

BLUE STAR
CAREGIVERS

Websites Every Senior Should Have Bookmarked



Introduction

Seniors are more digitally connected than ever. Today, more than two-thirds of seniors use the internet — a 55-percentage-point increase in just under two decades — and some groups of seniors report owning and using various technologies at rates similar to adults under the age of 65, according to a [recent Pew Research Center survey](#) [↗](#).

As more older adults turn to the internet and social media for news, it's important the information they find is trustworthy. There are millions of websites with health and wellness advice for older adults — a quick Google search for [blogs for seniors](#) [↗](#) returns about 6,530,000 results — but they don't all have reliable, up-to-date information.

This book provides links to the top websites [for seniors, covering everything from health and fitness to finances and travel](#). To help find the best tips and guidance for living a healthy lifestyle and to seek support for you or your loved one, make use of the broad range of benefits and services provided by the U.S. Department of Veterans Affairs as well as these government and non-government resources available to seniors, whether veterans or not.



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CHAPTER 1

General

These sites cover a wide range of issues related to aging, senior health and research.

AARP

aarp.org/health 


The health section of the AARP website helps seniors to live healthily and provides information on Medicare, conditions and treatments, drugs and supplements, health insurance, and brain health.

Alliance for Aging Research

agingresearch.org 

The Alliance for Aging Research is the leading nonprofit organization dedicated to accelerating the pace of scientific discoveries and their application to vastly improve the universal human experience of aging and health.

American Federation for Aging Research

afar.org 

The American Federation for Aging Research (AFAR) supports the science of healthier aging. AFAR has played a major role in advancing knowledge of aging and mechanisms of age-related disease by providing grants to more than 4,000 talented scientists. Seniors can learn the latest developments about aging from this website.

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American Grandparents Association

aga.grandparents.com 

The American Grandparents Association is a leading resource for people 50-plus, providing services and information about health, money, family, travel and more.

American Society on Aging

asaging.org 

The American Society on Aging is the essential resource to cultivate leadership, advance knowledge and strengthen the skills of those who work with, and on behalf of, older adults.

Gerontological Society of America

geron.org 

The oldest and largest interdisciplinary organization devoted to research, education and practice in the field of

aging, the Gerontological Society of America's principal mission is to advance the study of aging and disseminate information among scientists, decision-makers and the public.



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Health in Aging

healthinaging.org 

Created by the American Geriatrics Society's Health in Aging Foundation, Health in Aging provides consumers and caregivers with up-to-date information on health and aging.

Healthy Aging

mayoclinic.org/healthy-lifestyle/healthy-aging/basics/healthy-aging-over-50/hlv-20049407 

Whether you're concerned about weight gain, your sex drive or chronic diseases, the Mayo Clinic provides articles and information about healthy aging beyond 50.

National Academy on an Aging Society

geron.org/programs-services/policy-center 

The Gerontological Society of America's nonpartisan public policy institute, the National Academy on an Aging Society actively conducts and compiles research on issues related to population aging and provides information to the public, the press, policymakers and the academic community.

National Council on Aging

ncoa.org 

This nonprofit organization represents senior citizens and the community organizations that serve them. The website offers tools and resources to help you stay independent. Find information on the topics you care about most, such as falls prevention, chronic disease, benefits, jobs and more.

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CHAPTER 1: GENERAL

National Hospice and Palliative Care Organization

nhpco.org/nhpco-0

The National Hospice and Palliative Care Organization is the largest nonprofit membership organization representing hospice and palliative care programs and professionals in the United States. The organization is committed to improving end-of-life care and expanding access to hospice care with the goal of profoundly enhancing quality of life for people dying in America and their loved ones.

Pioneer Network

pioneernetwork.net 

Pioneer Network is the national leader of the culture change movement, helping care providers to transition away from a medical, institutional model of elder care to one that is life affirming, satisfying, humane and meaningful.

Today's Geriatric Medicine

todaysgeriatricmedicine.com 

Today's Geriatric Medicine provides news and insight for professionals in elder care.

CHAPTER 2

Government Resources

Make use of the resources and information provided by these senior-oriented government organizations and programs.

Administration on Aging

[usa.gov/federal-agencies/administration-on-aging](https://www.usa.gov/federal-agencies/administration-on-aging) 

The Administration on Aging is the federal agency for older persons and their concerns. The website offers information to educate older people and their caregivers about the benefits and services available to help them and provides referral and outreach efforts at the community level.

Aging and Sustainability

[epa.gov/healthresearch/aging-and-sustainability-listserve](https://www.epa.gov/healthresearch/aging-and-sustainability-listserve) 

The Aging and Sustainability listserve is part of the U.S. Environmental Protection Agency's efforts to raise awareness about the susceptibility of older persons to environmental hazards and to share opportunities for getting involved in environmental stewardship that contributes to a more sustainable world.

Aging Stats

agingstats.gov/fed-data-resources.html 

The Federal Interagency Forum on Aging-related Statistics was established with the goal of bringing together federal agencies that share a common interest in improving aging-related data. The latest report provides the data on the 41 key indicators selected by the forum to portray aspects of the lives of older Americans and their families.

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Centers for Disease Control and Prevention Healthy Aging

cdc.gov/aging 

This website contains statistics and research material, care information, and links to other health information for older adults. The Health Aging Data Portal provides easy access to data on key indicators of health and well-being, screenings and vaccinations, and mental health among older adults.

Disability Assistance

benefits.gov/benefits/browse-by-category/category/13 

This government website details disability assistance benefits, such as automobiles and adaptive equipment for disabled veterans and service members and independent living services for older individuals who are blind.

Extra Help

ssa.gov/pubs/EN-05-10508.pdf 

This document from the Social Security Administration outlines what seniors need to do to receive Extra Help, a program that assists seniors with their Medicare prescription drug plan costs.

HRSA Health Centers

findahealthcenter.hrsa.gov 

Health Resources & Services Administration Health Centers provide checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children — even if you have no health insurance. You pay what you can afford based on your income. Use this site to find a health center near you.

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Long-term Care

longtermcare.acl.gov 

The Administration for Community Living, an agency of the U.S. Department of Health and Human Services, offers long-term care planning considerations and options associated with your age and resources for people already receiving long-term care services.



Medicare

medicare.gov 

The official U.S. government site for Medicare outlines how to sign up or change plans, your Medicare costs, what Medicare covers, how to get drug coverage, supplements and other insurance, claims and appeals, and tips for managing your health.

MedlinePlus Seniors' Health

medlineplus.gov/seniorshealth.html 

This website provides links to health information from the National Institutes of Health and other federal government agencies about what to expect as you age, things you can do to stay healthy and active, treatments and therapies that may be helpful to older adults, and more.

National Institute on Aging

nia.nih.gov 

The National Institute on Aging (NIA) is at the forefront of the nation's research activities dedicated to understanding the nature of aging, supporting the health and well-being of older adults,

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CHAPTER 2: GOVERNMENT RESOURCES

and extending healthy, active years of life for more people. Explore the website to learn more about the groundbreaking work of NIA researchers and get consumer-oriented information on a wide range of topics important to older people and their families.

Ready

ready.gov/seniors 

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. This guide from Federal Emergency Management Agency outlines commonsense measures older Americans can take to start preparing emergencies before they happen.

U.S. Department of Housing and Urban Development

portal.hud.gov/hudportal/HUD?src=/topics/information_for_senior_citizens 

Whether you are looking for housing options for yourself, an aging parent, relative or friend, the U.S. Department of Housing and Urban Development provides information for senior citizens, financial assistance resources and guides for making the right choice.

CHAPTER 3

Illness and Disease

Learn all about some of the most common illnesses that plague seniors and how you can take steps to lower your risk on these sites.

Alzheimer's Association

[alz.org](https://www.alz.org) 

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. The site contains useful information for caregivers and those with Alzheimer's as well as provides sources for care and planning ahead.

Alzheimers.gov

[alzheimers.acl.gov](https://www.alzheimers.acl.gov) 

Alzheimers.gov is the government's free information resource about Alzheimer's disease and related dementias. Here you can find links to authoritative, up-to-date information from agencies and organizations with expertise in these areas.

Arthritis Foundation

[arthritis.org](https://www.arthritis.org) 

The Arthritis Foundation website provides updates on treatments for arthritis and has advice on how to minimize the effects of the condition in daily life.

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BenefitsCheckUp

benefitscheckup.org 

A free service of the National Council on Aging, BenefitsCheckUp is a comprehensive, free online tool that connects older adults with benefits for which they may qualify. The BenefitsCheckUp team monitors the benefits landscape for updates and changes to policies and programs and matches your needs to benefit programs and eligibility requirements using a comprehensive tool.

Better Hearing Institute

betterhearing.org 

The Better Hearing Institute (BHI) conducts research and engages in hearing health education with the goal of helping people with hearing loss benefit from proper treatment. BHI is the educational arm of the Hearing Industries Association.

DailyMed

dailymed.nlm.nih.gov/dailymed 

The official provider of the Food and Drug Administration label information, DailyMed provides information about more than 95,000 marketed drugs. The website provides a standard, comprehensive, up-to-date resource of medication content and labeling found in medication package inserts.

Drug Information Portal

druginfo.nlm.nih.gov/drugportal 

The Drug Information Portal gives users a gateway to selected drug information from the U.S. National Library of Medicine and

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other key U.S. government agencies. An encyclopedia of prescription drugs and their effects, the website provides links to resources with drug information, including summaries tailored to various audiences.

Drug Interactions

[fda.gov/Drugs/ResourcesForYou/ucm163354](https://www.fda.gov/Drugs/ResourcesForYou/ucm163354) 

Drug interactions may make your drug less effective, cause unexpected side effects or increase the action of a drug. This website by the Council on Family Health in cooperation with the National Consumers League and the U.S. Food and Drug Administration provides information about potential drug interactions.




Glaucoma Research Foundation

[glaucoma.org](https://www.glaucoma.org) 

The Glaucoma Research Foundation is a national nonprofit organization dedicated to finding a cure for glaucoma. Stay up-to-date with the latest news about glaucoma, treatments and research.

MyMedicines

[fda.gov/downloads/ForConsumers/ByAudience/ForWomen/
FreePublications/UCM246541.pdf](https://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/FreePublications/UCM246541.pdf) 

This pamphlet from the U.S. Food and Drug Administration's Office of Women's Health and the National Association of Chain Drug **CONTINUED** »

Stores helps seniors use medicines wisely by providing questions to ask a health professional before taking any medication or diet supplement as well as a place to keep a record of medicines they use.

National Eye Institute

nei.nih.gov 

The National Eye Institute's website has information about eye disorders, clinical studies and awareness activities for people affected with eye diseases or disorders.

National Osteoporosis Foundation

nof.org 

Get the latest osteoporosis research and information available on prevention, diagnosis and treatment, and connect with others near you who are suffering from the disease.

National Stroke Association

stroke.org 

National Stroke Association provides stroke education and programs to stroke survivors, caregivers and health care professionals.

NCI Contact Center

cancer.gov/contact/contact-center 

The National Cancer Institute (NCI) Contact Center provides accurate, up-to-date and reliable information on cancer that is easy to understand. Information specialists can answer your questions about cancer. If you aren't sure what materials may be right for you, they can help you

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choose ones that address your situation and email or send them to you at no charge. They can also help you navigate the NCI website to help you find what you are looking for.

OrthoInfo

orthoinfo.aaos.org 

OrthoInfo is a trusted source of information about musculoskeletal conditions and injuries — how they are treated as well as how they can be prevented. The articles and videos are developed by orthopaedic surgeons who are members of the American Academy of Orthopaedic Surgeons.

Pillbox

pillbox.nlm.nih.gov/pillimage/search.php 

The Pillbox website was developed to aid in the identification of unknown pills (oral solid dosage form medications). It combines images of pills with appearance and other information to enable users to visually search for and identify oral solid dosage form medications.

CHAPTER 4

Fitness

Make sure you're keeping your body fit and happy by checking out these resources.

Aging and Exercise

sportsci.org/encyc/agingex/agingex.html 

Written by Roy J. Shephard, a faculty member in the School of Physical & Health Education and Department of Preventive Medicine & Biostatistics at the University of Toronto, for the *Encyclopedia of Sports Medicine and Science*, this website explains the science behind aging and exercise and shows seniors how physical activity will affect their daily lives.

Alexander Technique and Aging Well

alexandertechnique.com/articles/aging 

The Alexander Technique is a method that works to change daily movement habits. This article, written by Andrea M. Matthews, an Alexander Technique teacher and a member of Alexander Technique International, outlines how this technique can work for seniors.

American Senior Fitness Association


seniorfitness.net 

The Senior Fitness Association (SFA) promotes excellence in older adult fitness by providing widely accessible, senior-specific fitness education programs, fitness resources and internationally recognized advanced professional qualification. Designed for people who work in

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senior fitness, this website can help users find SFA programs and senior fitness instructors in their area.

Exercise Programs that Promote Senior Fitness

ncoa.org/center-for-healthy-aging/physical-activity/physical-activity-programs-for-older-adults 

Explore these evidence-based physical activity programs, which have been proven to produce measurable health benefits for older adults.

Go4Life

go4life.nia.nih.gov 

An exercise and physical activity campaign from the National Institute on Aging, Go4Life is designed to motivate older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines. Go4Life offers exercises, motivational tips and free resources to help you get ready, start exercising and keep going.

Senior Fitness

seniorfitness.com 

Senior Fitness offers fitness information and strategies for promoting lifelong health, strength, vigor and independence.

SilverSneakers

silversneakers.com 

America's leading community fitness program designed for older adults, SilverSneakers promotes vital physical and social activity through 13,000 facilities nationwide.

CHAPTER 5

Nutrition


These sites can provide you with some guidance for eating well no matter how old you are.

ChooseMyPlate

choosemyplate.gov/tools-BMI 

Reaching a healthy body weight is important for people of all ages, and this government website contains information on how to reach a healthy body weight.

Dietary Supplement Label Database

[ods.od.nih.gov/Research/Dietary Supplement_Label_Database.aspx](https://ods.od.nih.gov/Research/Dietary_Supplement_Label_Database.aspx) 

The Dietary Supplement Label Database from the National Institutes of Health contains information taken from the labels of approximately 50,000 dietary supplement products available in the U.S. marketplace.

Food Safety for Older Adults

foodsafety.gov/risk/olderadults 

Adults 65 and older are at a higher risk of hospitalization and death from foodborne illness. This website provides practical guidance on how to reduce your risk of foodborne illness.



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Senior Malnutrition

[mayoclinic.org/healthy-lifestyle/caregivers/in-depth/art-20044699](https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/art-20044699) 

Good nutrition is critical to overall health and well-being — yet many older adults are at risk of inadequate nutrition. In this article, the Mayo Clinic provides tips on how to prevent and detect malnutrition.

Weight-control Information Network

niddk.nih.gov/health-information/weight-management/health-tips-older-adults



This publication is part of the Healthy Eating & Physical Activity Across Your Lifespan Series from the Weight-control Information Network. The website is intended for everyone who wants to maintain a healthy weight, but it also has information for seniors.

CHAPTER 6

Mental Health

Keeping your mind healthy is just as important and keeping your body fit, so check out these sites for advice.

Be Brain Fit

bebrainfit.com 

This website is a consumer resource for information about maintaining and improving cognitive and mental health based on the best available scientific research.

Geriatric Mental Health Foundation

gmhfonline.org 

The Geriatric Mental Health Foundation was established by the American Association for Geriatric Psychiatry to raise awareness of psychiatric and mental health disorders affecting the elderly, eliminate the stigma of mental illness and treatment, promote healthy aging strategies, and increase access to quality mental health care for the elderly. Explore the site for mental health information for older adults and their families, to find a geriatric psychiatrist, and for news of foundation programs and events.

Retired Brains

retiredbrains.com 

Retired Brains is an independent resource website for baby boomers, those planning their retirements and active retirees on the internet. The

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site provides resources to help make retirement not only manageable but also active and fun.

Senior Corps

nationalservice.gov/programs/senior-corps 

Senior Corps connects today's 55+ with the people and organizations that need them most. Volunteers receive guidance and training so they can make a contribution that suits their talents, interests and availability.



SeniorNet

seniornet.org 

SeniorNet provides older adults education for and access to computer technologies to enhance their lives and enable them to share their knowledge and wisdom.

Substance Abuse and Mental Health Services Administration

findtreatment.samhsa.gov 

The Behavioral Health Treatment Services Locator is an online source of information for persons seeking treatment facilities in the United States for substance abuse, addiction and/or mental health problems.

CHAPTER 7

Finances

Make the most of your money with help and information from these sites.

EconomicCheckUp

economiccheckup.org/esi-home 

A free service of the National Council on Aging, EconomicCheckUp helps older adults find work, budget their money and save on daily expenses. The type of help available through EconomicCheckUp includes money management and budgeting, housing, health, employment and training, and debt and credit management.

ElderLawAnswers

elderlawanswers.com 

ElderLawAnswers provides reader-friendly news and explanations of Medicaid coverage of long-term care, Medicare benefits, estate planning, guardianship and other legal issues affecting seniors. The website also offers easy access to a nationwide network of pre-screened attorneys who focus their practices on helping the elderly.

National Academy of Elder Law Attorneys

naela.org 

The National Academy of Elder Law Attorneys (NAELA) is a professional association of more than 4,500 attorneys who are dedicated to improving the quality of legal services provided to seniors. NAELA members assist their clients with public benefits, probate, estate

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planning, guardianship and conservatorship, and health and long-term care planning. The website contains a directory of attorneys who practice elder law as well as articles on elder law issues.

Marshall, Parker & Weber

paelderlaw.com 

Marshall, Parker & Weber is a firm of elder law attorneys and a recognized leader in providing elder law, asset preservation and estate planning services to seniors. Although the firm serves seniors throughout northeast and central Pennsylvania, its website has information that is useful for seniors all over the country.



CNN Money

money.cnn.com/retirement 

CNN Money offers advice on everything from how to enjoy a more worry-free retirement to good ways to boost retirement income.

Retirement Jobs

retirementjobs.com 

Retirement Jobs identifies companies most suited to older workers and matches them with active, productive, conscientious, mature adults seeking a job or project that matches their lifestyle. The service is completely free for job seekers.

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SeniorJobBank

seniorjobbank.org 

SeniorJobBank is a meeting place for over-50 job seekers and the employers seeking their services. Browse current job listings, and connect to additional informational resources.

Senior Planning Services

senior-planning.com 

Senior Planning Services' founders have extensive backgrounds with the Medicaid process and have been dealing with Medicaid from the clinical, eligibility and billing perspective for more than 20 years. Learn how to ensure the optimal Medicaid outcome.

Workforce50

workforce50.com 

For the 50+ workforce, Workforce50 has jobs and information to help navigate your job search or a search for a new direction. Experts cover topics from finding your life's purpose and raising grandchildren to avoiding mistakes on LinkedIn or strategic résumé writing for a less than perfect work history.

CHAPTER 8

Travel

These sites provide information to help boomers, seniors and retirees plan travel.

Evergreen B&B Club

evergreenclub.com 

Evergreen's B&B network gives people over 50 access to nearly 2,000 friendly, economical homestays throughout the U.S. and Canada.


Road Scholar

roadscholar.org 

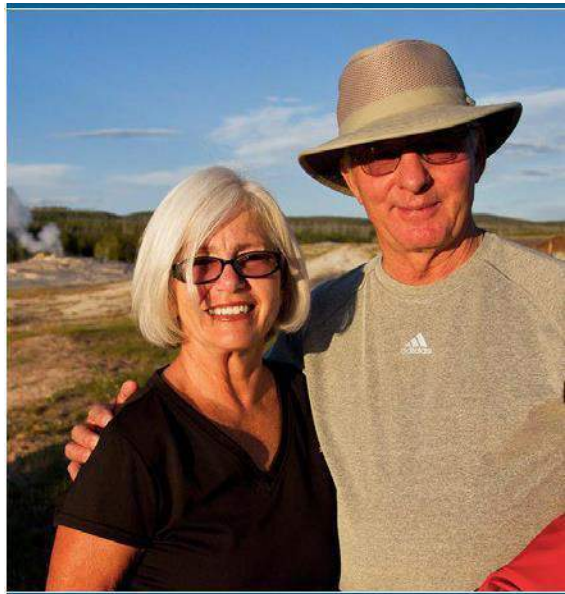
Road Scholar inspires adults to learn, discover and travel. The world's largest and most innovative creator of experiential learning opportunities, Road Scholar offers

5,500 learning adventures in 150 countries and all 50 states, serving more than 100,000 participants per year.

The Roaming Boomers

theroamingboomers.com 

Roaming Boomers is an online resource for luxury boomer



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travelers. A full-service travel agency, Roaming Boomers offers everything from river and ocean cruises to special occasion travel or simply a long weekend getaway.

Safe Driving for Older Adults

one.nhtsa.gov/people/injury/olddrive/OlderAdultswebsite 

This booklet asks questions that will help you decide if physical changes have affected your driving skills and provides helpful tips for coping with these changes so you can remain a safe driver for as long as possible.

CHAPTER 9

Blogs

Check in with these bloggers to get insight on healthy aging and read the latest news on senior health.



50Plus

50plus.org 

The website provides some tips that can help the 50-plus crowd in choosing healthy lifestyles.

Aging in Place Technology Watch

ageinplacetech.com/blog 

Founded by Laurie M. Orlov, a tech industry veteran, writer, speaker and elder care advocate, Aging in Place

Technology Watch provides thought leadership, analysis and guidance about technologies and services that enable boomers and seniors to remain longer in their home of choice.

ChangingAging

changingaging.org 

Written by physician Bill Thomas, ChangingAging explores the hidden dimensions of humanity and, in doing so, inspires personal

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growth and social change. This blog is about an alternative approach to long-term health care for the elderly.

Go60

go60.us 

Written by seniors for seniors, Go60 offers more than 1,600 pages of articles and resources about a wide range of topics, from health and money to travel and technology.

Medical News Today

medicalnewstoday.com/categories/seniors 

Get the latest seniors and aging research from prestigious universities and journals throughout the world.

Modern Senior

modern-senior.com 

Modern Senior was launched in 2010 to provide entertaining and informative content for senior adults, their loved ones, and other professionals interested in the issues that affect baby boomers and the aging population.

The New Old Age

newoldage.blogs.nytimes.com 

Written by Paula Span, this blog from *The New York Times* contains a wide range of articles that are all about seniors and their baby boomer children.

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RetireWOW

retirewow.com 

RetireWOW provides information and support to help you successfully make the transition from paid work to what's next. The website provides articles on topics ranging wealth management and living well to staying connected and spirituality.

RLTV

rl.tv 

RLTV is the only network specifically targeting people over 50. The programming, from news to entertainment, is created for knowledgeable, experienced adults who understand the importance of television.

Senior.com

senior.com 

Senior.com is a resource for information, products and services focused on meeting the needs of seniors and those serving seniors in our communities. The website provides an environment where members and visitors can communicate with family and friends, research information relevant to their daily lives, share stories and experiences, and purchase products and services safely.

CHAPTER 10


Caregivers

Aging Care

agingcare.com 

Aging Care is a website for caregivers facing the challenge of caring for a loved one. The site provides a comfortable meeting place for the free exchange of ideas with knowledgeable professionals, responsive experts and people just like you.

A Place for Mom

aplaceformom.com 

The largest senior living referral service in the U.S. and Canada, A Place for Mom helps families navigate the maze of senior housing options and find the best senior living options for their loved ones.

Family Caregiver Alliance

caregiver.org 

Founded in the late 1970s, Family Caregiver Alliance (FCA) is the first community-based nonprofit organization in the country to address the needs of families and friends providing long-term care for loved ones at home. The services, education programs and resources FCA



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provides are designed with caregivers' needs in mind and offer support, tailored information and tools to manage the complex demands of caregiving.

Home Care

homecare.com 

HomeCare.com provides technology and tools to help families and caregivers connect with one another. The senior advisers have years of experience working with families to help them find the caregivers who best match their needs. Let them assist you during your free consultation.



About BlueStar Caregivers

BlueStar SeniorTech is a service-disabled veteran-owned small business dedicated to improving the quality of care and life of veterans and seniors everywhere. Offering medical, emergency and health alert systems and senior care products, BlueStar helps make independent living safe and enjoyable while delivering peace of mind to seniors and their loved ones.

BlueStar supports caregivers through our non-profit site (www.BlueStarCaregivers.org). We support deserving senior veterans and their spouses through our 501(c)(3) charitable foundation, the Blue Star Senior Veterans Foundation (www.BlueStarSeniorVeterans.org).

BlueStar was founded by, and is operated by, veterans and their families. Our CEO and COO are retired two-star Navy admirals. We have 14 admirals and generals on our advisory board. We are dedicated to helping American seniors be Safe, Healthy, and Connected as they age. For more information, visit www.BlueStarSeniorTech.com.