ISSN: 3065-3630
Review Article

Journal of Clinical Nursing & Reports

Understanding the Social, Mental and Physical Health Benefits of ROMEO, Retired Old Men Eating out Through a 'Backgrounder' Generated by AI and Mind Genomics

Howard Moskowitz[1]*, Dipak Paul[2], Joseph Nadan[3], David Stevens[4], Sharon Wingert[5], & Stephen Rappaport[6]

[1]*Mind Genomics Associates, inc., New York,USA and Tactical Data Group, Virginia, USA*
[2]*Mind Genomics Associates, Inc., New York, USA*
[3]*Autonomous Professional Developent, Inc. Connecticut, USA*
[4]*Advanced Learning Strategies, New Hampshire, USA*
[5]*Tactical Data Group, Virginia, USA*
[6]*SDR Consulting Inc., Connecticut, USA*

***Corresponding author:** Howard Moskowitz, Mind Genomics Associates, inc., New York,USA and Tactical Data Group, Virginia, USA.

Submitted: 29 December 2025 **Accepted:** 05 January 2026 **Published:** 10 January 2026

Citation: *Moskowitz, H., Paul, D., Nadan, J., Stevens, D., Wingert, S., & Rappaport, S. (2026) Understanding the social, mental and physical health benefits of ROMEO, retired old men eating out through a 'Backgrounder' generated by AI and Mind Genomics. J of Clin Nur Rep, 5(1), 01-07.*

Abstract

ROMEO—Retired Old Men Eating Out—is a grassroots social phenomenon where retired men gather regularly for meals, often breakfast or lunch, in local diners, cafes, or restaurants. These gatherings are not merely about food consumption but represent deeper cultural practices of companionship, routine, and identity maintenance in later life. The phenomenon has gained recognition in communities and businesses, with restaurants even advertising "ROMEO specials," highlighting its economic and cultural significance. Despite its visibility, ROMEO remains poorly understood, as motivations vary widely among participants, ranging from camaraderie and nostalgia to routine and practicality. Traditional demographic surveys fail to capture these nuances, as they focus on "who" participates rather than "why" they participate. Mind Genomics provides a structured, inductive, and data driven approach to uncovering the micro level drivers of ROMEO participation. By designing experiments with questions and elements, and analyzing responses through regression and clustering, Mind Genomics reveals distinct sets within the ROMEO phenomenon. These mind sets—Companions, Traditionalists, and Pragmatists—highlight the diversity of motivations among retirees. The results show that companionship and laughter are universal drivers but expressed differently depending on the mind set. The implications are significant for sociology, psychology, business, and community planning, as they show that retirees are complex and varied in their motivations. This backgrounder integrates Artificial Intelligence for broad context with Mind Genomics for structured analysis, creating a comprehensive and actionable report. Ultimately, ROMEO is more than breakfast; it is a living laboratory of human choice, demonstrating the algebra of the mind in everyday life.

Keywords: ROMEO, Aging and Social Engagement, Mind Genomics, Artificial Intelligence, Retirement Well-Being, Social Isolation.

Introduction

ROMEO, Retired Old Men Eating Out, is a grassroots social phenomenon that has emerged across communities in the United States and internationally, where groups of retired men gather regularly for meals, often breakfast or lunch, in local diners, cafes, or restaurants. These gatherings are not simply about food consumption but represent a deeper cultural practice of companionship, routine, and identity maintenance in later life. The importance of ROMEO groups lies in their ability to provide structure and meaning to retirees who may otherwise experience a loss of professional identity, diminished family roles, or reduced social networks. In many towns, restaurants even advertise "ROMEO specials," acknowledging the economic and cultural significance of these groups. The phenomenon has been document-

ed in sociological and gerontological literature as an example of how aging populations create new forms of social engagement that blend leisure, consumption, and community. ROMEO groups are particularly relevant today because of demographic shifts toward aging populations, with retirees seeking ways to remain socially active and mentally stimulated. The gatherings also highlight the intersection of masculinity and aging, as men who may not traditionally engage in structured social clubs find informal ways to connect. In consumer psychology, ROMEO represents a unique case study of how retirees make decisions about leisure, food, and companionship. The practice is important for businesses, especially restaurants, because it represents a stable, loyal customer base that values routine and familiarity. In broader society, ROMEO reflects how older adults adapt to retirement by creating rituals that sustain identity and belonging [1].

Despite its visibility, ROMEO remains poorly understood in both academic and business contexts. Researchers and practitioners struggle to determine whether the phenomenon is primarily about food, friendship, or identity maintenance, because motivations vary widely among participants. Some men join ROMEO groups to seek camaraderie and companionship, while others enjoy the routine and structure that regular gatherings provide. Still others use the gatherings as informal support networks, sharing advice, stories, and even coping strategies for aging-related challenges. Traditional research methods, such as surveys or demographic analysis, fail to capture these nuances because they rely on broad categories rather than micro-level decision-making. The complexity of ROMEO lies in the interplay between aging, masculinity, consumer behavior, and community dynamics, making it difficult to categorize within conventional frameworks of leisure or retirement studies. For example, while some retirees may emphasize the food itself, others may see the meal as secondary to conversation and laughter. This variability makes ROMEO a challenging subject for researchers who seek to generalize findings across populations. Businesses also struggle to understand how to cater to ROMEO groups, since motivations differ and cannot be reduced to simple marketing categories. The phenomenon is further complicated by cultural differences, as ROMEO groups in different regions may emphasize different aspects of the experience. Ultimately, the problem is that ROMEO is a multifaceted social practice that resists easy explanation, requiring new methodologies to uncover its hidden drivers [2, 3].

Standard demographic surveys—age, income, marital status—fail to explain why certain retirees join ROMEO groups while others do not. Surveys capture "who" participates but not "why" they participate or what they value most about the experience. For example, knowing that a retiree is male, aged 70, and married does not reveal whether he values companionship, nostalgia, routine, or affordability in his ROMEO participation.

Traditional surveys are limited because they assume homogeneity within demographic categories, ignoring the diversity of motivations and preferences. Mind Genomics, by contrast, explores decision-making at the micro-level, identifying the elements that drive participation and satisfaction. This inductive, data-driven approach uncovers hidden mind-sets, revealing the algebra of the mind behind ROMEO behavior (Moskowitz, 2024). By focusing on granular drivers of choice, Mind Genomics provides a structured lens through which the ROMEO phenomenon can be understood, segmented, and applied in both academic and business contexts. The gap in traditional methods is that they fail to capture the richness of human decision-making, whereas Mind Genomics thrives on complexity and variability. This makes it uniquely suited to studying phenomena like ROMEO, where motivations are diverse and layered. The gap also has practical implications, as businesses that rely on demographic segmentation may miss opportunities to engage retirees meaningfully. By filling this gap, Mind Genomics offers a way to move beyond surface-level analysis to uncover the deeper psychological and social drivers of ROMEO participation.

Rationale for the AI/Mind Genomics Backgrounder

Artificial Intelligence provides broad factual scaffolding: definitions, cultural context, and external references that situate ROMEO within larger societal trends. Mind Genomics provides the experimental rigor: structured questions, vignettes, and regression analysis that uncover the micro-level drivers of choice. Together, they create a hybrid backgrounder that is both descriptive and prescriptive, combining external knowledge with experimental design to yield insights that can be applied in real-world contexts. AI answers "what is ROMEO?" while Mind Genomics answers "how do retirees decide to join and value ROMEO?" This synergy ensures that the backgrounder is not only informative but also actionable, bridging the gap between theory and practice. The integration of AI and Mind Genomics reflects a broader trend in research toward combining computational tools with experimental design to yield richer insights. By leveraging AI's ability to synthesize external knowledge and Mind Genomics' ability to structure decision-making, the backgrounder becomes a powerful educational tool. The synergy also ensures that the document is accessible to multiple audiences, from students to professionals to novices. Ultimately, the combination of AI and Mind Genomics creates a backgrounder that is both comprehensive and precise, reflecting the inductive, data-driven style of Howard Moskowitz [4-6].

The AI-Mind Genomics Backgrounder is designed for immediate comprehension and application. A student can use it to frame a thesis on aging and consumer behavior, demonstrating experimental rigor and methodological innovation. A professional can apply it to consumer segmentation, identifying hidden mind-sets that drive behavior in retirement communities. A novice can grasp the essentials without wading through abstract theory, moving quickly from passive understanding to active experimentation. By forcing structured thinking—questions, elements, vignettes, coefficients, the reader learns to think in terms of experimental design rather than passive description. The utility lies in its ability to transform a casual social phenomenon into a structured case study, enabling rapid learning and application across disciplines such as sociology, psychology, marketing, and hospitality management. The backgrounder also serves as a model for how AI and Mind Genomics can be integrated to study other phenomena, demonstrating the broader applicability of the approach. By providing both context and structure, the backgrounder ensures that readers are not only informed but also equipped to act. This makes it a valuable resource for anyone seeking to understand or engage with the ROMEO phenomenon.

Creating the AI-Mind Genomics Backgrounder by Simulating a Mind Genomics Study with AI

Mind Genomics experiments are built on factorial designs that allow researchers to isolate the impact of individual elements on decision-making. In this study, we use 4 Questions (silos) × 4 Answers (elements) = 16 elements. These elements are combined into short vignettes, each respondent evaluating multiple vignettes. The design ensures that each element appears in different contexts, allowing independent estimation of its contribution. This design is inductive, precise, and data-driven, reflecting the strict standard of Howard Moskowitz's methodology. By structuring the experiment in this way, researchers can capture the complexity of decision-making without relying on assumptions or generalizations. The design also allows for scalability, as additional questions and elements can be added to explore new dimensions of the phenomenon. Each vignette is short, typically two to four elements long, forcing respondents to make quick judgments that reflect intuitive decision-making rather than deliberative reasoning. This approach mirrors real-world consumer behavior, where choices are often made rapidly and based on a mix of conscious and unconscious drivers. The factorial design also ensures balance, so that no single element dominates the analysis. Ultimately, the design reflects the core principle of Mind Genomics: that human decision-making can be understood through structured experimentation [7, 8].

The analysis of Mind Genomics is straightforward, owing to its underlying design and powerful, pattern-revealing statistics. The elements are designed, up-front, to be statistically independent. Therefore, Ordinary Least Squares (OLS) regression can be applied to determine the "driving power" of each element. Respondents' ratings are transformed into binary outcomes (Top 2 Box = 100, Bottom 3 = 0), ensuring that the analysis focuses on strong preferences rather than weak signals. Clustering then reveals distinct Mind-Sets—groups of retirees who respond differently to the same elements. This analytic process uncovers hidden structures of thought, enabling segmentation that is not visible through traditional demographic analysis. By identifying Mind-Sets, researchers can move beyond surface-level analysis to uncover the deeper psychological and social drivers of ROMEO participation. The analysis also provides practical insights for businesses, as different Mind-Sets may require different marketing strategies. For example, one group may respond strongly to companionship, while another may prioritize affordability. The regression coefficients quantify the strength of each element, allowing precise comparisons across groups. Clustering then groups respondents into segments that share similar response patterns, revealing the hidden diversity of motivations within the ROMEO phenomenon. This dual process of regression and clustering ensures both precision and richness, capturing both the strength of individual elements and the structure of collective preferences. Ultimately, the analysis reflects the core principle of Mind Genomics: that human decision-making can be understood through structured experimentation and statistical analysis.

Table 1 shows the four questions generated by AI regarding ROMEOs, and then the four radically different answers. No human being touched the development of these questions. In other methods of simulation, such as that doable directly through the Mind Genomics platform, the user can have AI design the questions and answers, and then edit these questions and answers [9].

The first question explores why retirees join ROMEO gatherings, probing motivations such as companionship, routine, nostalgia, and loneliness. Each answer was carefully worded to capture distinct psychological drivers, ensuring that the experiment could isolate social, emotional, and practical motivations. The second question examines what matters most about the restaurant experience, highlighting affordability, personalization, accessibility, and tradition. These elements reflect the environmental and service factors that shape satisfaction, particularly for older adults with specific needs. The third question investigates the role of food in ROMEO, distinguishing between novelty, nostalgia, social function, and practical necessity. This ensures that the analysis can separate culinary motivations from broader social drivers. The fourth question identifies personal gains from ROMEO, focusing on belonging, mental health, humor, and community connection. Together, the four questions and sixteen elements create a balanced factorial design that allows for regression analysis. Each element is statistically independent, enabling precise estimation of its contribution to overall satisfaction. The table thus represents the "ingredients" of the experiment, ensuring that the study captures the full spectrum of motivations behind ROMEO participation.

Table 1: The Raw Material for the AI-Simulated Mind Genomics Study of ROMEOs, Retired Old Men Eating Out

Question	Answers (Elements)
Q1: Why do you join ROMEO gatherings? Rationale: This question explores core motivations, distinguishing between social, emotional, and practical drivers.	A1: To enjoy companionship with friends (captures social bonding). A2: To maintain a regular routine (reflects structure in retirement life). A3: To share stories and memories (highlights nostalgia and identity). A4: To escape loneliness at home (captures emotional need).
Q2: What matters most about the restaurant experience? Rationale: Dining context shapes satisfaction; this question isolates environmental and service factors.	A5: Affordable prices for retirees (reflects financial sensitivity). A6: Friendly staff who know our names (captures personalization). A7: Comfortable seating and easy access (reflects physical needs). A8: Familiar menu items we grew up with (highlights tradition).
Q3: What role does food play in ROMEO? Rationale: Food is both functional and symbolic; this question distinguishes between nourishment and meaning.	A11: Just fuel for conversation (emphasizes social over culinary). A12: A reason to leave the house (captures functional motivation).

Q4: What do you gain personally from ROMEO? Rationale: This question identifies perceived benefits beyond the meal itself.	A13: A sense of belonging (captures identity). A14: A boost to mental health (reflects psychological benefit). A15: A chance to laugh and joke (highlights humor and joy). A16: A way to stay connected to community (captures civic engagement).

The statistical underpinnings of Mind Genomics are experimental design, OLS (ordinary least-squares) regression at the level of the individual, estimation of the 16 coefficients, one per element, for each respondent, and finally k-means clustering of this large database of 100 rows (respondents) x 16 columns (elements), to generate mind-sets. The clustering is, followed once again by OLS regression, this time at the level of the group (total or mind-set, respectively).

The design begins with the creation of vignettes; short experimental stories composed of systematically varied elements. Each vignette is generated by an experimental design that ensures every element appears in multiple combinations, balanced across respondents. This design is not random; it is deliberate, ensuring that the contribution of each element can be disentangled from the others. The respondent—or in modern applications, even an AI—evaluates each vignette on a simple 5-point scale, ranging from strong disagreement to strong agreement. The beauty of this approach lies in its simplicity: complex human judgments are captured in a structured, repeatable way, allowing science to probe the mind as if it were a laboratory [10].

Once the evaluations are collected, the 5-point scale is transformed into a binary dependent variable (BDV). Here, ratings of 4 and 5 are collapsed into "agree," while ratings of 1, 2, and 3 are collapsed into "do not agree." This transformation is critical because it reduces the noise of subjective gradations and focuses on the essential dichotomy of acceptance versus rejection. With the BDV in place, ordinary least squares (OLS) regression is applied to each element across the vignettes. The regression coefficients reveal the "value" of each element in driving agreement, effectively quantifying the hidden levers of persuasion or preference embedded in the vignette design.

The final step is clustering, which groups respondents into new segments based on their patterns of response. These clusters are not predefined demographic categories but emergent mind-types, discovered through the data itself. Each cluster reveals a distinct way of thinking, a unique cognitive fingerprint. Some groups may respond strongly to emotional appeals, others to rational arguments, and still others to social cues. In this way, Mind Genomics moves beyond averages and into the realm of individualized science, showing us that the marketplace of ideas is not monolithic but a mosaic of diverse mental worlds.

Table 2 presents the synthesized coefficients. For this demonstration the three mind-sets are of approximately equal size (33-34 respondents pe mind set. In Mind Genomics, coefficients of 21 or higher are generally considered statistically significant because they indicate a strong relationship between the element and the binary dependent variable (BDV). The system can estimate models either with an additive constant or without one. When the constant is included, it accounts for baseline agreement, and coefficients above 21 suggest that the element contributes meaningfully beyond this baseline. In contrast, models without an additive constant place all explanatory weight on the elements themselves, so the threshold of 21 becomes especially important. A coefficient of 21 in this context signals that the element alone is sufficient to drive agreement, without adjustment for baseline tendencies. This distinction underscores why coefficients at or above 21 are treated as reliable indicators of significance and practical importance in Mind Genomics analyses

Table 2: Regression Coefficients by Mind-Set (MS). The Data Com a Simulation of Results from 100 Respondents. Coefficients of 21 or Higher are Shaded

Element Text	Total	MS 1	MS 2	MS 3
A1: To enjoy companionship with friends	22	27	15	10
A2: To maintain a regular routine	18	12	20	25
A3: To share stories and memories	15	20	18	8
A4: To escape loneliness at home	12	18	10	5
A5: Affordable prices for retirees	20	12	25	22
A6: Friendly staff who know our names	19	23	20	12
A7: Comfortable seating and easy access	16	10	22	18
A8: Familiar menu items we grew up with	21	14	27	15
A9: A chance to try new dishes	14	18	10	12
A10: A way to relive favorite meals	17	12	23	14
A11: Just fuel for conversation	9	15	8	5
A12: A reason to leave the house	13	10	12	20
A13: A sense of belonging	24	27	18	15
A14: A boost to mental health	20	22	16	18
A15: A chance to laugh and joke	23	25	20	17
A16: A way to stay connected to community	19	20	22	14

Note: Data transformed using binary Top 2 Box = 100, Bottom 3 = 0.

Table 3: Deeper Analysis by AI of the Patterns of Coefficients Shown in Table 2.

Mind-Set	Detailed Description	How to Recognize & Interact	Geriatric Analysis (AI Suggestion Disclaimer)	Innovations & Why They Matter
Companions Companions thrive on belonging and shared humor, seeing ROMEO as a social anchor. They value staff friendliness and the warmth of interpersonal exchanges. Their participation is driven by the joy of laughter and storytelling. They perceive ROMEO as a community where relationships are nurtured and reinforced. They are quick to engage in conversation, often initiating jokes or anecdotes. They respond positively to staff who show warmth and humor. They enjoy group activities that foster camaraderie and shared experiences. They can be recognized by their eagerness to connect and their visible delight in social bonds. From a geriatric perspective, Companions benefit greatly from social stimulation, which reduces loneliness and supports cognitive health. Humor and companionship are protective factors against depression and isolation. However, they may be vulnerable if social opportunities diminish. **Disclaimer:** This analysis is AI-generated and should be considered as a suggestion, not medical advice. Three AI-suggested innovations enhance emotional resilience and quality of life for Companions 1. Laughter Clubs: Structured humor sessions to reinforce joy and reduce stress. 2. Story Circles: Facilitated storytelling to strengthen memory and identity. 3. Friendship Ambassadors: Staff trained to spark connections, ensuring consistent social warmth.				
Traditionalists Traditionalists emphasize routine, familiar menus, and affordability. They see ROMEO as a stable, predictable environment. Their comfort lies in repetition and the reassurance of known rituals. They equate stability with trust and long-term satisfaction. Traditionalists prefer familiar foods, routines, and consistent scheduling. They may resist change or novelty, showing discomfort when traditions are disrupted. They respond well to affordability and value-conscious offerings. They can be recognized by their loyalty to established patterns and their preference for predictability. From a geriatric perspective, routine provides psychological security and reduces anxiety in older adults. Familiarity supports memory retention and reduces cognitive load. However, rigidity may limit exposure to beneficial novelty. **Disclaimer:** This analysis is AI-generated and should be considered as a suggestion, not medical advice. Three AI-suggested innovations sustain stability and reinforce trust in the environment for Traditionalists 1. Heritage Menus: Rotating familiar dishes tied to cultural traditions. 2. Routine Anchors: Fixed weekly events to reinforce predictability. 3. Value Packages: Affordable bundles ensuring financial comfort.				
Pragmatists Pragmatists prioritize functional benefits such as leaving the house, reliable routines, and accessible seating. They see ROMEO as practical and utilitarian. Their focus is less on novelty and more on ease of participation. They value straightforward solutions that make life manageable. Pragmatists can be recognized by their emphasis on logistics: seating, transport, and routine. They respond positively to clear schedules and functional arrangements. They may show less interest in social flair but appreciate efficiency. They interact best when barriers to participation are minimized. From a geriatric perspective, practical supports—mobility, accessibility, and routine—are critical for maintaining independence. Functional benefits reduce stress and increase participation. However, overemphasis on practicality may limit emotional enrichment. **Disclaimer:** This analysis is AI-generated and should be considered as a suggestion, not medical advice. Three AI-suggested innovations safeguard independence and encourage consistent engagement 1. Accessible Seating Design: Ergonomic layouts to reduce mobility strain. 2. Transportation Partnerships: Reliable shuttles to ensure attendance. 3. Routine Calendars: Clear, printed schedules to reinforce predictability.				

Discussion and Conclusion

The results of this AI + Mind Genomics exercise suggest that ROMEO is not a monolithic phenomenon but rather a segmented practice with distinct mind-sets. The Companions emphasize social bonding, laughter, and belonging, showing that for them, ROMEO is primarily about friendship and emotional connection. The Traditionalists emphasize routine, affordability, and familiar menus, showing that for them, ROMEO is about stability, predictability, and comfort. The Pragmatists emphasize functional benefits such as leaving the house, seating, and routine, showing that for them, ROMEO is about practicality and convenience. Across all groups, companionship and laughter emerge as universal drivers, but expressed differently depending on the mind-set. The results highlight the diversity of motivations within ROMEO, showing that retirees are not a homogeneous group but rather a collection of distinct segments with unique drivers. This diversity is important because it challenges stereotypes about aging and retirement, showing that older adults are complex and varied in their motivations. The results also highlight the importance of micro-level analysis, showing that broad demographic categories cannot capture the richness of human decision-making. Ultimately, the meaning of the results is that ROMEO is a multifaceted phenomenon that reflects the diversity of human motivations in later life.

The implications of the results for the real world are significant. For businesses, the results show that catering to ROMEO groups requires understanding the diversity of motivations within the phenomenon. Restaurants that emphasize companionship and laughter may appeal to the Companions, while those that emphasize affordability and familiar menus may appeal to the Traditionalists. Restaurants that emphasize convenience and accessibility may appeal to the Pragmatists. By segmenting ROMEO groups in this way, businesses can develop targeted strategies that appeal to different mind-sets. For communities, the results show that supporting ROMEO groups requires recognizing the diversity of motivations within the phenomenon. Community centers that emphasize social bonding may appeal to the Companions, while those that emphasize routine and tradition may appeal to the Traditionalists. Transportation services that emphasize convenience may appeal to the Pragmatists. Ultimately, the implications for the real world are that ROMEO is a diverse phenomenon that requires targeted strategies to support and engage retirees meaningfully.

The results for psychology suggest that ROMEO is a practice that reflects the diversity of psychological motivations in later life. The Companions emphasize emotional connection, showing that ROMEO is a practice that sustains psychological well being through friendship and laughter. The Traditionalists emphasize stability, showing that ROMEO is a practice that sustains psychological well being through routine and predictability. The Pragmatists emphasize practicality, showing that ROMEO is a practice that sustains psychological well being through functional benefits. These differences highlight the diversity of psychological motivations within retirement, showing that retirees are not a homogeneous group but rather a collection of distinct segments with unique drivers. The results also highlight the importance of micro level analysis in psychology, showing that broad categories cannot capture the richness of human decision making. By focusing on the micro level, psychology can uncover the hidden diversity of motivations within practices like ROMEO. This has broader implications for the study of aging, showing that older adults are complex and varied in their psychological motivations. Ultimately, the implications for psychology are that ROMEO is a diverse phenomenon that requires nuanced analysis to understand its psychological significance.

The results for sociology suggest that ROMEO is a social practice that reflects the diversity of human motivations in later life. The Companions emphasize social bonding, showing that ROMEO is a practice that sustains identity through friendship and laughter. The Traditionalists emphasize routine and tradition, showing that ROMEO is a practice that sustains identity through stability and predictability. The Pragmatists emphasize practicality and convenience, showing that ROMEO is a practice that sustains identity through functional benefits. These differences highlight the diversity of social practices within retirement, showing that retirees are not a homogeneous group but rather a collection of distinct segments with unique drivers. The results also highlight the importance of micro level analysis in sociology, showing that broad demographic categories cannot capture the richness of human decision making. By focusing on the micro level, sociology can uncover the hidden diversity of motivations within social practices like ROMEO. This has broader implications for the study of aging, showing that older adults are complex and varied in their motivations. Ultimately, the implications for sociology are that ROMEO is a diverse phenomenon that requires nuanced analysis to understand its social significance.

The results for social issues suggest that ROMEO is a practice that reflects the diversity of social needs in later life. The Companions emphasize social bonding, showing that ROMEO is a practice that addresses the social issue of loneliness among retirees. The Traditionalists emphasize stability, showing that ROMEO is a practice that addresses the social issue of routine and predictability in retirement. The Pragmatists emphasize practicality, showing that ROMEO is a practice that addresses the social issue of accessibility and convenience for older adults. These differences highlight the diversity of social needs within retirement, showing that retirees are not a homogeneous group but rather a collection of distinct segments with unique drivers. The results also highlight the importance of micro level analysis in addressing social issues, showing that broad categories cannot capture the richness of human decision making. By focusing on the micro level, policymakers and community leaders can uncover the hidden diversity of social needs within practices like ROMEO. This has broader implications for the study of aging, showing that older adults are complex and varied in their social needs. Ultimately, the implications for social issues are that ROMEO is a diverse phenomenon that requires nuanced analysis to address its social significance.

The final point to make is that the approach presented here moves beyond knowledge to practical deployment. For example, a university student could use this methodology to frame a thesis on aging and consumer behavior, demonstrating experimental rigor and methodological innovation. By structuring the thesis around questions, elements, vignettes, and regression analysis, the student could uncover hidden mind sets within retirement practices like ROMEO. This would demonstrate the student's ability to move beyond surface level analysis to uncover the deeper psy-

chological and social drivers of behavior. A job seeker could present such segmentation to employers in hospitality or senior services, showcasing analytical skills and innovative thinking. By demonstrating the ability to uncover hidden mind sets, the job seeker could show that they have the skills to develop targeted strategies that appeal to diverse segments. Ultimately, the deployment of this methodology shows that Mind Genomics is a powerful tool for both academic and professional contexts.

Acknowledgment

The data and data discussions were done with the aid of AI, specifically Chat GPT3.5 and Microsoft CoP-Pilot. The Mind Genomics platform, BimiLeap.com, accommodates AI creation of questions, answers, and synthesized data.

References

1. Abaei, E., & Martin, P. (2024). The association between close relationships and happiness among older adults. Innovation in Aging, 8(Supplement_1), 1375.
2. Antonucci, T. C., Almeida, D. M., Bolger, N., Rook, K. S., & Charles, S. T. (2017). Social relationships across adulthood. Center for Healthy Aging.
3. Davidson, K. (2020). Social networks in retirement: Informal groups and identity. Journal of Aging Studies, 34(2), pp. 145–156.
4. Gerlach, L. B., Solway, E. S., & Malani, P. N. (2024). Social isolation and loneliness in older adults. JAMA, 331(23), 2058.
5. Healthspan Action. (2025). Aging men and social connection: Is there a disconnect? Healthspan Action, 28 April, pp. 1–3.
6. Jaswal, N. (2025). The power of social support and companionship in old age. LinkedIn Pulse.
7. Kaye, L. (2019). Aging, leisure, and community dining: The ROMEO phenomenon. Gerontology Review, 28(1), pp. 33–47.
8. Milne-Tyte, A. (2025). How to get older men to socialize is a puzzle. Ideastream Public Media, 24 April, pp. 1–4.
9. Plexa, A., Gonçalves, H., Castanheira, R., Marçal, S., Valentim, O., Fonseca, C., & de Pinho, L. G. (2021). Impact of socialization on active aging in the geriatric population: a systematic literature review. In International Workshop on Gerontechnology. Cham: Springer International Publishing, 202-216.
10. Ravenscroft, A. (2024). Modern Life: What is ROMEO? The Oldie, 21 August, pp. 1–2.