



Tech PalsTM

Technology Trainers

www.TheTechPals.org

844-Tech-Pals

VR Silver: Public Research:
Best Practices for the
Introduction and Equitable
Delivery of Virtual Reality
Technology to Older Adults to
Enrich Their Lives



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info@thetechpals.org
www.thetechpals.org



START 7/8/23
"Enrich Your Life
Embrace Technology"™

844-Tech-Pals
(844-832-4725)



Tech Pals, Inc.
2529 49th St, Unit A
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844-Tech-Pals
844-832-4725

Title:

VR Silver: Best Practices for Equitable Delivery and Introduction of Virtual Reality Technology to Older Adults to Enrich Their Lives

Objectives:

VR Silver: Best Practices for Equitable Delivery and Introduction of Virtual Reality Technology to Older Adults to Enrich Their Lives; from here on referred to as, "VR Silver", will outline the best practices for the development and implementation of VR Silver, a pioneering program aimed at enhancing equity in aging and promoting the widespread adoption of virtual reality (VR) technology among older adults. VR Silver is designed to transcend physical abilities, financial



constraints, and geographical barriers, ensuring that all older adults have access to the transformative benefits of virtual reality. This paper explores the potential of VR technology as a therapeutic tool for enriching the lives of older adults and presents a comprehensive plan for program sustainability through administrators training, participants training, and a non profit financial model encompassing fee-for-service and donation solicitation. By addressing potential challenges and focusing on tailored approaches, this research and development will become standard operating procedures for program VR Silver and promote positive and enriching experiences for older adults through the use of VR technology. Upon completion of this research, peer review, and publication, organizations will be able to follow these best practices, and effectively implement VR Silver for all older adults.

Introduction to Researchers and Sponsors:

Technology can enrich lives by increasing safety, providing conveniences for comfort and entertainment, maintaining and monitoring health and staying close to family and friends.

Tech Pals founder, Leah Baum, and many of our volunteers are millennials. Technology grew as the millennials grew up and they were raised on technology. Tech Pals recognized that others who were not raised with technology struggle to embrace it. Through one on one in-home training, group workshops and presentations, virtual drop in helps, virtual game nights, recorded tech training YouTube videos, Tech Pals is enriching lives, enabling all generations to embrace technology.

Tech Pals, Inc. was founded by Leah Baum. Leah serves as President, Chairwoman of the Board, and actively volunteers as a Tech Pal (technology trainer) and is fully integrated in the day to day operations of the Tech Pals. Leah also volunteers for Hospice and is working to partner Hospice and Tech Pals to bring technology and virtual reality to enrich the lives of older adults as they face the end of their life.

Leah attended Syracuse University on a full ride Chemistry PhD and paid TA assistant-ship program and made a living as a scientist. She graduated magna cum laude receiving dual degrees from the University of Buffalo, State University of New York, B.S. Biomedical Sciences, B.A. Chemistry, with the Chemistry Senior Alumni Award and two publications in The American Journal of Physiology and The Journal of Biochemistry for work on cardiovascular disease.

Before teaching older adults how to use technology, Leah spent years as an organic chemistry tutor and is a patient, natural born teacher. Ultimately, Leah found a different direction, and makes a living running a high-end residential painting company, Paint Baum.

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In the Summer of 2019, Leah hooked up an Alexa device for her then 76 year old father, Dr. R. Bruce Baum. The technology blew his mind. It enriched his life. He said, "You know Leah, you could start a business doing this." Dr. Baum passed away in 2020 but not before his legacy was born, Tech Pals, which lives thriving to this day.

In December of 2019 Tech Pals became a non profit 501(c)(3).

In December of 2020, Tech Pals was awarded a contract with the Boulder County Area Association on Aging and was contracted to give away Chromebooks, connect hot-spots, provide one on one technology training, and conduct presentations. Tech Pals has set up hundreds of devices and conducted hundreds of training hours for older adults.

Tech Pals currently contracts with the City of Boulder hosting workshops at the Boulder West and East Age Well Center. Workshops have included Basic Smartphones, Search Better with Google and Staying Safe Online. Tech Pals has been inside of very well off retirement communities conducting a series of technology training workshops and hosting virtual reality events.

Tech Pals has always contracted with retirement communities that are able to pay for our time and provide us space, internet, and A/V equipment to host workshops and events. Tech Pals is currently expanding services and reaching out to marginalized communities who historically have been unreachable due to geographical location, lack of financial resources, and lack of access to a facility with wi-fi and screen projections set up for technology presentations and workshops, or individual physical limitations. We are working to bring them technology training and VR Silver virtual reality program. VR Silver is actively looking for more resources for research and to expand our bandwidth to low income and geographically isolated rural and mountain communities.

VR Silver is brought to you largely in part by Arrow Electronics with their continued yearly Gold Level Corporate Sponsorship of Tech Pals since 2019. Arrow Electronics (NYSE:ARW) guides innovation forward for over 175,000 leading technology manufacturers and service providers. With 2019 sales of \$29 billion, Arrow develops technology solutions that improve business and daily life. Learn more at www.FiveYearsOut.com. Tech Pals also recognizes Reality Garage for their generous equipment donation and additional support for VR Silver. Learn more about Reality Garage at www.realitygarage.com.

~~AS 1/8/23~~

~~7/10/23~~



Introduction to VR Silver:

The aging population is growing at an unprecedented rate, presenting unique challenges and opportunities for society. To ensure equitable aging and promote the well-being of older adults, it is crucial to address the barriers that limit their access to novel technologies and opportunities for life enrichment. Virtual reality (VR) has emerged as a powerful tool with immense potential to revolutionize the aging experience by providing immersive and engaging experiences that transcend physical limitations and geographical boundaries.

VR Silver is an innovative research and development program aimed at bridging the gap between older adults and virtual reality technology. VR Silver seeks to empower older adults, regardless of their physical abilities, financial situation, or geographical location, by providing them with access to the therapeutic benefits of VR. By leveraging the immersive nature of VR, older adults can explore new worlds, engage in meaningful activities, and foster social connections that contribute to their overall well-being.

The benefits of VR for older adults are manifold. VR experiences can simulate engaging environments, foster cognitive stimulation, and support mental health and emotional well-being. Virtual reality also has the potential to alleviate feelings of loneliness and isolation, which are prevalent among older adults. By offering virtual travel experiences, interactive games, and social platforms, VR Silver aims to enrich the lives of older adults by providing opportunities for personal growth, learning, and socialization.

To ensure the successful development and implementation of VR Silver, we are outlining a comprehensive set of best practices. These practices encompass administrators training, equipping program leaders with the necessary knowledge and skills to effectively manage and support the program. Participants training is also emphasized to ensure that older adults can navigate VR technology confidently and derive maximum benefit from their virtual experiences.

Furthermore, this research explores and presents a financial plan that ensures the long-term sustainability of VR Silver. The plan includes a non profit, fee-for-service model, enabling organizations to generate revenue by offering VR experiences and related services to older adults. Additionally, the paper highlights the importance of donation solicitation, encouraging philanthropic contributions to support the program and extend its reach to older adults who may face financial barriers.

By implementing the best practices outlined in the summary report and conclusion, organizations can establish and sustain VR Silver programs, fostering equity in aging and

7/19/23



bringing the therapeutic potential of virtual reality to older adults from all walks of life. Through collective efforts, we are providing those otherwise impossible experiences that enrich lives and we can ensure that every older adult has the opportunity to lead a more vibrant, connected, engaging, happy and enriched life through VR experiences that stimulates memory and cognitive function, provides fun non-traditional exercise, recreation beyond physical limitations, reduces isolation, and the brings joy every older adult has the right to experience.

Research and Development Objectives:

2. Understanding Equitable Delivery of VR Services:

This section explores the concept of equitable delivery, emphasizing the need to remove barriers that hinder older adults' access to VR technology. It examines physical limitations, geographical location, and financial constraints as primary factors requiring attention in achieving equitable distribution.

3. Identifying Physical Limitations and Solutions:

This section discusses common physical limitations faced by older adults such as reduced mobility, sensory impairments, and dexterity challenges. It presents best practices for addressing these limitations through tailored VR hardware, ergonomic design, adjustable interfaces, and accessibility features.

4. Overcoming Geographical Disparities:

This section addresses geographical disparities by outlining strategies to ensure equitable distribution of VR services to older adults in rural and underserved areas. It explores partnerships with community centers, libraries, and older adult care facilities, as well as mobile VR initiatives and online platforms for remote access.

5. Tackling Financial Constraints:

This section focuses on the financial challenges faced by older adults and proposes a non-profit business model to fund VR initiatives. It examines potential funding sources, including grants, corporate sponsorships, philanthropic donations, and community fundraising efforts. It emphasizes the importance of affordability and subsidization programs to make VR technology accessible to older adults of all income levels.

6. Collaborative Partnerships:

This section highlights the significance of collaboration among nonprofit organizations, government agencies, technology companies, and healthcare providers to achieve equitable delivery of VR services. It explores potential partnerships and cooperative efforts to share

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5



resources, expertise, and infrastructure, aiming to expand the reach of VR technology to underserved senior populations

7 Training and Support Programs

This section emphasizes the need for comprehensive training and ongoing support for both older adults and caregivers in utilizing VR technology effectively. It outlines the development of training programs, workshops, and user guides to enhance older adults' digital literacy and ensure a positive user experience

8 Evaluation and Continuous Improvement:

This section advocates for continuous evaluation and improvement of VR programs for older adults. It discusses methods to collect feedback, conduct user surveys, and measure the impact of VR on older adults' well-being, social engagement, and cognitive health. The findings can inform future enhancements and content development.

9 Conclusion

This section summarizes the key points discussed, emphasizing the importance of equitable delivery and introduction of VR technology to older adults. It highlights the proposed non-profit business model as a sustainable approach for funding and distributing VR services, ensuring that all older adults, regardless of physical limitations, geographical location, or financial situation, can benefit from this transformative technology.

Methodology:

VR Silver will be delivering VR Experience to Older Adults and documenting absolutely everything. We will be gathering information from the participants and including that as well. We will be researching and citing the latest research and utilizing already established best practices, and adding to them. We will be documenting our process, success, failures, expenses and revenue stream on the finances. We will be putting on demonstrations for the activity director and executive director and pitch the sale of a VR Silver day at their facility. We will use those funds to expand and improve services. We will be outlining everything we have and what we still need for the successful launch of VR Silver to reach all older adults.

All Tech Pals will keep scientific journals, handwritten, in ink, with pages never torn, pages numbered, data taped to pages with the edges signed. Any cross outs will be done with a single line, with initials near the single crossed out line. Each page at the end will be signed and dated by the Tech Pals that made the entry and by a peer Tech Pals who has read the entry. All pages will be scanned and stored electronically. Official journal entries are as follows:

Any blank spaces on paper will have a X drawn with initials at the bottom.

RB 7/10/23

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Start and End Date of Entry: Begin each entry by recording the date and the word Start. This will help in maintaining a chronological order and tracking the progress of your research over time. A new page is not needed for every new date. A line can be drawn with the word END and the date written above the line at the end of the entry.

Title or Heading:

A title or heading that summarizes the content of the entry will be written. It may be a brief description of the key focus or accomplishment related to your research.

Content:

An extremely detailed account of the work done, including any experiments, observations, analysis, or findings. We include relevant data, methodologies used, challenges faced, and any changes or adjustments we made to our original method or research plan. In this section we capture both successes and setbacks, as they contribute to the overall progress of your project.

Reflection and Analysis:

After documenting our research activities, we take some time to reflect on our progress. We consider the implications of our findings, any unexpected results, and potential areas for improvement. This step of reflecting both individually and as a group on our work helps us to refine our research approach and identify new avenues to explore.

Next Steps:

Each journal entry is concluded by outlining the next steps we plan to take in our research. This includes further experimentation, data analysis, literature review, and or modifications to our research plan. By setting clear objectives for the next phase, we ensure a structured and progressive research process.

Supplementary Materials:

If applicable, we attach any supplementary materials, such as images, graphs, surveys, letters of support, suggestions for improvements from participants, or references, that support our research findings or provide additional context to your entries.

In every step, we are keeping track and making note of all significant developments or insights toward establishing, VR Silver and publishing for all nonprofits in the aging population sector our finding with respect to the best practices for equitable delivery and introduction of virtual reality technology to older adults to enrich their lives.

~~1/8/23~~

DB 7/18/23

Title: Planning an Executive Director Demonstration 09 Jul 23
START

Objective: To Get the foot in the door + show the

- ① Executive Director
- ② Activities / Program Director
- ③ One or two Older Adults

what VR silver has to offer.
Get everyone to ~~at~~ ^{try} it and love it.
We would then negotiate a fee-for-service for us to do an all day long, or 1/2 day long event.

Procedure: The facility (on this occasion Flatirons Terrace, 930 28th, Boulder, CO 80305) was called and we (Tech Pals President, Myself, Leah Baum and E.A. (Executive Assistant) Emerson Youngren)

- ① ask to speak to the activities director
- ② follow the script below

Hi My name is _____ and I am with Tech Pals. We're a non-profit that works with ~~senior citizens~~ ^{older adults} and technology to enrich lives.

I'm wondering if you are interested in a virtual reality day and if there is someone available to discuss event programming?

WAIT ask activities director

We would love to bring Virtual Reality and all of its benefits to your community. Is now a good time to talk or can I set a time to discuss a proposed VR activity for the community.

Are you familiar at all with the benefits of virtual reality? NO? Are you at a computer right now?

If you do a quick Google Scholar search it returns approximately 2.5 million results on the "benefits of virtual reality"

We're reaching out to program coordinators and would like to do a free demo and discuss a possible fee for service VR day at _____ facility.

Interest -- Contact Leah, our president. 716-380-6811

Leah@thetechpals.

LB 09 July 23
* Older adults
09 Jul 23 LB
09 Jul 23 LB
09 Jul 23 LB

B

09Jul23

Lesson: * The term "senior citizens" is no longer P.C. in 2023. The proper term is now "Older adults"

- Procedure (cont):
- ③ When the E.A. gets the activities director on the phone, she introduces Leah Baum, President, and hands off the phone.
 - ④ If we speak to the activities director, we let them ^{know} we ~~not~~ ^{want} to do a demo for the Executive Director, Program or Activities Director, Any other big decision makers, and one older adult. Also can make it ^{tu. 18} ~~tu. 18~~ ^{voicemail} ~~email~~ ^{09Jul23}
 - ⑤ If we get the ~~email~~ ^{voicemail} we go on to leave a message containing
 - Tech Pals™ non-profit 501(c)(3)
 - Want to bring VR to your community
 - Free demo for decision maker
 - And one or two older adult
 - Program is designed to enrich lives
 - Contact Info: ~~88~~ ⁸⁸ ~~09Jul23~~ 844-Tech-Pals or directly at 716-380-6811 or by email at Leah@thetechpals.org that's L.E.A.H. (and spell out) the.t.e.c.h.p.a.l.s. ^{09Jul23} ~~org~~ ^{org}
 - ⑥ If there is no activity, director or program director, Ask — Can I have an email address of someone I can send some information to about our VR program.
 - ⑦ Record All calls & talks into the spreadsheet on Google Drive

Data: ^{1809Jul23} Table 9.1: Results of calls from Outreach (on 9/10)

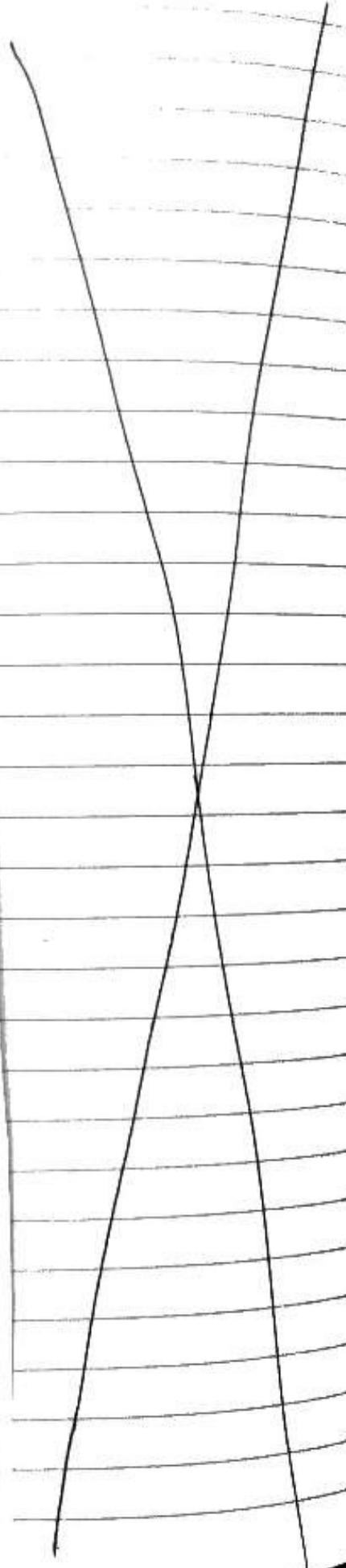
0950123

Data: Table 10.1: Results of Calls from outreach
20 Jun 23 - 06 Jul 23

Table 10.1 Results of calls from outreach 20 Jun 23 - 06 Jul 23

| Date of 1st contact | Who contacted them | Facility | Who did you speak to | Were they interested? | Next Step Action Item? | Do they have an activities director? | Contact name | Contact title | Contact email | Contact phone |
|---------------------|--------------------|------------------------|----------------------|-----------------------|------------------------------------|--------------------------------------|--------------|---------------|---------------------------|----------------|
| 6/20 emerson | | morning star | | yes | call back leah | | | | (720) 594-4633 | |
| 6/20 emerson | | Fraser | wenda | yes | left voicemail | | | | (303) 499-4888 | |
| 6/20 emerson | | brookdale | MJ | yes | email sent, and big pdf email sent | MJ | | | andjeim@proton.com | (303) 494-3900 |
| 6/20 emerson | | fallons terrace | linda | yes | Going on July 7th 3pm, call matteo | Angie | | | martha.paulson@proton.com | (303) 474-2930 |
| 6/20 emerson | | the pearl | martha | | email sent | martha | | | (303) 698-1327 | |
| 6/20 emerson | | Academy bouldc brons | | | left voicemail | | | | (303) 604-2700 | |
| 6/20 emerson | | ballour at cherrywood | | | left voicemail | | | | (720) 405-1000 | |
| 6/20 emerson | | sunrise boulder | | | left voicemail | yes | | | (303) 665-3722 | |
| 6/20 emerson | | juniper | terese | | call back leah | | | | (303) 247-1542 | |
| 6/20 emerson | | holiday highland | anthony | | call leah | | | | ann.mathias@atum.com | (720) 544-8948 |
| 6/20 Leah | | Atrium senior livi Ann | | yes | spoke with and emailed ann | ann is not long with them | | | (303) 673-5050 | |
| 6/27 emerson | | cross street | linda | no | | | | | (720) 745-8250 | |
| 6/27 emerson | | aria longmont | alex | no | left a voicemail | | | | (720) 487-7796 | |
| 6/27 emerson | | altavilla | nicol | | left voicemail | | | | | |
| 6/27 emerson | | hover longmont | laura | | | | | | | |
| 6/28 Leah | | Fraser Meadows | | | | | | | | |
| 6/28 Leah | | Brookdale | | | emailed the info emails | | | | skynn@fraser.com | (303) 499-4888 |
| 6/28 Leah | | Balfour | | | emailed the info emails | | | | karrod@brook.com | (303) 682-1088 |
| 7/6 emerson | | longs peak | | | emailed the info emails | | | | | |
| 7/6 emerson | | the bridge | sunny | | apartments-skipped | | | | sunah@centur.com | (303) 774-9255 |
| 7/6 emerson | | cranston park | | | sent info, ralph on vaca | sunny | | | | |
| 7/6 emerson | | holiday longmont | | | apartments-skipped | | | | hayley.omeel@centur.com | (303) 247-6530 |
| 7/6 emerson | | accol longmont | | not interested | have to email | | | | | |
| 7/6 emerson | | linden place | | not interested | | | | | | |
| 7/6 emerson | | elder guidance | | | apartments-skipped | | | | | |
| 7/6 emerson | | life care center | | yes | gave them an email | | | | | |

2023/06/23



09Jul23

observations: ① We didn't have a come back for when they said it was all apartments and no community room.

② The slower my EA spoke, the less interested they became. The delivery of the message is key.

③ The script was too long, unless spoken quickly.

④ Where it says "emailed the info emails" I filled out the online contact form. Rate of response to filling out contact forms = zero. I think they may think we are a scam.

Results:

| | | | | | | | |
|---|-----|---|----|---|-------|---|----------------|
| 5 | Yes | 4 | No | 1 | Later | 1 | Demo Scheduled |
|---|-----|---|----|---|-------|---|----------------|

50% said Yes, of that 50%, 20% set up demo
Flatirons Terrace was scheduled for 07Jul23
@ 3pm at Flatirons Terrace, 930 28th,
Boulder, CO 80303.

Procedure: (cont) ⑧ Upon getting the activity director's e-mail, this email pdf gets sent to a short follow up post conversation, or sorry I missed you. See VRSilver:01.12

Lessons: We must be very clear,

① Who this is for

- Activity Director

- Decision Maker

- Executive Director

- One or Two older adults

② That the real event would be very long, as a fee-for-service model

VR Silver: 01.12.15E mail to Platons Terrace

09 Jul 23

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(844-832-4725)

Tech Pals, Inc.
2520 49th St Unit A,
Boulder, CO 80301

When: Summer 2023

Subject: Enhancing Resident Experience: Virtual Reality Travel Experience Program by
Tech Pals Inc.



Google Earth Virtual Reality!
Explore, Unwind, and Take Flight on
Your Virtual Reality Delight!



12

09 Jul 23 Bob

Email to flatirons terrace

09JUL23

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www.thetechpals.org

844-Tech-Pals
(844-832-4725)

Dear Activity and Program Directors and Fiscal Decisions Makers,

I hope this message finds you well. I am writing to highlight an exciting opportunity that can significantly enhance the resident experience at Flatirons Terrace. My name is Leah Baum, I'm President of Tech Pals, a Boulder based 501(c)(3) non profit bringing technology to older adults to enrich lives. Tech Pals would like to bring the world to our seniors through an immersive and captivating virtual reality travel experience program. We are offering a free demo to directors and decision makers, this would be a paid event as we are setting up over \$5,000 worth of equipment.

Here are some compelling reasons why investing in this program is a worthwhile endeavor:

Enriched Engagement: Virtual reality travel experiences open up a whole new world of exploration for our residents. They can virtually visit iconic landmarks, historic sites, and picturesque destinations they may not have been able to see otherwise. This program offers a unique and enriching form of engagement that will captivate their imaginations and create lasting memories, including traveling down memory lane and visiting their childhood home and school in Google Street View.

Promotes Mental Stimulation: Research has shown that virtual reality experiences can enhance cognitive functions, such as memory, attention, and problem-solving skills. By participating in this program, our residents will enjoy cognitive stimulation, keeping their minds sharp and active.

Social Connection: The virtual reality travel experience program encourages social interaction among our residents. They can share their virtual adventures, engage in meaningful conversations, and build friendships through shared experiences. This fosters a sense of community and combats feelings of isolation.

Therapeutic Benefits: Virtual reality has demonstrated therapeutic benefits for seniors, including reducing anxiety, improving mood, and promoting relaxation. By offering this program, we can provide our residents with an enjoyable and therapeutic escape from their daily routines.

Technological Literacy: Embracing virtual reality technology exposes our residents to the latest advancements, promoting technological literacy and empowering them to stay connected in today's digital world. This program serves as an excellent opportunity for them to expand their horizons and embrace new technologies.

09JUL23
RB

Email to Flatirons Terrace

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Competitive Advantage: By investing in innovative and inclusive programs like the virtual reality travel experience, we position Flatirons Terrace as a leader in providing exceptional care and engaging activities for our residents. This distinction can attract new residents and their families, helping us maintain a positive reputation within the community.

Tech Pals Inc has a proven track record of delivering outstanding virtual reality experiences tailored to the unique needs and interests of senior citizens. Our expertise will ensure a seamless and memorable program, designed to maximize resident enjoyment and engagement.

I kindly request your consideration in allocating the necessary resources to bring Tech Pals Inc to Flatiron Terrace, for the implementation of this program. I am confident that this investment will result in immense benefits for our residents and enhance their overall well-being.

Thank you for your time and attention. Should you have any further questions or require additional information, please do not hesitate to reach out. I look forward to discussing this opportunity further.

Check out an actual interview with Vanessa, who did the demo on our YouTube Channel or by clicking [here](#) → YouTube @ TheTechPals

Sincerely,

Leah Baum
Leah@thetechpals.org
President, Tech Pals Inc.
716-380-6811

09JUL23

Results & Discussion

09 Jul 23

Lesson * Make sure the facility knows it's not a come everyone welcome VR demonstration

We walked in and it quickly became apparent we were expected to demo VR for a dozen residence that came. Also, there were no executives present or other decision makers. We failed to communicate the "WHO" of our program. We were not equipped like we would have been had I know. We didn't have it set up for them but we did it anyways. No compensation. No surveys, No handouts, No water + candy, No photographer, No scheduled time blocks, No sign in sheet, No instruction video etc all these thing we will come with. In the end, we learned a great deal from the experience, adding to our best practices conclusion and Summary report.

Lessons: On the phone:

- Talk fast
- Don't get into details
- Be clear on the WHO

If this ever happens again:

- Go with it
- Give the VR Demo
- Collect the Data

And that is what we did.

09 Jul 23

Who: n = 15 Older Adults @ Flations

Where: Terrance 930 28th Boulder CO 80303

Host: Tejas R
Leah B

Equipment: Valve Index VR Complete Kit

- 1 head set
- 2 base stations

Tripods (set of 2)

- KIWI design Tripod for base station

Laptop (Gaming) Model 82JA

Lenovo Legion 5 Pro 16ACHH

Processor: AMD Ryzen 7 5800H with

Radeon Graphics

3.20 GHz

Installed Ram: 16.0 GB

System type: 64-bit operating system

x64-based processor

Software: Windows Specification (Operating system)

Edition: Windows 11 Home

Version: 22H2

OS Build: 22621.525

Experience: Windows Feature Experience Pack

1000.22634.1000.0

Screen Recording + Screen Capture

ShareX

Steam VR

Version: 1687386967

Steam API version: Steamclient020

Accessories: Tripod carry case

HEMMOTOP Tripod carry case bag

31.5 x 7 x 7 in Heavy duty Padded carrying bag

Accessories: Sock covers - thick sock to
(cond) go over base stations during
transports

Laptop Carry backpack:

Bange Anti-Theft Business Backpack

Fits 15.6in laptop, Smart work,

Waterproof protective box w Foam Inset

Condition 1 #300 Large Rolling

lockable Hard Storage Case with Foam

custom cut to fit headset, cold, + cont.

VR Sweat Guard Sanitary VR Mask

YinQin 100 PCS VR Disposable Mask

Sanitary VR Mask, VR Eye Mask

cover, VR Headset cover mask

Universal mask for VR (black)

Lens Wipes (wet)

ZEISS Pre-Moistened Lens Cleaning

Wipes 200 Count

Lens Wipes (dry)

Kimberly-Clark 34155 Kimwipes

1-ply Delicate task wipes 4.4" x 8.4"

Tissue (Pack of 286)

Optional Additional (better quality) VR Sweat
Guard:

SAYAFAN VR Eyemask, Adjustable

breathable VR Sweat band

Optional Lens Protector + Wiping Pen:

Lens Cleaning Pen + Lens Cover compatible

with Valve Index

Optional Controller Grips

Valve Index Controller Booster Grip

and Palm Support for Virtual

Reality Knuckles

Accessories:
(cont)

09JUL23

Optional (We did not have these but seems like best practice would be)
VR Controller Grips Cover Accessories for Valve Index, Sweat proof, Anti Collision
Brand: Changchunxi

VR Games + Programs + Experiences Demoed

- (1) Google Earth with Street View
- Version 1.5.1762.147
- (2) Open Brush
- Version v2.2
- (3) Ocean Rift
- Release date 13 Sep 17
- (4) Nature Treks: Together
- Release date 17 Dec 21
- (5) Walkabout Mini Golf
- Release date 15 Jul 21
- (6) Beat Saber
- Release date 21 May 19

Room Requirements: High Speed Internet
Large Screen TV with HDMI cord

(1) Chair with a swivel that turns

(1) Chair with out arm rest (w or w/o a swivel)

Seating area

Walking VR area 8ft x 8ft open space

- Procedure:
1. Arrive 30 min early + Set up
 2. Make sure all cords are out of tripping/walking path
 3. Tripods with attached base station are raised kitty corner
 4. Run Steam VR + Setup Room Calibration

09Jul23

Procedure : 5. Provide an Introduction
(cont.)

- Quickly
- Intro to Presenters
- Intro to non-profit Tech Parks
 - 501(c)(3) since 2019
 - Local Boulder
 - Mission State "Enrich your life, Embrace Technology"
- Intro to VR Silver Research development program
 - Title: VR Silver: Best Practices for Equitable Delivery + Introduction of Virtual Reality Technology to Older Adults
- Intro to benefits of VR
 - 2.87 Million Peer Reviewed published article on "Benefits of Virtual Reality"
 - 500,000 results for publication Peer Reviewed Journal Papers on "Benefits of Virtual Reality for Older Adults."

"Read" @ VR Silver: Notebook 01. pg 4 3rd paragraph.

a quick paragraph on the benefits of VR.

- Intro to objective of Research
 - Learning + feedback solicitation data gathering to compile paper on best practices
 - Use feedback to obtain grant money
 - Use grant money for equitable delivery of services (Free to low income + tricker to rural) 19

09 Jul 23

- Donation Pitch
 - Current position, needs
 - Where & how they can donate
- Call to Action
 - Everyone doing VR needs to provide feedback
 - letter of support
 - Areas for improvement

(on the fly at this point, surveys (digital) were not set up, we have asked all participants for letters.

- Where they can learn more about
 - Tech Pals www.TheTechPals.org
 - VR Silver www.VRSilver.org

Bring with Next Time: (1) Surveys (digital & hard)
Best Practices
Lessons #

- (2) Info Pamphlet on
 - before - on Tablets
 - after
- (2) Info Pamphlet on
 - Tech Pals
 - VR Silver
 - Where to donate
 - Research & Grants
 - Objective

(3) Photo releases

- (4) Handout Including
 - Summary of the games
 - How to for each game
 - Picture of controller & names of buttons
 - Basic Instructions
 - Explain seeing room boundary & not to walk through blue grid

VRSilver.Notebook.01.24

09 Jul 23

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Best Practices:
Lessons Learned*

- (5) Have them put on the Sanitary mask / Sweat guard
 - If when adjusting the headset they say "everything went black" their black sweat guard probably fell over their eyes.
- (6) Put the head set on first, if they have trouble focusing, show them the adjustment knob, strap, and slider so they can do it
- (7) Also have them remove glasses
- (8) Start the VR session sitting down in a swivel chair, (Arm Free chair for beat saber)
- (9) Tell the older adults put your hands up + stick your fingers out + together. Then slide the controllers on their hands + tighten the straps.
- (10) Have them move all fingers while looking at their hands to show them it's all the same in VR.
- (11) Tell them to relax their hands
- (12) Manipulate their fingers to show them + guide them to push the buttons, learn the thumbstick
- (13) Teach them Shoot. Trigger finger = Index Finger. Shooting is pulling Index finger in on the trigger button + releasing it.

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Best Practices: Lessons (cont.)

- (14) In advance, have a sign up for a 20 min time slot.
- (15) The first 5 minutes they look at the picture and game instructions/summary pick a game or up to 3. Arrive 15 min early + watch.
- (16) With two hosts, one is running a VR game/experience one is prepping the next older adult with the basics
- (17) Basic info to be 1 pg handout
- Stay inside the blue grid
 - Do not walk out of the grid
 - IF I yell "STOP" I just mean stop walking your approaching a boundry or twisting up a cord that needs attention
 - Do not rip off the set. If you feel uncomfortable, yell stop it + I will remove the headset instantly
 - Best way to learn is to let me push the buttons with you, then set you loose.
 - Tell them, try out all the buttons, "you can't break anything by pushing buttons"
- (18) Each game has its own 1 pg hand out containing
- Summary of game/experience
 - Level of difficulty

09 Jul 23

Best Practices: Lessons (cont.)

- (14) In advance, have a sign up for a 20 min time slot.
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- (18) Each game has its own 1 pg hand out containing
 - Summary of game/experience
 - Level of difficulty

Best Practices :
Lessons (cont.)

09 Jul 23

- basic buttons Key in a picture with arrows with large font text.

(19) All hand outs are to be laminated for reuse (+ wash

(20) - YouTube Demo Video will also be shown during the time where they have arrived early to learn + pick an experience/game

Results Data : We had 6 people participate
Discussion over 3 hours. All with positive experience. Results from feedback will be forthcoming.

Best Practices
Lessons (cont.) (21) When participants are removing the headset, have them take care to not catch their hearing aids.

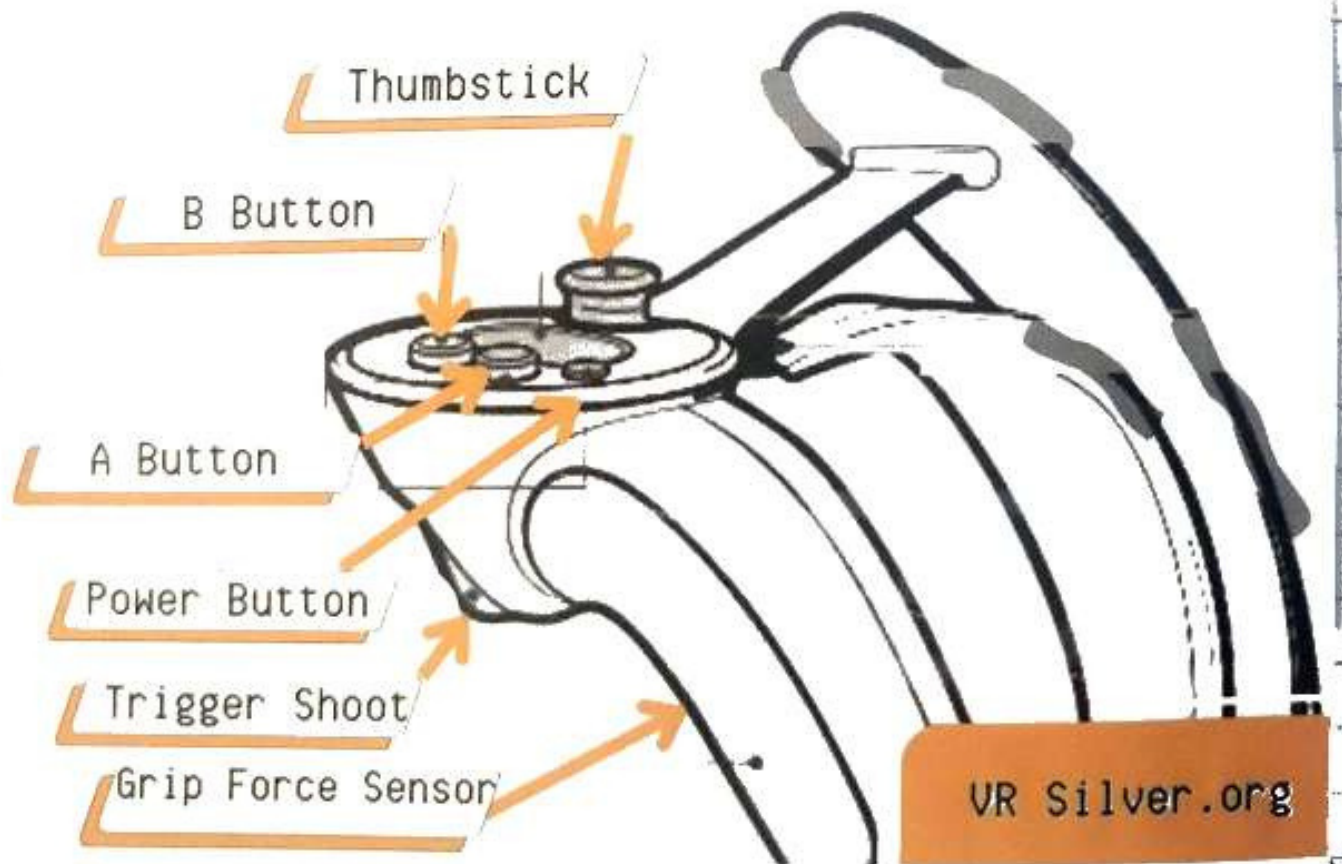
~~JB 09 Jul 23~~

Laminated Handouts: (1) Basic Instructions
+ Buttons Key
Multiple copies
We keep them
09 Jul 23
Front ↓



Valve Index Controller Buttons

VR Silver by: Tech Pals



Guidelines:

- Stay inside the blue grid lines. Those are the room boundaries.

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(1)
(cont.) Basic Instructions (back)

- If I stay "STOP" that means stop walking you are getting close to the room boundary or the cord is too twisted.
- To shoot or select, pull index finger (trigger finger) in and release back out.
- If you feel uncomfortable, yell "STOP" and I will remove the headset instantly.
- You can't break anything by pushing buttons, try them all out.

09Jul23
23

Laminated Handouts (2) VR Silver, Google Earth VR 10 Jul 23
(cont) (FRONT)

VR Silver

VRSilver.org

VR Silver: Best Practices for Equitable Delivery
and Introduction of Virtual Reality Technology
to Older Adults to Enrich Their Lives



In Google Earth VR, you can soar above breathtaking landscapes, famous landmarks, and historical sites. You can visit the Eiffel Tower in Paris, stroll along the beaches of Hawaii, or take a virtual tour of ancient ruins in Rome. You have complete control over your journey to navigate and explore at your own pace.

Street View, within Google Earth VR, enables you to virtually walk through the streets of cities and towns, just like you're there in person. You can take a stroll down memory lane by revisiting your childhood neighborhood, your favorite vacation spots, or even the street where you grew up.

Both Google Earth VR and Street View are designed to be intuitive and user-friendly, ensuring that older adults can easily navigate and enjoy the virtual world.

Thumbstick:

- Moving your thumb or finger up or down on the trackpad/thumbstick allows you to **move forward or backward in the virtual world.**
- Moving your thumb or finger left or right on the trackpad/thumbstick allows you to **rotate or turn in the respective direction.**
- Pressing the trackpad/thumbstick button (clicking it down) can be used to **select or interact with objects in the virtual environment.**

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(2) VR Silver: Google Earth VR Handout (back) ^{10 Jul 23}

Trigger:

- **To fly:** While holding down the trigger, point the controller in the direction you want to fly and move your hand forward. Releasing the trigger will stop the flight. You can use this to soar through the virtual world.
- **To pick a place:** Aim the controller at a location on the Earth's surface, press and hold the trigger. A blue beam will appear indicating your selection. Release the trigger to drop a pin and view more details about that location.
- **To type in a place and go:** In the VR dashboard, which you can access by pressing the system button, you'll find a virtual keyboard. Use the trackpad/thumbstick to move the cursor and the trigger to press the virtual keys to enter the desired location name or address. Once you've entered the text, press the trigger on the "Enter" or "Search" button to search for and navigate to that location.

Grip Buttons:

- **To walk or move:** Squeeze and hold the grip buttons to simulate walking. Release the grip buttons to stop. This can be useful for exploring the virtual world at a slower pace.

Access additional options and features in Google Earth VR:

- **To enter Street View:** While in Google Earth VR, press the menu button (right B) to bring up the menu interface. From there, you can select the "Street View" option. Or fly in with the thumbstick point the right controller at the bubble on the left controller, and shoot with your trigger button to enter street view.
- **To save a place:** Hit the A button on the left controller to save your favorite place you want to easily return to.
- **To access other options:** The menu interface also provides access to other options such as saved locations, tours, search history, settings, and more. You can use the trackpad/thumbstick and the trigger to navigate and interact with these options.

10 Jul 23
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Laminated Handouts: (3) VR Silver: Beat Saber ^{10 Jul 23}
(Cont.) (Front)

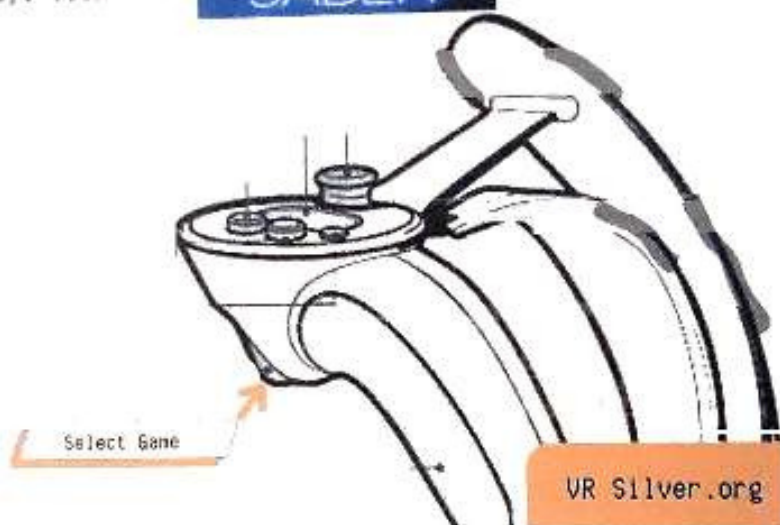
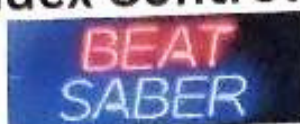
VR Silver

VRSilver.org

VR Silver: Best Practices for Equitable Delivery
and Introduction of Virtual Reality Technology
to Older Adults to Enrich Their Lives

Valve Index Controller Buttons

VR Silver
by: Tech Pals



In Beat Saber, you step into a virtual world where colorful blocks and beats come flying towards you. Armed with virtual lightsabers, your goal is to slice through the blocks in time with the energetic music.

Beat Saber promotes physical activity in a safe and controlled environment. It can help improve coordination, flexibility, and reflexes. The rhythmic slicing motions engage your muscles and get your heart pumping, providing a low-impact cardiovascular workout that is gentle on joints. The vibrant graphics and catchy music create an atmosphere that keeps you motivated and entertained throughout your play sessions.

Beat Saber also offers a social aspect, allowing you to compete with friends or other players around the world. You can compare your scores, participate in challenges, or simply enjoy the experience together, even if you are physically apart.

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(3) VR Silver: Beat Saber (Back)

10 Jul 23

- Select a song: In the Beat Saber menu, use the trackpad/thumbstick to browse through the available song options. Move the cursor to highlight a song, and press the trigger button to make your selection. Choose a song that appeals to you, considering the genre and difficulty level.
- Get ready to play: Once the song starts, you'll find yourself in the gameplay area. Hold the controllers securely in each hand, ensuring that your grip is comfortable. Make sure you have enough space to move your arms freely without any obstructions.
- Slice the blocks: As the blocks approach you, swing your arms to slice through them using the lightsabers represented by the controllers. Aim to match the color and direction of the blocks with the corresponding lightsaber. For example, if a red block approaches from the right side, swing the right controller like a lightsaber to cut through it.
- Follow the rhythm: Pay attention to the rhythm of the music and try to time your swings with the beat. Move your arms smoothly and with purpose, aiming to hit as many blocks as possible. Don't forget to use both controllers to hit blocks on either side.
- Avoid obstacles: Occasionally, you'll encounter obstacles such as walls or bombs. These are represented by blocks with different appearances. To avoid them, simply let them pass without striking them with your lightsabers. Focus on slicing through the regular blocks while avoiding obstacles to maintain your score and progress.
- Aim for high scores: The goal is to accumulate points by accurately slicing through as many blocks as possible. Strive for precision and speed to achieve higher scores. Remember, it's perfectly fine if you miss a block or two; the objective is to have fun and enjoy the music.
- Take breaks and stay hydrated: Playing Beat Saber can be physically engaging. Remember to take breaks as needed and stay hydrated to ensure a comfortable and enjoyable experience.

undeclared headings will be made bold.

(Commented Handout #4) VR Silver: Nature Trek ^{10 July 23} (Front)
(cont)

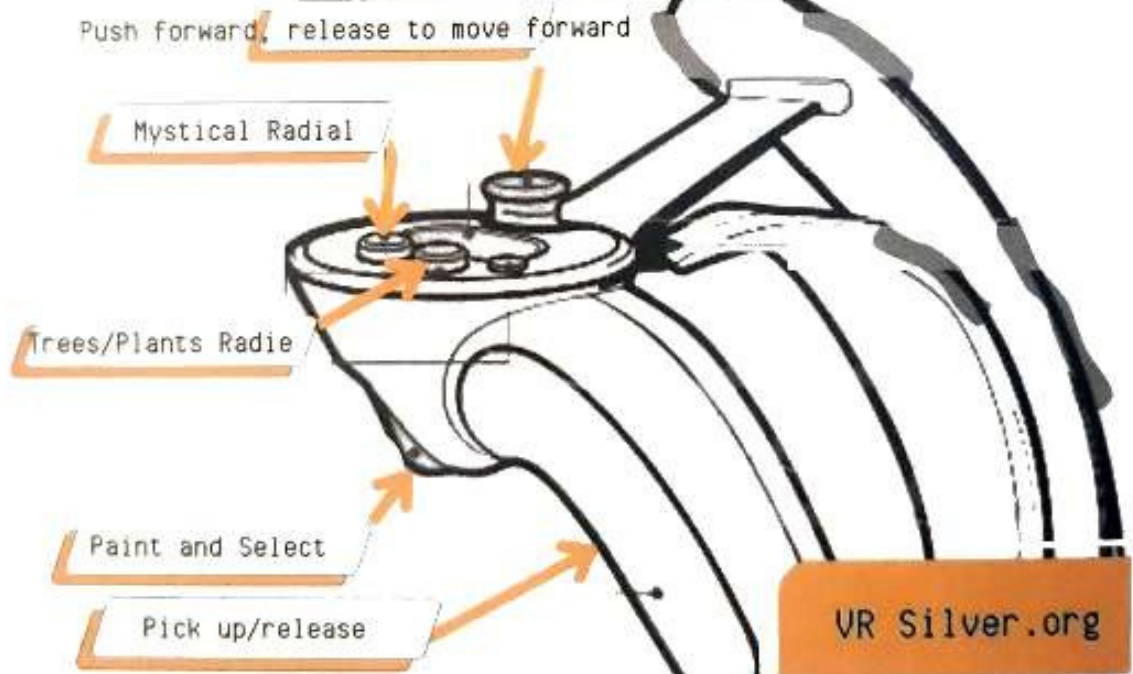
VR Silver

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to Older Adults to Enrich Their Lives

Valve Index Controller Buttons

VR Silver
by: Tech Pals



Nature Treks VR is a captivating virtual reality experience designed to offer relaxation, exploration, and a deep connection with nature for older adults. It provides a serene and immersive journey through stunning virtual environments, allowing you to escape into the beauty of nature from where ever you are.

Nature Treks VR experiences are designed specifically for older adults seeking a peaceful escape into nature. Immerse yourself in stunning landscapes, forests, serene beaches, majestic mountains, vibrant

10 July 23

10 Jul 23

Amninated Handouts: (4) VR Silver: Nature Trek (back)

meadows; plant trees and flowers, watch them quickly grow and find serenity as you explore tranquil environments otherwise unreachable.

As an older adult, Nature Treks VR provides an opportunity to experience the wonders of nature in a unique and immersive way. You can freely explore the virtual environments using the intuitive controls of the controllers.

The therapeutic benefits of being surrounded by the sights and sounds of nature can be particularly soothing for older adults.

- **Explore the virtual environments:** Once the game starts, you'll find yourself in a serene and beautiful virtual environment. Use the thumbstick to move around within the environment. Moving your thumb up or down on the thumbstick allows you to move forward or backward. Moving it left or right allows you to turn or rotate in the respective direction.
- **Interact with the environment:** The controllers allow you to interact with the virtual world in Nature Treks VR. Look around to find objects or creatures of interest. When you spot something you'd like to interact with, point the controller at it and press the trigger button to interact. This can include feeding animals, planting trees, or touching objects to see their reactions.
- **Access menu and settings:** To access the menu and settings within Nature Treks VR, press A or B buttons. This will bring up the in-game menu interface where you can access various options, such as painting, changing the time of day, selecting different environments, planting flowers, trees, and building the landscape.
- **Enjoy relaxation and mindfulness:** Nature Treks VR is designed to provide a calming and immersive experience. Take your time to explore the virtual environments, observe the flora and fauna, and embrace the tranquility of nature. Feel free to wander, relax, and let the virtual world transport you to serene landscapes.
- **Take breaks and stay comfortable:** Remember to take breaks as needed and maintain a comfortable playing position. Virtual reality experiences can be immersive, so it's important to listen to your body and rest if you feel any discomfort.

Laminated Handout: (5) VR Silver: Walkabout Mini Golf (cont) 10 Jul 23

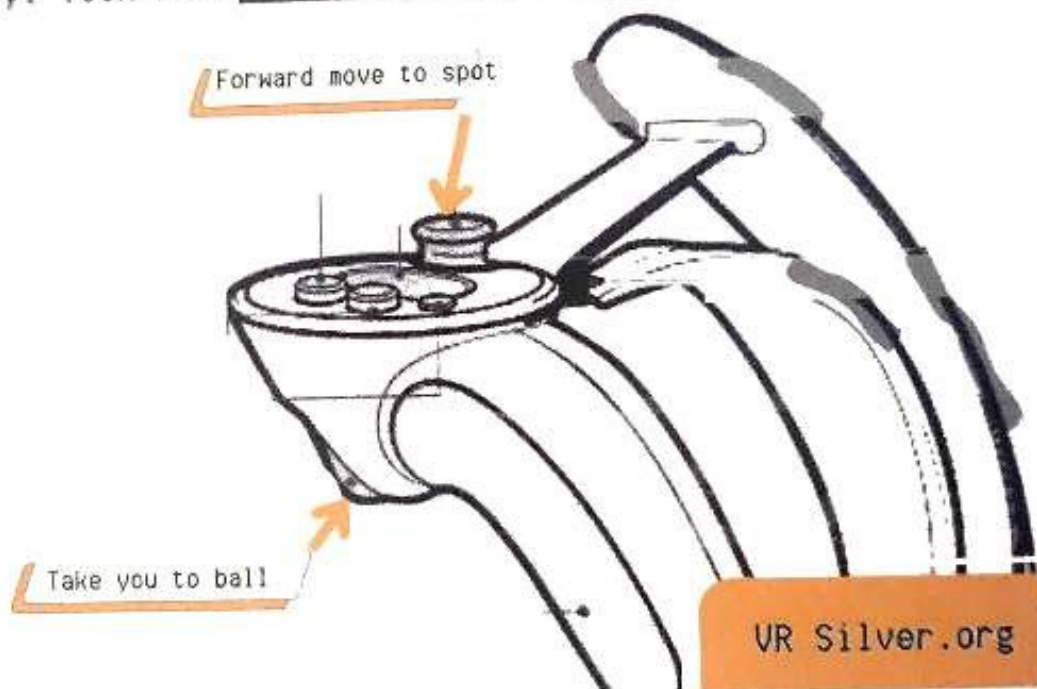
VR Silver

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Valve Index Controller Buttons

VR Silver
by: Tech Pals



In Walkabout Golf VR is an immersive virtual reality game that brings the joy of golfing to older adults in a unique and accessible way. It offers a realistic golfing experience set in beautiful virtual environments, providing an opportunity for older adults to enjoy the sport they love or discover a new hobby. With the controllers, you can swing your virtual club, aim for the perfect shot, and navigate the course with ease.

Walkabout Golf VR also offers a range of difficulty levels, allowing you to tailor the game to your skill level and preferences.

The ability to play alone or with friends adds a social element, allowing you to connect with fellow golf enthusiasts from around the world and even compete in friendly tournaments.

10 Jul 23

Luminated Handout: (S) VR Silver: Walkabout Mini Golf (back)

(cont.) Walkabout Golf VR is an excellent choice for older adults looking to stay active, improve coordination, and engage in a mentally stimulating activity.

- **Choose a golf course:** Once the game starts, you'll find yourself in the main menu of Walkabout Golf VR. Use the thumbstick to navigate and highlight the desired golf course. Press the trigger button to make your selection. You can choose from a variety of stunning virtual golf courses.
- **Get ready to play:** After selecting a golf course, you'll be placed on the tee box, ready to make your first swing. Hold one controller with both hands, just as you would hold a real golf club, ensuring that your grip is comfortable and secure.
- **Swing the club:** To swing the virtual golf club, align your body and aim in the direction you want the ball to go. Take a natural backswing and smoothly follow through, mimicking a real golf swing. The motion sensors in the controllers will detect your swing.
- **Navigate the course:** Use the thumbstick on the controller to walk around the virtual golf course. Moving your thumb up or down on the thumbstick allows you to move forward or backward. Moving it left or right allows you to turn or rotate in the respective direction. This will help you position yourself for each shot.
- **Interact with the game:** Pay attention to the prompts and indicators within the game. For example, you may need to use the trigger button to select clubs from your virtual bag, aim by lining up the crosshairs, and press the trigger to take a shot. Each hole will have its own unique challenges and objectives.
- **Take your shots:** Position yourself for each shot by walking or using the teleportation feature with the trigger or thumbstick to navigate the course. Once you're ready, aim by looking down the fairway and aligning your shot. Swing the controller to hit the ball and try to achieve accurate and well-timed shots.
- **Enjoy the game:** Walkabout Golf VR offers a realistic golfing experience, allowing you to play at your own pace and enjoy the beautiful virtual environments. Take your time, appreciate the scenery, and challenge yourself as you progress through each hole.

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Laminated Handout: (Cont.)

VR Silver: Ocean Rift

(Front)

10 Jul 23

VR Silver

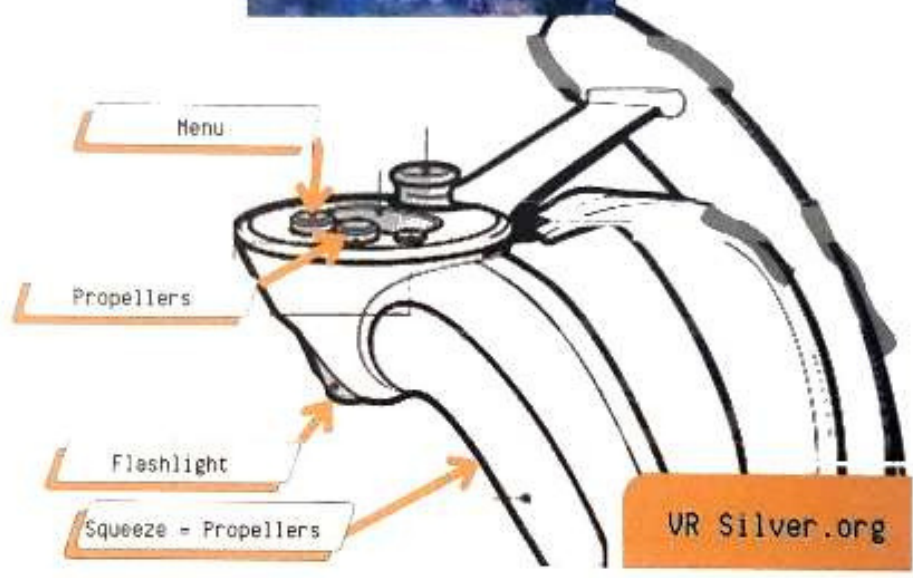
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Valve Index Controller Buttons

VR Silver

by: Tech Pals



"It doesn't matter if you can't walk and you don't know your name anymore, you know you want to go scuba diving!" - Leah Baum.

Ocean Rift VR is a captivating virtual reality experience that takes older adults on an immersive journey into the wonders of the underwater world scuba diving adventure for all physical abilities.

Appealing to older adults, Ocean Rift VR offers a calming and engaging experience that allows you to escape into a tranquil underwater realm, to encounter a diverse range of marine creatures, observe their behaviors, and interact with the underwater environment.

This virtual reality experience also offers educational insights, presenting fascinating facts about different species and their habitats.

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Laminated Handout (6) VR Silver: Ocean Rift (back)

(cont.) With its immersive visuals and realistic underwater environments, Ocean Rift VR allows all older adults to witness the beauty of marine life up close promoting relaxation, mindfulness, and a sense of awe.

Ocean Rift VR encourages exploration at your own pace, allowing you to freely navigate the underwater environments and engage with the virtual marine life and a chance to experience the joy of discovery.

Choose your marine life: While at the menu, extended you arm to hold your controller over the marine life in the box you would like to visit.

Use your arms and propellers to swim: To use the propellers, hold down A button. To swim at different speeds, squeeze the grip button. Holding your arms out in front of you allows you to move forward, and behind you to move backwards. Moving your arms left or right allows you to turn or rotate in the respective direction.

Interact with marine life: Look around to encounter a diverse range of marine creatures. When you spot an animal or underwater feature that you'd like to interact with, point the controller at it and press the trigger button to interact. This might include feeding fish, touching coral, or observing the behavior of various underwater species.

Enjoy educational information: Ocean Rift VR provides educational information about the marine life you encounter. You can learn fascinating facts about different species and their habitats. Look out for objects that you can interact with using the trigger button.

Take your time to explore: Ocean Rift VR is designed to provide a calming and immersive underwater experience. Take your time to explore the virtual environments, observe the marine life, and appreciate the beauty of the underwater world. Feel free to wander, relax, and transport to serene and fascinating depths.

Take breaks and stay comfortable: Remember to take breaks as needed and maintain a comfortable playing position. Virtual reality experiences can be immersive, so it's important to listen to your body and rest if you feel any discomfort.

21/10/23
AB

Mounted
(Headset)
(Front)

VR Silver: Open Brush

10 Jul 23
(Front)

VR Silver

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Valve Index Controller Buttons

VR Silver
by: Tech Pals



Open Brush VR is a delightful virtual reality experience that allows older adults to express their creativity and engage in artistic endeavors like never before.

This virtual reality painting application provides a user-friendly platform for older adults. Using the controllers, you can paint and sculpt in three dimensions, creating stunning and lifelike artwork right before your eyes. The intuitive controls and realistic brush strokes make it easy to bring your artistic visions to life, regardless of your prior artistic experience.

Open Brush VR offers a wide array of brushes, colors, and textures, enabling you to experiment with different styles and techniques; this

10 Jul 23
Laminated Handout: (7) VR Silver; Open Brush (back)

(cont.)
immersive experience provides endless possibilities for self-expression and artistic exploration.

You have the freedom to move around your artwork, viewing it from different angles and perspectives.

Open Brush VR also provides a relaxing and therapeutic atmosphere. The act of painting and sculpting in virtual reality can be a meditative and fulfilling experience, offering a form of self-expression and personal growth.

Open Brush VR offers an accessible and engaging platform for artistic expression.

- **Choose your tools and settings:** Within Open Brush VR, you'll have access to a variety of painting tools, brushes, colors, and settings. Use the menus and controls within the application to customize your artistic experience. This may include selecting different brushes, adjusting brush size and opacity, choosing colors from a palette, and more.
- **Start painting or sculpting:** Move your hands with the controllers as if you were holding a paintbrush or sculpting tool while holding down the right trigger. Hold up your left controller to view different brushes and tools.
- **Explore the virtual canvas:** Move around the virtual canvas by physically moving your body or using the thumbstick on the controller to navigate after selecting the feet from tools on the left controller. This allows you to view your artwork from different angles and perspectives, providing a unique experience.
- **Save and share your creations:** Once you're satisfied with your artwork, Open Brush VR allows you to save and share your creations. Follow the prompts and controls within the application to save your artwork to a virtual gallery or export it to share with others.
- **Take breaks and enjoy the process:** Remember to take breaks as needed during your painting or sculpting session. Virtual reality experiences can be immersive, so it's important to listen to your body and rest if you feel any discomfort.

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AB

Surveys: ① Pre-Experience Questionnaire: pg 1 (front) 10 JUL 23

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Pre-Experience Questionnaire:

1. Age:
2. Gender:
3. Have you previously used virtual reality (VR) technology?
 - Yes
 - No
4. Which virtual reality experiences are you interested in trying?
(Check all that apply)
 - Google Earth VR
 - Open Brush
 - Walkabout Golf VR
 - Ocean Rift VR
 - Beat Saber
 - Other (please specify):
5. On a scale of 1 to 5, please rate your current level of physical activity:
 - 1 (Very low)
 - 2 (Low)
 - 3 (Moderate)
 - 4 (High)
 - 5 (Very high)
6. On a scale of 1 to 5, please rate your current level of social engagement:
 - 1 (Very low)
 - 2 (Low)
 - 3 (Moderate)
 - 4 (High)
 - 5 (Very high)

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Surveys: (1) Pre-Experience Questionnaire: pg 2 (back)

7. On a scale of 1 to 5, please rate your overall well-being and quality of life:

- 1 (Very low)
- 2 (Low)
- 3 (Moderate)
- 4 (High)
- 5 (Very high)

8. On a scale of 1 to 5, please rate your overall level of comfort with using technology:

- 1 (Very low)
- 2 (Low)
- 3 (Moderate)
- 4 (High)
- 5 (Very high)

9. What expectations do you have about the potential therapeutic benefits of virtual reality technology for older adults?

AB 10JUL23

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Surveys: (2) Post Experience Questionnaire 10 Jul 23 Front

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Post-Experience Questionnaire:

1. Which virtual reality experiences did you try? (Check all that apply)
 - Google Earth VR
 - Open Brush
 - Walkabout Golf VR
 - Ocean Rift VR
 - Beat Saber
 - Other (please specify):
2. On a scale of 1 to 5, please rate your level of enjoyment during the virtual reality experience:
 - 1 (Not enjoyable at all)
 - 2 (Slightly enjoyable)
 - 3 (Moderately enjoyable)
 - 4 (Very enjoyable)
 - 5 (Extremely enjoyable)
3. On a scale of 1 to 5, please rate the level of immersion you felt during the virtual reality experience:
 - 1 (Not immersive at all)
 - 2 (Slightly immersive)
 - 3 (Moderately immersive)
 - 4 (Very immersive)
 - 5 (Extremely immersive)
4. On a scale of 1 to 5, please rate the impact of the virtual reality experience on your mood:
 - 1 (No impact)
 - 2 (Slightly positive impact)
 - 3 (Moderate positive impact)
 - 4 (Significant positive impact)
 - 5 (Very significant positive impact)

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Surveys: (2) Post Experience Questionnaire back pg 2

5. On a scale of 1 to 5, please rate the impact of the virtual reality experience on your overall well-being:
 - 1 (No impact)
 - 2 (Slightly positive impact)
 - 3 (Moderate positive impact)
 - 4 (Significant positive impact)
 - 5 (Very significant positive impact)
6. Did you experience any physical benefits during or after the virtual reality experience? (E.g., improved mobility, reduced pain, increased energy)
 - Yes
 - No
7. On a scale of 1 to 5, please rate the level of social engagement and connectedness you felt during the virtual reality experience:
 - 1 (Not socially engaging at all)
 - 2 (Slightly socially engaging)
 - 3 (Moderately socially engaging)
 - 4 (Very socially engaging)
 - 5 (Extremely socially engaging)
8. Based on your experience, do you believe virtual reality technology has the potential to provide therapeutic benefits for older adults?
 - Yes
 - No
9. Would you recommend virtual reality experiences to other older adults?
 - Yes
 - No
10. Is there anything else you would like to share about your virtual reality experience or any suggestions for improvement?

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10 JUL 23

(START) 11 Jul 23

5. Out Reach for VR Silver Research Participants

- Objective:
- (1) Find a facility to host a VR silver event that Tech Pals hosts for free
 - (2) Find residence interested in participating it (ideally unpaid) research for the Best Methods for Introducing & Delivering VR experiences to Enrich the Lives of Older Adults, willing to fill out a 5 min, 10 Q survey see in Notebook.01.pg38-41
 - (3) Schedule follow up paid VR day
 - (4) Gather letter of support / interest from the facility

Procedure:

- (1) E.A. Volunteer cold calls facilities moving systematically down the Google my business search results for "Senior living facilities"

(2) All data is tracked & entered in spreadsheet

Script: Start on Next pg. Notebook.01.pg43-44

~~JB 11 Jul 23~~

Script: Embedding Research Participants in Facility 11 JUL 23
pg 2 of 2

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to Older Adults to Enrich Their Lives

(semi-fast and excited)

Hi my name is ____, I'm a Volunteer for tech pals, we are a non profit organization doing some virtual reality research.

Do you have an activities director I can speak to about scheduling a free event?

Yes ->

If they are on the line ->

(Normal pace)

(Excited higher pitch tone)

Hi my name is ____, I'm a Volunteer for tech pals, we are a non profit organization doing some virtual reality research. Do you have a second?

Would your residents be interested in a potentially paid research opportunity exploring the use of virtual reality to enrich the lives of older adults?

(Check and see if they are thinking.... If they have a moment of silence, fill it with....)

We would come to you and set up our equipment, give your residence a top of the line experience, and conduct a short 5 min, 10 question survey, before and after the experience.

No pause, quickly jump to ->

Let me introduce you really quickly to our President, Leah Baum (cont.)

11 JUL 23

11 Jul 23

Script: Finding Research Participants + Facilities pg. 2/2

(cont)

If they say they don't have time to talk with me.... Get their contact information (All of it entered into the spreadsheet). Tell them you'll be sending them a link from Tech Pals, about our VR program, VR Silver.

If they are not interested, collect the data, find out why, remind them it's free and for research to enrich the lives of older adults.

Note if they were interested in first mention or second.

If you get the voicemail of the activities director ->

(semi-fast and excited)

Hi my name is ____, I'm a Volunteer for tech pals, we are a non profit organization doing some virtual reality research.

Please give me a call to discuss scheduling a free event and a potentially paid research opportunity exploring the use of virtual reality to enrich the lives of older adults

You can reach us at 844-tech-pal that's 844-832-4725

To learn more or book a free demo, go to www.vrsilver.org

I hope to hear from you soon. Thanks. Have a great day.

AB 11 Jul 23

Results: 44. Stats of cold calls for VR Research

| Date of last contact | Who contacted us first | Facility | Who did you speak to | Were they interested? | Next Step Action Item? | Do they have an activities director? | Contact name | Contact #s | Contact email | Contact phone |
|----------------------|------------------------|--------------------|----------------------|-----------------------|------------------------------------|--------------------------------------|--------------|------------|---------------|----------------|
| 7/11 | amerson | thurington arizona | robin | | left voice mail | no | | | | (720) 547-2285 |
| 7/11 | amerson | hiding meadows | jeff mika | | left voice mail | no | | | | (720) 822-3616 |
| 7/11 | amerson | springwood | gabe | | left phone # for them to call back | | | | | (303) 424-6690 |
| 7/11 | amerson | arbor view | hedy | | left voice mail | | | | | (303) 403-3129 |
| 7/11 | amerson | gardens on quartz | andrea | | left # for a call back | | | | | |
| 7/11 | amerson | brookdale arizona | | | | | | | | |
| 7/11 | amerson | redden creek | | | | | | | | |

Did not call yet

AB 11 Jul 23

AB 11 Jul 23

44

11 JUL 23

Data Discussion: Waiting a week for results of the voicemail.

Will be forthcoming

6. OutReach For Press Release (START)

Procedure: (1) All major outlets locally for news have been contacted

(2) Ideally, we get the email address so we can also attach a photo.

(3) In the event there is only a website contact form, we fill it out

(4) After 1-week we will do follow up by way of an email and a call.

People Contacted: News outlets contacted on 7/11/23

| Who | When | Media Outlet | Contact Method | Script Sent | Next step | results | date to call back or email again |
|------|------------|------------------|---------------------|-------------------------|-----------|---------|----------------------------------|
| Leah | 07/11/2023 | The Denver Post | email | Press Release 7.11.2023 | | | 7/18/23 |
| Leah | 07/11/2023 | The Daily Camera | email | Press Release 7.11.2023 | | | 7/19/23 |
| Leah | 07/11/2023 | denver news 9 | email to Kyle Clark | Press Release 7.11.2023 | | | 7/20/23 |
| Leah | 07/11/2023 | Imagine | contact form | Press Release 7.11.2023 | | | 7/21/23 |
| Leah | 07/11/2023 | KGNU | contact form | Press Release 7.11.2023 | | | 7/22/23 |
| Leah | 07/11/2023 | Longmont Leader | email | Press Release 7.11.2023 | | | 7/23/23 |
| Leah | 7/11/2023 | YellowStone | email | " | | | " |

AB 11/23

Press Release Script looking for research participants 1/3

VRSilver.org

VR Silver: Best Practices for Equitable Delivery and Introduction of Virtual Reality Technology to Older Adults to Enrich Their Lives

*****FOR IMMEDIATE RELEASE*****

Tech Pals' VR Silver: Enhancing the Lives of Older Adults through Virtual Reality

Boulder Denver Greater Area, CO - July 11th, 2023

Tech Pals, a non-profit organization dedicated to enriching the lives of older adults through technology and technology training, is thrilled to announce its groundbreaking research project, **VR Silver**. This project aims to study the best practices for introducing and delivering high-end virtual reality experiences to older adults, ultimately enriching their lives and promoting equity in aging.

AB 11/23

Press Release Script (cont): Looking for research participants

11 Jul 23

Virtual reality technology has shown immense potential in improving the quality of life for older adults. Through immersive and interactive experiences, VR can transport older adults beyond physical and cognitive limitations, providing them with a newfound sense of exploration and engagement. Tech Pals firmly believes that every older adult, regardless of financial means, geographical location, or physical and cognitive disabilities, should have access to these transformative experiences.

"We are excited to launch VR Silver as part of our commitment to enhancing the lives of older adults," said Leah Baum, President of Tech Pals. "It doesn't matter if you can't walk and you don't know your name anymore... You know you want to go scuba diving!"

As part of the VR Silver research project, Tech Pals is actively seeking participants aged 60 and above who are interested in exploring the benefits of virtual reality. The organization is also looking for facilities willing to host free virtual reality events to allow older adults to experience the wonders of this cutting-edge technology.

Tech Pals is applying for the Next50 Initiative Grant, an opportunity to secure funding and support to increase equity in aging and improve the quality of life for all older adults. Letters of support and interest from the community will play a crucial role in showcasing the demand for bringing virtual reality to older adult communities.

By participating in Tech Pals, VR Silver research, older adults can expect an array of benefits:

- **Enhanced Well-being:** Virtual reality experiences offer opportunities for relaxation, stress reduction, and mental stimulation, contributing to overall emotional well-being.
- **Social Connection:** VR fosters social engagement through shared experiences and virtual social spaces, combating social isolation and loneliness among older adults.
- **Cognitive Stimulation:** VR activities can help improve cognitive functions, memory recall, and mental agility through interactive and engaging experiences.
- **Personalized Exploration:** VR allows older adults to engage in activities and visit places they may no longer have physical access to, such as scuba diving, world travel, or cultural experiences.

Tech Pals invites the Denver community and beyond to join hands in supporting this groundbreaking program. Together, we can revolutionize the lives of older adults and ensure they have equal opportunities to experience the joys of virtual reality.

For more information about VR Silver, to express interest in participating, or to offer support, please contact Leah Baum at Leah@thetechpals.org or visit our VR Silver program website at www.VRSilver.org (www.thetechpals.org/VR-Silver)

11 Jul 23

11 Jul 23

11 Jul 23

Press Release Script (cont): Looking for research participants pg 3/3

About Tech Pals: (www.thetechpals.org)

Tech Pals is a 501(c)(3) non-profit organization EIN: 84-4025847, previously featured in the Denver Post, Longmont Leader, <https://thetechpals.org/news> dedicated to enriching the lives of older adults through technology and technology training. With a mission to bridge the digital divide, Tech Pals provides resources and support to help older adults embrace the digital age and enhance their lives through technological advancements. To enter our donation portal and learn more about how your funds are needed, and to make a secure tax deductible donation, you can text "vrsilver" to 44321
"Enrich Your Life. Embrace Technology"

Media Contact:

Leah Baum

Tech Pals

VR Silver P.M.

Leah@thetechpals.org

716-380-6811 (cell)

844-Tech-Pal (office)

~~AB 11 Jul 23~~

AB 11 Jul 23

Results + Discussion: Will be forth coming after 1 week of wait time, we will re-contact.

7. Pitch For Hosting Facilities + Research

Objective: (1) Find a facility (non-senior living facility) To host a 4-hr VR event.

(2) Get an executive letter of support

(3) Learn more best practices of VR silver

Locations: (1) Boulder County Public Library - Contact Form

(2) Boulder Age Well Center - Call + email

Results: Will be forth coming after 1 week of waiting.

Script: See next page Notebook, 01, pg. 48

~~AB 11 Jul 23~~

11 JUL 23
Script: Hosting Facilities & Research pg 1/2
VRSilver.org

VR Silver: Best Practices for Equitable Delivery
and Introduction of Virtual Reality Technology
to Older Adults to Enrich Their Lives

Subject:

Invitation to Collaborate: VR Silver Research Event at Boulder County Public Library

Dear Boulder County Public Library Staff,

I hope this email finds you well. My name is Leah Baum, and I am reaching out on behalf of Tech Pals, a local Boulder County non-profit organization established in 2019. Our mission is simple: "Enrich Your Life. Embrace Technology." I am writing to explore a potential collaboration between Tech Pals and the Boulder County Public Library for an upcoming event that aims to empower older adults through virtual reality (VR) technology.

We are excited to introduce our research and development program, VR Silver: Best Practices for the Introduction and Equitable Delivery of Virtual Reality Technology to All Older Adults. As part of this program, we are hosting a 4-hour immersive VR event that focuses on fostering research and gathering valuable insights to enhance the lives of older adults in our community.

We kindly request your support by providing us with a room at the Boulder County Public Library to host this event. This collaboration would greatly contribute to creating an inclusive and accessible environment for all older adults to explore the benefits of VR technology.

During the event, participants will have the opportunity to experience a range of VR activities, including virtual travel, scuba diving, golf, musical exercise, and creative art. These experiences transcend physical limitations, providing older adults with a renewed sense of exploration, engagement, and social interaction.

To ensure the success of our research, participants will be required to complete two short surveys. The initial survey, a five-minute, ten-question questionnaire, will be administered prior to the VR experience, followed by a similar survey after the session. These surveys will provide us with valuable insights into the impact of virtual reality on the well-being and quality of life of older adults.

As part of our grant application, due on August 15th, 2023, we are seeking additional letters of support from esteemed organizations in the community. We kindly request a letter of support from the executives at the Boulder County Public Library, emphasizing your commitment to promoting innovative programs that enrich the lives of older adults.

The grant, if awarded, will enable us to procure a fully equipped VR cargo trailer with high-speed infrastructure. This will allow us to bring VR experiences to older adults throughout our

Script: Hosting facilities + Research
(cont.)

11 Jul 23
pg 2/2

region, regardless of their physical location, geographical isolation, or cognitive and physical disabilities.

11 Jul 23 financial situation

We truly appreciate your consideration of this partnership opportunity. Tech Pals and our participants would be delighted to collaborate with the Boulder County Public Library, an esteemed institution known for its dedication to community enrichment. Together, we can empower older adults in Boulder County through the possibilities offered by virtual reality technology.

To learn more about VR Silver and our organization's mission, please visit our website at www.vrsilver.org. If you are interested in partnering with us or have any questions, please feel free to contact me directly at [Your Contact Information]. We are eager to discuss this opportunity further and explore how we can work together to enhance the lives of older adults through virtual reality.

Thank you for your time and consideration. We greatly value the work of the Boulder County Public Library and look forward to the potential collaboration for this transformative VR event.

Warm regards,

Leah Baum

President; Tech Pals

Project Manager; VR Silver

Leah@thetechpals.org

716-380-6811

11 Jul 23

- Next Steps Procedure (cont.) :
- (1) Follow up in 1 week
 - (2) Expand radius + continue outreach at
 - Libraries
 - Community / Rec Center
 - "Older Adults" Centers
 - Faith Centers.

Facilities Already Contacted on 11 Jul 23

- Boulder County Public Library
- Age Well Center

- Next (email)
- Longmont Library ; Louisville Library ; Lafayette
 - Broomfield ; Arvada ; Nederland

Next - Phone call all the libraries

P Results • Discussion: Pitch For Hosting Facilities + Research
(1) Louisville Library (Boulder County)
- See email thread - NOT INTERESTED
12 Jul 23

Invitation to Collaborate: VR Silver Research Event at Louisville Library

5 messages

Leah Baum <leah@thetechpals.org>
To: libraryinfo@louisvilleco.gov

Tue, Jul 11, 2023 at 1:48 PM

This message should be directed to; Erin Owen, or Erica Schmitt,

I hope this email finds you well. My name is Leah Baum, and I am reaching out on behalf of Tech Pals, a local Boulder County non-profit organization established in 2019. Our mission is simple: "Enrich Your Life. Embrace Technology." I am writing to explore a potential collaboration between Tech Pals and the Library for an upcoming event that aims to empower older adults through virtual reality (VR) technology.

We are excited to introduce our research and development program, VR Silver: Best Practices for the Introduction and Equitable Delivery of Virtual Reality Technology to All Older Adults. As part of this program, we are hosting a 4-hour immersive VR event that focuses on fostering research and gathering valuable insights to enhance the lives of older adults in our community.

We kindly request your support by providing us with a room at the Library to host this event. This collaboration would greatly contribute to creating an inclusive and accessible environment for all older adults to explore the benefits of VR technology.

During the event, participants will have the opportunity to experience a range of VR activities, including virtual travel, scuba diving, golf, musical exercise, and creative art. These experiences transcend physical limitations, providing older adults with a renewed sense of exploration, engagement, and social interaction.

To ensure the success of our research, participants will be required to complete two short surveys. The initial survey, a five-minute, ten-question questionnaire, will be administered prior to the VR experience, followed by a similar survey after the session. These surveys will provide us with valuable insights into the impact of virtual reality on the well-being and quality of life of older adults.

As part of our grant application, due on August 15th, 2023, we are seeking additional letters of support from esteemed organizations in the community. We kindly request a letter of support from the executives at the Louisville Library, emphasizing your commitment to promoting innovative programs that enrich the lives of older adults.

The grant, if awarded, will enable us to procure a fully equipped VR cargo trailer with high-speed infrastructure. This will allow us to bring VR experiences to older adults throughout our region, regardless of their financial situation, physical location, geographical isolation, or cognitive and physical disabilities.

We truly appreciate your consideration of this partnership opportunity. Tech Pals and our participants would be delighted to collaborate with the Longmont Library, an esteemed institution known for its dedication to community enrichment. Together, we can empower older adults in Boulder County through the possibilities offered by virtual reality technology.

To learn more about VR Silver and our organization's mission, please visit our website at www.vrsilver.org. If you are interested in partnering with us or have any questions, please feel free to contact me directly at the number and email below. We are eager to discuss this opportunity further and explore how we can work together to enhance the lives of older adults through virtual reality.

Thank you for your time and consideration. We greatly value the work of the Louisville Library and look forward to the potential collaboration for this transformative VR event.

Warm regards,
Leah Baum
(She/Her)
Tech Pals, Inc.
President, Founder

Leah@thetechpals.org
716.380.6811

49 50
12 Jul 23

pg 1/4

12 Jul 23

Results & Discussion (cont)
(1) Louisville Library - Not Interested

12 Jul 23

"Enrich your life.
Embrace technology."



www.thetechpals.org

~~JB 12 Jul 23~~



VR Silver after flastirons.png
1685K

~~JB 12 Jul 23~~

Erin Owen <eowen@louisvilleco.gov>
To: Leah Baum <leah@thetechpals.org>, libraryinfo <libraryinfo@louisvilleco.gov>

Wed, Jul 12, 2023 at 8:30 AM

Thank you for your email. I've spoken with our Adult Services team and unfortunately, at this time, we do not have the capacity to partner with you on this project.

Thank you,

Erin Owen (she/her/hers)
Community Engagement & Support Specialist
Louisville Public Library | Cultural Services
303-335-4815
eowen@louisvilleco.gov

~~JB 12 Jul 23~~

From: Leah Baum <leah@thetechpals.org>
Sent: Tuesday, July 11, 2023 1:48:29 PM
To: libraryinfo <libraryinfo@louisvilleco.gov>
Subject: Invitation to Collaborate: VR Silver Research Event at Louisville Library

Some people who received this message don't often get email from leah@thetechpals.org. Learn why this is important
(Quoted text hidden)

pg 2/4

==CAUTION: EXTERNAL EMAIL==

JB 12 Jul 23
5/12/23

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S
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T
Result + Discussion @ Louisville Library - Not Interested 12 JUL 23
(cont.) 7/12 JUL 23

Leah Baum <leah@thetechpals.org>
To: Erin Owen <eowen@louisvilleco.gov>

Wed, Jul 12, 2023 at 10:00 AM

Just a quick follow up. All we need is a room. How can I reserve a room with a screen? This is public research.

Cheers,

Leah Baum
(She/Her)
Tech Pals, Inc.
President, Founder

Leah@thetechpals.org
716.380.6811

"Enrich your life.
Embrace technology."

www.thetechpals.org

[Quoted text hidden]

Erin Owen <eowen@louisvilleco.gov>
To: Leah Baum <leah@thetechpals.org>

Wed, Jul 12, 2023 at 10:37 AM

Hi Leah,

Information about reserving space at the Library can be found on our website here:
<https://www.louisville-library.org/services/adults/reserve-a-space-at-the-library>

Just to let you know, our First Floor Meeting Room AV system is currently out of order, and the screen and projector are unavailable.

Thank you,

Erin Owen (she/her/hers)
Community Engagement & Support Specialist
Louisville Public Library | Cultural Services

303-335-4815

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7/12 JUL 23

7/12 JUL 23

pg 3/4

7/12 JUL 23

Results of Discussion (1) Louisville Library - Not Interested
(Cont.)

12 JUL 23

From: Leah Baum <leah@thetechpals.org>
Sent: Wednesday, July 12, 2023 10:00 AM
To: Erin Owen <eowen@louisvilleco.gov>
Subject: Re: Invitation to Collaborate: VR Silver Research Event at Louisville Library

You don't often get email from leah@thetechpals.org. Learn why this is important

[Quoted text hidden]

Leah Baum <leah@thetechpals.org>
To: Erin Owen <eowen@louisvilleco.gov>

Wed, Jul 12, 2023 at 10:45 AM

Hi Erin,

Thank. But is that why the adult services couldn't do this with us?

I just need as much information as possible for our research.

You can find a link and spreadsheets of our outreach results on our website.

Who we speak to, what they say.

www.vrsilver.org

[Quoted text hidden]

[Quoted text hidden]

12 JUL 23

12 JUL 23 Time 1:10 PM Mantain,

- 3 hrs + 25 min later

- No details as to why the adult services couldn't do this with us

- Next (1) Follow up again to learn why not
(2) Wait for more responses to come in from the other library's older adult services

(3) Possibly redo the script email,

(4) Ask if they have ever had a VR Experience

Hypothesis: The people rejecting our free demo (1) Never Asked their boss
(2) Never Experienced VR

13JUL23
Results • Discussion: (2) Longmont Library - Interested
- Same e-mail as to Louisville Library except went to director.

Leah Baum <leah@thetechpals.org>

Invitation to Collaborate: VR Silver Research Event at Longmont Library

2 messages

Leah Baum <leah@thetechpals.org>
To: jon.solomon@longmontcolorado.gov

Tue, Jul 11, 2023 at 1:42 PM

Subject: Invitation to Collaborate: VR Silver Research Event at The Longmont Library

Dear Jon,

I hope this email finds you well. My name is Leah Baum, and I am reaching out on behalf of Tech Pals, a local Boulder County non-profit organization established in 2019. Our mission is simple: "Enrich Your Life. Embrace Technology." I am writing to explore a potential collaboration between Tech Pals and the Library for an upcoming event that aims to empower older adults through virtual reality (VR) technology.

We are excited to introduce our research and development program, VR Silver: Best Practices for the Introduction and Equitable Delivery of Virtual Reality Technology to All Older Adults. As part of this program, we are hosting a 4-hour immersive VR event that focuses on fostering research and gathering valuable insights to enhance the lives of older adults in our community.

We kindly request your support by providing us with a room at the Library to host this event. This collaboration would greatly contribute to creating an inclusive and accessible environment for all older adults to explore the benefits of VR technology.

During the event, participants will have the opportunity to experience a range of VR activities, including virtual travel, scuba diving, golf, musical exercise, and creative art. These experiences transcend physical limitations, providing older adults with a renewed sense of exploration, engagement, and social interaction.

To ensure the success of our research, participants will be required to complete two short surveys. The initial survey, a five-minute, ten-question questionnaire, will be administered prior to the VR experience, followed by a similar survey after the session. These surveys will provide us with valuable insights into the impact of virtual reality on the well-being and quality of life of older adults.

As part of our grant application, due on August 15th, 2023, we are seeking additional letters of support from esteemed organizations in the community. We kindly request a letter of support from the executives at the Boulder County Public Library, emphasizing your commitment to promoting innovative programs that enrich the lives of older adults.

The grant, if awarded, will enable us to procure a fully equipped VR cargo trailer with high-speed infrastructure. This will allow us to bring VR experiences to older adults throughout our region, regardless of their financial situation, physical location, geographical isolation, or cognitive and physical disabilities.

We truly appreciate your consideration of this partnership opportunity. Tech Pals and our participants would be delighted to collaborate with the Longmont Library, an esteemed institution known for its dedication to community enrichment. Together, we can empower older adults in Boulder County through the possibilities offered by virtual reality technology.

To learn more about VR Silver and our organization's mission, please visit our website at www.vrsilver.org. If you are interested in partnering with us or have any questions, please feel free to contact me directly at the number and email below. We are eager to discuss this opportunity further and explore how we can work together to enhance the lives of older adults through virtual reality.

Thank you for your time and consideration. We greatly value the work of the Longmont Library and look forward to the potential collaboration for this transformative VR event.

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13JUL23

Results • Discussion: (2) Longmont Library - Interested (cont.) ^{13 JUL 23}

Warm regards,

Leah Baum
(She/Her)
Tech Pals, Inc.
President, Founder
VR Silver, Project Manager

Leah@thetechpals.org
716.380.6811

"Enrich your life.
Embrace technology."



www.thetechpals.org

AB 13 JUL 23

Jon Solomon <jon.solomon@longmontcolorado.gov>
To: Leah Baum <leah@thetechpals.org>

Thu, Jul 13, 2023 at 2:06 PM

Hello Leah,

Thank you for writing and sharing about this great organization and program. I am very interested in having the Longmont Public Library partner for this event. Do you know when this might occur? Currently, our larger meeting rooms that could accommodate something like this are unavailable, but we hope to have them ready by early Fall.

Thanks!

-- Jon

Jon D. Solomon

Library Director

Longmont Public Library | City of Longmont

OFFICE 303-651-8475

409 4th Ave. | Longmont, Colorado 80501

AB 13 JUL 23

AB 13 JUL 23

55

13 JUL 23
Results • Discussion: (2) Longmont Library Interested
- Reply to his e-mail: (email see Notebook 01.55) 1pg back



Leah Baum <leah@thetechpals.org>

Invitation to Collaborate: VR Silver Research Event at Longmont Library

Leah Baum <leah@thetechpals.org>
To: Jon Solomon <jon.solomon@longmontcolorado.gov>

Thu, Jul 13, 2023 at 8:07 PM

Dear Jon,

Thank you so much for your prompt and enthusiastic response to our collaboration request. We are thrilled that the Longmont Public Library is interested in partnering with us for this exciting event. Your support means a great deal to us.

Regarding the timing of the event, we are aiming to hold it around August 1st or during the first week of August. This will provide us with ample time to analyze the research data collected from the participants and allow for effective event promotion. We understand that your larger meeting rooms are currently unavailable, but we are more than happy to work with a smaller room. Additionally, we will bring a TV screen to enhance the experience and allow others to see what the participants are viewing.

As mentioned in our previous email, our grant application is due on August 15th, 2023. So, hosting the event in early August aligns perfectly with our timeline. We appreciate your understanding and support in accommodating our schedule.

We are incredibly excited about this collaboration and the opportunity to empower older adults in Boulder County through virtual reality technology. Working together, we can create an inclusive and accessible environment for participants to explore the benefits of VR.

If there are any specific requirements or details we need to address for the event, please let us know. For example, you're welcome to see our insurance documents, and we can add you to it. We are open to discussing any necessary arrangements to make this collaboration a success.

Once again, thank you for your time and willingness to partner with Tech Pals. We truly value the dedication of the Longmont Public Library to community enrichment. This collaboration has the potential to make a positive impact on the lives of older adults, and we are looking forward to working closely with you.

Cheers,

Leah Baum
Tech Pals
Leah Baum
(She/Her)
Tech Pals, Inc.
President, Founder

Leah@thetechpals.org
716.380.6811

"Enrich your life.
Embrace technology."



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AB 13 JUL 23

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13JUL23

Results + Discussion: (2) Longmont Library - Interested

email outreach to library director = Success

We will continue to send out this outreach script.

- Minor Adjustment "Adding, "If you don't have a screen, we can bring one with us."

- New Protocol, - If rejected

(1) Ask why

- Remind this is for research, not a business

- Public research - link to our Notebook

- Ask and make an assumption,

you must not know 1st hand what VR is like otherwise it wouldn't be denied our free program.

- Walk on Polite wording of above to test hypothesis found of Notebook 01.59 ^{15JUL23} 01.53

(2) When ignored on the why

- Wait 24 hr

- Follow up with link to Notebook

+ email to supervisor

Lesson Learned ① Go directly to Library Director

② Tell them we are publishing Research Outreach Results

who we speak to + what they say

③ Provide link to notebook. 01

Next Step

1. Rejection protocol to Louisville Library

2. Continue Outreach to

1. Broomfield Library Notebook 01.60-62

2. Lafayette Notebook 01.63-66

3. Nederland Notebook 01.82-83

Jefferson County = 4. Arvada Notebook 01.84-87

5. Lyons

6. Aurora

13 JUL 23
Rejection Protocol: (1) Louisville Library - Rejection



Leah Baum <leah@thetechpals.org>

Invitation to Collaborate: VR Silver Research Event at Louisville Library

Leah Baum <leah@thetechpals.org>

Thu, Jul 13, 2023 at 8:45 PM

To: "snemecek@louisvilleco.gov" <snemecek@louisvilleco.gov>, Erin Owen <eowen@louisvilleco.gov>, libraryinfo@louisvilleco.gov

Dear Erin and Louisville Library Team

I hope this email finds you well. I wanted to follow up on our previous correspondence regarding the potential collaboration between Tech Pals and the Louisville Library for our VR event aimed at empowering older adults in our community.

Firstly, I want to express my appreciation for your prompt responses and the information you provided about reserving space at the library. However, I would like to address my disappointment in the library's current inability to partner with us on this project, particularly in the context of public research that aims to enrich the lives of older adults in Boulder County.

As a nonprofit organization, Tech Pals is committed to conducting research and delivering amazing VR experiences to older adults. Our VR Silver program seeks to bridge the gap in access to services and technology that older adults in Louisville might not have the same opportunity to benefit from as those in Boulder and Longmont. Our intention is to ensure equal access and create a more inclusive and connected community for all older adults in our region.

In light of this, I would like to understand the reasons behind the library's decision not to collaborate with us. Our hypothesis is that perhaps there may have been a miscommunication or a lack of awareness about the nature of our organization and the public research we are conducting. It is our sincere desire to address any concerns or reservations you may have and find a way to work together for the betterment of the community.

I invite you to explore our website at www.vrsilver.org, where you will find links to our outreach results, including who we have spoken to and what they have said. This transparency is crucial to us as we aim to involve the community in our research efforts and ensure its relevance and impact.

I would be grateful if you could provide further insight into the library's decision and any potential possibilities for reconsideration. Our grant application deadline is approaching, and we genuinely

13 JUL 23

13 JUL 23
Rejection Protocol: (1) Louisville Library - Rejection Followup

believe that the Louisville Library's involvement would greatly enhance the success and impact of our project.

Thank you for your time and consideration. I look forward to your response, and I sincerely hope we can find a way to collaborate and create positive change for older adults in Louisville.

Warm regards,

Leah Baum
(She/Her)
Tech Pals, Inc.
President, Founder

Leah@thetechpals.org
716.380.6811

"Enrich your life.
Embrace technology."



www.thetechpals.org

[Quoted text hidden]

LB 13 JUL 23

LB 13 JUL 23

Who: snemechek@Louisvilleco.gov
is the email listed to contact the
Louisville Board of Trustees + Library Director.
Lesson Learned:

- (1) cc many people
- (2) Director, board,
- (3) When replying - always reply all.

Next Steps: 7. cont. Pitch for Hosting Facility

See Notebook 01.60-62 ^{LB 13 JUL 23} 61

For exact e-mail + who it goes to.

13 JUL 23
7. Pitch for Hosting Facilities Outreach email sent
Contacts for (3) BROOMFIELD Public Library
• Director of Library Service: Klynip @broomfield.org
• Programming Manager: dsteiner@ " "
• Operations manager: slinder @ " "
• Library business manager: wnorris @ " "
• general to: Library@broomfield.org.



Leah Baum <leah@thetechpals.org>

Invitation to Collaborate: VR Silver Research Event at The Broomfield Public Library

2 messages

Leah Baum <leah@thetechpals.org>

Thu, Jul 13, 2023 at 10:19 PM

To: library@broomfield.org

Cc: "klynip@broomfield.org" <klynip@broomfield.org>, "dsteiner@broomfield.org" <dsteiner@broomfield.org>, "slinder@broomfield.org" <slinder@broomfield.org>, "wnorris@broomfield.org" <wnorris@broomfield.org>

Subject: Invitation to Collaborate: VR Silver Research Event at The Broomfield Public Library

Dear Broomfield Library Director and Team,

I hope this email finds you well. My name is Leah Baum, and I am reaching out on behalf of Tech Pals, a local Boulder County non-profit organization established in 2019. Our mission is simple: "Enrich Your Life. Embrace Technology." I am writing to explore a potential collaboration between Tech Pals and The Broomfield Public Library for an upcoming event that aims to empower older adults through virtual reality (VR) technology.

We are excited to introduce our research and development program, VR Silver: Best Practices for the Introduction and Equitable Delivery of Virtual Reality Technology to All Older Adults. As part of this program, we are hosting a free, 4-hour immersive VR event that focuses on fostering research and gathering valuable insights to enhance the lives of older adults in our community.

Tech Pals would like to clarify that we are a non-profit organization engaged in public research and not a soliciting business. Our outreach methods and results are transparently posted in our notebook and online, including information about who we speak to and what they say. We believe in the power of collaboration and open communication to drive positive change in our community. Pg 1/3

13 JUL 23

13 Jul 23

1. Pitch for Hosting Facilities Outreach email sent

We are pleased to inform you that both the city of Boulder and the city of Longmont have expressed their excitement to partner with us on this project. However, we regret to inform you that the Louisville Library has rejected our attempt to perform research to enrich the lives of older adults, without providing any explanation.

AB JUL 23

We kindly request your support by providing us with a room at The Broomfield Public Library to host this event. We would also love it if you could help spread awareness about this free, life enriching virtual reality for older adults, research event. This collaboration would greatly contribute to creating an inclusive and accessible environment for all older adults to explore the benefits of VR technology.

During the event, participants will have the opportunity to experience a range of VR activities, including virtual travel, scuba diving, golf, musical exercise, and creative art. These experiences transcend physical limitations, providing older adults with a renewed sense of exploration, engagement, and social interaction.

To ensure the success of our research, participants will be required to complete two short surveys. The initial survey, a five-minute, ten-question questionnaire, will be administered prior to the VR experience, followed by a similar survey after the session. These surveys will provide us with valuable insights into the impact of virtual reality on the well-being and quality of life of older adults. You can view the actual survey questions we will be asking on our program website, www.vrsilver.org, and scroll down to the PDF of our research Notebook. It can be found in Notebook 01, Pg.38-41 or on the pdf file widget on the website, pg 41-44.

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Pg 2/3

AB 13 JUL 23

1. Pitch for Hosting Facilities e-mail sent 13 Jul 23 cont.

The grant, if awarded, will enable us to procure a fully equipped VR cargo trailer with high-speed infrastructure. This will allow us to bring VR experiences to older adults throughout our region, regardless of their financial situation, physical location, geographical isolation, or cognitive and physical disabilities.

13 Jul 23

We truly appreciate your consideration of this partnership opportunity. Tech Pals and our participants would be delighted to collaborate with The Broomfield Public Library, an esteemed institution known for its dedication to community enrichment. Together, we can empower older adults in Boulder County through the possibilities offered by virtual reality technology.

To learn more about VR Silver and our organization's mission, please visit our website at www.vrsilver.org. If you are interested in partnering with us or have any questions, please feel free to contact me directly at the number and email below. We are eager to discuss this opportunity further and explore how we can work together to enhance the lives of older adults through virtual reality.

Thank you for your time and consideration. We greatly value the work of The Broomfield Public Library and look forward to the potential collaboration for this transformative VR event.

Warm regards,

Leah Baum
(She/Her)
Tech Pals, Inc.
President, Founder

Leah@thetechpals.org
716.380.6811

"Enrich your life.
Embrace technology."



www.thetechpals.org

13 Jul 23

PS 3/3

13 Jul 23

library <library+noreply@broomfield.org>
To: leah@thetechpals.org

Thu, Jul 13, 2023 at 10:19 PM

Hello! This mailbox is monitored Monday - Friday 9:00 a.m. - 5:00 p.m. If you require an immediate response / answer outside these hours please call the library at 720-887-2300. Thank you.

62

13 Jul 23

2. Outreach cont. Next (4) Lafayette Library

email address not posted on the website

• Hisel, Melissa : Library Director : 303-661-1168

call tomorrow, 14 Jul 23, to follow up with online form submission.

- Sent ~~to~~ ^{13 Jul 23} Submission form 2x, once after creating an account so there's a paper trail.

- Printing documented + saved communications

- A subsequent form was filled out + sent with boxes checked for the following

City Administrator

City Council

Library

Senior Services

- Titled "Dear City of Lafayette"

- Note said "Correspondance with City Council or City Staff may be subjected to open records request."

* Good to know

* Always cc city staff

Lesson Learned - If there is a way

* to make an account that saves forms - Make an account first

- Check boxes to send to

- City Administrator

- City Council

- Library

- Senior Services

Outreach to Lafayette Library + City

Pitch for Hosting Facilities + Research

See Notebook. 01.64 →

~~13 Jul 23~~

Script: Outreach (4) City of Lafayette + Lafayette Library 13 Jul 23

7/13/23, 11:13 PM

Lafayette, CO - Official Website

Contact Us



Report a Problem or Concern

[Report a problem or concern](#)

Request Tracker allows residents to report a problem or concern to the appropriate department. Once the information is submitted, users have the ability to track the work in process and resolution of the issue.

Complete the form below to submit your questions / comments.

PLEASE NOTE: Messages from this form are received during normal business hours. If you have an emergency or need immediate assistance, dial 911 (emergency) or 303-441-4444 (police non-emergency).

Correspondence shared with City Council or City staff may be subject to open records requests.

To search for a specific staff member by name or department, visit:

[Search the Staff Directory](#)

| | |
|----------------------------|---------------------------|
| First Name* Leah | Last Name* Baum |
|----------------------------|---------------------------|

| | | |
|---------------------------|---|-----------------------------------|
| Zip Code* 80301 | Email Address* leah@thetechpals.org | Phone Number 7163806811 |
|---------------------------|---|-----------------------------------|

Whom would you like to contact?*

| | |
|--|---|
| <input checked="" type="checkbox"/> City Administrator | <input type="checkbox"/> Open Space |
| <input checked="" type="checkbox"/> City Council | <input type="checkbox"/> Parks |
| <input type="checkbox"/> Communications | <input type="checkbox"/> Planning and Building |
| <input type="checkbox"/> Cultural Arts | <input type="checkbox"/> Police |
| <input type="checkbox"/> Finance Department | <input type="checkbox"/> Public Works |
| <input type="checkbox"/> Fire Department | <input type="checkbox"/> Recreation |
| <input type="checkbox"/> Golf | <input checked="" type="checkbox"/> Senior Services |
| <input type="checkbox"/> Human Resources | <input type="checkbox"/> Urban Renewal Executive Director |
| <input checked="" type="checkbox"/> Library | <input type="checkbox"/> I'm unsure who to contact |
| <input type="checkbox"/> Municipal Court | |

Pg 1/3

64

13 Jul 23

13 Jul 23

Script: Outreach (4) City of Lafayette + Lafayette Library 13JUL23

Subject: Invitation to Collaborate: VR Silver Research Event at The Lafayette Public Library

Dear City of Lafayette,

I hope this email finds you well. My name is Leah Baum, and I am reaching out on behalf of Tech Pals, a local Boulder County non-profit organization established in 2019. Our mission is simple: "Enrich Your Life. Embrace Technology." I am writing to explore a potential collaboration between Tech Pals and The Lafayette Public Library for an upcoming event that aims to empower older adults through virtual reality (VR) technology.

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The grant, if awarded, will enable us to procure a fully equipped VR cargo trailer with high-speed infrastructure. This will allow us to bring VR experiences to older adults throughout our region, regardless of their financial situation, physical location, geographical isolation, or cognitive and physical disabilities.

We truly appreciate your consideration of this partnership opportunity. Tech Pals and our participants would be delighted to collaborate with The Lafayette Public Library, an esteemed institution known for its dedication to community enrichment. Together, we can empower older adults in Boulder County through the possibilities offered by virtual reality technology.

To learn more about VR Silver and our organization's mission, please visit our website at www.vrsilver.org. If you are interested in partnering with us or have any questions, please feel free to contact me directly at the number and email below. We are eager to discuss

Pg 2/3

13JUL23

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Script (cont.) Outreach ⁽⁴⁾ City of Lafayette & Lafayette Library 13 Jul 23

7/13/23, 11:13 PM

Lafayette, CO - Official Website

this opportunity further and explore how we can work together to enhance the lives of older adults through virtual reality.

Thank you for your time and consideration. We greatly value the work of The Lafayette Public Library and look forward to the potential collaboration for this transformative VR event.

Warm regards,

Leah Baum
(She/Her)
Tech Pals, Inc.

~~LB 13 Jul 23~~

LB 13 Jul 23

END Script Outreach Lafayette 13 Jul 23

13 Jul 23
Current Webpage that I am directing people to look at, is worth publishing here. (Some background images did not print, the website background is all black + would have printed had I selected, print background images.

- www.thetechpals.org/vr-silver
- www.VRSilver.org
- www.VRSilver.com

~~LB 13 Jul 23~~

Current Webpage www.VRSilver.org / www.thotechpals.org/VR-Silver
pg 1 / 15

13 JUL 23

7/13/23, 10:38 PM

VR Silver



7/13 JUL 23

Reality for Older Adults; by Tech Pals, a 501 (c)(3) nonpro



7/13 JUL 23

Current Webpage cont. Pg 2/15

13 July 23

IT DOESN'T MATTER IF YOU CAN'T WALK
AND YOU DON'T KNOW YOUR NAME
ANYMORE... YOU KNOW YOU WANT TO
GO SCUBA DIVING!

Leah Baum; President, Founder, Tech Pals Inc.

VR SILVER RESEARCH; BOULDER COLORADO; JULY 2023



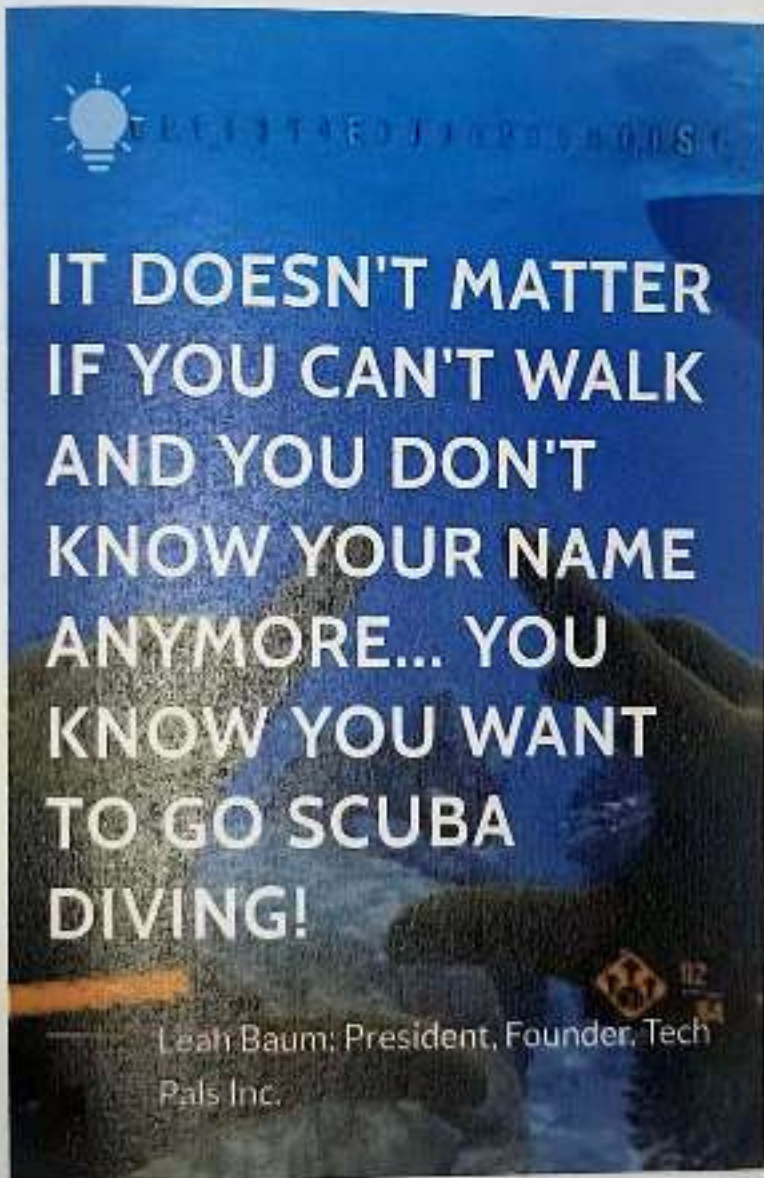
13 JUL 23



Current Webpage (cont) pg 3/15

13Jul23

- This is the background image not printed from the previous page. Notebook 01.68 quote.
- as seen on www.thetechpals.org/VR-Silver
- www.VRSilver.org • www.VRSilver.com



13 Jul 23

13 Jul 23

13 Jul 23

13 Jul 23



BENEFITS OF VIRTUAL REALITY FOR OLDER ADULTS

Physical Exercise

VR applications can provide engaging and immersive experiences that encourage physical movement and exercise, helping older adults maintain or improve their mobility, balance, and overall fitness.

Cognitive Stimulation

Virtual reality can offer cognitive challenges through interactive games, puzzles, and simulations. These activities promote mental agility, memory improvement, problem-solving skills, and attention span, thus supporting cognitive health.

Pain Management

VR has been shown to distract individuals from pain by transporting them to virtual environments. By reducing the perception of pain, virtual reality can potentially complement traditional pain management techniques and improve the quality of life for older adults with chronic pain conditions.

Virtual reality experiences can create a calming and relaxing environment, reducing stress levels and promoting emotional well-being among older adults. VR can transport them to peaceful settings or provide immersive experiences such as meditation or mindfulness activities.

Reminiscence Therapy

Virtual reality can recreate historical events, familiar places, or specific time periods, facilitating reminiscence therapy for older adults. By allowing them to revisit meaningful moments from their past, VR can enhance social interactions, stimulate memories, and foster emotional connections.

Social Engagement

Virtual reality provides opportunities for older adults to connect with others and combat social isolation. Through VR platforms and applications, they can participate in multiplayer games, communicate with friends and family in virtual environments, or join virtual communities centered around shared interests.

Therapeutic Applications

Virtual reality is increasingly used in therapeutic interventions for older adults. It can aid in the treatment of phobias, anxiety disorders, post-traumatic stress disorder (PTSD), and other mental health conditions, providing a safe and controlled environment for exposure therapy and relaxation techniques.

Cognitive Training and Rehabilitation

Virtual reality can be utilized for cognitive training and neurorehabilitation programs. Older adults recovering from strokes or other neurological conditions can engage in virtual exercises

13 Jul 23

11

Current Webpage (cont.) pg 6/15

13 Jul 23

designed to improve specific cognitive functions like attention, memory, and problem-solving skills.

Lifelong Learning

Virtual reality opens up new avenues for lifelong learning and education for older adults. They can explore virtual museums, historical sites, or attend virtual lectures and classes, broadening their knowledge and expanding their horizons without leaving their homes.

VR Silver

Tech Pals™

Technology Trainers

www.TheTechPals.org 844-Tech-Pals

VR Silver - Virtual Reality for Older Adults by Tech Pals

Tech Pals is a 501 (c)(3) non profit that brings technology and technology training to older adults.

"Enrich your life. Embrace technology."

BB 13 JUL 23

Content Webpage (cont) Pg 7/15

13 Jul 23

Learn more about Tech Pals - button



Google Earth Travel Experiences

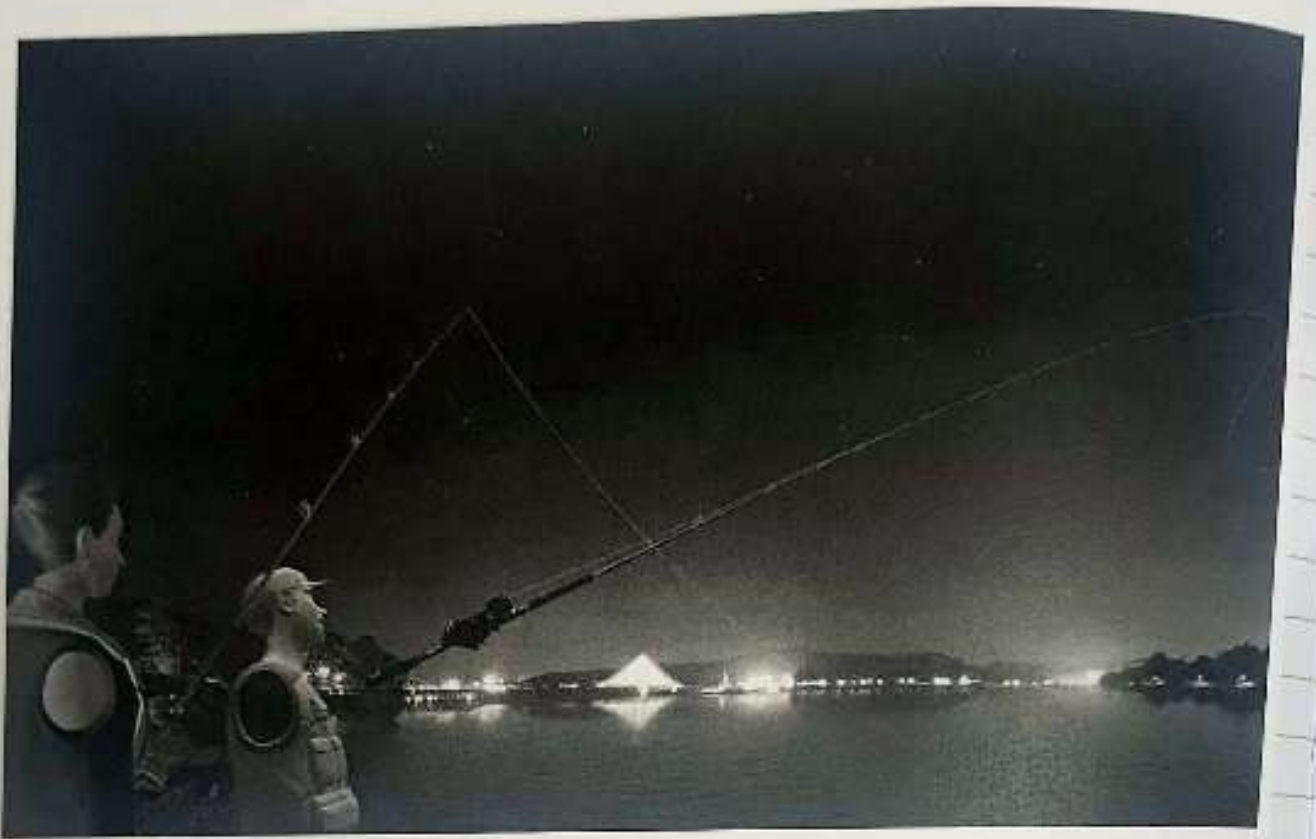
Go back to the home you grew up in and walk down the street with Google Street View. Visit the 7 wonders of the world. Tour Italy. See Paris. Walk or stay seated and click to walk down the beach or anywhere else in the world you want to go.

AB 13 JUL 23

AB 13 JUL 23

7/13/23, 10:38 PM

VR Silver



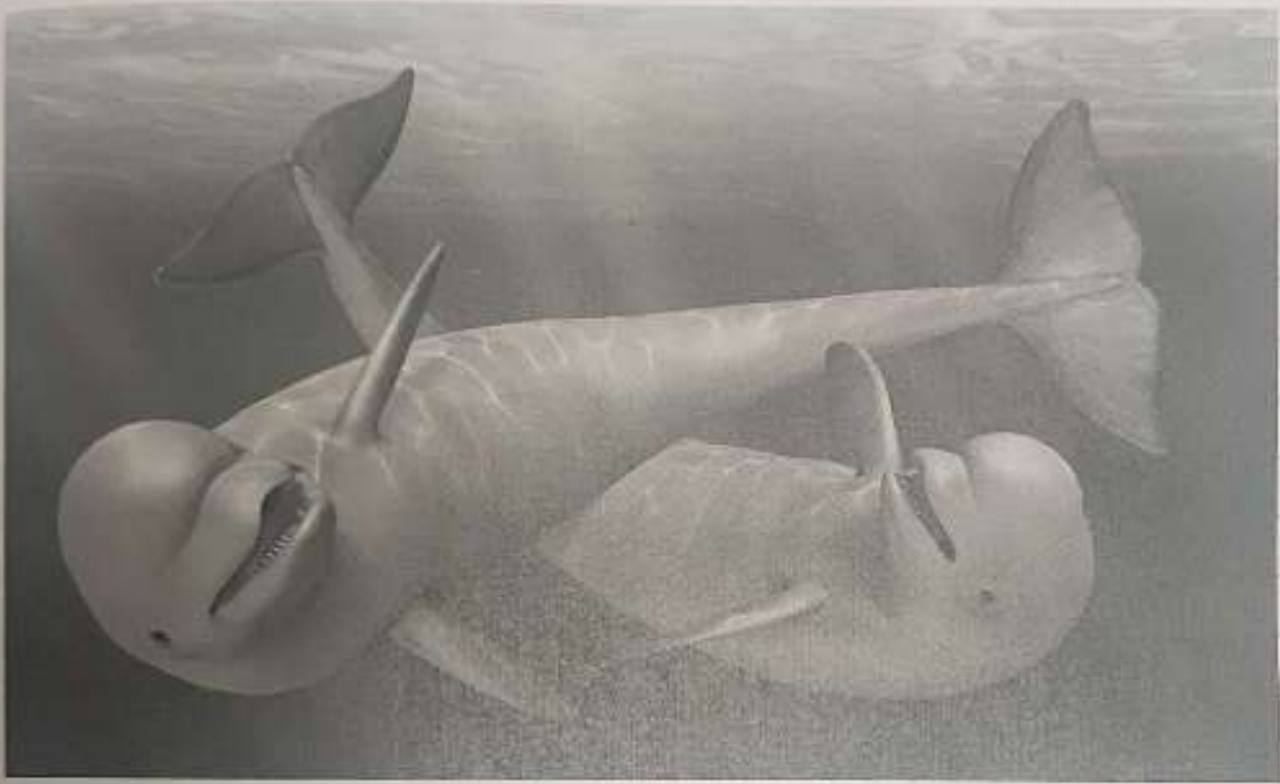
Real-VR-Fishing

Virtual reality fishing that comes together with a really scenic, beautiful location. You can enjoy it solo or in the multiplayer mode. Furthermore, you can keep the fishes that you captured in your own personal virtual aquarium.

AB 13 JUL 23

AB 13 JUL 23

AB 13 JUL 23



Scuba Diving in Ocean Rift

This virtual reality provides an immersive experience of the underwater world. Users can see various marine animals such as whales, dolphins, and sharks. It's interactive, fun and very easy to use. It helps the user get comfortable with controllers.

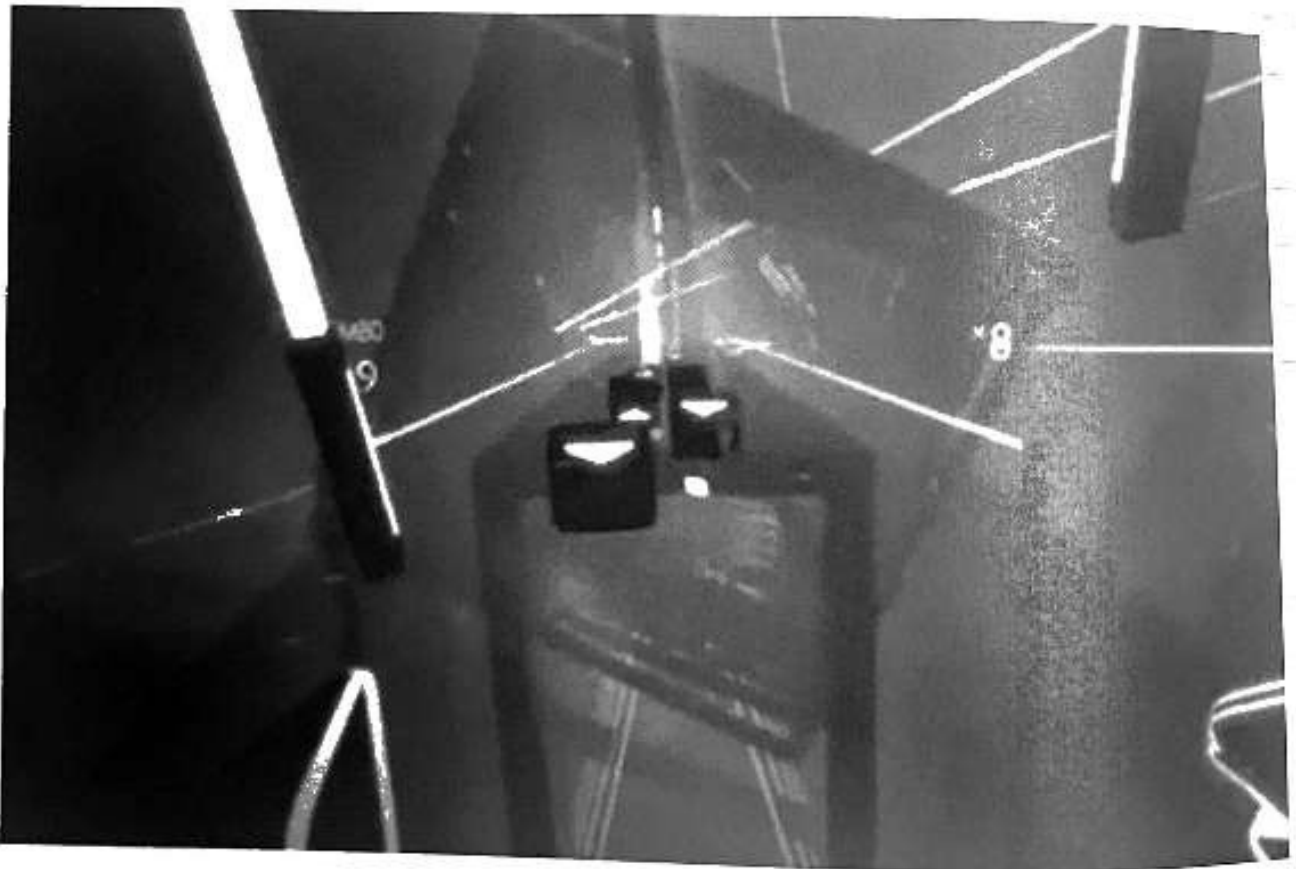


7/13/23

7/13/23

Nature Treks VR

Virtual reality sister app to Ocean Rift, this relaxing experience allows you to visit different landscapes and explore the flora and fauna. There's a great night and day option and some novel plant growing options.



Beats Saber

Virtual reality Beat Saber is usually the first game most people play when they get a VR headset. It's also the first game most people show someone else in VR. It's a simple enough concept that most people can pick it up and play, while still getting the experience of VR. It is also a great way to get moving, you won't realize you are working out till you take the headset off and are sweating.

13Jul23

13Jul23

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VR Silver



Walkabout Mini Golf

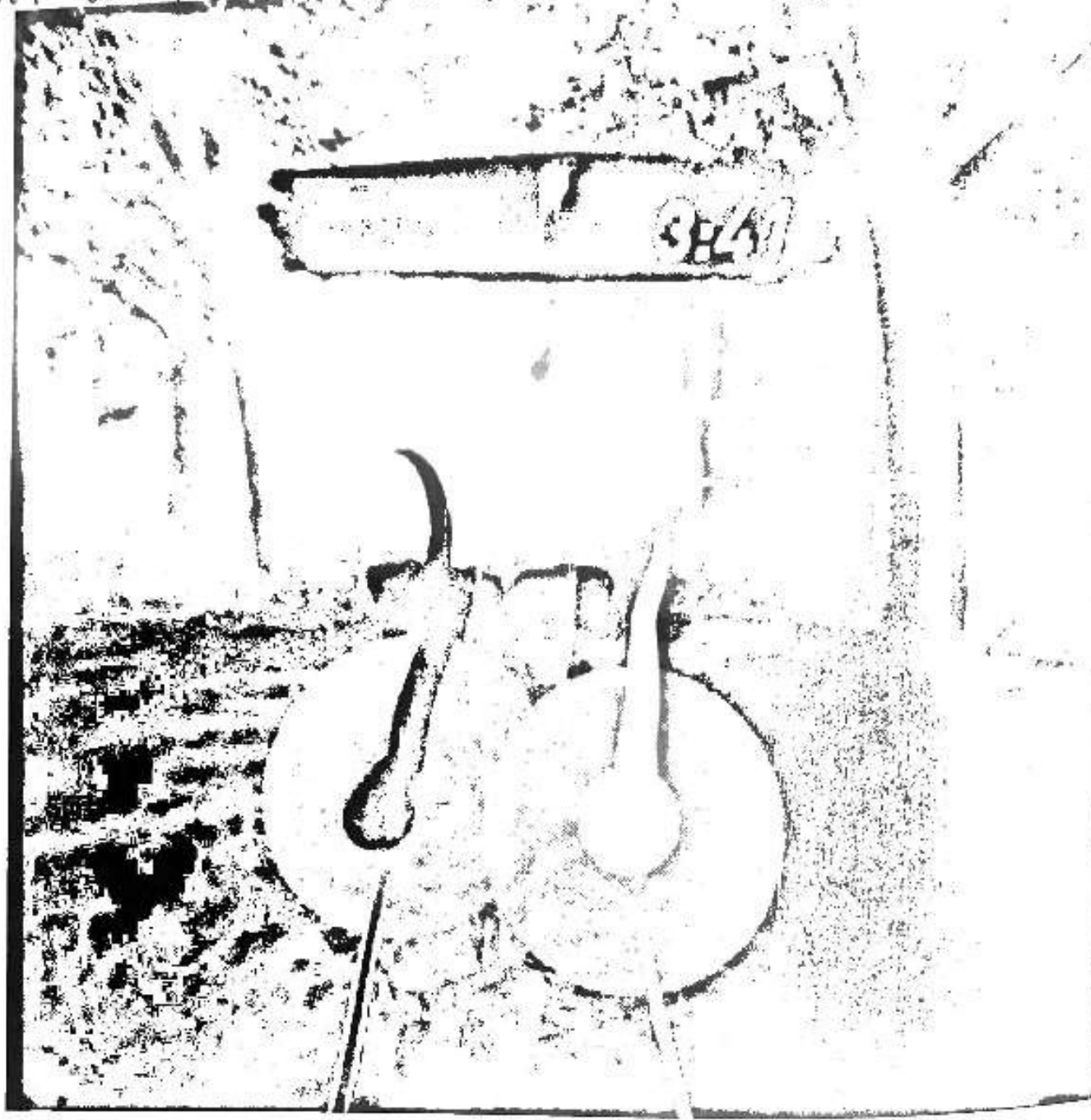
Go golfing in virtual reality. Shoulder hurt? That's okay! Worry about back pain? You can play seated too! Zero impact golfing. Just a little vibration on the controller hand club to let you know you hit the ball.

AB 13 Jul 23

~~AB 13 Jul 23~~

Current Webpage, cont DA 12/15

13JUL23



Guided Tai Chi

Virtual reality Tai chi is a gentle exercise that helps older adults improve balance and prevent falls. It consists of making slow, graceful movements while breathing deeply. VR Tai Chi offers these same benefits in beautiful locations.

<https://thetechpals.org/vr-silver>

AB 13 JUL 23

AB 13 JUL 23

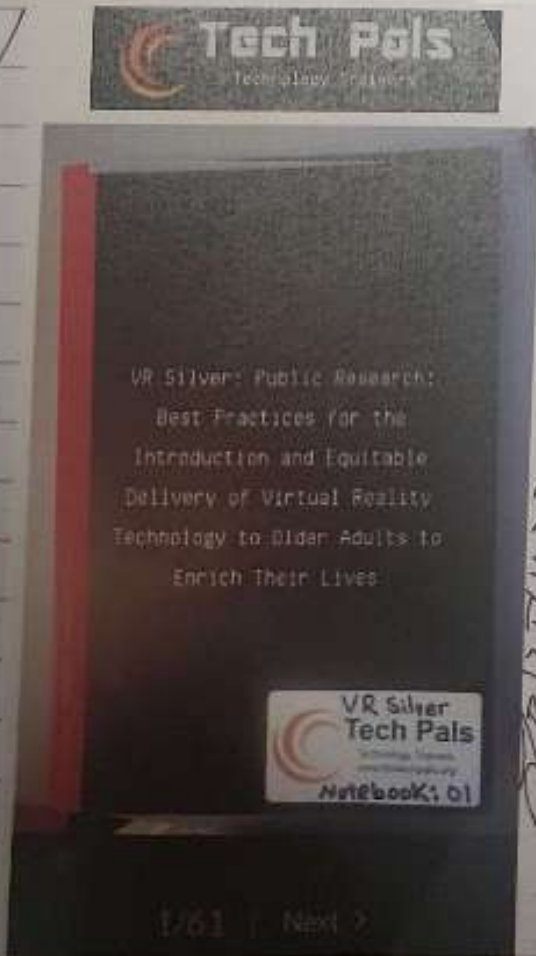
VR SILVER SCIENTIFIC NOTEBOOK 01.01-57 PUBLIC RESEARCH

Notebook 01.01-57 (Research through 13JUL23)

Click on the notebook below to interact. We are publishing all of our data in real time, our outreach methods and results, who we speak to and what they have said. See pdf file pg. 52 & Notebook 01 . pg. 48-61 for the rejection by Louisville Library without further explanation and excitement from Longmont Library. Libraries and facilities interested in hosting a VR Silver event can book online below on this page.

13JUL23

[Download PDF >](#)



13JUL23

13JUL23

13JUL23

current webpage (cont.) pg. 14/15

13 Jul 23



ONLINE APPOINTMENTS

All Services ▾

AB 13 Jul 23

ONLINE APPOINTMENTS

All Services ▾

VR Silver

Tech Pals™
Technology Trainers
www.TheTechPals.org 844-Tech-Pals

FREE VR Demo!
1 hr 30 mins | Free

BOOK

AB 13 Jul 23

AB 13 Jul 23

AB 13 Jul 23

current webpage (cont.) pg 15/15
PLEASE SUPPORT VR SILVER!

13 JUL 23

Learn how your support can enrich the lives of older adults!

Donate Here

- button

For prospective donors, sponsors, hosting facilities, grants, and RFPs.

VR Silver: Virtual Reality for Older Adults is Tech Pals 2023 research and development program to identify and share the best practices for the equitable implementation and delivery of therapeutic VR experiences and virtual reality technology ensuring that all older adults have the opportunity to benefit from VR regardless of physical ability, financial status, or geographical location.

VR Silver is a program that improves the quality of life of older adults with virtual reality technology and through meaningful, shared experiences that stimulate memory and cognitive function, provides fun non-traditional exercise, recreation beyond physical limitations, reduces isolation, and brings joy.

7/13/23, 10:38 PM

VR Silver

We're providing those otherwise impossible experiences equitably for everyone and enriching lives.

Click here to our Donation Page

- button

Followed by contact us form, hours,
+ Tech Pals website links + Social Media links B1

Script Hosting Facilities & Research, Outreach (cont.) 14 Jul 23

(5) Nederland

* Note: Has a "Nederland Community Library Foundation"

* Library director's email is posted.

Elektra Greer: Library Director egreer@nedlib.org

Marni Siegal: Library Assistant, Operation Coordinator

Cathy Grace: Library Assistant, Give of Stars

msiegal@nedlib.org

cgrace@nedlib.org

* Added apology for emailing at off hrs



Leah Baum <leah@thetechpals.org>

Invitation to Collaborate: VR Silver Research Event at The Nederland Public Library

Leah Baum <leah@thetechpals.org>

Fri, Jul 14, 2023 at 12:53 AM

To: "egreer@nedlib.org" <egreer@nedlib.org>

Cc: "msiegal@nedlib.org" <msiegal@nedlib.org>, "cgrace@nedlib.org" <cgrace@nedlib.org>

Subject: Invitation to Collaborate: VR Silver Research Event at The Nederland Public Library

Dear Elektra Greer and Team,

I hope this email finds you well. Please excuse the odd time of day for the sending of this important email. Our organization and volunteers work around the clock, including during off business hours.

My name is Leah Baum, and I am reaching out on behalf of Tech Pals, a local Boulder County non-profit organization established in 2019. Our mission is simple: "Enrich Your Life. Embrace Technology." I am writing to explore a potential collaboration between Tech Pals and The Nederland Public Library for an upcoming event that aims to empower older adults through virtual reality (VR) technology.

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BB

9873 Feb 14 19 JUL 23

script (5) HB/HJW23

Nederland: Hosting Facilities & Research

14 JUL 23

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To learn more about VR Silver and our organization's mission, please visit our website at www.vrsilver.org or Tech Pals main site at www.thetechpals.org. If you are interested in partnering with us or have any questions, please feel free to contact me directly at the number and email below. We are eager to discuss this opportunity further and explore how we can work together to enhance the lives of older adults through virtual reality.

Thank you for your time and consideration. We greatly value the work of The Nederland Public Library and look forward to the potential collaboration for this transformative VR event.

Warm regards,

2 attachments

Leah Baum
(She/Her)
Tech Pals, Inc.
President, Founder

Leah@thetechpals.org
716.380.6811

"Enrich your life.
Embrace technology."



www.thetechpals.org



flatiron workshop pic collage vr silver (2).png
1102K



TM.png
973K

HB/HJW23

HB/HJW23

HB/HJW23

HB/HJW23

HB/HJW23

03

~~15 JUL 23~~

Jefferson County Public Library 14 Jul 23
Outreach (6) Arvada Hosting Facilities + Research

- * Remove "Boulder County" from script before sending
- * Keep sentence about off hours
- * Located e-mail directory under "Library Leadership"

① * Executive Director Donna Walker executivedirector@jeffco.lib.tx.us

ALSO CCing

2 - Director of Public Services

2 - Director of Technology + Innovation

4 - Director of Communication + Engagement (for getting the word out)

5 - Ass. Director of Public Services for resources + programs

6 - Ass. Director of Public Services for community outreach

7 - Ass. Director of Public Services for Customer Experience

- Including All Location Managers

- each location = separate email to manager + Exec. Dir.

- One Main email to all above people plus below

8. Adult Services Manager: Peg Hooper

9. Programs: Cindy Jaye

10. Digital Experience: Hallie Kaiser

11. Diversity + Inclusion: Paola Vilara

PLUS Chair of the board

Kim Johnson

~~Charles Navaret - Board member bio spoke of~~

~~non profits and software company~~

14 Jul 23 1st email went to Executive Director + Chair (ONLY)

FWD to above 2nd email went to 2-7 Directors + Ass. Directors

FWD from 1st email 3rd email went to 8-11 + all location managers

4th FWD from Exec. Dir + Chair

to all Location Managers

- Arvada Library

- Belmar Library

- Columbine Library

- Edgewater Library

- Express Library West Arvada

- Golden Library

- Lakewood Library

- Stanley Lake Library

- Wheat Ridge Library

B4

14 Jul 23

Outreach (6) Jefferson County Public Libraries
Script

14 Jul 23



Leah Baum <leah@thetechpals.org>

Subject: Invitation to Collaborate: VR Silver Research Event at Jefferson County Public Libraries

4 messages

1st email

Leah Baum <leah@thetechpals.org>
To: Trustees.Johnson@jeffcolibrary.org, ExecutiveDirector@jeffcolibrary.org

Fri, Jul 14, 2023 at 1:42 AM

Subject: Invitation to Collaborate: VR Silver Research Event at Jefferson County Public Libraries

Dear Chair Kim Johnson, Library Executive Director Donna Walker, and Jefferson County Public Library Team;

I hope this email finds you well. Please excuse the odd time of day for the sending of this important email. Our organization and volunteers work around the clock, including during off business hours.

My name is Leah Baum, and I am reaching out on behalf of Tech Pals, a local Colorado non-profit organization established in 2019. Our mission is simple: "Enrich Your Life. Embrace Technology." I am writing to explore a potential collaboration between Tech Pals and The Jefferson County Public Libraries for an upcoming event that aims to empower older adults through virtual reality (VR) technology.

We are excited to introduce our research and development program, VR Silver: Best Practices for the Introduction and Equitable Delivery of Virtual Reality Technology to All Older Adults. As part of this program, we are hosting a free, 4-hour immersive VR event that focuses on fostering research and gathering valuable insights to enhance the lives of older adults in our community.

Tech Pals would like to clarify that we are a non-profit organization engaged in public research and not a soliciting business. Our outreach methods and results are transparently posted in our notebook and online, including information about who we speak to and what they say. We believe in the power of collaboration and open communication to drive positive change in our community.

We are pleased to inform you that both the city of Boulder and the city of Longmont have expressed their excitement to partner with us on this project. However, we regret to inform you that the Louisville Library has rejected our attempt to perform research to enrich the lives of older adults, without providing any explanation.

It may be of interest to you to view our section on "Results and Discussion: Pitch for Hosting Facilities and Research," and our talks with the Louisville Public Library in comparison to an excited reply from Jon, the Director of the Longmont Library. You can find this in Notebook 01, pg. 50-55, posted on our website. We are seeking more insight into the reasoning behind the Louisville Public Library's lack of interest in research and enriching the lives of older adults, as well as a call for formal reconsideration. That email request for reconsideration can be found in Notebook 01, pg 58-59. All communications and outreach research is public and can be found online at our website, www.vrsilver.org in the notebook.

We kindly request your support by providing us with a room at the libraries to host this event. We would also love it if you could help spread awareness about this free, life enriching virtual reality for older adults, research event. This collaboration would greatly contribute to creating an inclusive and accessible environment for all older adults to explore the benefits of VR technology.

During the event, participants will have the opportunity to experience a range of VR activities, including virtual travel, scuba diving, golf, musical exercise, and creative art. These experiences transcend physical limitations, providing older adults with a renewed sense of exploration, engagement, and social interaction.

To ensure the success of our research, participants will be required to complete two short surveys. The initial survey, a five-minute, ten-question questionnaire, will be administered prior to the VR experience, followed by a similar survey after the session. These surveys will provide us with valuable insights into the impact of virtual reality on the well-being and quality of life of older adults. You can view the actual survey questions we will be asking on our program website, www.vrsilver.org, and scroll down to the PDF of our research Notebook. It can be found in Notebook 01, Pg.38-41 or on the pdf file widget on the website, pg 41-44.

7/14/23

BS

outreach (cont.) (6) Jefferson County Public Libraries 14 Jul 23

As part of our grant application, due on August 15th, 2023, we are seeking additional letters of support from esteemed organizations in the community. We are thrilled to have the city of Boulder and the city of Longmont on board and would greatly appreciate a letter of support from The Jefferson County Public Libraries executives, emphasizing your commitment to promoting innovative programs that enrich the lives of older adults.

The grant, if awarded, will enable us to procure a fully equipped VR cargo trailer with high-speed infrastructure. This will allow us to bring VR experiences to older adults throughout our region, regardless of their financial situation, physical location, geographical isolation, or cognitive and physical disabilities.

We truly appreciate your consideration of this partnership opportunity. Tech Pals and our participants would be delighted to collaborate with The Jefferson County Public Library, an esteemed institution known for its dedication to community enrichment. Together, we can empower older adults through the possibilities offered by virtual reality technology.

To learn more about VR Silver and our organization's mission, please visit our website at www.vrsilver.org or Tech Pals main site at www.thetechpals.org. If you are interested in partnering with us or have any questions, please feel free to contact me directly at the number and email below. We are eager to discuss this opportunity further and explore how we can work together to enhance the lives of older adults through virtual reality.

Thank you for your time and consideration. We greatly value the work of The Jefferson County Public Library and look forward to the potential collaboration for this transformative VR event.

We are also forwarding this email to appropriate departments and location managers. In our outreach research experiments, publicly being posted, we have found disinterest comes from staff at the bottom without further explanation, and excitement and eagerness about Tech Pals and VR Silver and all we have to offer, typically comes from the top, Chairs and Directors.

Thanks again for your time. See attached images of real VR Silver research participants in Colorado.

Warm regards,

Leah Baum
(She/Her)
Tech Pals, Inc.
President, Founder

Leah@thetechpals.org
716.380.6811

"Enrich your life.
Embrace technology."



www.thetechpals.org

2 attachments



flatiron workshop pic collage vr silver (2).png
1102K



TM.png
973K

AB 14 JUL 23
AB 14 JUL 23

2nd email

Leah Baum <leah@thetechpals.org>

To: julianne.rist@jeffcolibrary.org, ITDirector@jeffcolibrary.org, m.j.lvy@jeffcolibrary.org, lizzie.gall@jeffcolibrary.org, padma.polepeddi@jeffcolibrary.org, jessica.paulsen@jeffcolibrary.org

Fri, Jul 14, 2023 at 1:47 AM

Please see the forwarded email below. Thanks.

AB 14 JUL 23

86

Outreach (cont.) (6) Jefferson County Public Libraries 14 Jul 23

Leah Baum <leah@thetechpals.org>

To: peg.hooper@jeffcolibrary.org, cindy.jaye@jeffcolibrary.org, hallie.kaiser@jeffcolibrary.org, paola.vilaxa@jeffcolibrary.org

Fri, Jul 14, 2023 at 1:50 AM

3rd email

Leah Baum <leah@thetechpals.org>

To: paola.vilaxa@jeffcolibrary.org, briana.francis@jeffcolibrary.org, rene.yaws@jeffcolibrary.org, nick.taylor@jeffcolibrary.org, kelly.duran@jeffcolibrary.org, leslie.bonato@jeffcolibrary.org, peg.hooper@jeffcolibrary.org

Fri, Jul 14, 2023 at 1:54 AM

4th email

Please see the forwarded message below

14 JUL 23

3rd email

These email addresses belong to @ 1:50 AM

- Peg Hooper - Adult Services
- Cindy Jaye - Programs
- Digital Experience - Hallie Kaiser

• Paola Vilaxa - Digital experience Diversity & Inclusion

14 JUL 23

email address on 4th email Location Managers

- 6a. Arvada Library - Paola
- 6b. Belmar Library - Briana
- 6c. Columbine Library - Rene
- 6d. Edgewater Library - Nick
- 6e. Express Library West Arvada - Kelly ^{14 JUL 23} ~~Les~~ - Julian
- 6f. Golden Library - Golden (5th email forgot this one)
- 6g. Lakewood Library - Kelly
- 6h. Standley Lake Library - Peg Hooper (Adult Service)
- 6i. Wheat Ridge - Nick

14 JUL 23

2nd email went to directors & Ass. directors
all listed in Notebook 01.84

- Director of Public Service
- Director of Technology & Innovation
- Director of Community Engagement
- Ass. Dir. of Public Services for Resources & Programs
- " " " " " " Community Outreach
- " " " " " " Customer experience. 87

Outreach (7) Lyons (START) 14 JUL 23
Hosting Facilities + Research
contacts board@lyonsregionallibrary.com
Did not get to yet END 15 JUL 23
L.O.R. client # 001, Susan M.



Leah Baum <leah@thetechpals.org>

Re: letter of recommendation

1 message

SUSAN MCKILLIPS <608sue608@gmail.com>

Tue, Jul 4, 2023 at 2:13 PM

To: Leah Baum <leah@thetechpals.org>

Thank you so much for inviting Marge, who invited me to go with to Boulder, Colorado and see your VR google earth presentation. I got to go back to where I grew up in rural Clinton, Wisconsin, just a stone's throw from the Illinois State line. Very nostalgic and fulfilling. Thank you.

This would be a wonderful project for so many seniors and handicapped people who can't travel. They can revisit their schools, churches, parks and anywhere they desire. When can you get the "show on the road"? I can think of so many people who would benefit from this project.

Keep me posted on your progress. Here where I live, St. Vrain Manor we have 77 residents and I suspect all of them and their families would be interested.

Thank you again for your service.

Sincerely, Susan McKillips

On Sun, Jul 2, 2023, 7:42 PM Leah Baum <leah@thetechpals.org> wrote:

Thanks for doing the VR google earth demo! Please tell me what you thought!

Cheers,

Leah Baum
(She/Her)

Tech Pals, Inc.
President, Founder

leah@thetechpals.org
716.380.6811

"Enrich your life.
Embrace technology."

www.thetechpals.org



15 JUL 23

15 JUL 23

15 JUL 23

After Experience Survey Client # 002

Re: after survey



Wendy Baum <wgbaum@yahoo.com> *

Sat, 15 Jul 2023 10:57:48 AM -0700 •

To "VR Silver" <info@vrsilver.org>

1. Google Earth, Ocean Rift
2. - 5. 5
6. Yes
7. 3
8. Yes
9. Yes
10. Thank you so much. Wonderful experience

Sent from my iPhone

On Jul 15, 2023, at 1:17 PM, VR Silver <info@vrsilver.org> wrote:

VR Silver

<Survey After.pdf>

~~15 JUL 23~~

~~15 JUL 23~~

15
15 JUL 23

Survey After.pdf found in Notebook01 - pg. 40-41

L.O.R. Client #003 Marge D. (START) 15 JUL 23

* Note: Client #002 is Tech Parks founders' Mother
In all transparency. This data will not be
quantitatively analyzed.

~~15 JUL 23~~

L.O.R. Client # 003 Marge D.

15 JUL 23



Leah Baum <leah@thetechpals.org>

Fwd: Leah letter


1 message

Marjorie Dragon <mdragonluv@gmail.com>
To: "leah@thetechpals.org" <leah@thetechpals.org>

Sat, Jul 15, 2023 at 9:28 PM

----- Forwarded message -----
From: **Sue McK** <608sue608@gmail.com>
Date: Sat, Jul 15, 2023 at 9:25 PM
Subject: Leah letter
To: mdragonluv@gmail.com <mdragonluv@gmail.com>

Sent from Mail for Windows

 to Leah from Marge.docx
13K

7/15 JUL 23

7/15 JUL 23

7/15 JUL 23

L.O.R. Client #003 Marge D. (cont)

15 JUL 23

July 15, 2023

~~AB 15 JUL 23~~

Dear Leah Baum:

On July 2, 2023 I had the privilege of accompanying you on a VR Google Presentation in Boulder at your office. I personally requested a virtual trip to the western slope of Colorado to tour memories of my married life. And onto Maui, Hawaii to revisit my daughter and son-in-law's properties and the precious memories of grandchildren. We walked on the beach and looked at the Haleakala Volcano, so beautiful. From the ocean to the top of Maui's highest point, quite a trip!

I look forward to my friends and neighbors enjoying this same virtual presentation of their favorite landscapes and memories. At St. Vrain Manor, where I reside, there are 77 residents who could benefit from this VR Google Presentation by Leah.

And because of my age and physical limitations I cannot travel long distances, and therefore virtual travelling is a gift.

Sincerely,

Marge Dragon

AB 15 JUL 23

Results & Discussion: (3) Broomfield Library 15 JUL 23

Results: The initial email outreach was blasted to numerous e-mails. 1-6 JUL 23

Gained Traction with: Programming Manager

Lesson: 1. Always e-mail Program Manager.

2. Give notice warning about www.vrsilver.org Malware Link.

Data to Date: I interested vs. Not-Interested

- Longmont
- Broomfield
- Boulder

- Louisville

Results Discussion (cont.) (3) Broomfield Library 16 JUL 23
- Positive, Interested.



Leah Baum <leah@thetechpals.org>

Invitation to Collaborate: VR Silver Research Event at The Broomfield Public Library

Suzanne Linder <slinder@broomfield.org>

To: Leah Baum <leah@thetechpals.org>

Cc: Pauline Noomnam <pnoomnam@broomfield.org>, Morgan Sawicki <msawicki@broomfield.org>

Fri, Jul 14, 2023 at 3:43 PM

Leah,

Thank you for your email. Your work sounds really interesting and I'm cc'ing Pauline Noomnam, our library programmer who works with older adults, to evaluate if it is a good match for her programming goals and audience. Our programming timeline may not match up with your grant deadline. We are currently planning our Spring 2024 programs at the Broomfield Library.

If it is better for your timeline, you can also book our public meeting room via our online calendar. As a non-profit room rental is free but dependent on availability. You can learn more and request to book here.

I wanted to alert you that the links in your email to www.vrsilver.org lead to a malware warning and I was unable to view your website from those links. I was able to read the information posted on www.thetechpals.org/vr-silver

Have a good weekend,

Suzanne

On Thu, Jul 13, 2023 at 10:19 PM Leah Baum <leah@thetechpals.org> wrote:

[Quoted text hidden]

📎 Notebook 01. pg. 61 + 62 + 63
Next Steps (3) Broomfield Library

- (1) Reserve Room
- (2) Make a Flyer

Email Subscribers Campaign 16 JUL 23

- Sent out blast to 132 contacts. 125 real
- Next: Look at the subscribers list

- Note @boulderweekly.com

@bouldercanty.org

@theridgepinehurst.com

@drcog.org

@altitudeintegration.com

@bouldervalleyent.com

92 @jetcolibrary.org

@boulderhousing.org

@coloradobrewchorale.org

@UCHealth.org

@blueholesoftware.com

@familyhearingco.com

@4harper.com

OBJECTIVES

"START BY DOING WHAT'S NECESSARY, THEN DO WHAT'S POSSIBLE AND
SUDDENLY YOU ARE DOING THE IMPOSSIBLE."

St Francis of Assisi

1. VR Silver: Best Practices for Equitable delivery + Introduction of Virtual Reality Technology to older Adults
Pg 1-7
2. Planning an Executive Director demonstrations pg 8-23
- Lessons / Best Practices: pg 9, 11, 15, 20-23
3. Handouts Laminated, Kept on site: pg 24-
- Basic Instruction and button keys: pg 24-25
- VR Silver Google Earth VR pg: 26-27
- VR Silver Beat Saber pg 28-29
- VR Silver Nature Trek pg 30-31
- VR Silver Walkabout Mini Golf pg 32-33
- VR Silver Ocean Rift pg 34-35
- VR Silver Open Brush pg 36-37
4. Surveys
- Pre-experience questionnaire pg 38-39
- Post-experience questionnaire pg 40-41
5. Outreach for VR Silver Research Participants pg 42-45
6. Outreach for Press Release pg 45-47
7. Pitch for Hosting Facilities + Research (libraries, faith centers) pg 47-49
8. Results + Discussion: Longmont + Boulder + Broomfield = Positive 56, 92
9. Rejections: Louisville pg 50-53
10. C.O.R + Support + Survey results 88-91, 100.
11. Survey - Q.O's
- VR Experience Avoidance Survey pg 101, 108
See pg ——— For Full T.O.C.
12. Lessons Learned 108, 109

NEVER GIVE UP

16 JUL 23

Lessons Learned:

1. Send out monthly News
2. Get people to subscribe
3. Solicit Donations for VR Silver
4. Note big wigs signing up.
5. Contact the directly
6. Make Lists from Subscribers
 - Company's
 - Big Wigs
 - Partners
 - Older Adults.
7. Fundraising Matters.
8. Push everyone to subscribe to Tech Pals.
9. Update Tech Humor Regularly + Share
10. Check all links w/ test email
11. Address everyone
 - Sponsors
 - Donors
 - Volunteers
 - Older Adults
12. Plan out e-mail blast
 - too much + people will unsubscribe

Next Steps: Broomfield Library

When: July 29th @ 12 noon - 4 pm
 Where: Eisenhower Meeting Room B
 Broomfield Library
 3 Community Park Id.
 Broomfield, CO 80020

What: 20 min Experiences.
 Next: Promote. Flyer has been sent to Broomfield Library Contacts.

Contact: Broomfield Area Agency on Aging
 emailed flyer to Nikki Cruse, Senior Services Manager 93

16 JUL 23

Demo: Client #004 David U.
- New Survey - Pre VR Experience (START)

VR Silver: Pre-VR Experience Survey

Thank you for participating in our VR Silver research project. We kindly request a few minutes of your time to complete this survey. The information you provide will help us establish best practices for the introduction and equitable delivery of virtual reality technology to enrich the lives of older adults. Your responses will remain confidential and will be used for research purposes only. For more information on this research project, visit [VR Silver's Main Page](#)

* Indicates required question

1. Email *



AB 16 JUL 23

all

Survey 2.0 - Pre-VR Experience (cont)

16JUL23

2. Please indicate your age range: *

Mark only one oval.

- 55-59
- 60-69
- 70-79
- 80-89
- 90 and up

3. Have you ever used virtual reality technology before? *

Mark only one oval.

- Yes
- No

4. What are your expectations or hopes regarding the use of virtual reality technology?

16JUL23

5. How familiar are you with the concept of virtual reality? *

Mark only one oval.

Not at all familiar

1 2 3 4 5

Very familiar

16JUL23

New Survey - Pre VR Experience (cont.)

16 JUL 23

6. How would you describe your current level of social engagement and interaction with others? *

7. What activities or hobbies do you enjoy participating in? *

8. Are there any specific challenges or limitations you face that may affect your participation in virtual reality experiences? (e.g., physical limitations, sensory impairments) *

9. Please rate the importance of the following factors in the introduction and delivery of virtual reality technology to older adults: *

Accessibility (ease of use, adaptability to individual needs)

Not important at all

5

Extremely important

1

2

3

4

96

16 JUL 23

10. Please rate the importance of the following factors in the introduction and delivery of virtual reality technology to older adults:

Safety (comfort, absence of side effects)

Mark only one oval.

Not important at all

1

2

3

5

Extremely important

AB16JUL23

AB16JUL23

AB16JUL23

11. Please rate the importance of the following factors in the introduction and delivery of virtual reality technology to older adults:

Engaging content (activities and experiences that capture interest)

Mark only one oval.

Not important at all

1

2

3

4

5

Extremely important

AB16JUL23

AB16JUL23

AB16JUL23

12. Please rate the importance of the following factors in the introduction and delivery of virtual reality technology to older adults:

Social interaction (opportunities to connect with others)

Mark only one oval.

Not important at all

1

2

3

4

5

Extremely important

AB16JUL23

AB16JUL23

Survey Pre-VR-EXP (cont.)

16 JUL 23

13. Please rate the importance of the following factors in the introduction and delivery of virtual reality technology to older adults:

Cognitive stimulation (activities that challenge thinking and memory)

Mark only one oval.

Not important at all

1

2

3

4

5

Extremely important

AB 16 JUL 23

14. Mark only one oval.

Option 1

Demographics (optional)

By sharing your demographic details, you play a crucial role in helping us secure grants to continue offering VR Silver services. Additionally, your information ensures equitable delivery of our program, as we strive to meet the diverse needs of all participants. Understanding the demographics of our research participants enables us to develop effective marketing strategies and adjust our services to reach underrepresented populations.

We understand that providing demographic information is optional, but we encourage you to consider its significance in making our research more inclusive and impactful. Rest assured that all information provided will be treated confidentially and used solely for research and program improvement purposes.

AB 16 JUL 23

AB

Survey Pre-VR-Exp (cont) (END) 16JUL23

15. Gender?

Mark only one oval.

- Male
- Female
- Non-Binary
- Prefer not to say

16. Ethnicity

Mark only one oval.

- Caucasian/White
- African American/Black
- Hispanic/Latino
- Asian
- Native American
- Pacific Islander
- Other: _____

17. Education Level

Mark only one oval.

- Less than high school
- High school diploma/GED
- Some college of associate degree
- Trade school
- Bachelor's degree
- Master's degree
- Doctoral degree
- Prefer not to say

18. Household Income

Mark only one oval.

- Less than \$25,000
- \$25,000-\$49,999
- \$50,000-\$74,999
- \$100-\$149,999
- \$150,000 and up
- Prefer not to say

19. Employment Status

Mark only one oval.

- Employed full-time
- Employed part-time
- Unemployed
- Retired
- Disabled
- Student
- Other

20. What is your current living situation?

Mark only one oval.

- House (own)
- House or Apartment (rent)
- 55+ Retirement Community
- Public Housing/Section 8/Low Income Housing
- Homeless Shelter
- Other

21. Zip code? This helps us understand the geographic distribution of participants without revealing exact addresses.

16JUL23

16JUL23

Current Collaborations: (start) 18 Jul 23

- many e-mails for out of office)
- * yes - Flatirons Terrace - Done
- * yes - Broomfield Library (plus desire to collaborate)
- * yes - Longmont (plus desire to collaborate)
- no - Louisville

Broomfield suggested media outlets
 - Reaching out to them
 - Fair suggested.

Expense: (1) Resource Fair \$150
 (2) Question Pro - Survey Software \$100

In the interim, we are collecting as much data as possible.

Part Experience Survey (add. info) client #004

Re: Tech Pals 2023

David Upham <vettech9@gmail.com>
 To: Tech Pals <info@thetechpals.org>

Sun, Jul 16, 2023 at 6:24 PM

Hi Leah,

I just finished the survey for the VR- again very cool, and therapeutic on so many levels. I'm totally certain the people at the AgeWell Center would really love it.

My initial thought was one of a little bit of fear, nervousness, and skepticism. One I was connected to it though, I quickly became a believer in its therapeutic value, and I also see it as an educational tool possibility on a number of different levels.

The future if this I think is very much like the home PC, it needs to come down in price to \$1,500 or so for the masses to enjoy it, but in a group public setting with- say 1 hour sessions, with a bunch of people the benefits are amazing, as well as profitable for the owner.

Please feel free to have Whitney at the AgeWell Center contact me (or even forward this email to her). There are so many benefits to this technology that are beyond words. It really does have to be experienced to understand and enjoy how it works.

Thanks so much again!

Respectfully,
 David Upham, rvt
 (720) 899-8596
 [Quoted text hidden]

Re: Tech Pals 2023

David Upham <vettech9@gmail.com>
 To: Tech Pals <info@thetechpals.org>

Mon, Jul 17, 2023 at 4:23 AM

Hey Leah,

Was thinking more about the applications of VR, and am definitely a huge advocate for this now. Next time I do this, I want to go to Mars and walk around- get an idea of the topography of the planet. 🌍. Really therapeutic!

Thanks again-
 David

[Quoted text]

RB 18 Jul 23

RB 18 Jul 23

100

Data Collection Process:

18 JUL 23

- Question Pro Software,

- For now, Google Forms & emailed feedback

Survey - VR Experience Avoidance Survey 1.0 1/3

VR Silver: VR Experience Avoidance Survey

Thank you for participating in our VR Silver research project. We kindly request a few minutes of your time to complete this survey. The information you provide will help us establish best practices for the introduction and equitable delivery of virtual reality technology to match the lives of older adults. Your responses will remain confidential and will be used for research purposes only. For more information on this research project, visit VRSilver.MaaB.org

1. Email *

2. Please indicate your age range *

Mark only one oval

15-50

51-60

61-70

71-80

81 and up

3. How familiar are you with the concept of virtual reality? *

Mark only one oval

Not at all familiar

1

2

3

4

5

Very familiar



18 JUL 23

4. Have you ever used virtual reality technology before? *

Mark only one oval

Yes

No

5. If you haven't tried VR, please specify the main reasons for your reluctance (check all that apply)

Check all that apply

- Concern about motion sickness
- Fear of being disoriented or dizzy
- Worries about physical discomfort (e.g., wearing the headset)
- Lack of realism in virtual experiences
- Other

7. What concerns or fears do you have about using VR technology? (Check all that apply)

Check all that apply

- Motion sickness
- Disorientation or dizziness
- Physical discomfort (e.g., discomfort wearing the headset)
- Lack of control over the virtual environment
- Fear of tripping or falling while using VR
- Other

8. Are there any specific health or medical conditions that prevent you from trying VR? If yes, please specify.

6. If you have tried VR, what aspects of the experience did you find uncomfortable or unsettling? (Please check all that apply)

Check all that apply

- Motion sickness
- Disorientation or dizziness
- Physical discomfort (e.g., discomfort wearing the headset)
- Visual discomfort (e.g., eye strain)
- Lack of realism in the virtual environment
- Other

9. Do you believe VR technology is relevant or beneficial for older adults? Why or why not?

18 JUL 23

11. Survey's: VR Experience Avoidance Survey 2/3 19 JUL 23

10. Are there any specific features or modifications that would make you more willing to try VR technology? (Check all that apply)

Check all that apply

- Simplified controls or user interface
- Larger text or visuals
- Reduce intensity of experiences (e.g., less movement)
- Shorter duration of VR sessions
- Other

11. How do you perceive the potential benefits of VR technology for older adults? (Check all that apply)

Check all that apply

- Social interaction and connection with others
- Cognitive stimulation and brain training
- Physical activity and exercise
- Virtual travel and exploration
- Other

12. Are there any specific types of VR experiences or applications that would interest you?

15. Ethnicity

Mark only one oval

- Caucasian/White
- African American/Black
- Hispanic/Latino
- Asian
- Native American
- Pacific Islander
- Other

16. Education Level

Mark only one oval

- Less than high school
- High school diploma/GED
- Some college or associate degree
- Trade school
- Bachelor's degree
- Master's degree
- Doctoral degree
- Prefer not to say

13. Do you have any suggestions or concerns regarding the use of VR technology in research with older adults?

Demographics (optional)

By sharing your demographic details, you play a crucial role in helping us secure grants to continue offering VR Silver services. Additionally, your information ensures equitable delivery of our program, as we strive to meet the diverse needs of all participants. Understanding the demographics of our research participants enables us to develop effective marketing strategies and adjust our services to reach underrepresented populations.

We understand that providing demographic information is optional, but we encourage you to consider its significance in making our research more inclusive and impactful. Rest assured that all information provided will be treated confidentially and used solely for research and program improvement purposes.

14. Gender?

Mark only one oval

- Male
- Female
- Non-binary
- Prefer not to say

17. Household Income

Mark only one oval

- Less than \$25,000
- \$25,000-\$49,999
- \$50,000-\$74,999
- \$75,000-\$99,999
- \$100,000 and up
- Prefer not to say

18. Employment Status

Mark only one oval

- Employed full-time
- Employed part-time
- Unemployed
- Retired
- Disabled
- Student
- Other

2019 JUL 23

2019 JUL 23

2019 JUL 23

2014 JUL 23

11 Surveys: VR Experience Avoidance 3/3 19 JUL 23

18. What is your current living situation?

Mark only one oval

- House (own)
- House or apartment (rent)
- Co-housing Community
- Public housing (Sector B) or Income Housing
- Homeless Shelter
- Other

20. Zip code* This helps us understand the geographic distribution of participants without revealing exact addresses

RB 19 JUL 23

RB 19 JUL 23

(END) 19 JUL 23

Survey's: VR Pre Experience 2.0 19 JUL 23

(cont.)

VR Silver: Pre-VR Experience Survey

Thank you for participating in our VR Silver research project. We kindly request a few minutes of your time to complete this survey. The information you provide will help us establish best practices for the introduction and equitable delivery of virtual reality technology to enrich the lives of older adults. Your responses will remain confidential and will be used for research purposes only. For more information on this research project, visit [VR Silver Main Page](#)

*Indicates required question

1. Email*

2. Please indicate your age range*

Mark only one oval

- 55-59
- 60-69
- 70-79
- 80-89
- 90 and up

3. Have you ever used virtual reality technology before?*

Mark only one oval

- Yes
- No



4. How familiar are you with the concept of virtual reality?*

Mark only one oval

Not at all familiar

- 1
- 2
- 3
- 4
- 5

Very familiar

6. How would you describe your current level of social engagement and interaction with others?*

7. What activities or hobbies do you enjoy participating in?*

8. What are your expectations or hopes regarding the use of virtual reality technology?*

8. Are there any specific challenges or limitations you face that may affect your participation in virtual reality experiences? (e.g. physical limitations, sensory impairments)

RB 19 JUL 23

RB 19 JUL 23

RB 19 JUL 23

RB 19 JUL 23

RB 19 JUL 23

Survey's: Pro Experience 2.0

19 JUL 23

8. Please rate the importance of the following factors in the introduction and delivery of virtual reality technology to older adults.

Accessibility (ease of use, adaptability to individual needs)

Mark only one oval

Not important at all

- 1
- 2
- 3
- 4
- 5

Extremely important

AB 19 JUL 23

10. Please rate the importance of the following factors in the introduction and delivery of virtual reality technology to older adults.

Safety (comfort, absence of side effects)

Mark only one oval

Not important at all

- 1
- 2
- 3
- 4
- 5

Extremely important

AB 19 JUL 23

AB 19 JUL 23

11. Please rate the importance of the following factors in the introduction and delivery of virtual reality technology to older adults.

Engaging content (activities and experiences that capture interest)

Mark only one oval

Not important at all

- 1
- 2
- 3
- 4
- 5

Extremely important

AB 19 JUL 23

12. Please rate the importance of the following factors in the introduction and delivery of virtual reality technology to older adults.

Social interaction (opportunities to connect with others)

Mark only one oval

Not important at all

- 1
- 2
- 3
- 4
- 5

Extremely important

AB 19 JUL 23

AB 19 JUL 23

13. Please rate the importance of the following factors in the introduction and delivery of virtual reality technology to older adults.

Cognitive stimulation (activities that challenge thinking and memory)

Mark only one oval

Not important at all

- 1
- 2
- 3
- 4
- 5

Extremely important

AB 19 JUL 23

15. On a scale of 1-5, please rate your current level of physical activity.

Mark only one oval

Very Low

- 1
- 2
- 3
- 4
- 5

Very High

AB 19 JUL 23

AB 19 JUL 23

14. Which virtual reality experiences are you interested in trying?

Mark only one oval

- Google Earth VR
- Open Brush
- Walkabout Golf VR
- Ocean Rift VR
- Beat Saber
- Other

18. On a scale of 1-5, please rate your current level of comfort with using technology.

Mark only one oval

Very Low

- 1
- 2
- 3

4

5

Very High

AB 19 JUL 23

Surveys: Pre Experience 2.0

19 JUL 23

Demographics (optional)

By sharing your demographic details, you play a crucial role in helping us secure grants to continue offering VR/AR services. Additionally, your information ensures equitable delivery of our programs as we strive to meet the diverse needs of all participants. Understanding the demographics of our research participants enables us to develop effective marketing strategies and adjust our services to reach underrepresented populations.

We understand that providing demographic information is optional, but we encourage you to consider its significance in making our research more inclusive and impactful. Rest assured that all information provided will be treated confidentially and used solely for research and program improvement purposes.

CB/19JUL23

19. Gender?

Mark only one oval.

- Male
- Female
- Non-Binary
- Prefer not to say

20. Ethnicity

Mark only one oval.

- Caucasian/White
- African American/Black
- Hispanic/Latino
- Asian
- Native American
- Pacific Islander
- Other

CB/19JUL23

21. Education Level

Mark only one oval.

- Less than high school
- High school diploma/GED
- Some college or associate degree
- Trade school
- Bachelor's degree
- Master's degree
- Doctoral degree
- Prefer not to say

22. Employment Status

Mark only one oval.

- Employed full-time
- Employed part-time
- Unemployed
- Retired
- Disabled
- Student
- Other

22. Household Income

Mark only one oval.

- Less than \$25,000
- \$25,000-\$49,999
- \$50,000-\$74,999
- \$75,000-\$99,999
- \$100,000 and up
- Prefer not to say

CB/19JUL23

24. What is your current living situation?

Mark only one oval.

- House (own)
- House or Apartment (rent)
- 55+ Retirement Community
- Public Housing/Section 8/Low Income Housing
- Homeless Shelter
- Other

CB/19JUL23

25. Zip code? This helps us understand the geographic distribution of participants without revealing exact addresses.

(END) 19 JUL 23

Surveys: Post-VR Experience 2.0 go to Next pg

Surveys: Q 16-18 From Pre-Exp VR

16. On a scale of 1 - 5, please rate your current level of social engagement:

Mark only one oval.

Very Low

5 very high

17. On a scale of 1 - 5, please rate your current level of overall well-being and quality of life:

Mark only one oval.

Very Low

Very high
5

CB/19JUL23

(END) 19 JUL 23

~~CB/19JUL23~~

~~CB/19JUL23~~

11 Surveys: Post-VR Experience 2.0 (cont)

14 JUL 23

VR Silver: Post-VR Experience Survey

Thank you for participating in our VR Silver research project. We kindly request a few minutes of your time to complete this survey. The information you provide will help us establish benchmarks for the introduction and equitable delivery of virtual reality technology to enrich the lives of people with disabilities. Your response will remain confidential and will be used for research purposes only. For more information on this research project, visit vrsilver.org.

1. Email



2. Please indicate your age range:

Mark only one oval

- 55-64
- 65-74
- 75-79
- 80-89
- 90 and up

3. Which virtual reality experience did you try? Check all that apply.

- Google Earth VR
- Open Brush
- We Kiboko Golf VR
- Beat Saber
- Ocean Rift
- Other:

4. On a scale of 1 - 5, please rate your level of enjoyment during the virtual reality experience:

Mark only one oval

Not enjoyable at all

- 1
- 2
- 3
- 4
- 5

Extremely enjoyable

5. On a scale of 1 - 5, please rate the level of immersion you felt during the virtual reality experience:

Mark only one oval

Not immersive at all

- 1
- 2
- 3
- 4
- 5

Extremely immersive

7. On a scale of 1 - 5, please rate the impact of the virtual reality experience of your overall well-being:

Mark only one oval

No impact

- 1
- 2
- 3
- 4
- 5

Very significant positive impact

6. On a scale of 1 - 5, please rate the impact of the virtual reality experience on your mood:

Mark only one oval

No impact

- 1
- 2
- 3
- 4
- 5

Very significant positive impact

8. Did you experience any physical benefit during or after the virtual reality experience? (e.g., improved mobility, reduced pain, increased energy)

14 JUL 23

14 JUL 23

14 JUL 23

11. Survey's : Post-VR Experience 2.0

19 JUL 23

9. On a scale of 1 - 5, please rate the level of social engagement and connectedness you felt during the virtual reality experience.

1
2
3
4
5

Not socially engaging at all

Extremely socially engaging

AS 19 JUL 23

Demographics (optional)

By sharing your demographic details, you play a crucial role in helping us secure grants to continue offering VR Silver services. Additionally, your information ensures equitable delivery of our program, as we strive to meet the diverse needs of all participants. Understanding the demographics of our research participants enables us to develop effective marketing strategies and adjust our services to reach underrepresented populations.

We understand that providing demographic information is optional, but we encourage you to consider its significance in making our research more inclusive and impactful. Rest assured that all information provided will be treated confidentially and used solely for research and program improvement purposes.

11. Gender?

Mark only one oval.

- Male
- Female
- Non-Binary
- Prefer not to say

12. Ethnicity

Mark only one oval.

- Caucasian/White
- African American/Black
- Hispanic/Latino
- Asian
- Native American
- Pacific Islander
- Other

AS 19 JUL 23

AB

10. Based on your experience, do you believe virtual reality technology had the potential to provide therapeutic benefits for older adults?

Mark only one oval.

- Yes
- No
- Maybe
- Not sure

AS 19 JUL 23

13. Education Level

Mark only one oval.

- Less than high school
- High school diploma/GED
- Some college or associate degree
- Trade school
- Bachelor's degree
- Master's degree
- Doctoral degree
- Prefer not to say

15. Employment Status

Mark only one oval.

- Employed full-time
- Employed part-time
- Unemployed
- Retired
- Disabled
- Student
- Other

AS 19 JUL 23

16. What is your current living situation?

Mark only one oval.

- House (own)
- House or Apartment (rent)
- 55+ Retirement Community
- Public Housing/Section 8/Low Income Housing
- Homeless Shelter
- Other

AS 19 JUL 23

AB

17. Zip code? This helps us understand the geographic distribution of participants without revealing exact addresses.

(END) Survey's 2.0 19 JUL 23
Client # 005 @ Frasier Meadows

AS 20 JUL 23

Client asks: Lessons Learned = 91 yrs old 20 JUL 23

- * Seated mobility impaired = need swivel chair
- * Set room up for standing VR
- * **MUST HAVE HIGH SPEED INTERNET FOR GOOGLE EARTH**
- * Post-VR Experience Survey needs adjusting.
- * Add blank section for Research feedback
- * Every VR Experience, Admins should fill out a survey as well including
 - * Best practice learned for each game/level
 - * What didn't work
 - * What worked
 - * Can improve by

For a short Compendium to be used to write the white paper

- * Demographics info need to be adjusted
 - Need a Q on Sexual orientation & gender
 - Religious preference
 - Disabilities yes/no/prefer not to say
 - Preferred language
 - Accessibility accommodations with inclusivity

* Add in ASKS

- How did you hear about us
- Would you like to subscribe to our email list

* When administering surveys - enter directly at the time of the event wherever possible

* Add to Pre-VR Survey, haven't had the opportunity.

* Remove Q 10 from Pre-VR Survey about mcs & add it to the Experience Avoidance Survey

(500) * Purchase donation receipt book & envelopes

* Ask for donations, have a small, med, & big pitches ready & memorized.

20 JUL 23

Client #005: Lessons Learned

- * Add to demographics under living situation
 - 55+ Retirement
 - ~~Seniors~~ ~~20 JUL 23~~ Older adults low income housing
- * Ask, after survey, if they would be willing to write a letter of support, have stationery & pen available.
- * Follow-Up
 - Fraser Meadows with Stephaine for program coordination.
- * Survey changed Age data
 - big diff between 80-84 & 85-89.
- * Reorder Q & make consistent.
- * Highlight new Q in grant description
- * Reorder Q's - based of best practices older
 - Age
 - Gender - M, F, non-b. Genderqueer, Genderfluid, Agender, transgender, ^{- other} - prefer not to say
 - Living sit.
 - Edu (added trade school)
 - Employ
 - Income
 - Ethnicity (6 options)
 - Preferred Lang. (23 options)
 - Religious Affil. (12 options)
 - Sexual orient. (8 options including prefer not to say & other)
 - Disability.
 - Accomodation
- * Expenses:
 1. Donation book
 2. Hot-spot service
 3. Question-Pro Software from Tech Savv
 - waiting on request approval