



THE INTERNET AND YOU

COMMUNICATIONS, INFORMATION,
ENTERTAINMENT AND SECURITY

WHO IS JOHN HAMBLIN?



- Retired as CEO of a Tech Company. Currently I am a Smart Tech Consultant and Advocate for Seniors!
- VP ViewPoint Technology Club. Best deal in town-\$15/Year!
- I am also an Amazon Alexa Responder. (until AI takes over).
- Board Member Aging Pro-Actively
- Consultant Certified Age Friendly Employment (CAFÉ)
- Hamblin.john@gmail.com or 800-519-0254

PRESENTATION CONTENT

- THE INTERNET –THE KEY TO USING SMART TECH!
- SEARCH FOR THE BEST INTERNET ACCESS USING AI AS TOOL
- GUEST SPEAKER-OPTIC FIBER AND AIREBEAM
- OVERVIEW OF COMMUNICATIONS-SERVICES
- QUICK REVIEW OF INFORMATION ACCESS AND SHOPPING
- TV AND ENTERTAINMENT (FREE AND PAID STREAMING OR ANTENNA)
- HOME DEVICES AND TECHNOLOGY USE FOR HEALTH
- SECURITY AND THE INTERNET
-

THE INTERNET IS THE BASIS FOR ALL SERVICES AND DEVICES

- 1969 ARPANET CONNECTED 4 RESEARCH CENTRES IN CALIFORNIA AND UTAH TO ALLOW THEM TO SHARE INFO
- **IT HAS GROWN SOME OVER THE YEARS:**
- **THE INTERNET NOW HAS 5 BILLION USERS (63% of population) AND**
- **\$3.8 TRILLION IN ONLINE PURCHASES WERE MADE IN 2021**

WHAT IS THE BEST INTERNET SERVICE TO BUY?

-
- **1ST A PROMO:** We will have 2 **FREE** General Meeting in March (11th & 18th). 11th will be a detailed review of internet streaming services and the 18th will be a dive into the latest **FREE** generative AI products (Microsoft Co-Pilot, Google Gemini and ChatGPT3.5) with examples of how we can all make use of them.
 - As an intro to the meeting on the 18th, I asked the following questions to the main AI systems which will be covered at the March session...

TO EFFECTIVELY USE MOST SERVICES YOU NEED HIGH-SPEED, RELIABLE INTERNET CONNECTIONS

- **WHAT IS THE BEST HIGH-SPEED INTERNET SERVICE? The following are the answers from:**
- **GOOGLE BARD (REPLACED BY GEMINI ON 02/08/2024)**
- **GOOGLE GEMINI (RELEASED 02/08/2024)**
- **MICROSOFT COPILOT**
- **CHATGPT 3.5**

GOOGLE 1-GOOGLE BARD

- **The undisputed king of internet speed is fiber optic** internet. It uses light pulses sent through thin glass fibers to transmit data, resulting in blazing-fast speeds that leave other connection types in the dust. Here's what makes fiber truly stand out:
- **Speed:** Boasts the fastest internet speeds available, with plans typically offering 1 gigabit per second (Gbps) or even higher. Imagine downloading a high-definition movie in seconds!
- **Reliability:** Less prone to interference and signal degradation compared to other options, offering a consistently stable connection.
- **Upload speeds:** Unlike most alternatives, fiber offers upload speeds that match download speeds, making it ideal for heavy data uploading tasks like video conferencing or live streaming.

-

GOOGLE 2- GEMINI-JUST RELEASED

- **4. GOOGLE GEMINI**

- **Q. WHICH IS THE BEST CONNECTION FOR SPEED AND RELIABILITY?**

- :

- **1. Fiber Optic:**

- **Pros:**

- **Fastest speeds:** Capable of reaching up to 10 gigabits per second (Gbps), making it ideal for downloading large files, streaming high-quality videos, and online gaming.
- **Most reliable:** Less susceptible to outages and disruptions compared to other options due to its dedicated connection and lack of dependence on copper wires.
- **Symmetrical upload and download speeds:** Guarantees the same speed for both uploading and downloading, crucial for video conferencing and cloud storage.

- **Cons:**

- **Limited availability:** Not yet available in all areas, especially rural communities.
- **Higher cost:** Typically, the most expensive option due to its advanced technology and infrastructure.

-

MICROSOFT COPILOT-WHAT IS FASTEST INTERNET SERVICE?:

The fastest type of internet connection available is fiber-optic internet. It utilizes cables made of bundled fiber-optic strands to transmit large amounts of data using light signals. Most fiber internet plans offer speeds up to more than 1,000 Mbps (megabits per second),

Fiber-optic internet is extremely efficient, reliable, and delivers lightning-fast speeds, making it the top choice for many users.

While other types of internet connections like cable, DSL, and 5G also offer respectable speeds, fiber-optic internet remains the pinnacle in terms of performance and reliability. If you have access to fiber-optic service in your area, it's definitely worth considering for a seamless online experience! 🚀 🌐

CHATGPT4:

I asked a slightly different question after getting a very similar response to the others. If cost is not a factor which is best access method?

If cost is not a factor, the best internet access method would likely be fiber optic internet.

Fiber optic internet offers several advantages over other methods:

Speed: **Fiber optic** internet provides the fastest internet speeds available, with symmetrical upload and download speeds reaching up to gigabit speeds (1,000 Mbps or higher). This ensures a smooth and seamless online experience, especially for activities like streaming 4K video, gaming, and large file downloads/uploads.

Reliability: **Fiber optic** cables are less susceptible to interference and signal degradation compared to traditional copper cables used in DSL and cable internet. This results in a more stable and reliable internet connection with minimal downtime or service disruptions.

Low Latency: **Fiber optic** internet typically has lower latency (ping) compared to other methods. Low latency is crucial for real-time applications such as online gaming, video conferencing, and VoIP calls, providing a more responsive and lag-free experience.

Scalability: **Fiber optic** networks have ample bandwidth capacity, allowing for future scalability and accommodating increasing demands for data-intensive applications and services.

Security: **Fiber optic** cables are more secure than copper cables since they don't emit electromagnetic signals that can be intercepted. This provides an added layer of security for sensitive data transmission.

OPTIC FIBER IS COMING TO VIEWPOINT!

- WE ARE FORTUNATE TO HAVE BEN ELKINS, THE PRESIDENT AND CEO OF AIREBEAM, AS OUR GUEST SPEAKER TODAY
- BEN WILL DISCUSS “OPTIC FIBER” AND ITS VALUE.
- AS WELL, BEN HAS AGREED TO TAKE THOSE INTERESTED ON A WALKING TOUR OF THE FIBER INSTALLATION WORK-SITE AT THE END OF THIS MEETING.
- LET’S GIVE A BIG VP WELCOME TO BEN..

INTERNET FOR COMMUNICATIONS

- **FREE CALLS** WITH GOOGLE HOME OR AMAZON ALEXA (CANADA AND US)
- 2 OTHER CHEAP “PHONE” SERVICES I USE:
- **MAGIC JACK** (\$50/YR USD)-VOIP-KEEP LOCAL NUMBER OR GET A NEW ONE, TAKE PHONE ANYWHERE **(506-804-6115)**
- **FREEDOM VOICE** (\$12/MONTH)-800 SERVICE FORWARD TO ANY PHONE, CHANGE FORWARDING ONLINE ANY TIME. **(800-519-0254)**

INFORMATION AND SHOPPING

- **AMAZON PRIME IS A GREAT DEAL-\$139 PER YEAR GETS FREE 2 DAY SHIPPING, FREE AMAZON MUSIC AND FREE PRIME STREAMING (INCLUDING NFL THURSDAY NIGHT !)) +FREEBEE TV**
- **ONLINE SHOPPING IS EASY AND QUICK BUT BE CAREFUL...**
- **USE PAYPAL/APPLE PAY/GOOGLE PAY FOR SECURITY AND NOT YOUR CREDIT CARD! YOU GET---HI LEVEL SECURITY INCRPTION AND A KEY BENEFIT --NO ACCESS TO YOUR FINANCIAL INFORMATION FOR THE MERCHANTS/RETAILERS**
- **YOU TUBE IS A GREAT SOURCE FOR INFORMATION:VIDEOS ON SECURITY , “HOW TO DO” ALMOST ANYTHING AND ALSO GREAT ENTERTAINMENT (MOVIES, TV, AND OTHER SERVICES!)**

ENTERTAINMENT/STREAMING IS GREAT WITH A HIGH-SPEED CONNECTION

- **FREE SERVICES-** I asked ChatGPT 3.5:
- Amazon Freevee with Prime
- Pluto TV, TUBI, Roku, YouTube and More
- Hoopla, Kanopy, and Overdrive (Through Your Library)-Includes books, movies and more.
- Check YouTube <https://www.youtube.com/watch?v=8oDG18QfMzs> for more info on various services- GREAT VIDEO
- Indoor Window or Roof small FM Antenna (\$40)-I get 30 + “local channels” at no cost! (I have it on 1 TV)
- **PAID SERVICES:**
- Amazon (\$139), Netflix, Disney,+ Many More Streaming Services- Monthly Fee but great variety!
- We are looking at doing a more comprehensive session covering Streaming Options March 11th..

INFORMATION, COURSES AND SITES GEARED TO SENIORS

- **TECHBOOMERS.COM**- Courses and information
- **TECHFORSENIORS.COM**- Weekly meet-up, You Tube Channel +++
Founded by Dr. Ron Brown a Mesa resort dweller at the time.
- **SENIORRESOURCE.COM**-Articles, Tips and More to assist seniors
- **Sara Aghvami, Director Best Buy Health and a great friend of mine**
worked with me and Age Well Canada to develop **FREE** tech courses
to provide online training for seniors. digitalcitizen.bestbuy.ca
OPEN TO ALL

SENSORS AND PROACTIVE DIAGNOSTICS



THE FUTURE FOR AGING WELL AT HOME!

- CES 2024 HAD 200,000 + PEOPLE IN LAS VEGAS WITH A FOCUS ON HOME PRODUCTS, HOME HEALTH SENSORS AND ARTIFICIAL INTELLIGENCE
- EXAMPLE: FACIAL AND VOICE ANALYSIS TO DIAGNOSE POTENTIAL STROKES
- WEARABLE SENSORS OF ALL TYPES (BLOOD PRESSURE, ECGs AND MORE)
- THESE TECHNOLOGIES WILL HELP ALL OF US TO LIVE LONGER INDEPENDENTLY AND SECURELY IN OUR HOMES!
- ARTIFICIAL INTELLIGENCE WILL HELP IN EVERY AREA....



ONLINE SECURITY

THE INTERNET IS GREAT AND USING AI CAN BE GREAT BUT WE ALL NEED TO PROTECT OURSELVES FROM HACKERS, SCAMS AND MORE AS FRAUD AND IDENTITY THEFT IS GROWING EVERYDAY!



SOME KEY SECURITY TOOLS AND TIPS

- **USE A VPN TO “CLOAK” YOUR ONLINE IDENTITY**
<https://www.youtube.com/watch?v=eAnf6tTTqFY>—I USE EXPRESS VPN
- **2 FACTOR AUTHENTICATION-**<https://youtu.be/sMY7NQywWpA>
- **PAY WITH PAYPAL-400 MILLION USERS \$2.5 BILLION/DAY
MERCHANTS GET NONE OF YOUR FINANCIAL INFORMATION!**
- **SEE “SECURITY TIPS FROM A HACKER” FOR MORE DETAILS-**
https://www.youtube.com/watch?v=-ni_PWxrsNo

MUCH MORE ON THE WAY

- TECH COMPANIES RECOGNIZE THE GROWING SENIOR'S MARKET AND ARE ADDING NEW ITEMS EVERYDAY (SMART SCREENS, BETTER SPEAKERS, ETC.)
- THE MAJOR TECH COMPANIES ARE ACTUALLY WORKING TOGETHER FOR ONCE TO PROVIDE COMMON INTERFACES FOR ALL DEVICES! "MATTER"-NEW DEVICES WILL USE THIS STANDARD
- ARTIFICIAL INTELLIGENCE IS GOING INTO EVERYTHING!
- REMEMBER MORE ON USING AI MARCH 18TH-1PM

FOR MORE INFORMATION, CONTACT:



John “GRUMPY” Hamblin

Hamblin.john@gmail.com

1-800-519-0254

For a wide variety of tech related courses, help sessions and much more join VPTC – Access to all events both general meetings and classes-\$15/year