

The Internet and Seniors

PRESENTATION LINKS AND NOTES FROM FEBRUARY 28TH

3 key security needs for everyone; 1) Strong passwords, 2) A good Virtual Private Network and, 3 Use PayPal to Pay if accepted by retailer.

The following videos provide a wealth of information on security issues:

WHY SECURITY IS IMPORTANT: :

<https://www.youtube.com/watch?v=mq6tBGBRDr0>

- GENERAL SECURITY TIPS:
<https://www.youtube.com/watch?v=BQvjaeVXXis>
- “SECURITY TIPS FROM A HACKER” PROVIDES GREAT INFORMATION: https://www.youtube.com/watch?v=-ni_PWxrsNo
- USE A VPN TO “CLOAK” YOUR ONLINE IDENTITY:
<https://www.youtube.com/watch?v=eAnf6tTTqFY-> I USE EXPRESS VPN
- PAY SECURELY WITH PAYPAL-400 MILLION USERS \$2.5 BILLION/DAY
<https://www.youtube.com/watch?v=hM0N575WLR0>

This section covered Browsing and Artificial Intelligence:

- BROWSER SEARCHES ARE GETTING BETTER ALL THE TIME-THE USE OF AI IS GROWING (MICROSOFT, GOOGLE, APPLE AND OTHER BIG PLAYERS ARE IMBEDDING AI IN ALL THEIR SOFTWARE)

- AI IS THE FUTURE:
<https://www.youtube.com/watch?v=mJeNghZXtMo>
-
- For Browsing, you can use your browser or simply go to youtube.com and you can access all the free services-Premium service with no advertisements is \$12/month but free is great and all I use
- Go to “explore” ON MAIN SCREEN and see what is available or go to “search”
- Search for “how to” videos covering almost anything you want
- My own examples: “how to change the battery on a 2006 Prius” OR
- “how to cut the cord and stream TV and Movies” OR
- “HOW TO USE ZOOM” OR
- “IS IT WORTH UPGRADING TO WINDOWS 11”
- GO TO YOU TUBE AND SEARCH FOR “HOW TO USE YOU TUBE”
- YOUTUBE HAS CHANNELS FOR EVERY INTEREST
- EXAMPLE-TECH FOR SENIORS CHANNEL:
<https://www.youtube.com/c/TechforSenior>
- ENTER YOUR AREA OF INTEREST IN THE SEARCH AND SEE WHAT IS AVAILABLE- CHECK BOTH VIDEOS AND CHANNELS
- THERE ARE MANY INTERNET SITES GEARED SPECIFICALLY TO THE NEEDS OF SENIORS. The following are good ones that are either free or very cheap:
- **TECHBOOMERS.COM**- Courses and information for seniors

- **TECHFORSENIORS.COM**- Weekly meet-up, You Tube Channel, Videos +++
- **APCUG2.ORG**-Speakers, videos, weekly seminars and more.
Members Only-If you are a VPTC club member you can access.
- **SENIORRESOURCE.COM**-Articles, Tips and More to assist seniors.
- AARP- A wealth of information, reports, games, discounts (big insurance discounts, cell phone plans, car rental and more) for a few dollars per year. All the sites above are FREE except AARP (\$9/Year)! For more info go to **aarp.org**

Many more tech advancements are coming in the very near future:

- Tech Companies recognize the growing senior's market and are adding new Products aimed at seniors every day.
- THE MAJOR TECH COMPANIES ARE ALL WORKING ON INTEGRATING ARTIFICIAL INTELLIGENCE SOFTWARE INTO ALL THEIR PRODUCTS AND SERVICES
- RECENT EXAMPLE: Insilico research and the U of T used Google Alpha Ford AI to find break points in Liver Cancer to allow for development of drug therapies. They condensed what would have been years of research into less than 1 month USING AI!
- CHECK OUT THE "CHATGPT" WEBSITE TO SEE HOW "INTERACTIVE" RESPONSES WORK. AI IS COMING FAST!
- [A recent study](#) showed that Chat GPT "performed at or near the passing threshold" for all three U.S. Medical Licensing exams without any specialized training and it is getting "smarter" every day

- Microsoft is putting \$10 Billion into Open AI, the company that developed Chat GTP so that they can incorporate it in their products and services

Online shopping is growing and getting easier all the time:

- FOR SHOPPING, AMAZON PRIME IS A GREAT DEAL-\$139 PER YEAR GETS FREE 2 DAY SHIPPING AND HUGE SELECTION OF PRODUCTS + FREE AMAZON MUSIC AND FREE PRIME STREAMING (INCLUDING NFL THURSDAY NIGHT !))
- THOUSANDS OF OTHER RETAILERS AND BUSINESSES ARE ONLINE (EBAY, SHOPIFY, ETSY, BEST BUY AND MANY MORE.
- BUT REMEMBER THE TIPS:
- **USE A VPN**
- **HAVE GOOD PASSWORDS AND**
- **WHEREVER POSSIBLE USE PAYPAL TO PAY**
- **AS THEY USE TO SAY ON ONE OF THE POLICE TV SHOWS; “BE CAREFUL OUT THERE”**

If you have questions send me an email Hamblin.john@gmail.com