

# MONTHLY NEWSLETTER

## BFORE AGING IN PLACE

foresee living independently



AUGUST 2025  
ISSUE #1

### FEATURED PRODUCTS

Smart Speaker:  
Alexa Show



Interactive Doorbell:  
Ring Doorbell



Smart Lock Keyless Entry:  
Kwikset HomeConnect



## LET'S TALK ABOUT... FALLING

Welcome to our first newsletter! Did you know 75% of Americans over the age of 50 want to retire living at home? We are ready to give practical and actionable solutions to living independently at home for as long as you choose - without breaking the bank!

14 million older adults fall annually and half of those falls happen to someone that has fallen before. A serious fall can cost thousands, jeopardize your mobility, and end your ability to live on your own. Don't let that happen to you or the ones you love. Take action BFore Aging in Place.

Stay Safe,

*Laura B.*

## The Technology Takeover!

Technology has transformed nearly every corner of our lives, and while some innovations may feel intimidating or intrusive, many are designed to empower us as we navigate life. From smart speakers that respond to your voice, to interactive doorbells that show you who's at the door, to smart front door locks that allow loved ones and caregivers to enter your home with a numerical code instead of a hard key, today's devices can offer newfound confidence and peace of mind.

The best way to incorporate devices into your routine is to start with basic, practical functionality, learning one tool at a time. Most devices today come with easy activation instructions and user tutorials. When you are comfortable adding another into your daily life can be enhanced by choosing devices that easily connect to each other.

For those living independently these tools provide more than convenience; they create a lifeline. When something unexpected happens, having reliable

ways to communicate or get assistance quickly can make all the difference in maintaining health, safety, and independent.



You might want to consider a smart phone with a basic service plan so you are ready for anything whether at home or on the go.

### Mobile Phone Basics:

- Start by loading contact information for family, close friends & your doctor.
- Learn how to make calls and send texts so you are ready in an emergency.
- Take it with you when you go out of the house.
- Learn to use basic apps like Maps for finding your way around town.
- Keep it charged.
- Don't share private information over the phone.



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- Bookmark our website [BForeaginginplace.com](http://BForeaginginplace.com) to use our library of best practices and to follow our blog.
- Follow us on social media at BFore Aging in Place on Facebook and bforeagingin on Instagram and like the posts you enjoy.
- Tell your family, friends and anyone looking for greater confidence living independently about this great new resource.

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