Humor
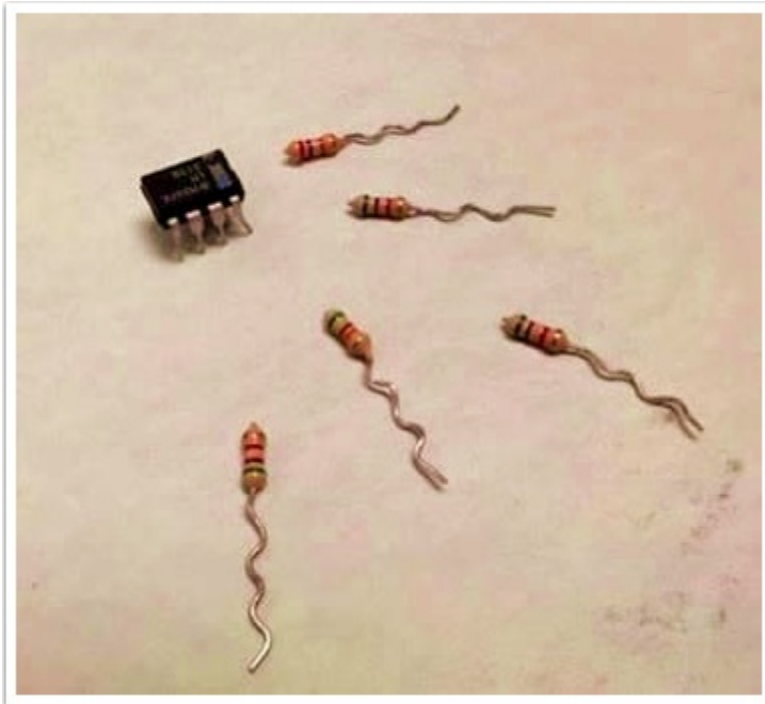
Our worst fears....

Kind of give you pause....

How computer virusus replicate....

iOS

5 Apps Doing a Terrible Job of Protecting Your Privacy, by Connor Cawley of tech.co

https://tech.co/5-apps-terrible-job-protecting-privacy-2018-03

Whether it's surfing the web or changing your clothes, everyone deserves a little privacy. Unfortunately, one of the biggest downfalls of our widely-connected, technology-obsessed society is that keeping your personal information to yourself is pretty much impossible. Whether its 20-page privacy policies or elaborate phishing scams, personal data has become a marketable asset for anyone willing to collect it. And unfortunately, its not exclusive to hackers.

Disapearing icons on your iOS device? Here is a solution..

https://9to5mac.com/2018/03/16/how-to-keep-apps-from-disappearing-from-your-iphone-by-turning-off-app-offloading/

Have you noticed apps disappearing from your iPhone or iPad? There might be a simple explanation to what's going on, a new feature that automatically offloads unused apps from your iOS devices. Follow along for how to turn this feature off. Apple introduced the *Offload Unused Apps* feature with iOS 11 to help users with limited iPhone storage. All in all, it's a useful addition, but if it's on accidentally or without your knowledge, it can make for a frustrating experience.

Air Drop.. your under utilized friend.... by Joe Tonelli of Gizmodo

https://gizmodo.com/airdrop-is-your-iphone-s-most-underrated-tool-1823826738

For all the complains you can levy against Apple—user-hostile repair and upgrade practices, The Great Slowdown, removing the headphone jack—there remains an undeniable truth: Overall, the user experience you get from using Apple's devices is simply better than anything else. And this is doubly true if you stay within Apple's walled garden. Things just. work well together. And work well together. iMessage, Siri, iCloud—they're all built in, and require minimal effort to get up and running.

OSX

This video shows you 6 Best Mac Apps for February 2018.

https://www.youtube.com/watch?v=19fZG8arEZc&ab_channel=CamTechE-Learning

Non Apple but Interesting Tech

Tech Aids for Seniors

iPad   9:01 AM   52%

HEALTH

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SUCCESSFUL AGING

Three tech innovations to help older adults

Helen Dennis
Columnist

Dear readers, Technology has become one of the hottest areas of innovation in aging. I recently had the opportunity to attend the conference "Aging into the Future: Transforming Lives through Technology and Innovation" presented by St. Barnabas Senior Services. Held at the Biltmore Hotel in Los Angeles, it attracted about 500 participants. Here are a few of the featured tech innovations.

Gita

This robotic cargo vehicle was developed by Piaggio, a company best known for creating the Vespa scooter. Gita is a robotic vehicle that can follow a person and is designed to carry your stuff, leaving your hands free. It is described by the company as a "smart, nimble, cargo vehicle designed and engineered with the same attention to safety, braking, balancing, vehicle dynamics and performance that you would expect of a motorcycle or car." It can carry up to 44 pounds and move from a slow walking pace to a fast sprint. Gita operates outdoors, on sidewalks, ADA (American Disabilities Act) compliant ramps and detecting and avoiding obstacles as it goes. Although this innovation can be used for all ages, it's particularly useful for older adults who cannot carry groceries to their home or the picnic items to the beach. Note Gita is an Italian word meaning a ride or excursion. It soon will be on the market.

Audiojack

This was presented as an audio-based movie with a few hitches: it has no words, no music and no video. It consists of hundreds of sounds layered together so the listener can create a story from what he or she hears. The audio has been used for those with dementia and memory loss and for individuals going through chemotherapy. Its theme is "take back your imagination." At the conference, attendees were asked to close their eyes and listen to the sounds that were played. When the selection was over we discussed what we felt or observed. Every story or recollection was different. Some were observers; others were in the center of the activity. I heard sounds of rushing water and saw myself standing in front of Yosemite Falls. Such an experience fully engages participants with no wrong answers and no language or cultural barriers. It is available as a mobile app on Google and Apple devices. Users pay a monthly fee of $2.99 or with an annual subscription of $14.99. New audio files are added each month.

GoGoGrandparent

Co-founder Justin Boogaard identifies himself as a professional grandson. He lived with his grandmother, Grandma Betty, for three years — in Torrance — with no car. His grandmother had glaucoma in both eyes, an expiring driver's license and was frustrated with new services that required technology. She observed Justin using Uber and asked for the phone number. Justin replied, "There is no phone number; you need a smartphone" which his grandmother did not have or want. With some trickery, Justin gave his grandmother a phone number and asked her to call that number; the "service" would connect her to Uber. This continued for a while. Grandma Betty told her friends who told their friends. Justin said he and his partner were getting 100 calls a day. And so GoGoGrandparent was born as an on-demand ride sharing service for older adults with no smartphone. One calls 855-464-6872 and the person on the line arranges a ride using either Uber or Lyft. The vehicles typically are a little larger and accommodate canes and walkers. Drivers are patient, particularly if a person needs a bit more time to get in and out of the vehicle.

Send email to Helen Dennis at helendenn@aol.com, or go to www.facebook.com/ SuccessfulAgingCommunity

NUTRITION

SENIOR MOMENTS

Pride and dust bunnies goeth before the fall

Like many accidents, it was dumb. One moment

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Apple Core

Best Uses for Siri

https://www.imore.com/how-call-message-and-email-your-contacts-using-siri