



TEENIORS

tech-savvy teens empowering seniors

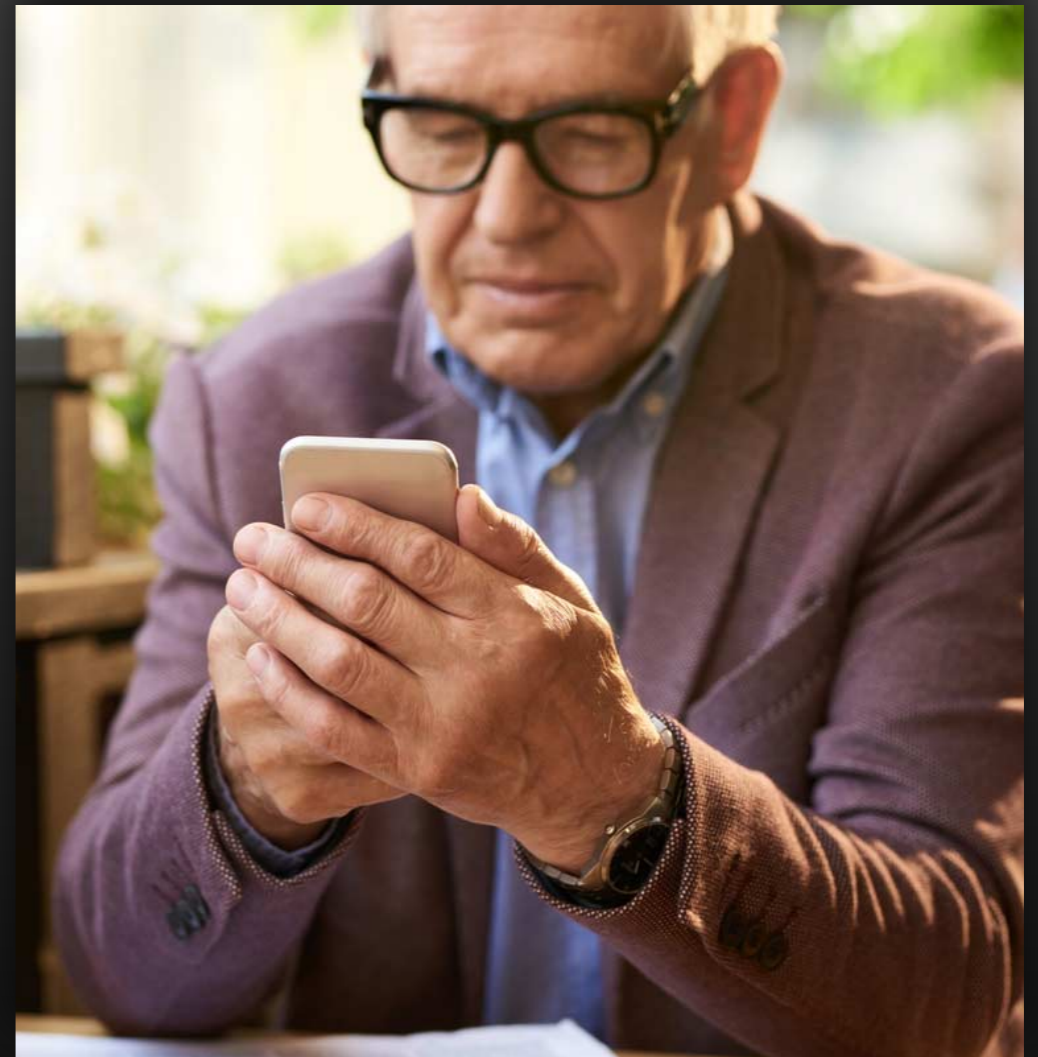
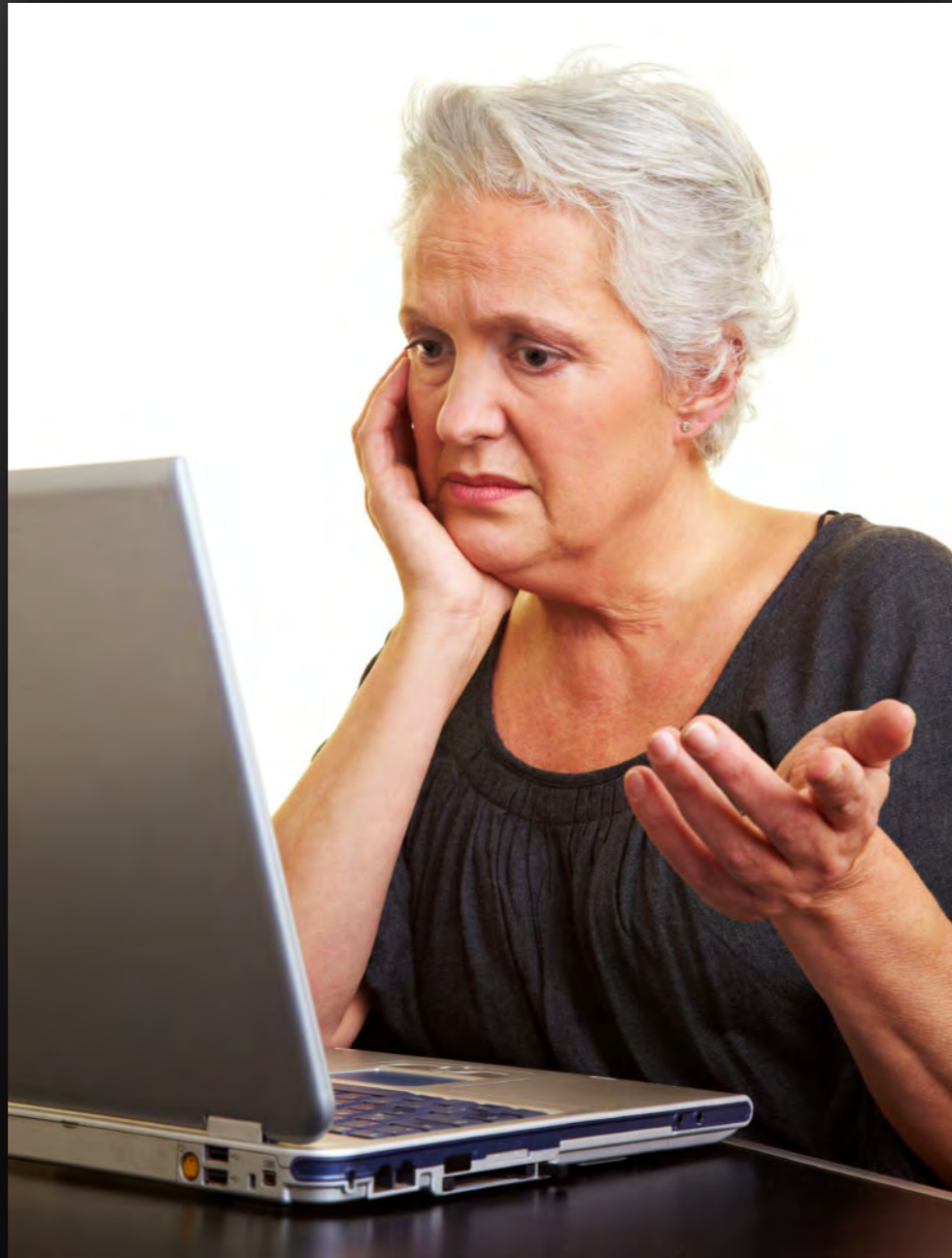
- 🏆 *National Influencer in Aging - NPR*
- 🏆 *NM Women of Influence - ABQ Business First*
- 🏆 *NM Women in Technology Award - NM Tech Council*
- 🏆 *NM Accessibility Award - Santa Fe Commission on Disabilities*
- 🏆 *National "Make Better Today" Award - Lenovo Computers*
- 🏆 *People's Choice Awards - Aging 2.0 Los Angeles, ABQ Business First*
- 🏆 *NM Hall of Fame - Silver Horizons*
- 🏆 *NM Innovation Award - ABQ Business First*
- 🏆 *NM InnovateHER Award - SBA*
- 🏆 *NM Startup Weekend Women - 1st Place*

My Mom

(Lillian, 85)



Our World is Aging



- **By 2030, more than 30% of New Mexicans will be age 60+**

Teeniors®



Here's How it Works



You contact us.



We contact our Teeniors.



Your coaching is set up!

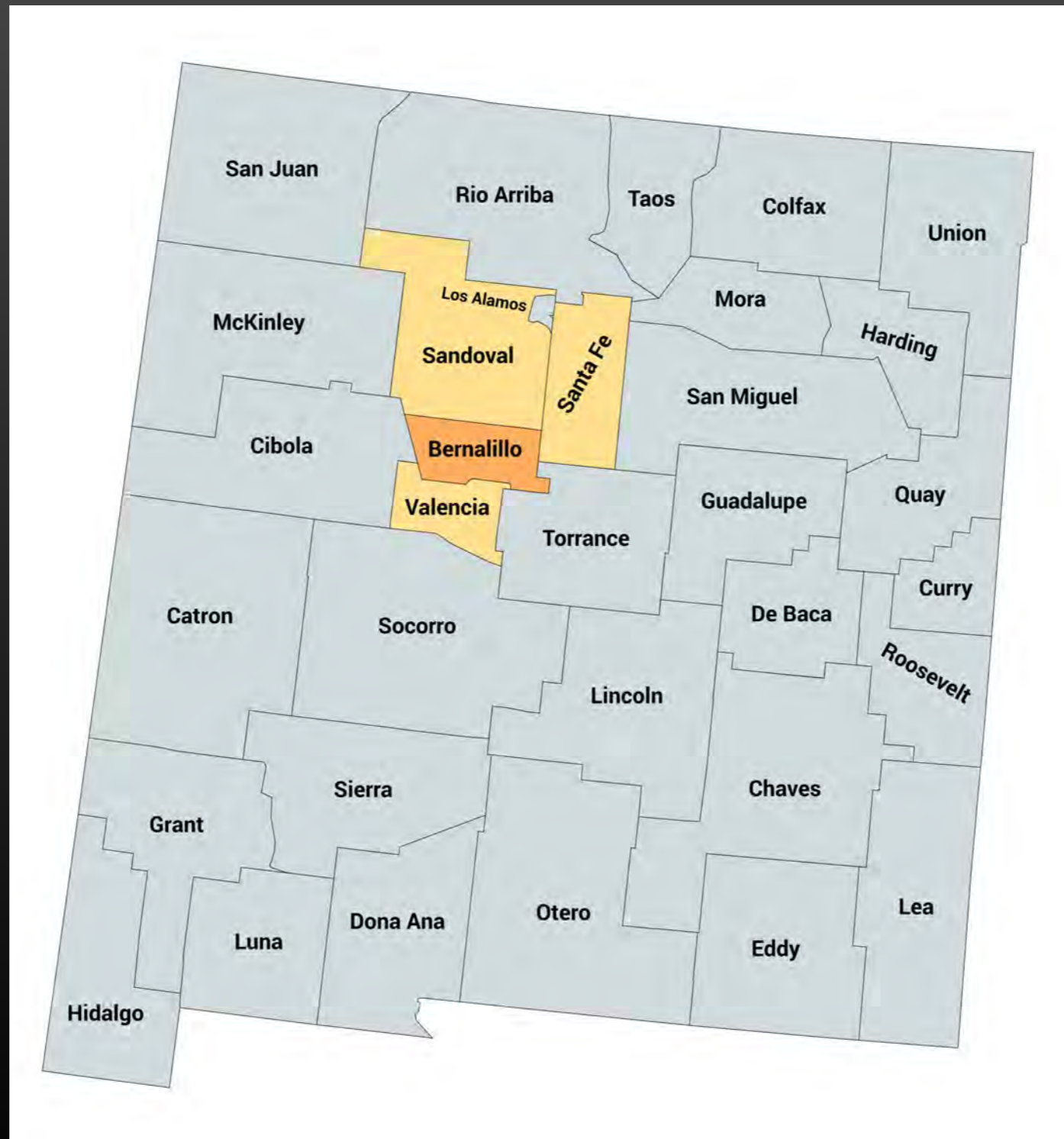
Trish Lopez (That's me!)



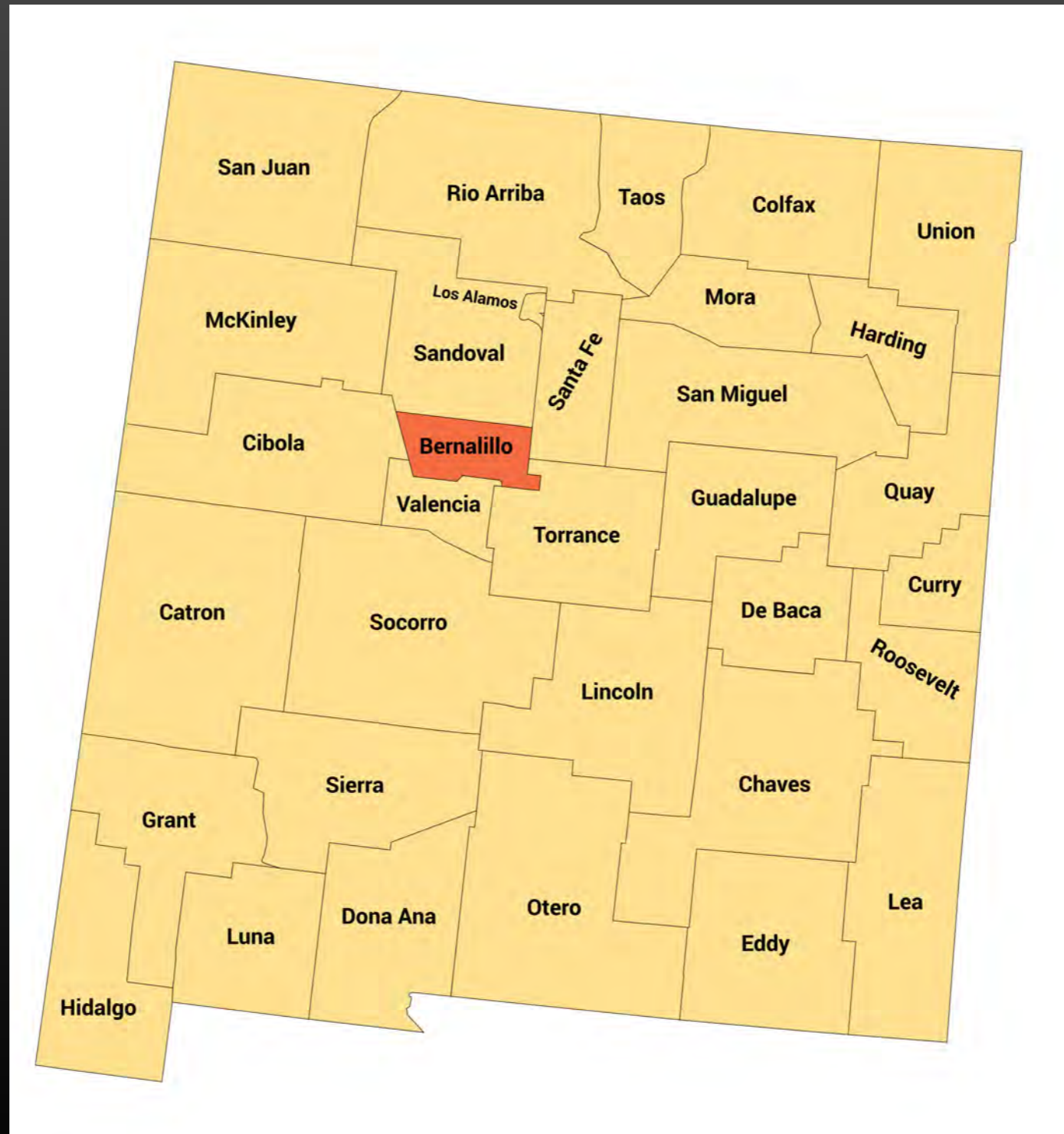
Our Team



Where We Are Today



Where We Hope To Be...



Welcome!

Digital Skills: Modern Tools

Today



- “Smart” Devices
- Broadband
- Mobile Phones
- Internet
- Video Calls
- QR codes
- Artificial Intelligence
- Free Resources

Technology Today

Smartphones



Smart Homes



Smart Doorbells



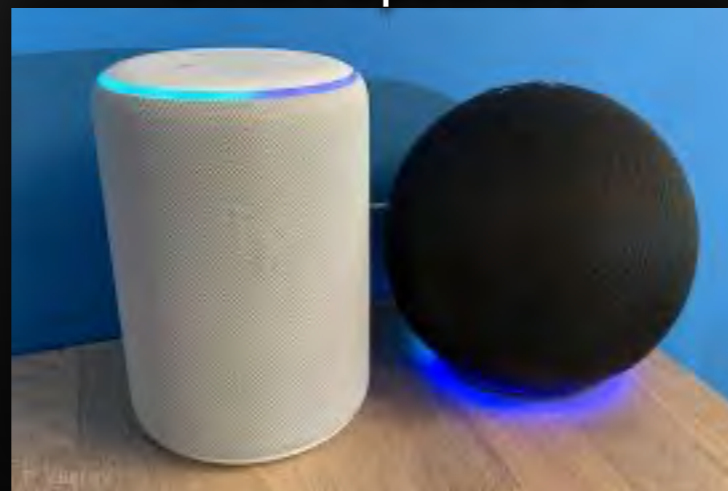
SmartTV's



Smart Watches



Smart Speakers



Bluetooth



What is **Broadband**?



“Electricity of the 21st century”

Broadband

- **Broadband:** high-speed internet access — much quicker than the old dial-up connections. With dial-up, you could only connect one way at a time, which made it slow. (Envision a lot of people trying to get through a single narrow door; it takes forever. Broadband opens many doors at once, letting lots of data flow through easily.)
- **Broadband includes** several high-speed technologies such as fiber, cable modem, wireless...it's a fast and reliable way to access the Internet that lets us do many things at once (stream a movie, play a game) without waiting.
- **Always On:** Unlike dial-up, which you had to connect to every time, broadband is usually "on." This means you can go online anytime without waiting for a connection.

Mobile Phones | Smartphones

NETWORK EVOLUTION

1G

1980 -
2003

Wireless voice
communications.
Phone calls only!



2G

1991 -
2019

The inception of texting!
In addition to more reliable voice
calls, SMS and MMS messaging
capability were now allowed
between devices.



3G

1998 -
PRESENT

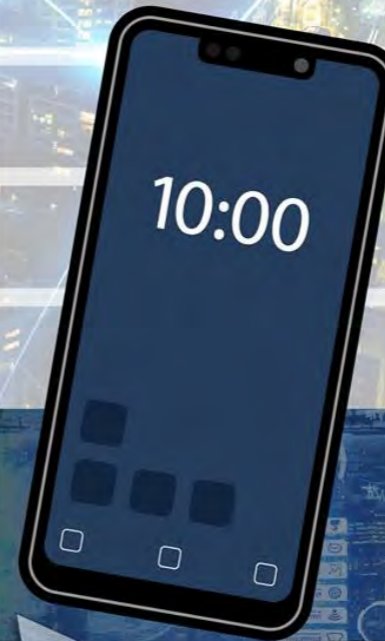
Video calls and mobile internet!
This era saw web pages undergo
complete redesigns to be
optimized for a mobile
experience.



4G

2008 -
PRESENT

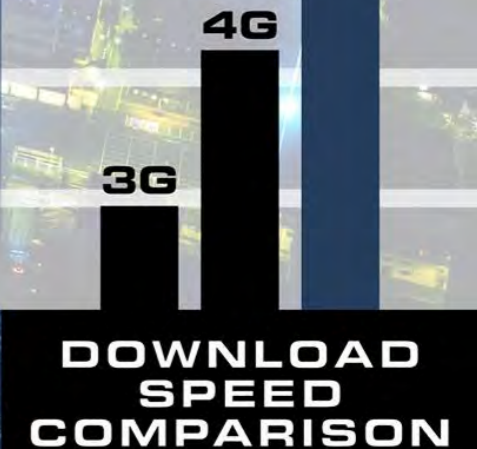
Data transmitting speeds up to
500x faster than 3G. Mobile was
becoming the preferred method
to browse the internet.



5G

2024

The next step.
4G saw a major
speed improvement
and 5G is predicted
to be up to
20x faster!



FIRE-MONITORING.COM

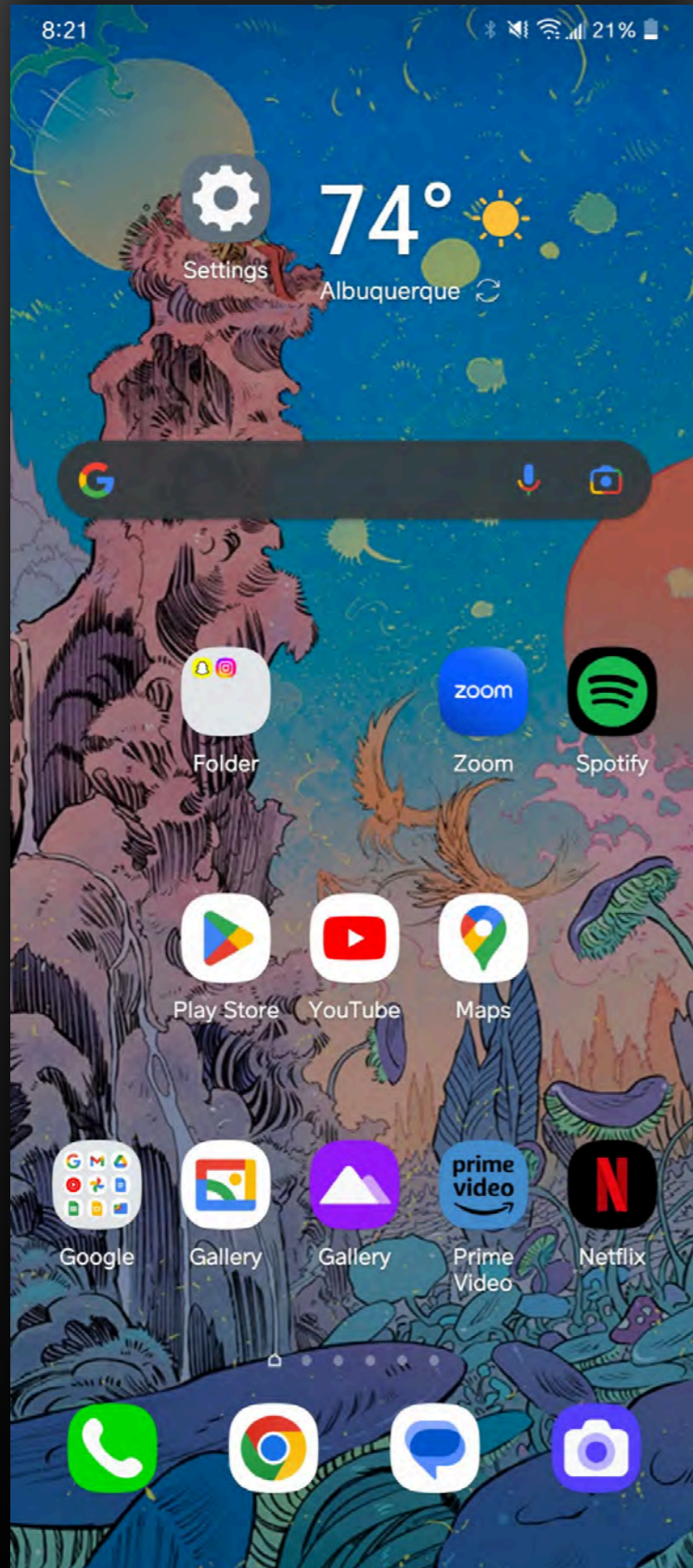
iPhone



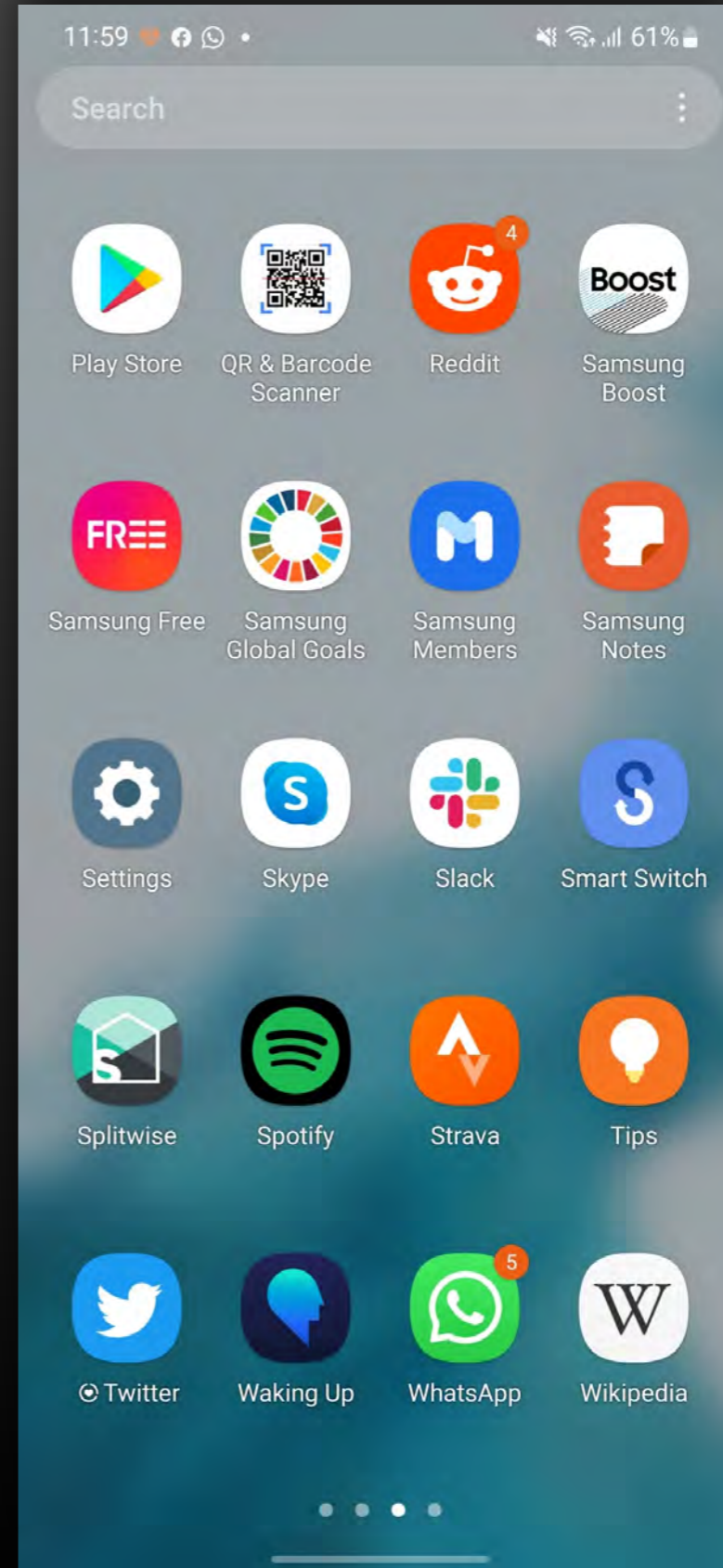
iPhone



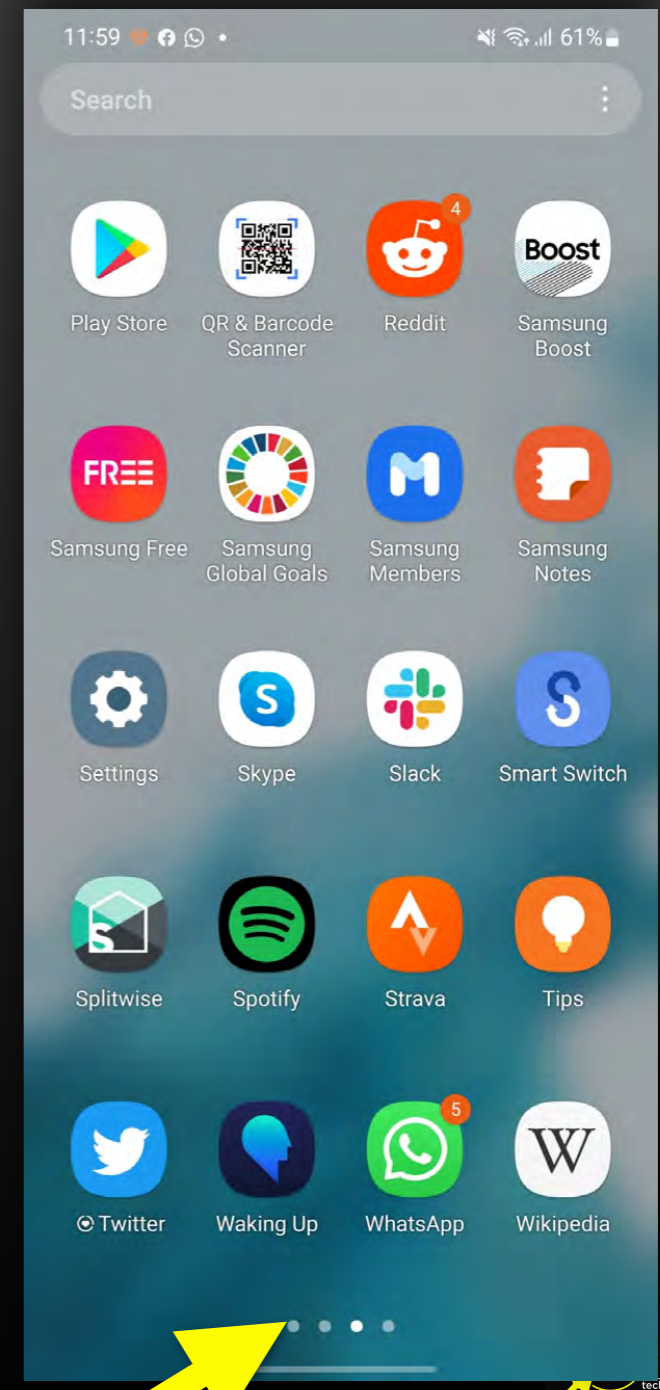
Android



Android



You Can Never Get Lost. You Can Always Go Home.



How To... the Internet?



How Do You Connect?

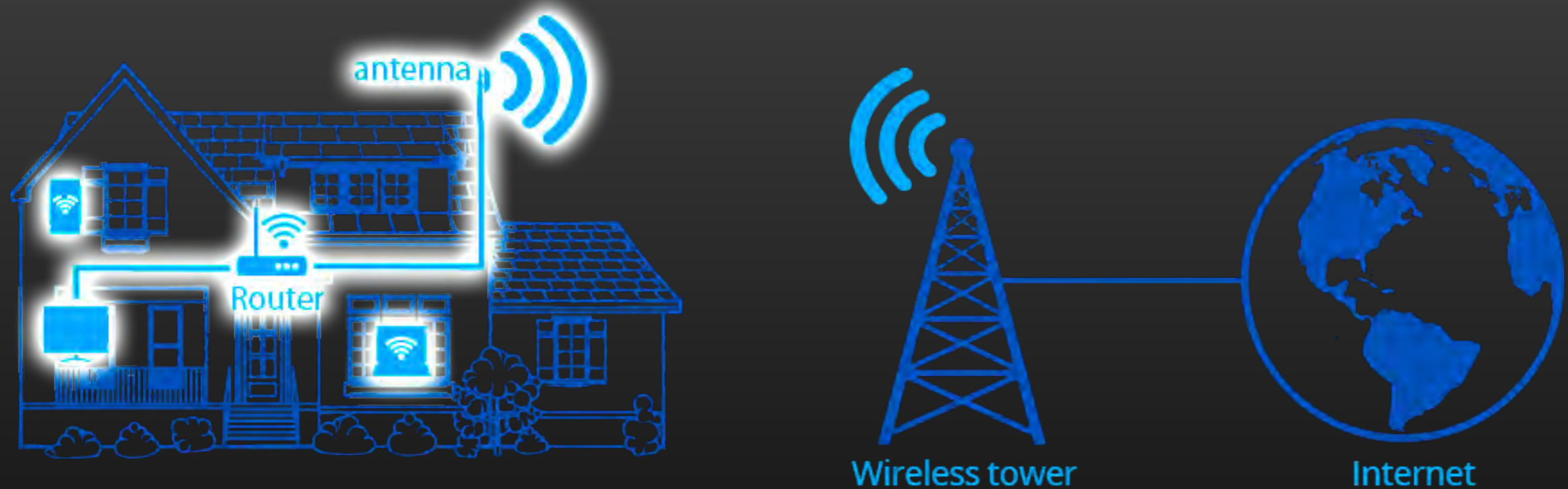


Cellular
Data



Wi-Fi
Data

Cellular Data



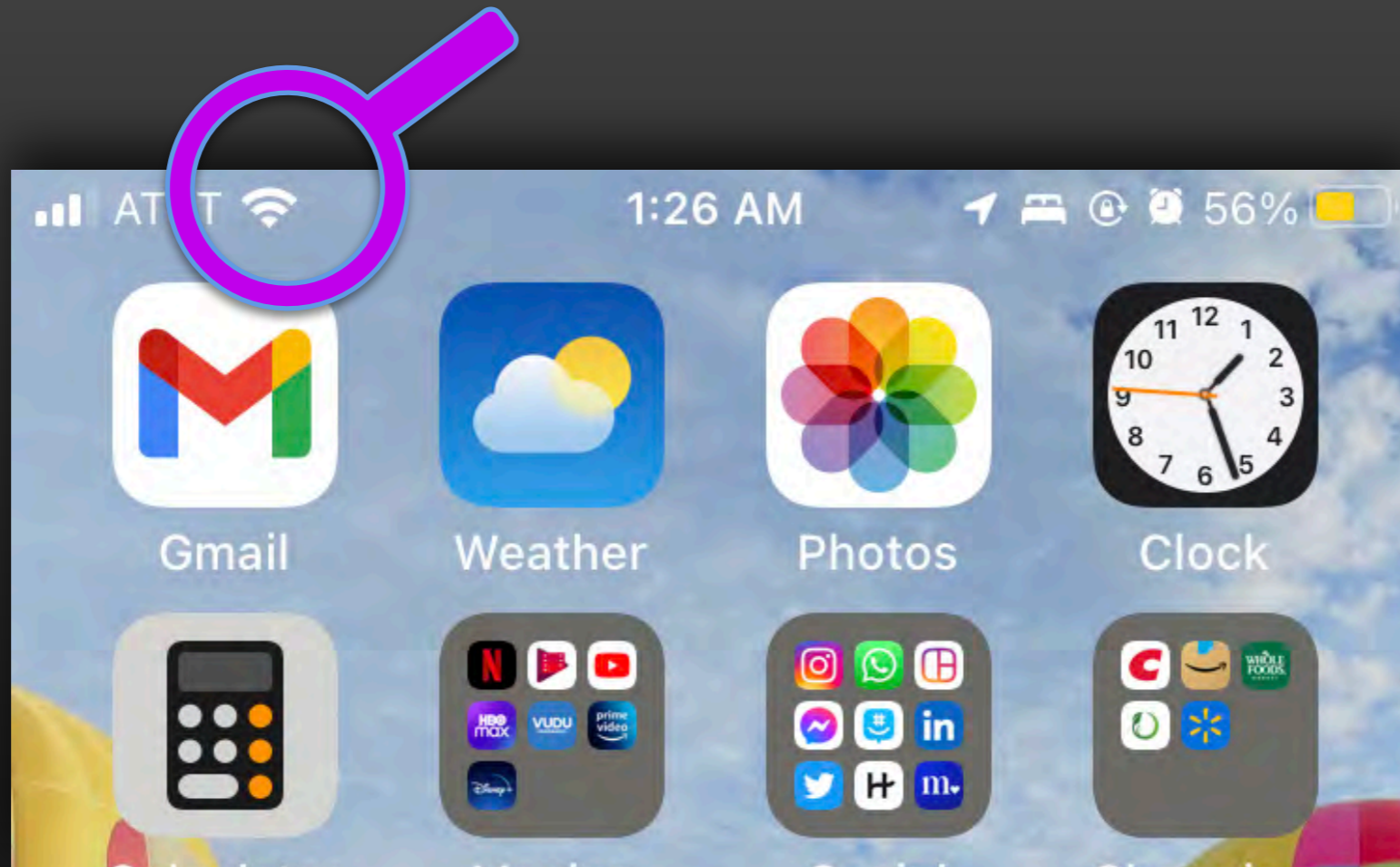
Cellular data = the default for mobile devices; it provides access to the Internet when you're not within a Wi-Fi connection.

Wi-Fi

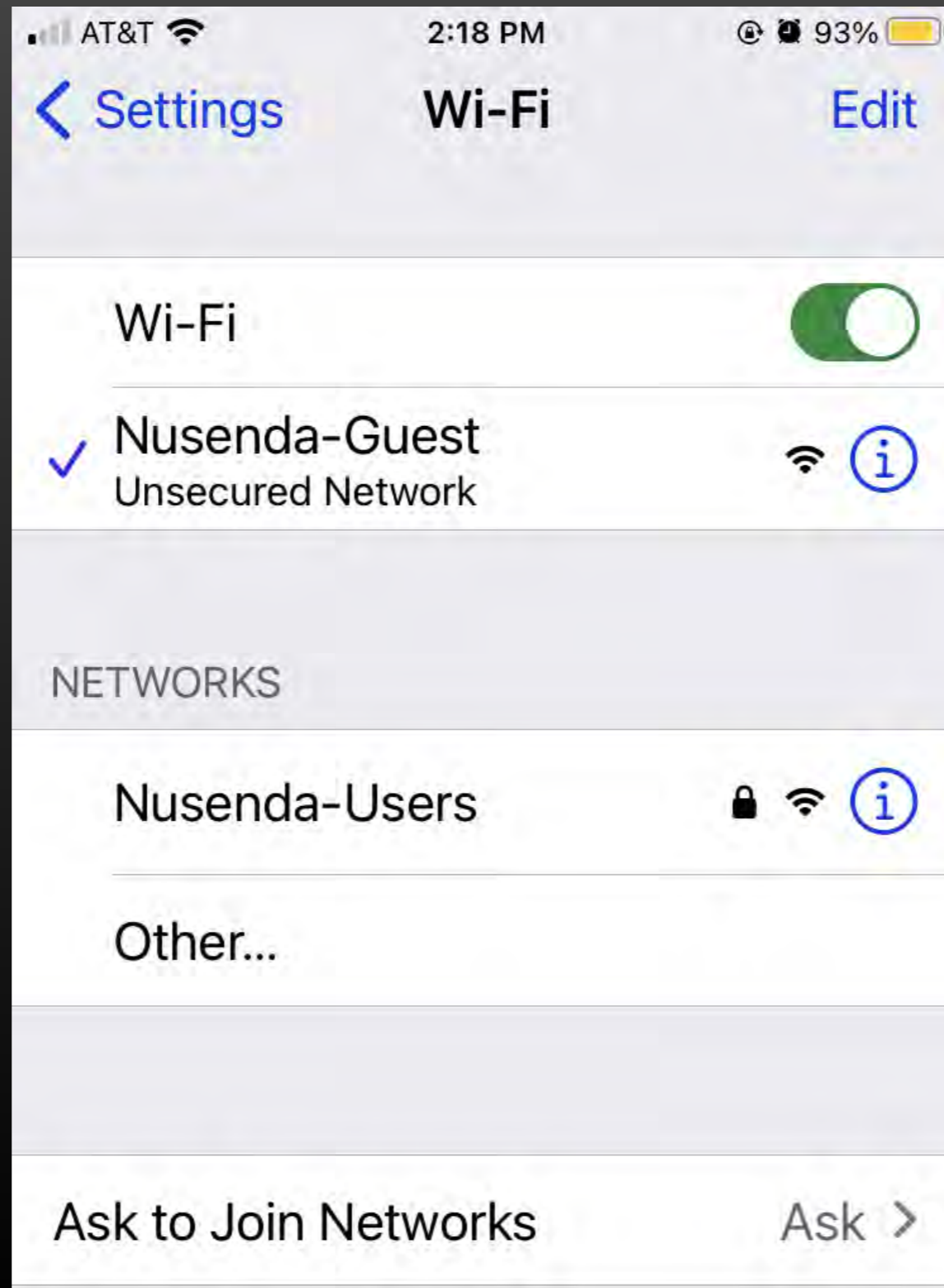


Wireless technology: allows us to connect computers, tablets, smartphones etc. to the nearby internet. through the radio signal sent from a wireless router to a nearby device.

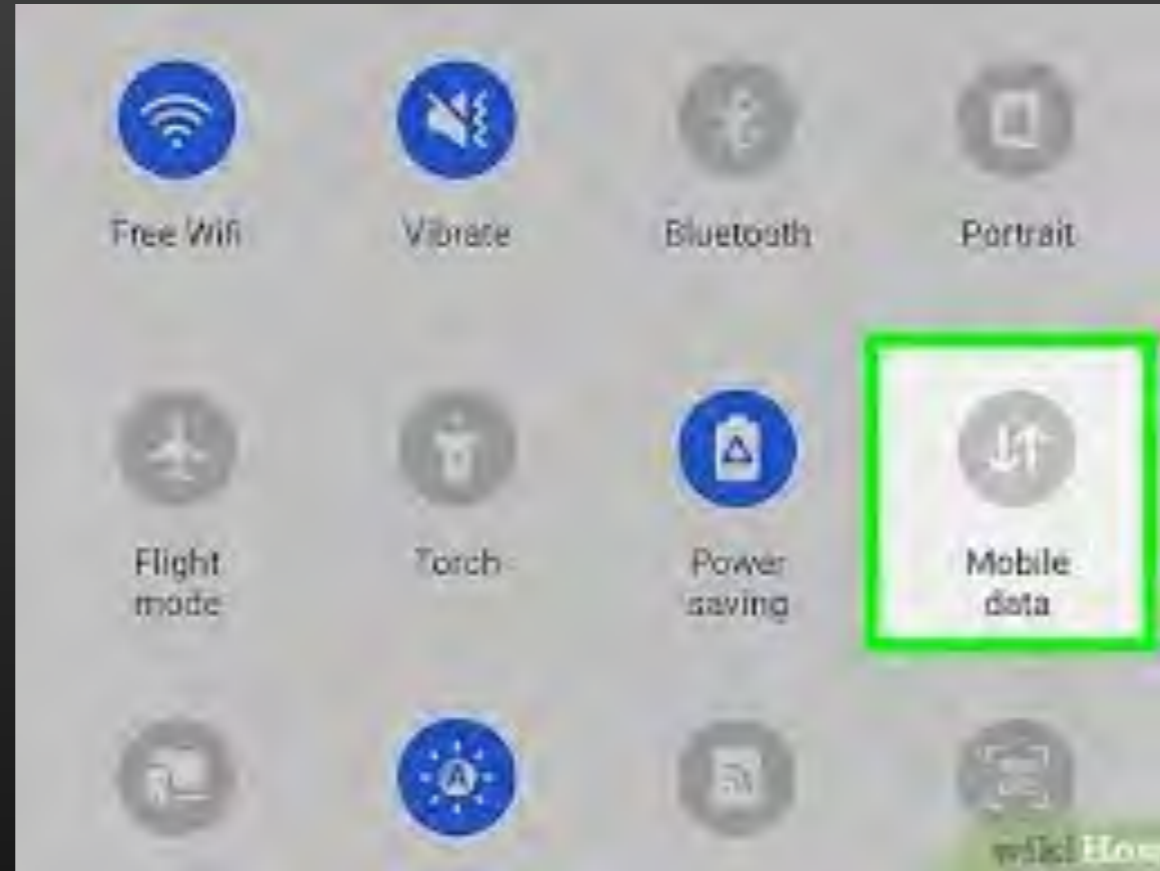
Wi-Fi



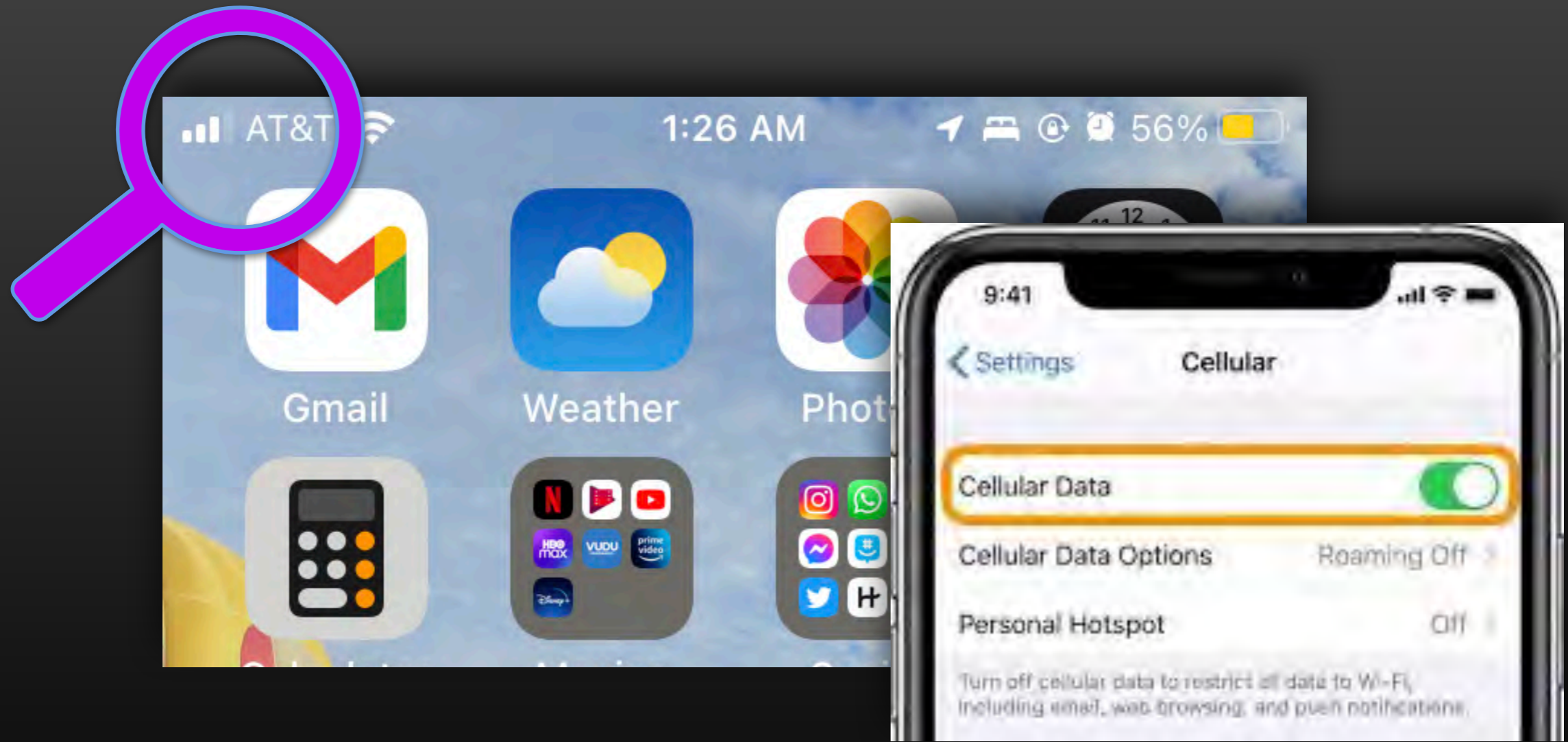
Connected to WiFi



Cellular Data



Cellular Data



Where Can We Use Internet?

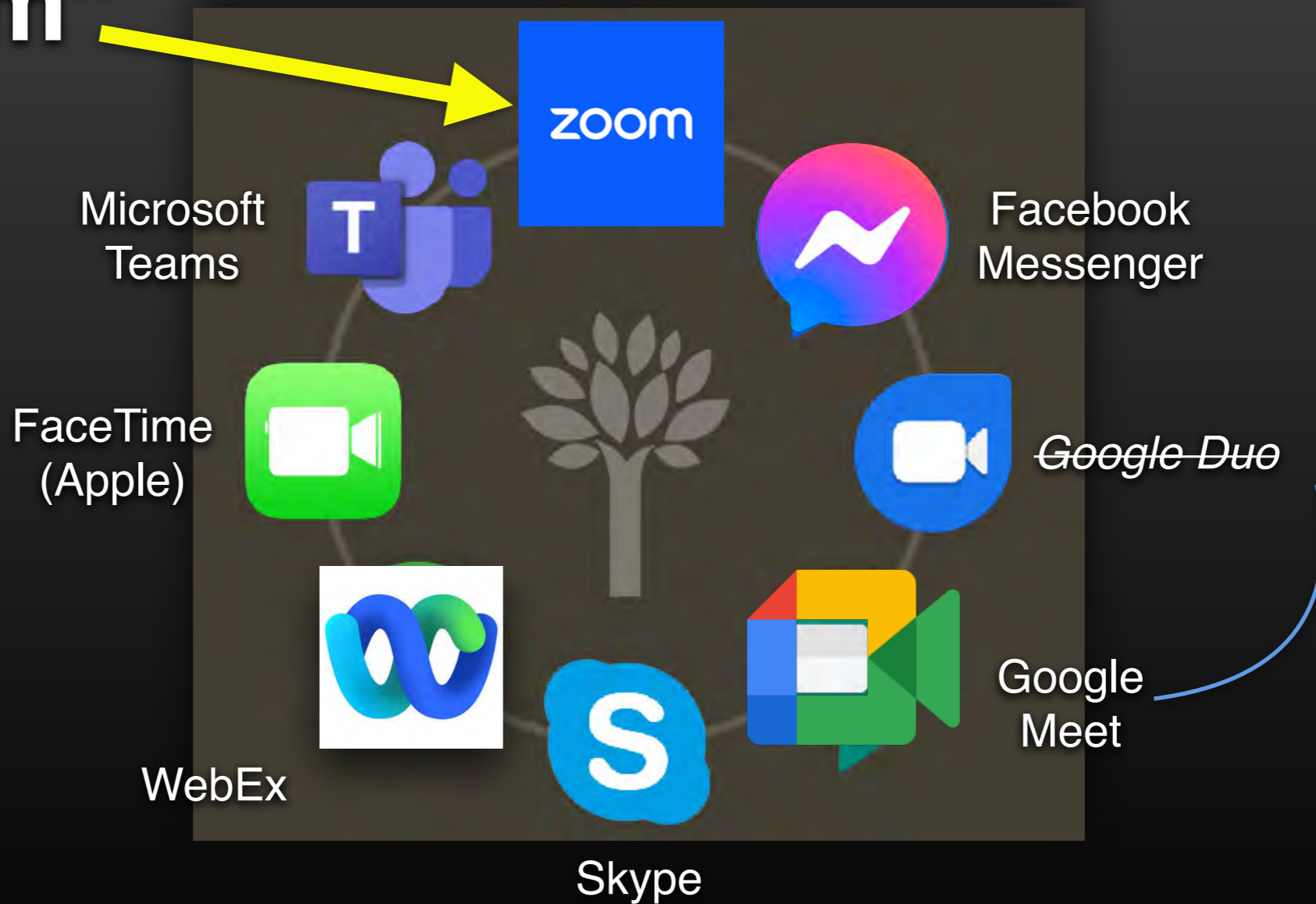


Video Calls



Video Calling Platforms

“Zoom”



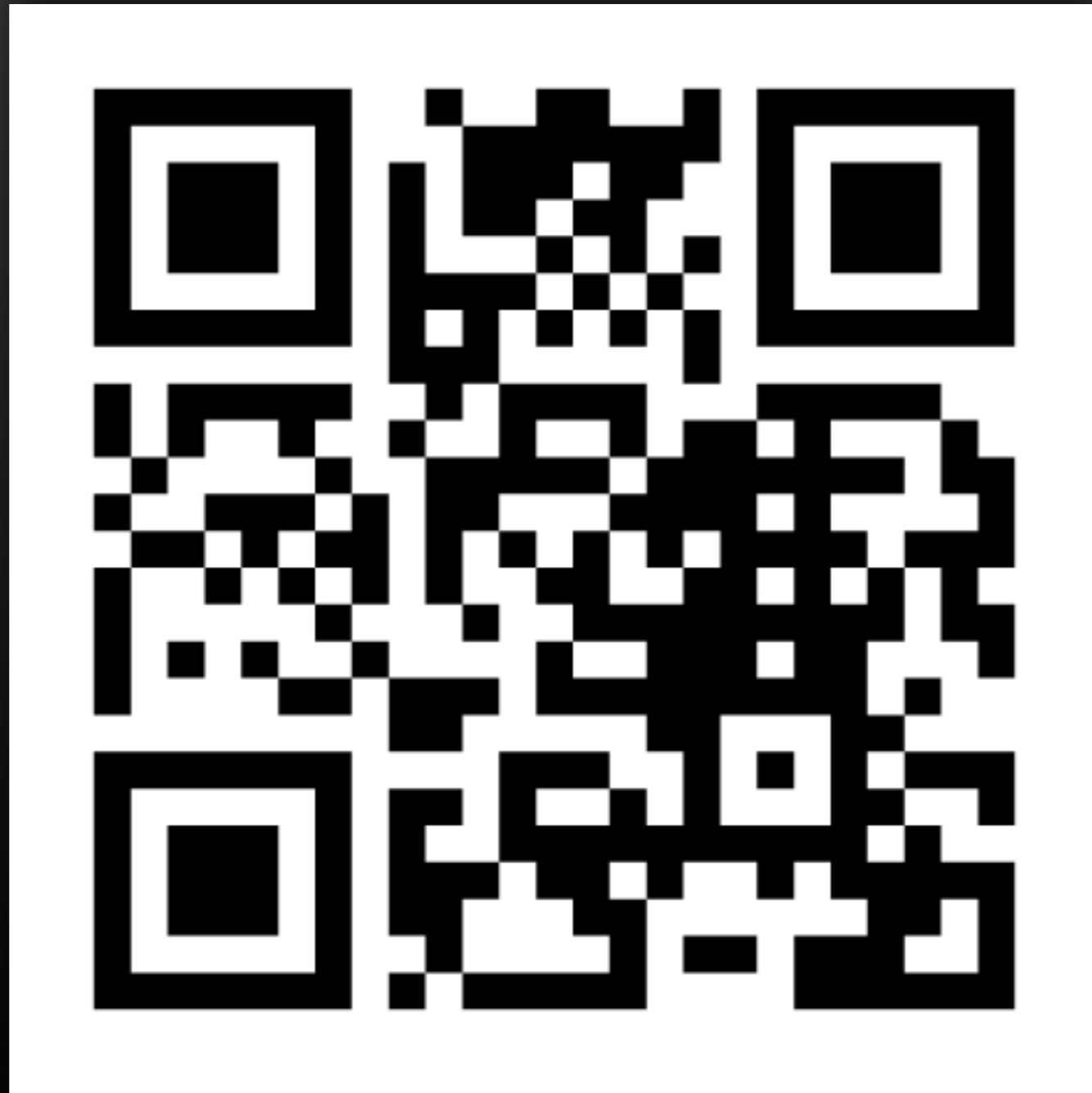
How it Looks (Mobile)



How It Looks (Computer)



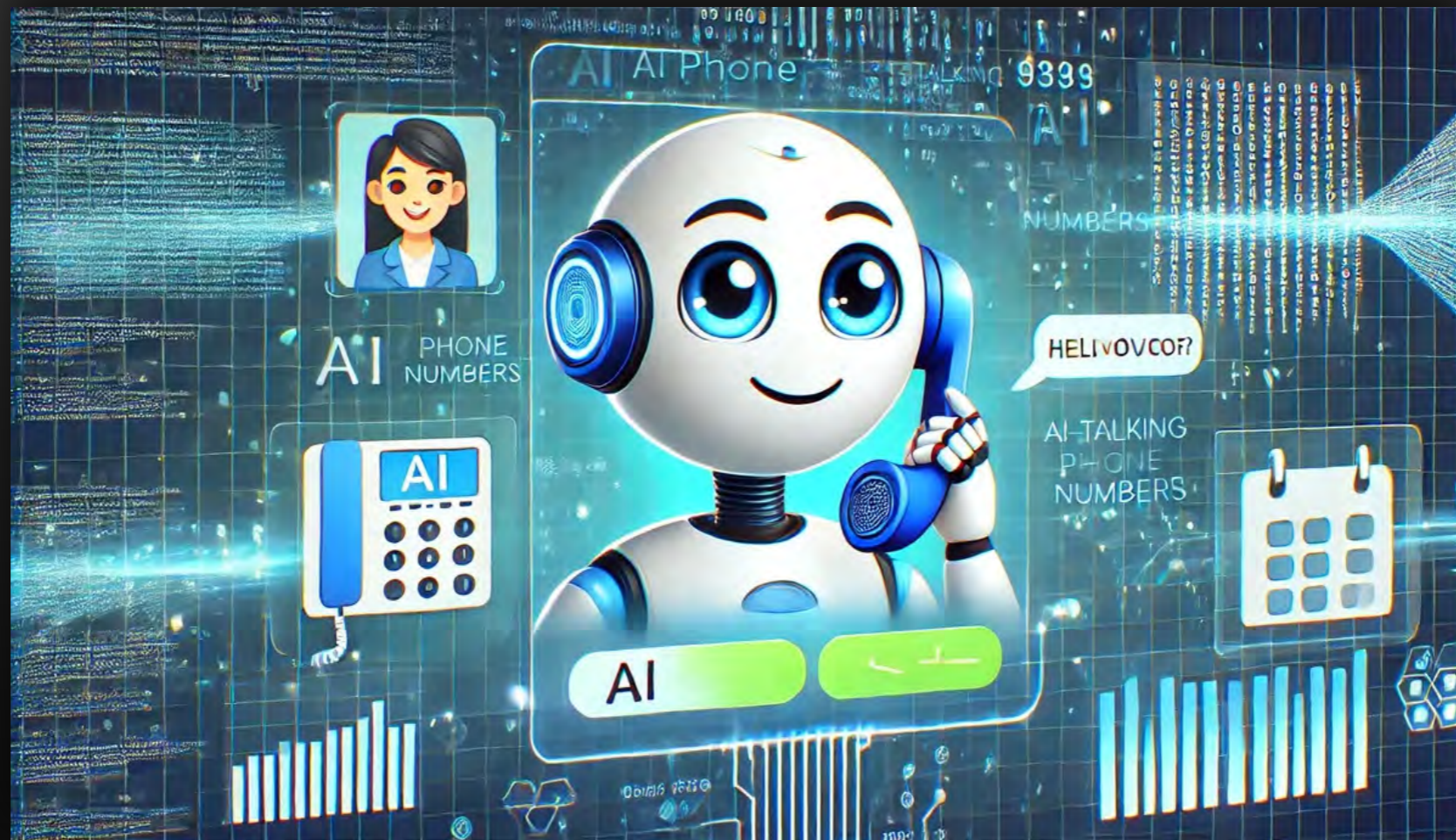
What is a QR Code?



What is a **AI**?

A.I. =

Artificial Intelligence



How does AI work?

LEARNING

As you and I learn from school or practice, AI learns from lots of information. (Example: show an AI thousands of pictures of cats and dogs; it can learn to tell the difference between them.)

DATA

AI uses data (lots of info) to figure things out. The more data it has, the smarter it can become.

PATTERNS

AI looks for patterns in the data. For instance, if it sees that most people who like action movies also like superhero movies, it will suggest those.

Where Do We See AI?

VOICE ASSISTANTS

Siri or Alexa...

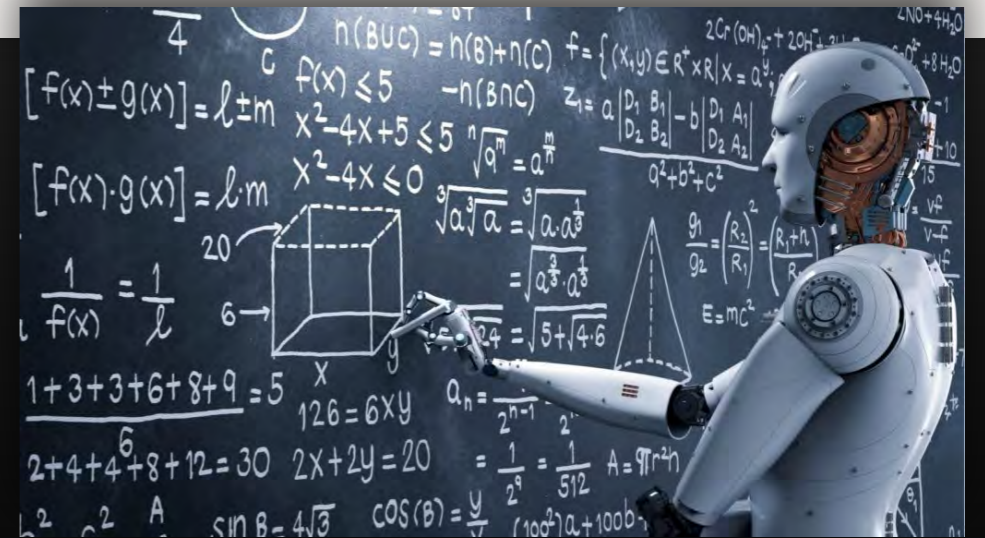
VIDEO GAMES

AI controls characters that can act smartly and challenge you.

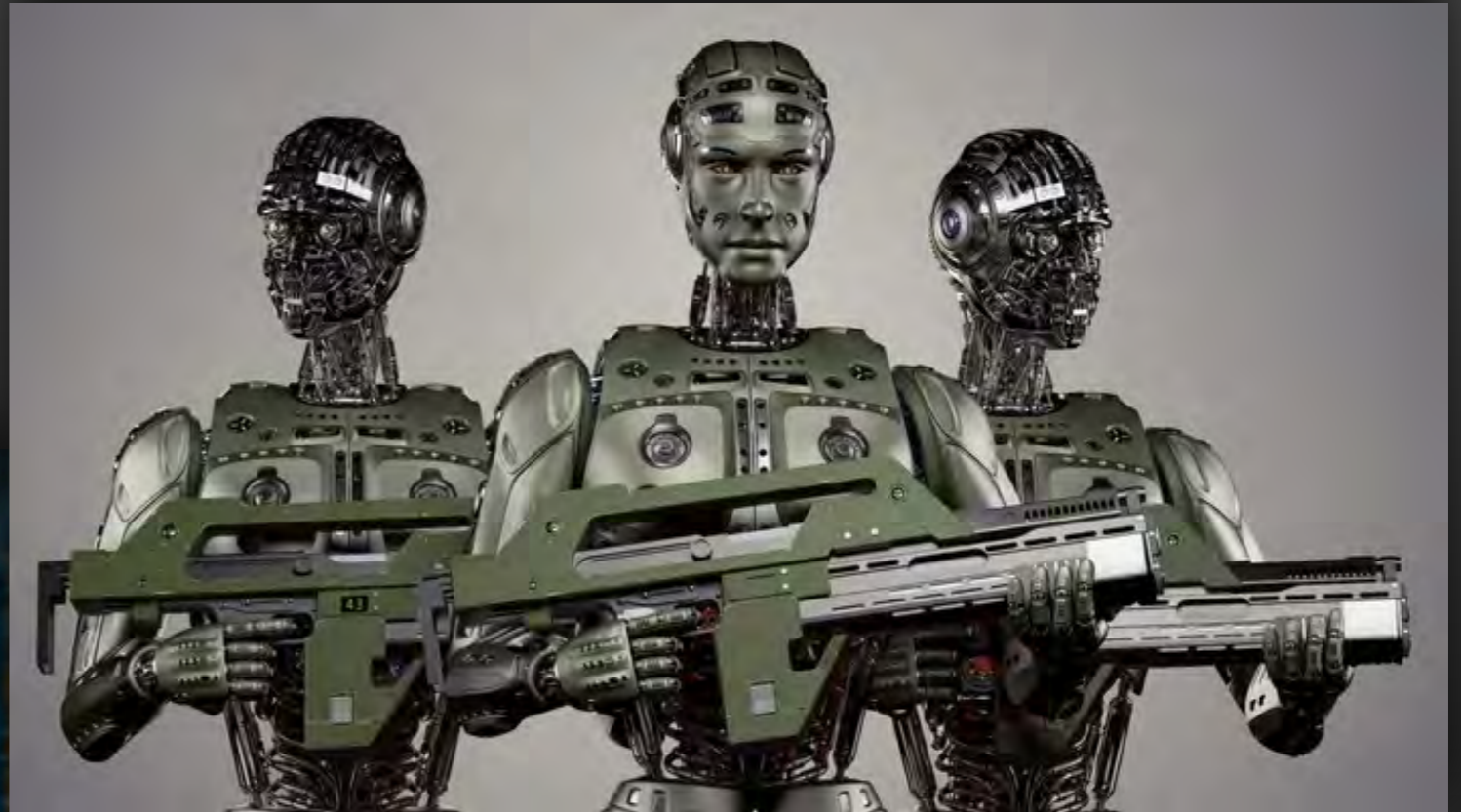
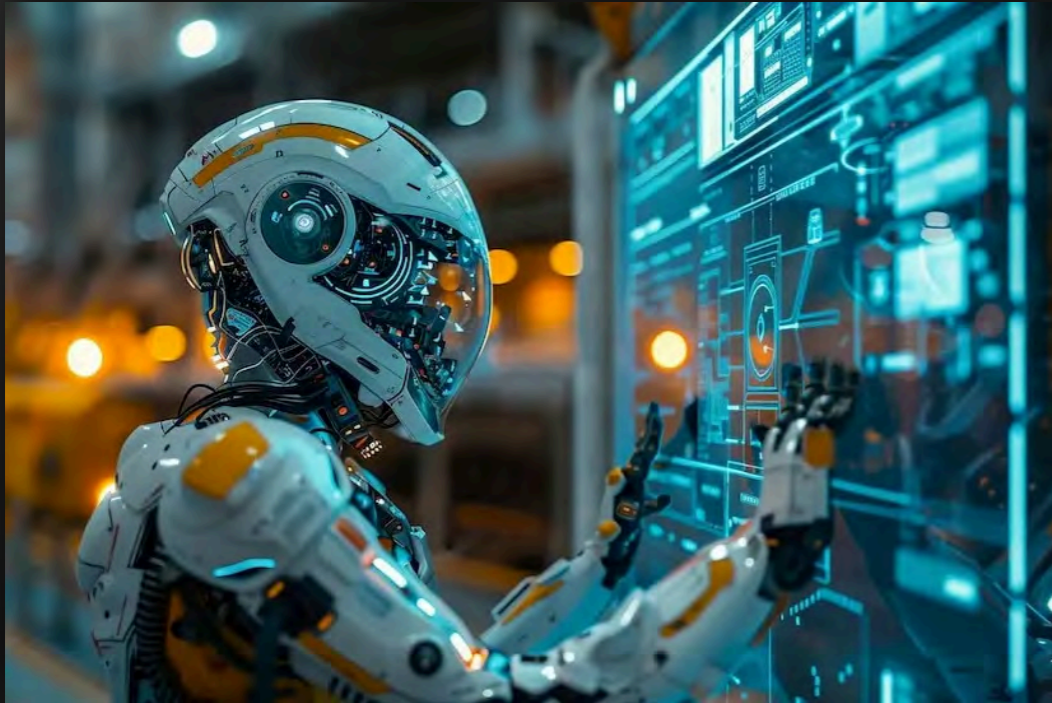
ONLINE RECOMMENDATIONS

When Netflix suggests shows you might like based on what you've watched,...

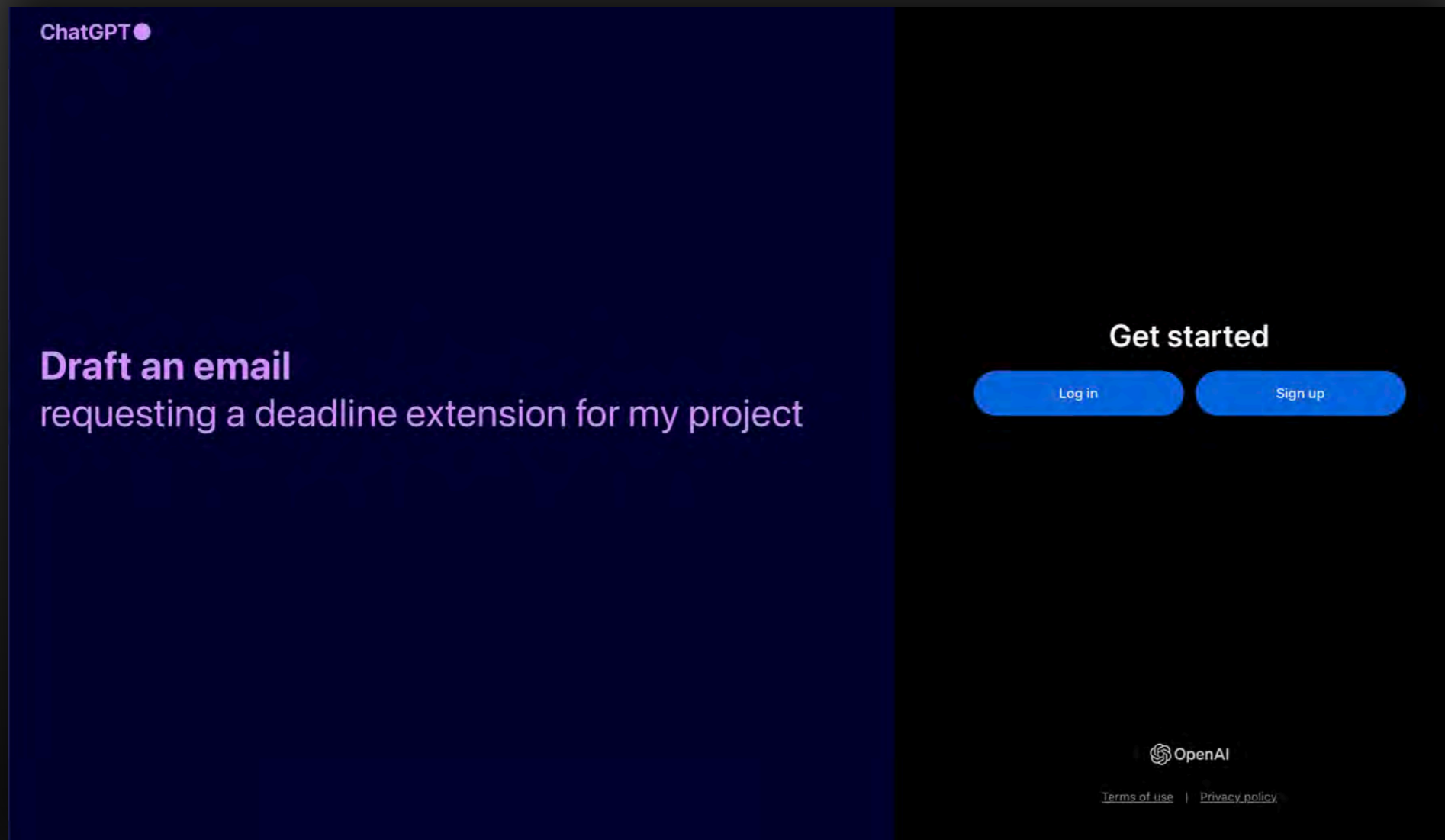
Why is AI so cool?



What About the Dangers of AI?



Live Example of AI?



The image shows a split-screen view of the ChatGPT interface. On the left, a dark blue chat window displays the text "ChatGPT" at the top, followed by a prompt: "Draft an email requesting a deadline extension for my project". On the right, a black login/sign-up screen is visible, featuring the heading "Get started" and two blue buttons labeled "Log in" and "Sign up". At the bottom of this screen, the OpenAI logo and the text "OpenAI" are present, along with links for "Terms of use" and "Privacy policy".

Questions | Comments



Free Resources

Teeniors

www.teeniors.com

Your Public Library

Internet Essentials (Xfinity | Comcast)

\$10/month internet | \$150 Laptops

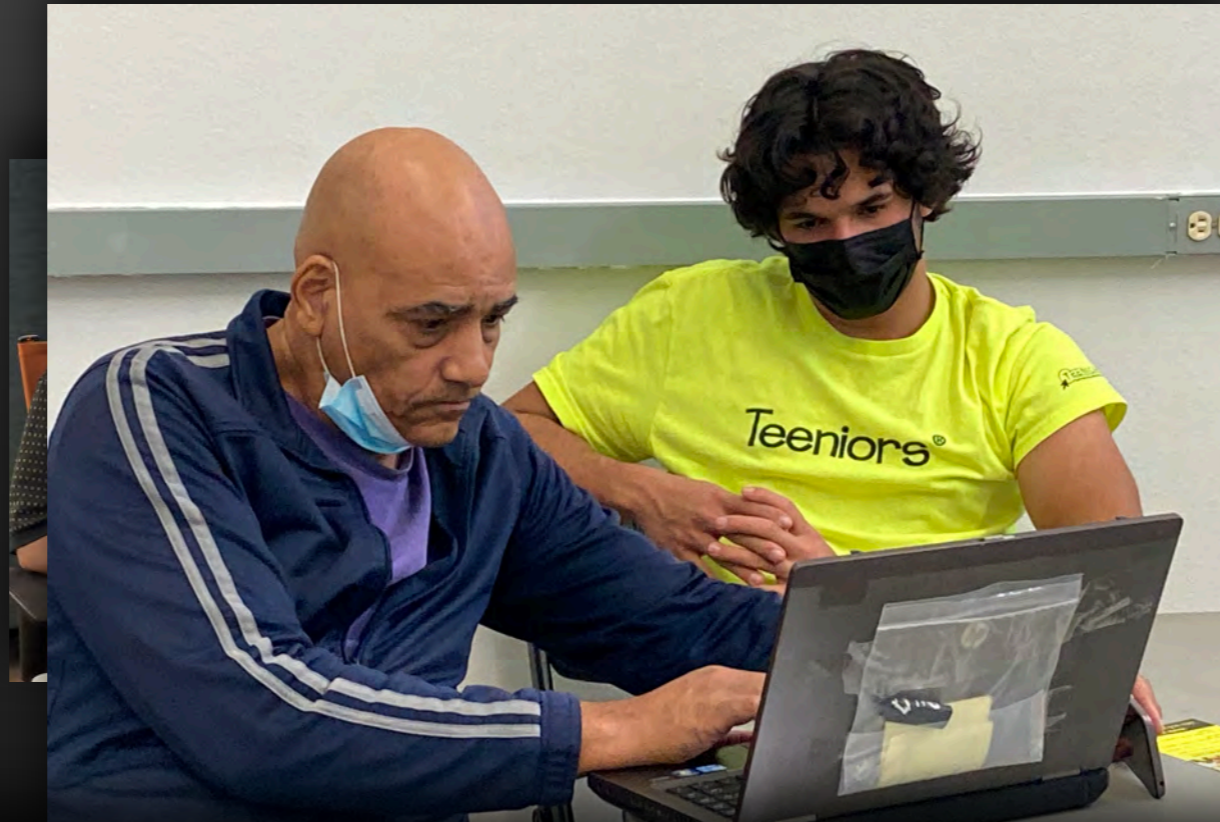
internetessentials.com

NM-NEW

<https://www.cnmingenuity.org/program/nm-new/>

Mission

Human Connection. Empowerment.



5. Comments:

I am overwhelmed with joy /
learned so much today. I actually
feel that there is hope for
me. Looking forward to future
classes. — I'M HAPPY!!



Connect with us!



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