back With a Vengeance



Mike Huckabee's Encore in Iowa

Mozilla's \$25 Smartphone Is a Brilliant Gamechanger

Alex Fitzpatrick @alexjamesfitz | June 11, 2014




If you don't have any customers, create them.

Mozilla plans to roll out a \$25 smartphone by the end of the year, the *Wall Street Journal* [reported](#) Wednesday.

\$25? For a smartphone? Sounds crazy, right? Actually, not so much.

Mozilla is best known for its desktop browser, Firefox. But it also has a mobile operating



A device with the new Firefox OS is presented at the Mobile World Congress in Barcelona, on February 24, 2014.

Kevin Lewis - Write-in candidate for Chicago Mayor 2015

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Jim T. Miller

♥ Become a fan

Syndicated columnist, NBC Today contributor and creator of
SavvySenior.org



Simplified Smartphones For Boomers And Seniors

Posted: 03/16/2013 7:25 am EDT | Updated: 05/16/2013 5:12 am EDT

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1

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Dear Savvy Senior: Are there any smartphones specifically designed for seniors that you know of? I'm interested in getting one, but at age 69, I want to find one that's easy to see and use.

-- Semi-Smart Senior

Dear Semi-Smart: There are actually several manufacturers who are now making simplified smartphones with features

designed primarily for older users who have limited experience with modern gadgetry. Here's a rundown of what's currently and soon-to-be available.

Pantech Flex: One of the best and most affordable age-friendly smartphones on the market today is the **Pantech Flex**, sold through AT&T for only \$1 with a two-year contract.

This Android-powered touch screen phone has a bright 4.3-inch screen, with a fast 1.5GHz dual-core processor and 8 megapixel camera. But what makes this phone ideal for seniors is its Easy Experience mode which provides a simple, clean home screen with large fonts, clearly marked icons and quick access to the phone's most essential features -- your phone, camera, messages, menu, Web and contacts, along

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Overall Ratings

★★★★★

Cool factor:

0

Features

eldergadget

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Seniors Should Be Dialing In On Smartphones

Within my over-sixty demographic, I find myself in a small group of smartphone users. I find myself wondering why something so useful to me is embraced by so few of my friends?

DAVID SOBOTTA · DEC 28, 2012

