

The Selfie Project



It's amazing to see how a single technology can empower seniors. However, learning and adapting to new technology is not only challenging but also frustrating for an older adult. Anxiety, resistance, anticipation, confusion, stress and uncertainty are common feelings when trying to overcome a learning gap.

In order to make this process fun for all of us we are introducing a project called "The Selfie Project". To eliminate resistance to learning something new, we encourage you to get out your smart phones and take photos and "selfies" that you can text and share with us during this quarantine time. The selfie has to include a hashtag as well.

The selfies can be emailed to Monika Jaroszewicz at mjaroszewicz@mainetown.com or Oksana Bukaczyk at obukaczyk@mainetown.com

Tips on How to Take a Good Selfie:

- Choose the perfect selfie pose.
- Try to keep things looking natural.
- Make sure your face isn't too close to the camera.
- Lean away from the camera.
- Look for bright lighting.
- Keep taking selfies.
- And lastly, keep taking more selfies. Practice, practice, practice!

And lastly, keep taking

