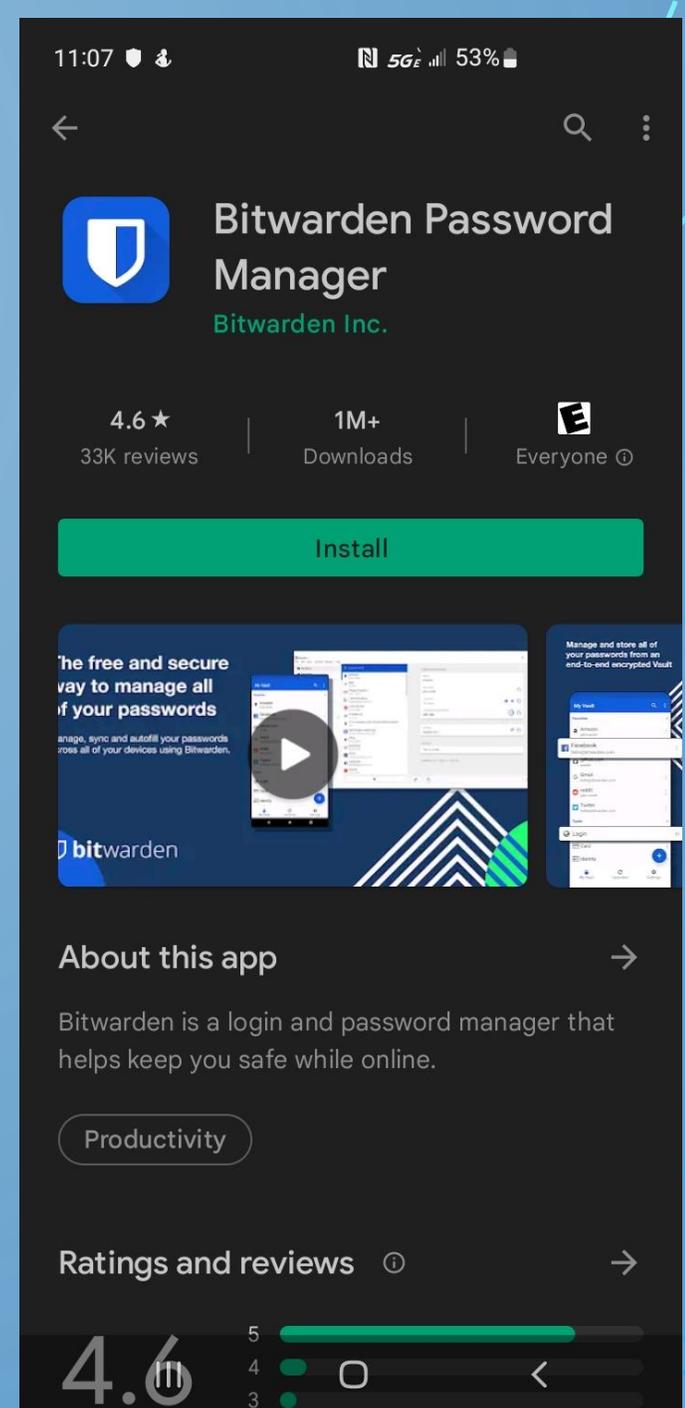


A decorative graphic on the left side of the slide, consisting of a network of light blue lines and small circles, resembling a circuit board or data flow diagram. The lines are vertical and horizontal, with some diagonal connections, and the circles are placed at various points along these lines.

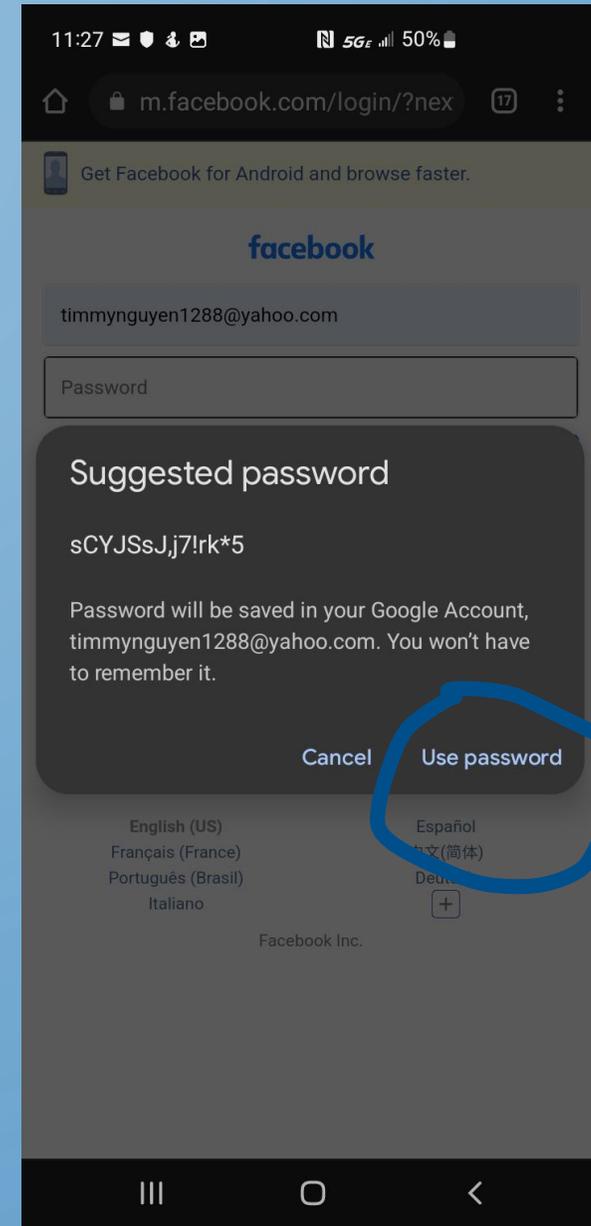
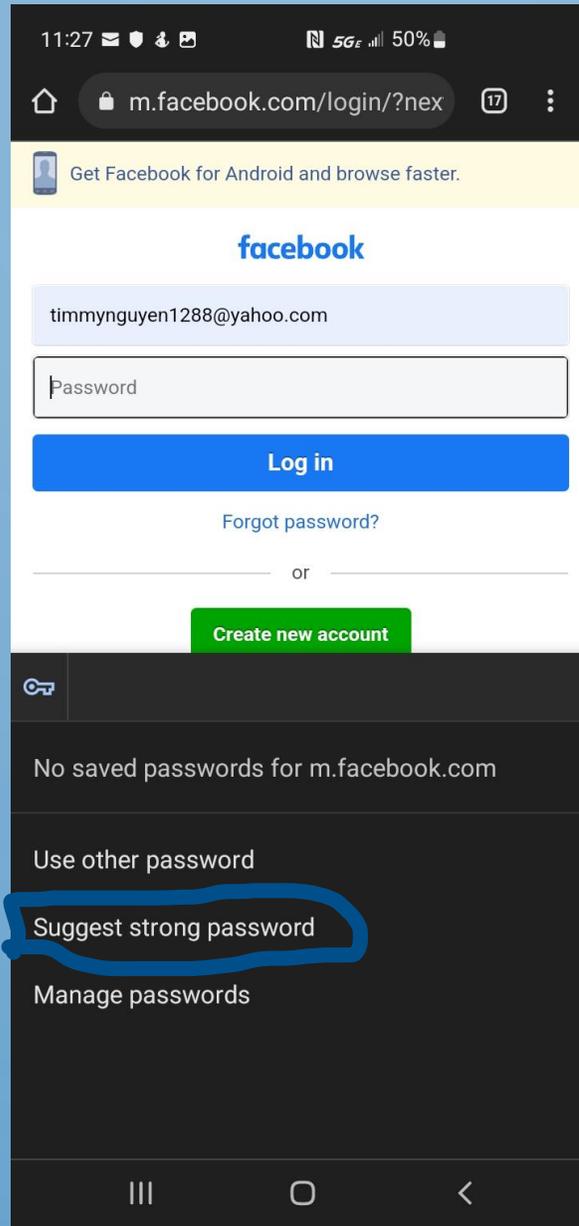
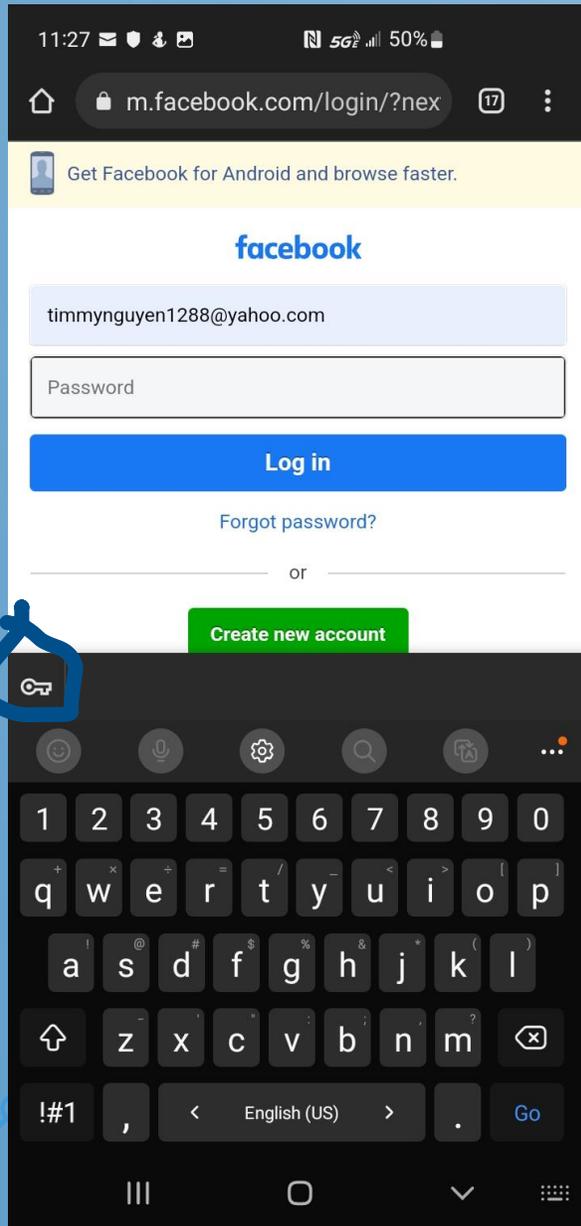
TECH TALK

Password Management

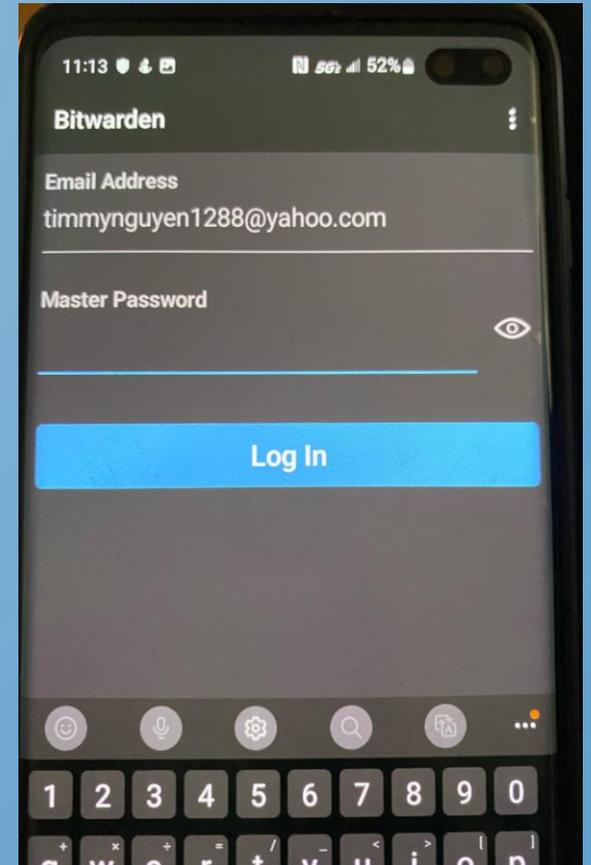
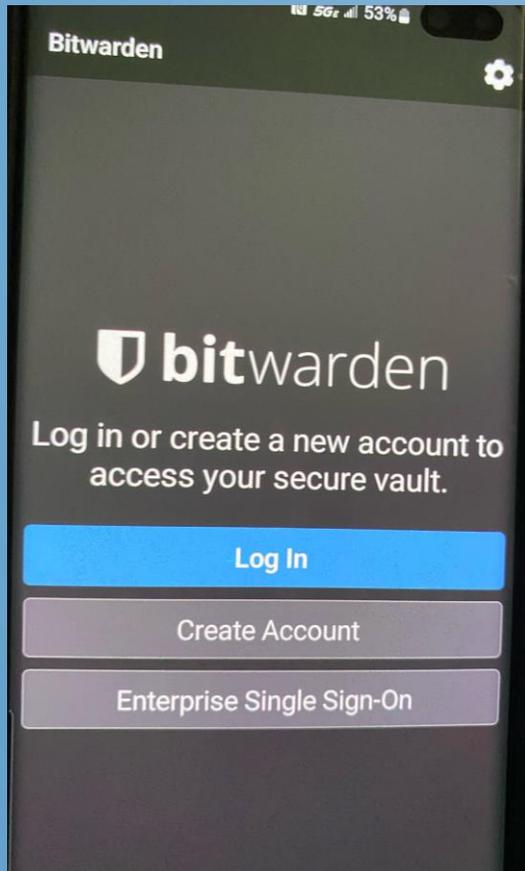
- Classic pen and paper
- Apps such as Bitwarden password manager or Norton password manager
- Googles/apple default password manager



Googles default manager



Bitwarden





HEARING AID DEVICES

Williams Sound PockeTalker
Ultra Duo Sound Amplifier with
Headphone & Earbud, Year
Supply of Batteries & Liberty
Microfiber Cloth - PKTD1-EH



Costco Kirkland 10.0

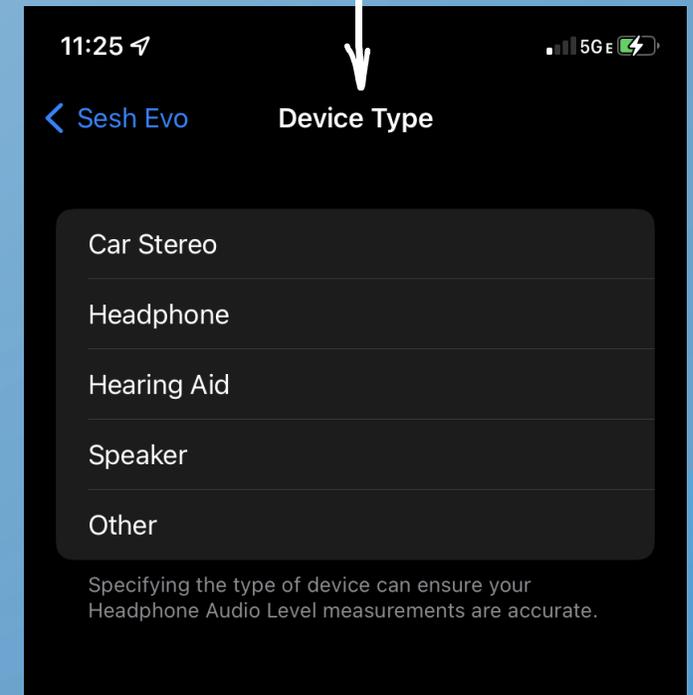
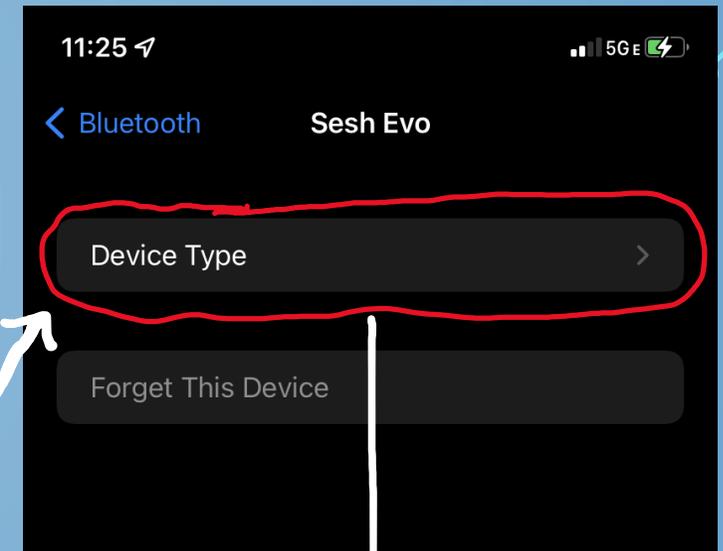
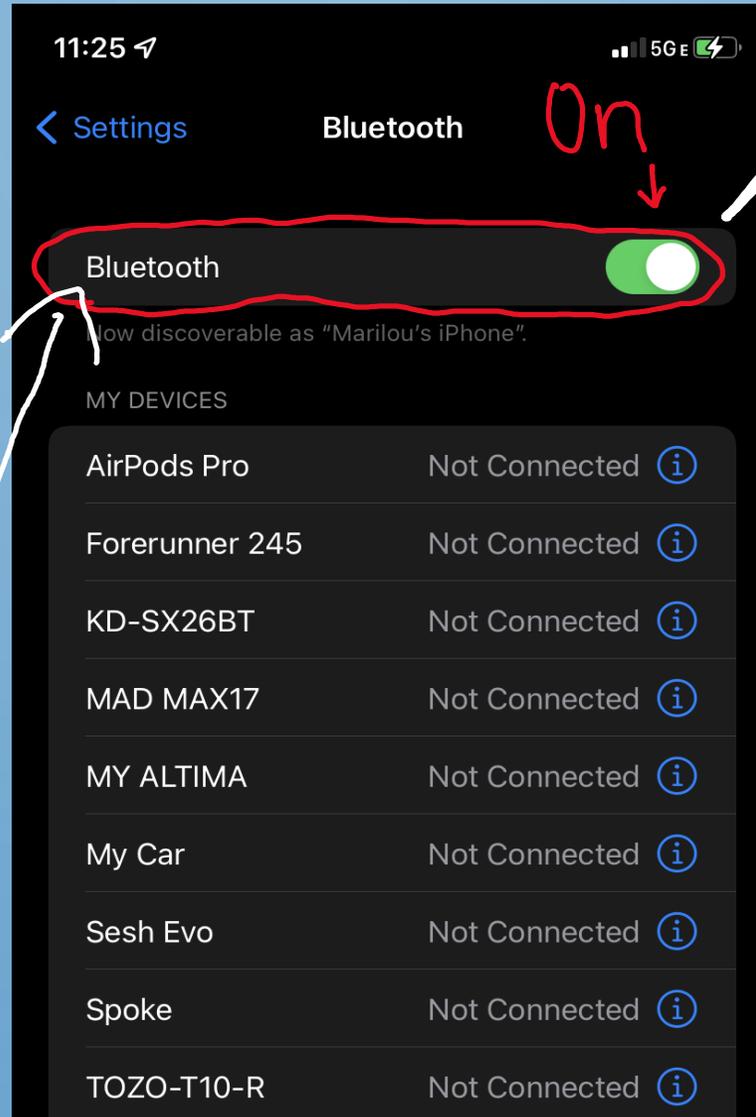
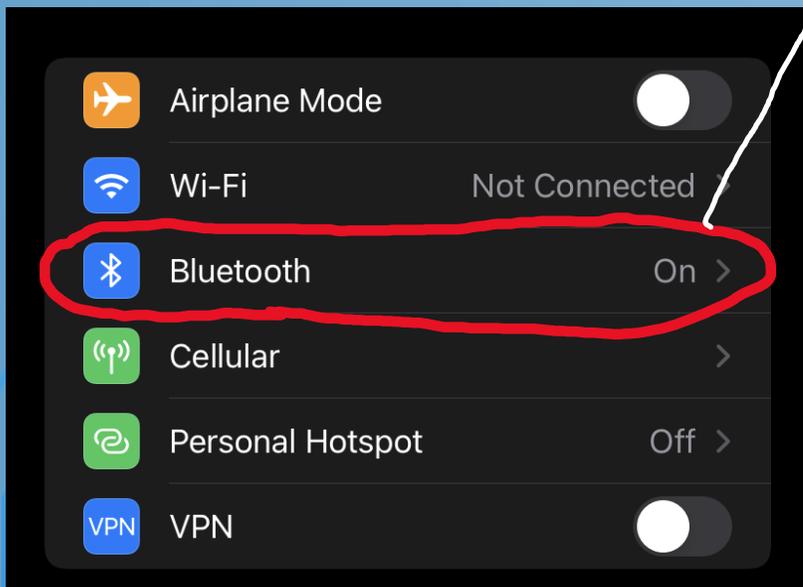
Bluetooth Capabilities: Connect to iPhone and Android devices, stream music, hands-free phone calls, adjust volume and programs through an app.



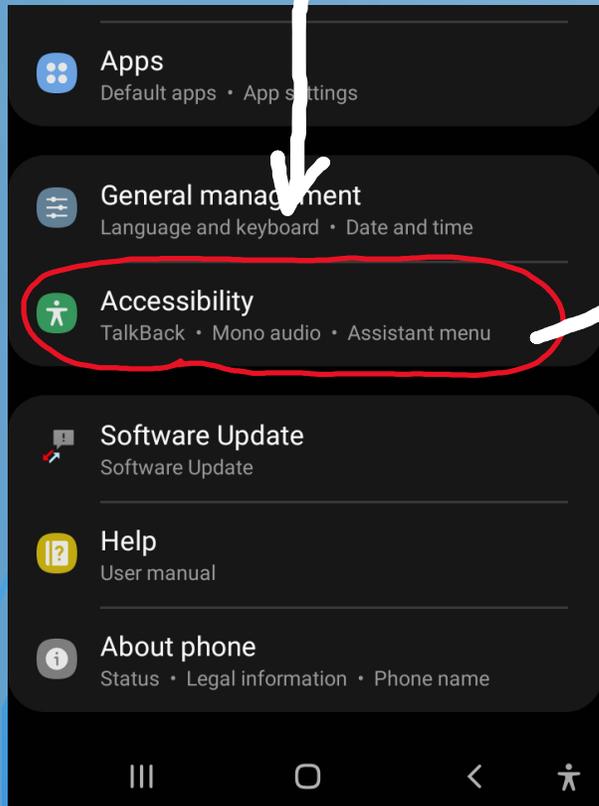
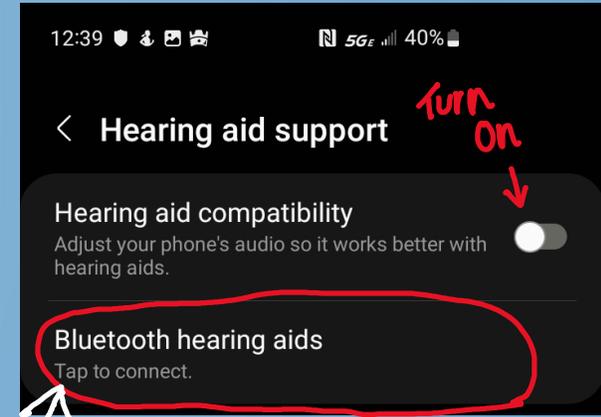
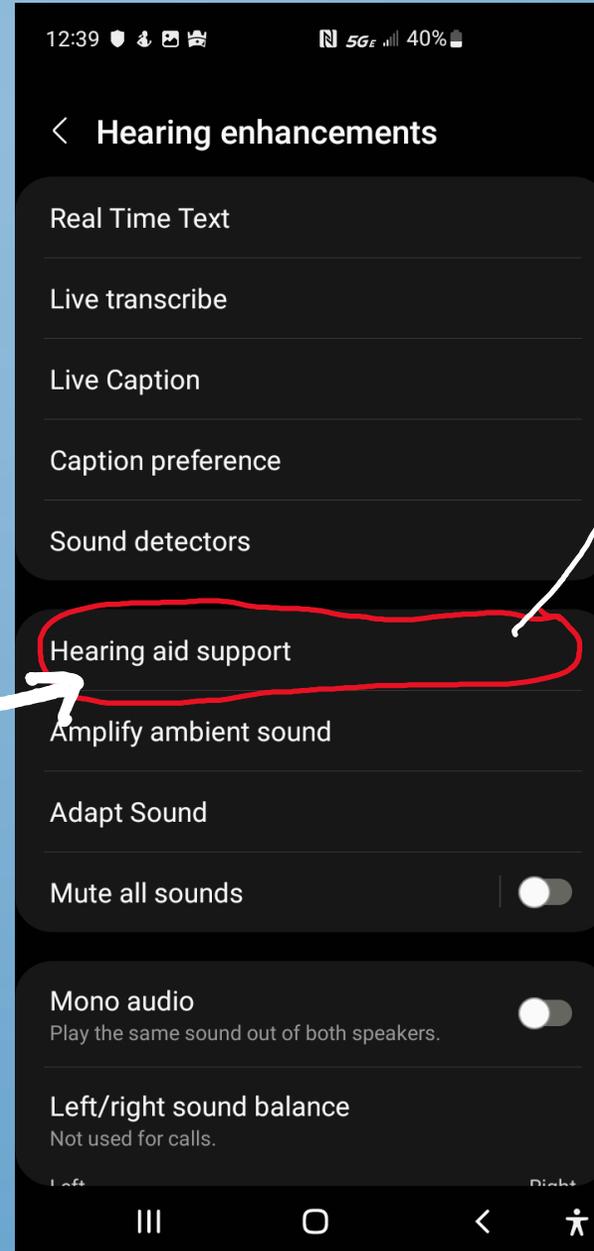
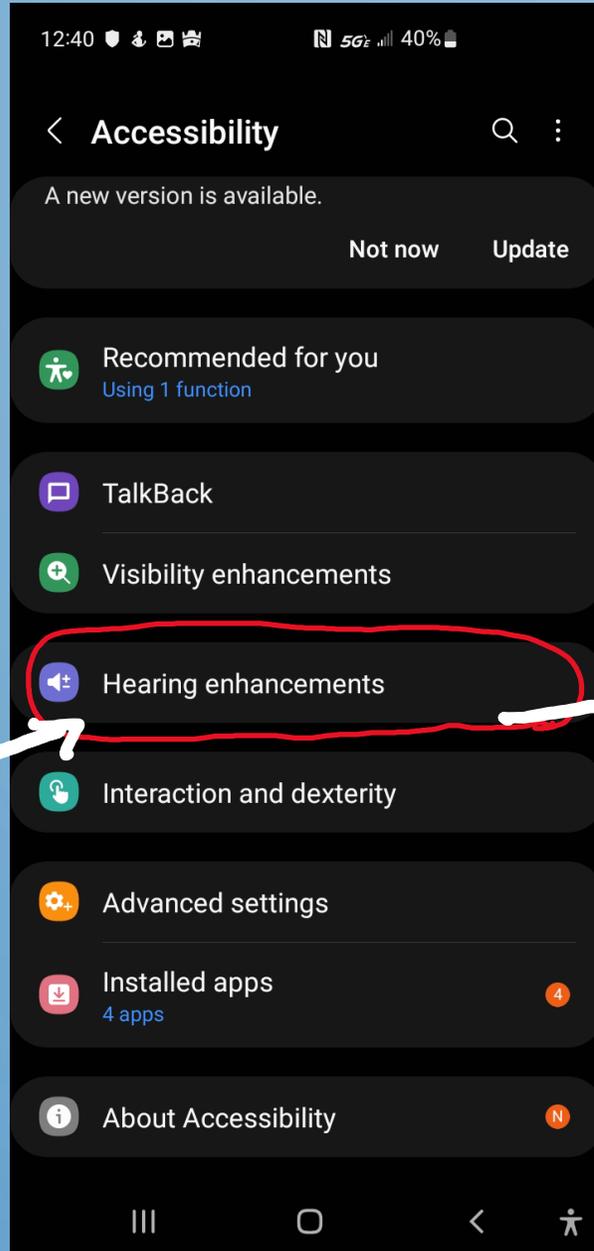
The background is a solid blue color with a subtle pattern of concentric circles. In the four corners, there are decorative white circuit-like lines with small circles at the end, resembling a printed circuit board (PCB) layout.

BLUETOOTH: IPHONE/ANDROID HEARING AIDS

iPhone

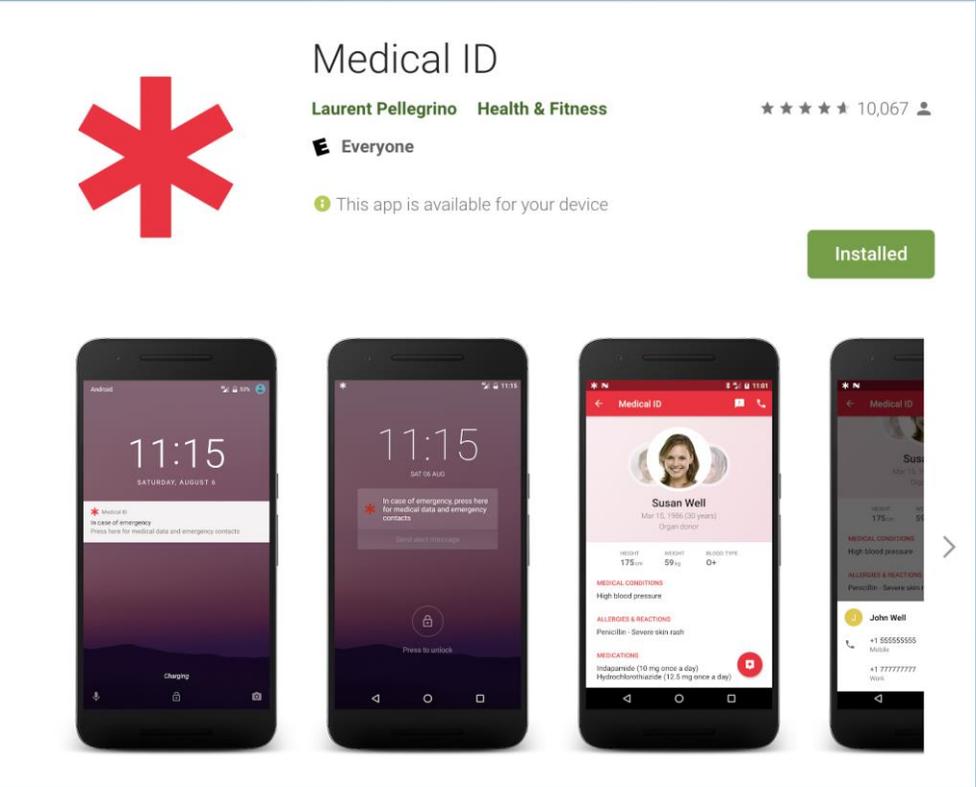


Android



- 1) Settings
- 2) Accessibility
- 3) Hearing enhancements
- 4) Hearing Aid Support
- 5) Bluetooth Hearing Aids

Medical ID



Medical ID

Laurent Pellegrino Health & Fitness

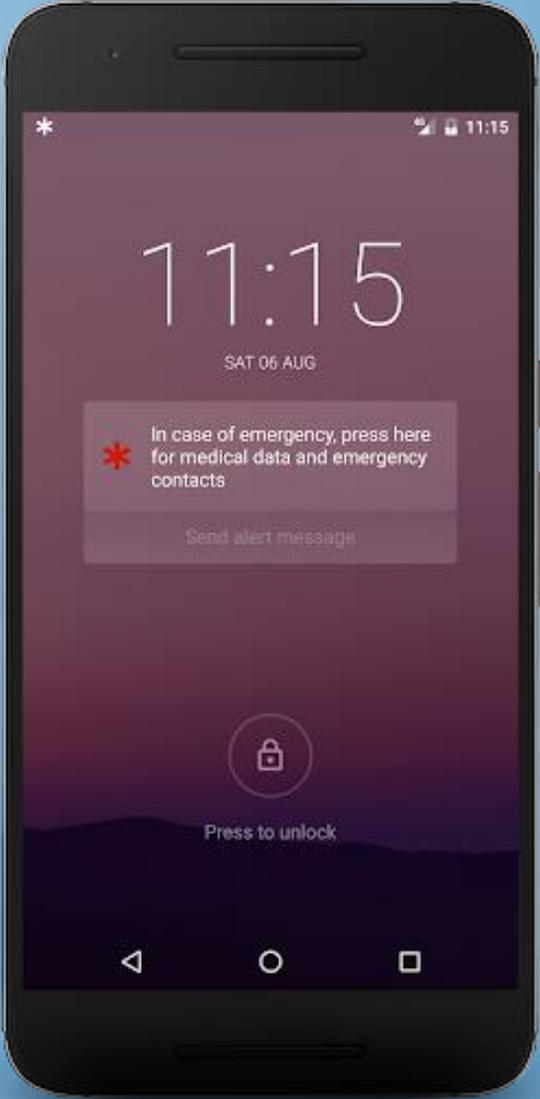
★★★★★ 10,067

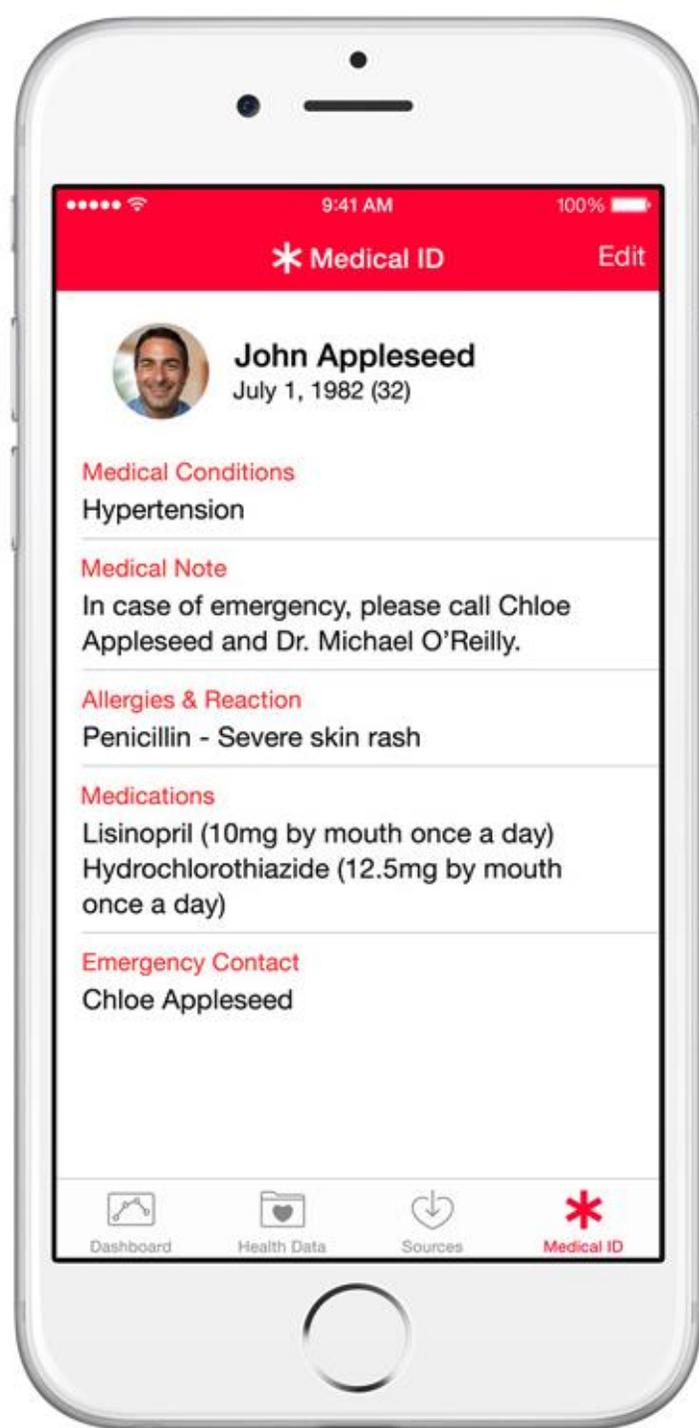
Everyone

This app is available for your device

Installed

Four smartphone screens showing the Medical ID app interface: 1. Lock screen with Medical ID notification. 2. Lock screen with Medical ID notification and 'Send alert message' button. 3. Medical ID profile for Susan Well, including vitals (height 175cm, weight 59kg, blood type O+), medical conditions (High blood pressure), allergies (Severe skin rash), and medications (Indapamide, Hydrochlorothiazide). 4. Medical ID profile for John Well, including contact information (+1 55555555, +1 77777777).





9:41 AM 100%

Medical ID Edit

 **John Appleseed**
July 1, 1982 (32)

Medical Conditions
Hypertension

Medical Note
In case of emergency, please call Chloe Appleseed and Dr. Michael O'Reilly.

Allergies & Reaction
Penicillin - Severe skin rash

Medications
Lisinopril (10mg by mouth once a day)
Hydrochlorothiazide (12.5mg by mouth once a day)

Emergency Contact
Chloe Appleseed

Dashboard Health Data Sources **Medical ID**

Find my phone with google

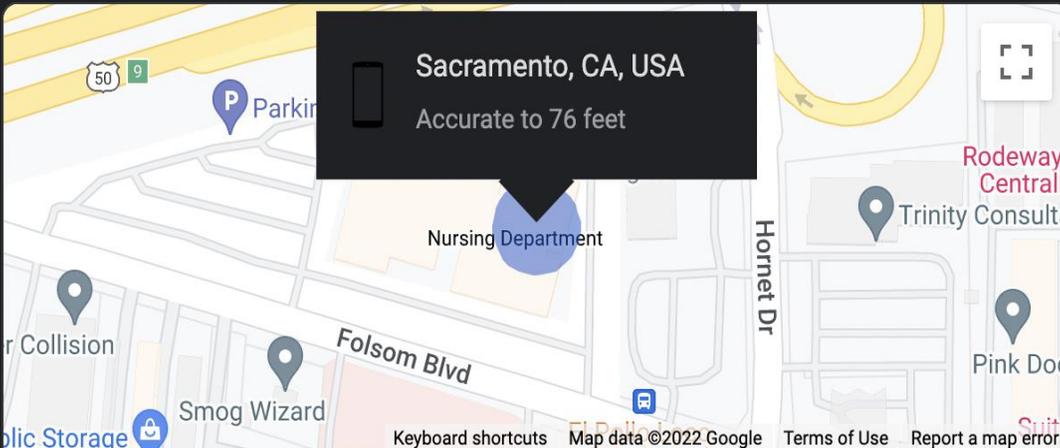
google.com/search?q=find+my+phone&rlz=1C5CHFA_enUS981US981&oq=find+my+phone&aqs=chrome..69i57j0i512l7j0i10i512j0i512.2707j0j7&sourceid=ch...

Google

find my phone

All Videos Books News Shopping More Tools

About 14,490,000,000 results (0.61 seconds)



 **Galaxy S10+**
Last synced: Apr 21, 2022

 
Ring Recover

Trying to help a friend?

See results about



Find My iPhone

Find My iPhone was an app and service provided by Apple Inc. ...



Find my phone with apple

Locate a device in Find My iPhone on iCloud.com

You can use Find My iPhone on iCloud.com to find the approximate location of your iPhone, iPad, iPod touch, Mac, Apple Watch, AirPods, and Beats product if Find My is set up and the device is online.

To sign in to Find My iPhone, go to icloud.com/find.

Locate your device

1. In Find My iPhone on iCloud.com, click All Devices. Select the device you want to locate. The name of the device appears in the center of the toolbar.

- *If the device can be located:* It appears on the map so you can see where it is.

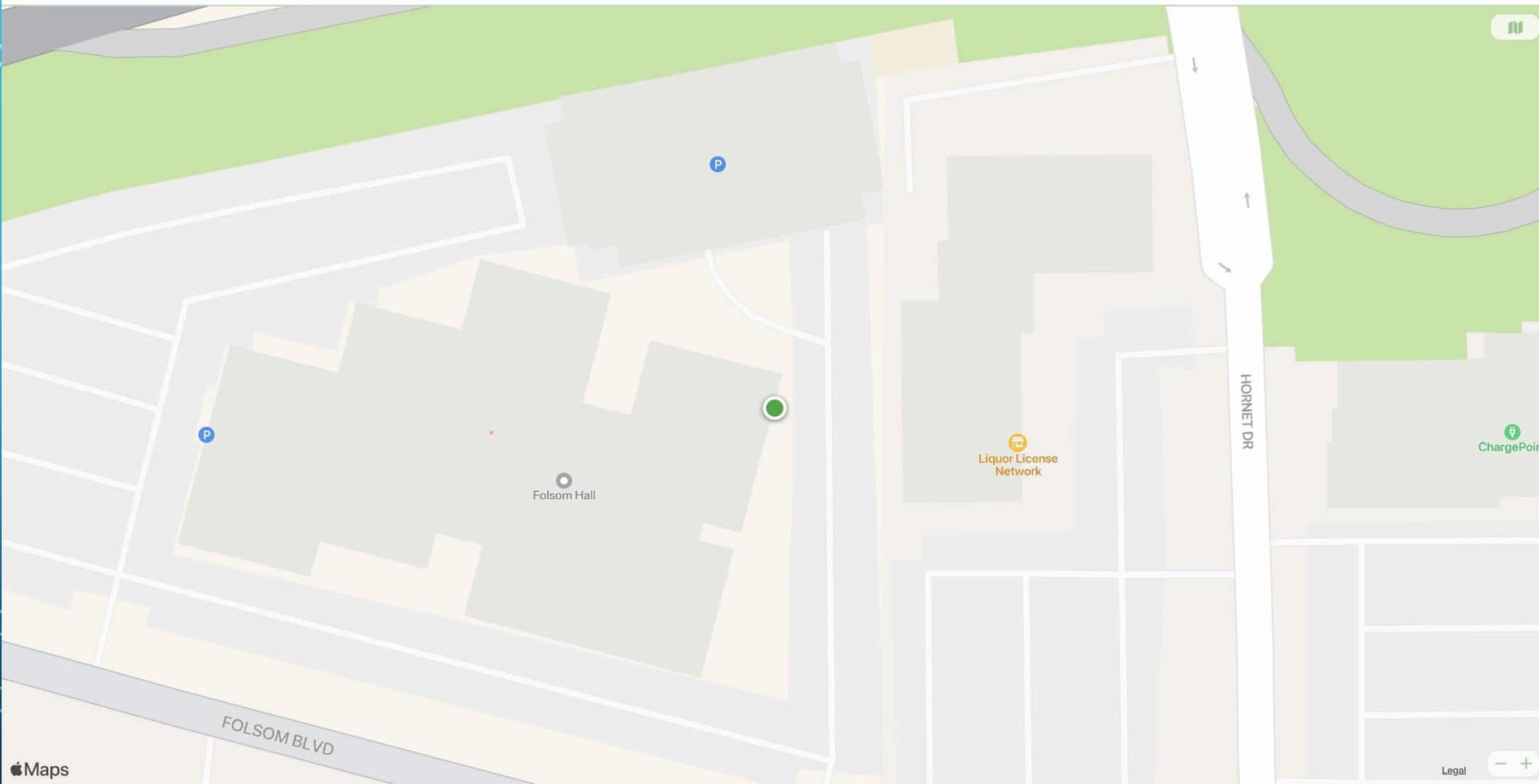
Note: If your AirPods or Beats product are separated from each other, you see only one location at a time on the map. First, find the one shown on the map and put it in the case. Then refresh the map and find the other one.

- *If the device can't be located:* You see Offline under the device's name. The last known location is displayed for up to 24 hours. Select "Notify me when found" to get an email when it's located again.

2. To locate another device, click the name of the current device in the center of the toolbar to access the Devices list, then select a new device.

Note: If you're no longer using a device, [remove it from your account](#) so it doesn't appear in Find My iPhone.

You can also use the Find My application installed on your Mac. [Open App >](#)



LIFE ALERT

What is it?

- Wearable technology (necklaces, bracelets, etc) that when pressed during an emergency, will call for help
- Emergencies:
 - Falls
 - Seizures
 - Heart attacks
 - Strokes
 - Other Illnesses



How to use?

- Press button during emergency
- A dispatcher will speak to you, assess the situation, and contact emergency services
- Can't Speak? Help will still be on the way

Important?

- In cases can be a matter of life or death
- Receive help as quickly as possible, not days later

Other similar services:

- Medical Guardian
- LifeFone



WEBSITE: CARDIOVASCULARWELLNESSPROGRAM.ORG

New Updates

- Informative Presentations & Resources
- Exercise & Nutrition Videos
- Plus More!



The screenshot shows the homepage of the Cardiovascular Wellness Program website. At the top, there is a navigation menu with the following items: HOME, EXERCISE (with a dropdown arrow), EDUCATION (with a dropdown arrow), NUTRITION (with a dropdown arrow), STRESS MANAGEMENT (with a dropdown arrow), and MORE (with a dropdown arrow). Below the navigation menu, the main heading reads "Cardiovascular Wellness Program". Underneath the heading is a large photograph of a group of people in a well-lit room, some standing and some sitting at tables, participating in an exercise or wellness activity. To the right of the photograph, the text reads: "Cardiovascular Wellness Program" followed by a paragraph: "The Cardiovascular Wellness Program is an exercise, education program dedicated to promoting health and wellness. It is staffed by specialty volunteers and student interns. We supported by the Foundation for Health through Knowledge and Action, a non-profit agency." In the bottom right corner of the website screenshot, there is a small black speech bubble icon.

HOME

EXERCISE ▾

EDUCATION ▾

NUTRITION ▾

STRESS MANAGEMENT ▾

MORE ▾

Exercise Resources
Tai Chi Resources
Dancing Resources

Dr. Bukkapatnam
Dr. Lopez
Sharon Myers, RN
Rob Mitchell, RN
Dr. Kim Roberts/Sleep
Educational Programs
Program History

Nutrition Services
Food Demos
Cookbooks
Recipes
Margie Junker, RDN
Debbie Lucas, RD

Stress Overview/Services
Themis Ysalis, PsyD
Linda Larsen RN-BC, RYT.

STUDENTS/INTERNS
Student Interns
Student Projects
NEWSLETTER
CONTACT US

New to the Program? Check out the HOME page!

Program Handbook (pdf)

[DOWNLOAD](#)

Your Diet with Debbie Lucas, RD

Debbie provides great resources to help improve our diets.

[FINDOUT MORE](#)

Mindfulness Practice with Linda Larsen, RN-BC, RYT

A healthy lifestyle involves both a healthy body and a healthy mind.

[FIND OUT MORE](#)

Tai Chi with Dave Sady

Tai Chi provides many benefits such as improving strength and balance.

[FIND OUT MORE](#)

Interview of Dr. Kappagoda

Dr. Kappagoda was an important member of this program. Click below to watch the interview as he discusses the foundation of this program.

[INTERVIEW](#)

Exercise Class Sheet

Here is a description of exercise opportunities in which you can participate, both individually or in group sessions. Click below to access this schedule.

[SCHEDULE](#)

Monthly Calendar

New presentations and fun activities are scheduled for the month. Click below to be directed to our monthly schedule.

[CALENDAR](#)

Schedule for April 2022

[Download PDF >](#)



Cardiovascular Wellness Program

APRIL 2022

Please NOTE Start Times -- They Vary

NEVER ANY SESSIONS ON WED

ACTIVITY SESSIONS –

Tai Chi (w/ DAVID) MON, TUE, THU, FRI (30 min x2) Zoom ID# 897 520 111
 9:00 AM INTRODUCTORY MOVES, 9:30 AM Full version Short COURSE

EXERCISE SESSIONS (w/LINDA, STRETCH/BALANCE/RESISTANCE)

GROUP STRETCH → TUE, THU, 10:15 AM, 45 MINUTES Zoom ID # 881 9363 5013
 GROUP RESISTANCE → TUE/THU/FRI 11:05 AM, 25 MIN Zoom ID #889 3266 7307
 CIRCUITS → MON, TUE, THU, FRI @ 1:15 PM, 60 MINUTES Zoom ID #505 510 964
 CHAIR EXERCISE → MON, TUES, THU @ 2:30 PM, 45 MINUTES Zoom ID # 950 2893 0586

EDUCATION SESSIONS: TUES/THUR/FRI @ 11:45 AM Zoom ID# 916 5375 9408
 GERO 101 INTERACTIONS THUR @ 5:30 PM (SELECT WEEKS) Zoom ID# 828 6930 8892

GUEST SPEAKERS

Fri, Apr 1 st	11:45 am	Laughter as Medicine	Linda Paumer, MA
Tue, Apr 5 th	11:45 am	Traveling Healthily	Debbie Lucus, RD
Thu, Apr 7 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Apr 8 th	11:45 am	Cooking Demo	NuFD 117 Interns
Tue, Apr 12 th	11:45 am	Sleep Apnea	Rob Mitchell, RN
Thu, Apr 14 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Apr 15 th	11:45 am	Cooking Demo	ID201 Interns
Tue, Apr 19 th	11:45 am	Go Green (for Earth Day)	Debbie Lucus, RD
Thu, Apr 21 st	11:45 am	Tech Talk	Tim & Marilou
	5:30 pm	Gero 101 Interactions	Us & Them
Fri, Apr 22 nd	11:45 am	Cooking Demo	Gero Interns
Tue, Apr 26 th	11:45 am	Sleep Hygiene	Cari Shulkin, RN
Thu, Apr 28 th	11:45 am	Mind-Body Connection	Radhika Bukkapatnam, MD
	5:30 pm	Gero 101 Interactions	Us & Them
Fri, Apr 29 th	11:45 am	Health Discussion	Javier Lopez, MD

Webpage: <https://cardiovascularwellnessprogram.org/>
 For more information: Email Program Coordinator, Linda Paumer – csuscwvwellness@gmail.com

Group Circuit Training

Monday is Zoom only, others days are live or Zoom ZOOM ID # 505-510-964

1:15 PM MON, TUE, THU, FRI following general format established during pandemic

Mondays -- 60 minute session (45 min stretch routine, 15 min dumbbell routine)

Tuesdays – Core Emphasis – 45 minute session

Thursdays – Balance& Bands -- 45 minute session

Fridays – Frenetic Movement – fast-paced movements – 45 minute session

Chair Sessions (seated, some standing)

Monday is Zoom only, other days live or Zoom

ZOOM ID # 950 2893 0586

45 minute sessions with stretching, resistance, balance moves—needed props are a sturdy,

straight chair, dumbbells, light playball

2:30 PM MON, TUE, THU

SCHEDULE SUMMARY:

	Mon (Zoom only)	Tues	Thur	Fri
9:00 am	Tai Chi	Tai Chi	Tai Chi	Tai Chi
9:30 am	Tai Chi	Tai Chi	Tai Chi	Tai Chi
10:15 am		Group Stretch	Group Stretch	
11:05 am		Group Resistance	Group Resistance	Group Resistance
1:15 pm	Circuits	Circuits	Circuits	Circuits
2:30 pm	Chair Exercise	Chair Exercise	Chair Exercise	

Examples of these routines can be seen as recorded sessions from the program website.

Handouts are available there as well.

<https://cardiovascularwellnessprogram.org/>

This handout is only describing the exercise training component of the Cardiovascular Wellness Program. There is a separate schedule for other educational offerings, which include nutrition classes, student presentations, mindfulness practice sessions, and medical education.

There is a schedule posted for these every month. Most of these sessions are held Tues/Thurs/Friday @ 11:45 am, which some sessions held Tues/Thurs @ 5:30 pm. These sessions will be offered as Zoom meetings with transition to included live presentations as lecturers determine comfort level with in-person operations.

The End

Any questions about this topic
or any topics you want
covered next time?