

Stay updated. Stay ahead. Monthly

TECHeasy

DO NOT STAY BEHIND THE FUTURE IS HERE.

Resilience Through

INNOVATION

**TECHNOLOGY
EMPOWERING
PEOPLE,
NEIGHBORHOODS,
AND NEW
POSSIBILITIES**



***Step Into
the Spotlight:***

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

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COMPUTER LAB ROOM 109

WHAT'S NEW IN TECH?

HOW COMMUNITIES USE TECHNOLOGY TO STAY CONNECTED AND STRONG

Today's technology is helping neighborhoods stay close, even when people can't always meet in person. Many local centers, churches, libraries, and senior programs now use digital tools to share information, support each other, and stay engaged. These tools strengthen our ties, help us feel part of something bigger, and make it easier to reach out when support is needed.

- Community message boards let people ask questions, share events, or offer help.
- Video chat platforms make it easy to join workshops, fitness classes, and celebrations.
- Local alert apps keep everyone informed about weather, closures, or important updates.
- Local radio stations now stream online, letting seniors listen to town news and announcements from anywhere.
- Social groups on WhatsApp, Facebook, or email help seniors stay in touch with friends and family.
- Digital surveys let seniors give opinions on programs, helping communities make better decisions.



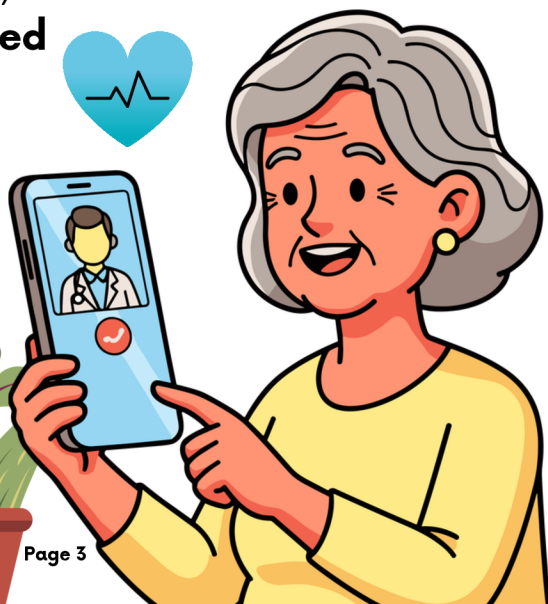
Simple Tools That Support Everyday Independence

Technology doesn't have to be complicated—many small tools can make daily tasks easier, safer, and more convenient.

Medication reminder apps help keep track of daily health routines and reduce missed doses.

- Calendar apps send gentle reminders about appointments, activities, and important events.
- Voice assistants can answer questions, set alarms, or play music with a simple spoken command.
- Smart home devices like lights or thermostats can be controlled without needing to get up.
- Transportation apps make catching a ride easier and help people get where they need to go.
- Grocery delivery apps make it simple to order food and household items right from home.
- Health portals let you read test results, message doctors, and request prescription refills online.
- Magnifier and flashlight apps help read small print on menus, mail, or medicine labels.

These tools are designed to support confidence and independence, allowing older adults to manage their routines with ease.



ADDITIONAL HELPFUL APPS

- Note-taking apps help you keep lists, reminders, questions for your doctor, and daily notes in one easy place.
- Weather apps provide clear forecasts and severe weather alerts that help you stay prepared in all seasons.
- Step counter apps encourage gentle daily movement and track the number of steps you take each day.
- Password managers store important login information safely, making it easier to access accounts without worrying about remembering passwords.
- Translation apps can help communicate with family, neighbors, or caregivers who speak different languages.
- Read-aloud apps speak text from emails, articles, or messages, making it easier to understand written information.
- Photo-sharing apps help family members send pictures and updates, keeping older adults connected with loved ones.



Staying Connected to New Possibilities

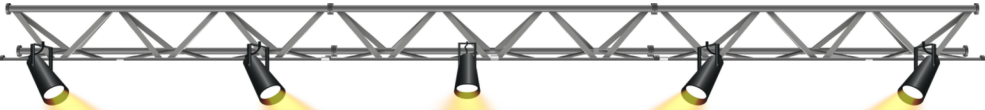
Technology opens doors at every age, creating new ways to learn, explore, and stay engaged with the world. Today, older adults can enjoy a rich variety of digital experiences that support confidence, creativity, and connection.

Online learning has become one of the easiest ways to explore new hobbies. Whether it's cooking, gentle exercise, crafts, or virtual workshops, there is always something new to discover from home. Taking small steps helps build confidence.

Trying one new app each month can slowly introduce new tools without feeling overwhelming. Practicing basic skills like tapping, swiping, and typing helps make your device feel more familiar and comfortable. Joining a tech class or support group, including the computer and mobile device sessions available at the center, is a wonderful way to learn in a friendly environment and connect with others who share similar goals. Many members also benefit from having access to personalized guidance when needed. The center offers one-on-one help with computers, smartphones, email, digital organization, and basic troubleshooting. Support is available in both English and Spanish, making it easier for everyone to ask questions, understand new concepts, and feel comfortable learning at their own pace.



Curiosity is one of the most powerful tools for staying independent with technology. Asking questions, exploring free online resources, and trying new features all help build comfort over time. Learning how to use mobile devices, from adjusting settings to sending messages or exploring helpful apps, adds another layer of confidence and independence.



COMMUNITY SPOTLIGHT



Lou Oyola

How has using technology helped you stay connected or involved in the community? I am able to research solutions for others (family and friends,) and share, also it helps me keep in touch with family.

What new digital skill or tool have you learned recently that made your daily life easier or more enjoyable? It helps me be more aware of scams, be more careful with emails and text messages.

What advice would you give other members who want to start learning more about technology or become more comfortable using their devices? To just try it even if not feeling confident about it.

CENTER OFFERING ONE-ON-ONE RESUME SERVICES BY APPOINTMENT

- Update your current résumé with clear, professional formatting.
- Tailor your résumé for the job you are seeking or for programs you want to apply to.
- Create a new résumé from scratch for members who have never had one.



Don't forget!

The center also provides friendly one-on-one technology support to help members feel confident and comfortable using their devices. These services are available by appointment and are designed to make everyday digital tasks simple and stress-free.

? Quiz Time

1. Communities use technology to stay connected by:

- a)** Handwritten letters
- b)** Digital message boards
- c)** Meeting only in person

2. Local alert apps help with:

- a)** Games
- b)** Cooking
- c)** Weather/closures

3. Which tool reminds you of appointments?

- a)** Calendar app
- b)** Puzzle app
- c)** Calculator

4. Voice assistants can:

- a)** Require typing
- b)** Answer questions by voice
- c)** Only play music

5. Which tool stores passwords safely?

- a)** Weather app
- b)** Password manager
- c)** Step counter

6. Technology helps seniors stay engaged with:

- a)** Online learning
- b)** Watching TV
- c)** Long reports

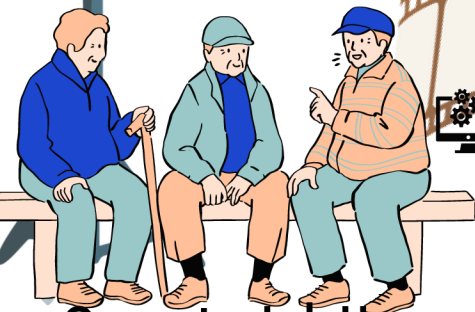
Word Scramble

1. TOCDRO _____
2. OPILT _____
3. IEEEGNR _____
4. ITRTSA _____
5. BEDILUR _____
6. RAFMER _____
7. WYALER _____
8. ITRREW _____
9. AEMFRR _____
10. REIDNESG _____

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-c, 3-a, 4-b, 5-b, 6-a

Computer Lab Hours

DIO GOMEZ

Mon: 9am - 1:30pm

Tue: 9am - 1:30pm

Wed: 9am - 1:30pm

Thu: 9am - 2pm

Fri: OFF



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Department of Elder Affairs

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