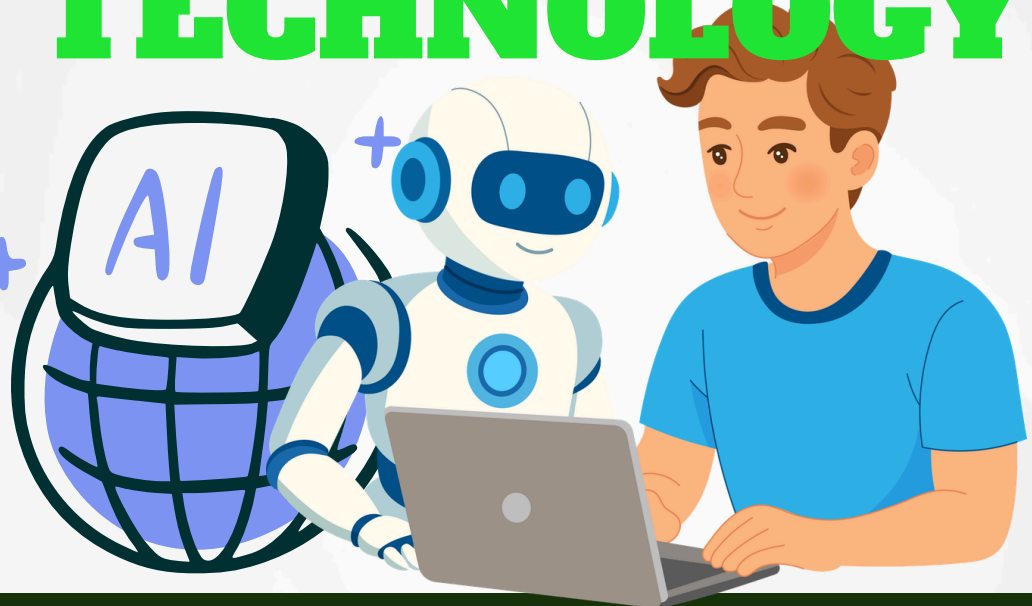


*Stay updated. Stay ahead. Monthly*

# **TECH**easy

**DO NOT STAY BEHIND THE FUTURE IS HERE.**

# TECHNOLOGY




# THAT WORKS WITH YOU NOT AGAINST YOU!

## ***Step Into the Spotlight:***

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

- Page 2: What's New in Tech?
- Page 3: What is a Computer?
- Page 4: Basic Computer Skills
- Page 5: Computer Parts
- Page 6: Community Spotlight
- Page 7: Practice Quiz
- Page 8: Game of the Day

Contact Dio at:

 (413) 750-2090

**COMPUTER LAB ROOM 109**

# What's New in the Tech World?



## AI SMARTWATCHES: A HELPFUL TOOL FOR YOUR DAILY ROUTINE

AI smartwatches are wearable devices that combine traditional smartwatch features with artificial intelligence. They use advanced sensors, machine learning, and voice assistants to help users stay organized, healthy, and connected. These watches learn a person's habits, give personalized suggestions, and make everyday tasks easier almost like having a small smart assistant on your wrist.

## WHAT AI SMARTWATCHES CAN BE USED FOR

- Track heart rate, steps, calories, and sleep patterns.
- Detect irregular heartbeats or stress levels.
- Remind users to take medication or move.
- Provide personalized fitness coaching.
- Monitor oxygen levels or blood pressure.

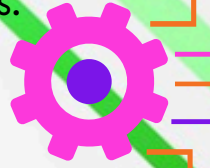
## SAFETY & EMERGENCY SUPPORT

- Fall detection and automatic emergency calls.
- SOS button to alert family or 911.
- Location sharing for kids, seniors, or people with medical needs.
- Alert users of potential health risks.

continue reading on page 3

# DAILY PRODUCTIVITY

- AI voice assistant (set reminders, timers, alarms.)
- Smart calendar and schedule suggestions.
- Dictation for quick notes or messages.
- Translate languages instantly.
- Provide navigation directions.
- AI-based suggestions for routines (sleep, exercise, breaks)
- Smart home control (lights, thermostat, locks)



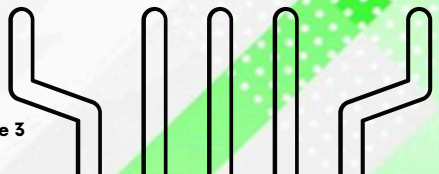
# WHAT IS A COMPUTER?

A computer is an electronic machine that takes information in, processes it, and gives information out. It helps people work, learn, communicate, and solve problems more easily.

# WHY COMPUTERS ARE HERE TO STAY



Computers are a permanent part of modern life because almost everything we do now depends on technology. Businesses, schools, hospitals, banks, stores, and government systems all rely on computers to run smoothly. As the world becomes more digital, computers will continue to grow in importance, not decrease.



# WHY COMPUTERS ARE GOOD FOR PEOPLE?

- They help people work faster and more efficiently.
- They make it easy to communicate anywhere in the world.
- They allow quick access to information and learning.
- They help manage money, bills, appointments, and documents.
- They support people with disabilities through accessibility tools.
- They open up job opportunities that require digital skills.
- They allow people to shop, study, bank, and work from home.
- They improve safety and organization for businesses, schools, and homes.

## BASIC COMPUTER SKILLS, ICONS, AND WHAT THEY DO!

- 1. Recycle Bin:** Stores deleted files until you empty it.
- 2. This PC / My Computer:** Shows your drives, folders, and storage.
- 3. File Explorer:** Used to browse files, folders, and downloads.
- 4. Internet Browser (Chrome, Edge, Firefox):** Opens the internet so you can search and browse.
- 5. Microsoft Word:** Used for typing documents.



**6. Microsoft Excel:** Used for spreadsheets, tables, and data.

**7. Microsoft PowerPoint:** Used for slideshows and presentations.

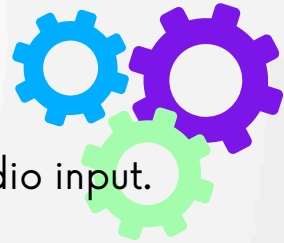
**8. Settings (gear icon):** Used to change computer options and personalize the device.

**9. Email App (Outlook, Mail):** Sends and receives emails.

**10. Wi-Fi / Network Icon:** Shows if you are connected to the internet.

## MAIN PARTS OF A COMPUTER

- **Monitor:** shows what you are doing.
- **Keyboard:** It types letters and numbers.
- **Mouse:** moves the pointer and clicks things.
- **Speakers:** play sound.
- **Printer:** prints documents.
- **Webcam:** takes pictures or video.
- **Headphones / Microphone:** for audio input.
- and output.



**Tower/Case: Protects and holds all the internal such as:**

**CPU:** the “brain” that runs programs

**Motherboard:** the main board that connects all parts.

**RAM (Memory):** short-term memory the computer uses while working.

**Hard Drive/SSD:** long-term storage for files.

**Power Supply:** gives electricity to the computer.

**Graphics Card:** handles images and videos (optional on some computers.)

# Community Spotlight



## Pamela Medlock

**If you were to get an AI smartwatch, what do you think you'd use it for the most?**

I would use it to track my exercise progress, monitor and improve my sleep patterns, keep an eye on my blood pressure, and make or receive phone calls.

**Which basic computer skill has helped you the most, and how has it made using technology easier for you?**

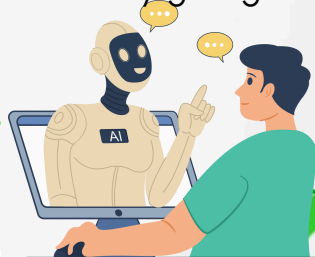
The basic computer skill that has helped me the most is using word processing and calendar programs. It allows me to type reports for church, update calendars I use from year to year, and save all my information digitally. This has helped me stay organized and reduced the need to keep stacks of paper.

**Do you enjoy using the computer room at the center, and how does it help the community stay connected?**

Yes, I enjoy using the computer room. The trainings are helpful, and I like being able to stop in, use the computers, and ask questions. It helps keep the community connected by giving everyone access to learning and support.



**DON'T FORGET! *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 TIME

**1. What does the monitor do?**

- a) Types letters
- b) Shows what you are doing
- c) Stores deleted files

**2. Which part is known as the "brain" of the computer?**

- a) Hard Drive
- b) Mouse
- c) CPU

**3. Why are basic computer skills important?**

- a) they make using a computer harder
- b) They help people stay connected, and organized
- c) They replace Wi-Fi

**4. Why are computers good for people?**

- a) They help people work faster and communicate easily
- b) They help people work slower
- c) They remove job opportunities

**5. What are AI smartwatches mainly designed to help with?**

- a) Only making phone calls
- b) Playing video games
- c) Organizing, health tracking, and personalized suggestions

**6. Which of the following is a safety feature of AI smartwatches pop-ups?**

- a) Making slideshows
- b) Fall detection and emergency alerts
- c) Editing spreadsheets

# WORD BOGGLE

How many words can you make using the letters below?

|   |   |   |
|---|---|---|
| E | B | S |
| L | T | H |
| A | W | p |
| k | r | f |
| y | n | m |

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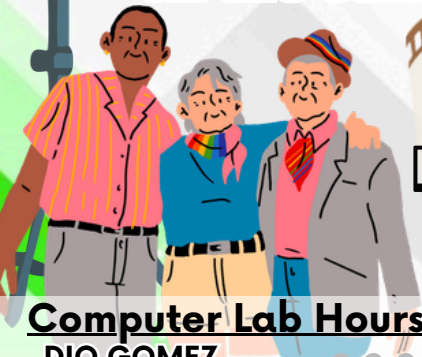
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## Got a tech insight or a big idea?

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

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



**TECH**easy

CREATED & PUBLISHED BY DIOMARIS GOMEZ

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


### Computer Lab Hours

**DIO GOMEZ**  
Mon: 9am - 1:30pm  
Tue: 9am - 1:30pm  
Wed: 9am - 1:30pm  
OFF  
Fri: 9am - 2pm



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