

Stay updated. Stay ahead. Monthly

TECHeasy

DO NOT STAY BEHIND THE FUTURE IS HERE.

TECHNOLOGY




**THAT KEEP YOU INDEPENDENT
AND INFORMED**

Step Into the Spotlight:

**We're asking the community about
tech, hobbies, and more!**

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Contact Dio at:
 (413) 750-2090

COMPUTER LAB ROOM 109

WHAT'S NEW IN THE TECH WORLD?

AI LEARNING TOOLS: SIMPLE TECH THAT BUILDS CONFIDENCE

New AI learning tools built into computers and phones are helping people of all ages, especially beginners, feel more independent while using technology. These tools act like friendly guides that show you how to do everyday tasks step by step, making technology easier to understand and less intimidating.

AI learning tools can explain what buttons mean, highlight where you should click, and help you practice new skills at your own pace. It's like having a patient instructor right on your screen.

WHAT THESE AI LEARNING TOOLS CAN HELP WITH

- Learning how to use the internet safely
- Understanding common computer icons
- Organizing files, photos, and documents
- Finding apps and programs more easily
- Guiding you through settings to make your device fit your needs

WHY THIS MATTERS

These features help remove frustration and reduce fear around technology. Beginners can learn slowly, repeat steps, and get clear instructions without needing to remember everything at once.

It supports independence by giving users the skills they need to manage their own devices, stay informed, and feel confident online.

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SAFETY AND SUPPORT FEATURES

AI learning tools help keep you safe online by warning you about unsafe websites and showing you which links are trustworthy. They work quietly in the background to make browsing easier and safer.

- Warns you if a website looks unsafe
- Shows you which links are trustworthy
- Helps you avoid common mistakes
- Suggests simpler ways to complete tasks
- Offers guided practice for new skills

COMMON WAYS WE USE TECHNOLOGY EVERY DAY



Technology helps with many simple daily tasks. We use it to stay in touch with family, read news, check the weather, and look up information. It also helps us stay organized, remember appointments, and find answers quickly. Learning basic tech skills keeps you confident, independent, and informed as the world becomes more digital.

DEVICES IN YOUR HOME THAT HELP WITH DAILY LIFE



Smart Speakers (like Alexa or Google Home)

- These devices can set reminders, tell you the weather, answer questions, play music, and help you stay organized using just your voice.

Smart TV

- Makes it easier to watch shows, news, and movies. Many now include captions, voice search, and simple home-screen menus.

Laptops or Desktop Computers

- Useful for email, video calls, payments, searching online, and keeping documents in one place. Computers help you stay informed and connected.

Tablets

- Larger screens make reading, watching videos, and using apps much easier. Tablets are great for seniors who want something simpler than a computer.

Printers/All-in-One Machines

- Helpful for printing forms, making copies, or scanning documents from home without needing to go to a store.



Digital Thermostats

- These allow you to adjust temperature easily, keep the house comfortable, and even save money on energy.

Kitchen Timers or Smart Appliances

- Simple devices like digital timers, coffee makers, or microwaves with clear buttons help keep cooking and daily routines safe and easy.

Home Safety Devices (Smoke & CO Detectors)

- Modern detectors have louder alerts and longer-lasting batteries, adding an extra layer of safety in your home.

Technology You Can Use Outside the House

Navigation Apps

These help you find directions, avoid traffic, and get to appointments or new places with confidence.

Public Transportation Apps

Many cities have apps that show bus times, delays, and routes so you can plan your travel more easily.

Grocery Pickup & Shopping Apps

Order what you need from the store, then pick it up without having to walk around or wait in long lines.

Health & Fitness Trackers

Helpful for tracking steps, staying active, and motivating you to move when you're outside.

Restaurant & Food Apps

See menus, check reviews, and place orders ahead of time, making eating out smoother and easier.

Weather Apps

Check the weather before you leave so you know how to dress and prepare for the day.

COMMUNITY SPOTLIGHT



Maria Cotto

What is one tech skill that helps you stay independent in your daily life?

My phone helps me stay connected to my family and manage my everyday tasks. It keeps me organized and makes it easier to take care of things on my own.

Do you use any of the technology here at the center, and if so, what helps you the most? Yes, I use my phone to keep myself entertained with social media and to play puzzle games.

What is one technology tip you would share with someone who wants to feel more confident using their device? I like to use voice-to-text because typing takes me a long time. If anyone has the same issue, I recommend using voice texting. It's faster, easier to manage, and makes sending messages much more comfortable.

Start

PERSONAL TECH SUPPORT:



Navigate with Ease: Learn how to find exactly what you need without the stress.

Meet Your Goals: Whether it's checking email, writing a letter, or searching the web, let's make it happen.

Phone Help, Too: Having trouble with your mobile device? We can look at that together.

QUIZ!



1. Which app helps you find directions?

- a) weather app
- b) navigation app
- c) printer app

2. What do public transportation apps help you with?

- a) tracking bus routes and delays
- b) ordering food
- c) setting home temperature

3. Which app lets you order groceries for pickup?

- a) grocery pickup/shopping app
- b) health & fitness app
- c) game app

4. What is one use of a smart speaker?

- a) storing food
- b) setting reminders with your voice
- c) printing papers

5. Which device is best for watching shows with captions?

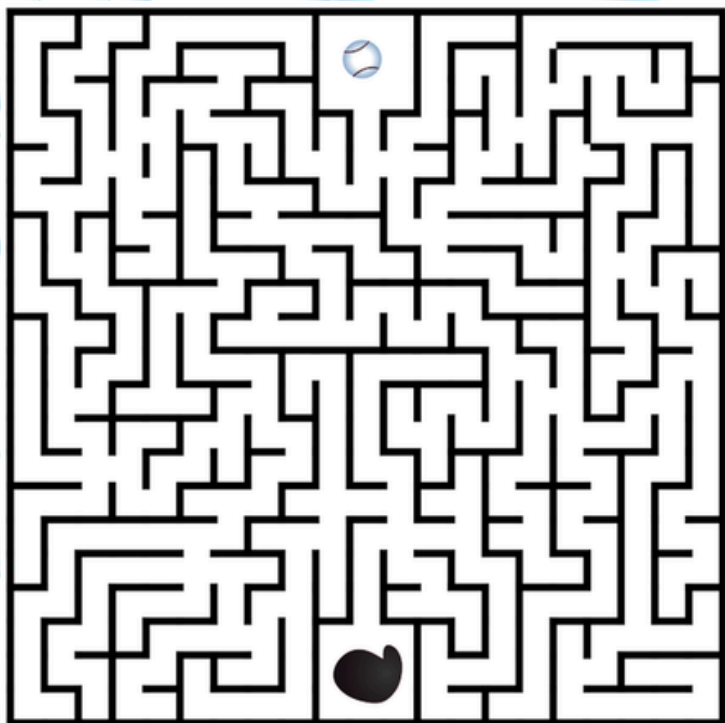
- a) smart thermostat
- b) smart tv
- c) smoke detector

6. What is the purpose of smoke and co detectors?

- a) entertainment
- b) cooking
- c) home safety alerts



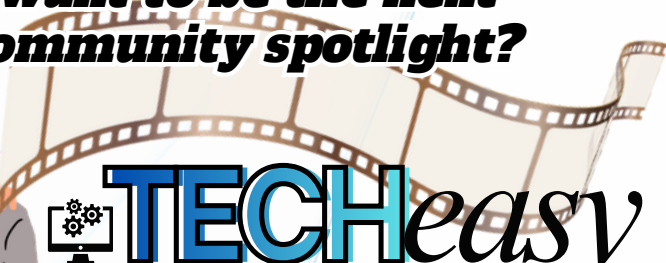
MAZE GAME



Got a tech insight or a big idea?

Shape the next issue, share your voice with the community.

Do you want to be the next on the community spotlight?



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CREATED & PUBLISHED BY DIOMARIS GOMEZ

QUIZ ANSWERS: 1 b, 2 a, 3 a, 4 b, 5 b, 6 c

City of Springfield
Department of Elder Affairs

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Computer Lab Hours

DIO GOMEZ

Mon: 9am - 1:30pm

Tue: 9am - 1:30pm

Wed: 9am - 1:30pm

Thu: 9am - 2pm

Fri: OFF

