

4get-me-not NEWS



4get-me-not App fight social isolation among seniors

The challenge of social isolation in seniors has always been an issue. But as the effects of the COVID-19 pandemic continue, they lose more connections to other people. When seniors are unable to congregate, less interaction with loved ones and members of the community, they lack social stimulation which could be a link to **increased risk of Alzheimer's** and other dementias.

The 4get-me-not new approach to social connectedness is to build an App that seeks to recognize and empower seniors as valuable contributors to the community through **mentorship**. For 8-years organizing social events for seniors in the UAE, 4get-me-not Founder *Desiree Vlekken* noticed seniors who are socially engaged can counter negative health effects by sharing their knowledge, talent, skills, experience and wisdom in a group setting particularly with the youth.

The App is an opportunity for virtual connectivity that can serve as a lifeline for the participants in avoiding social isolation throughout the COVID-19 crisis and help foster a sense of community and connectedness among seniors.

Check out MVP Landing page of the 4get-me-not App on Android and become our Sponsor.