

# Tech for Seniors, Part 1

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# Overview

- Security
- Search
- Exercise

# Security: The Problem

- Nearly 500,000 cybercrime complaints yearly



# Security: Online Shopping

 <https://www.amazon.com>

 <http://www.amazom.com>

- Require HTTPS encryption
- Check site quality: Spelling, grammar, design
- Too good to be true?
- Use credit (not debit) cards
- Don't shop online from coffee shop, airport
- Use strong passwords, e.g. dGl#4k@W2!H

# Security: Password Manager

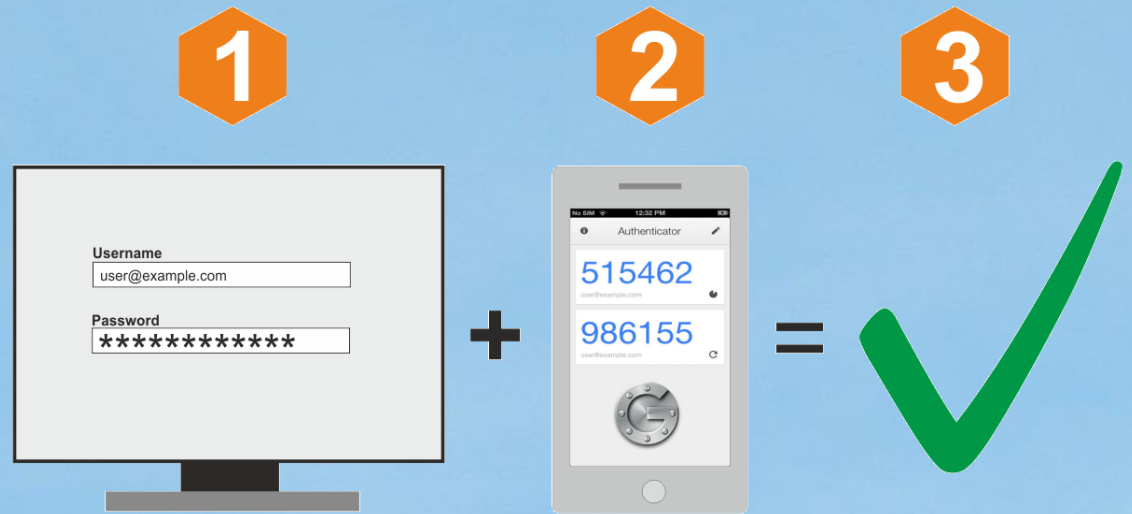
- Creates strong passwords, fills them in for you
- Alerts you to breaches
- Can share with family
- Only one master password to remember
- But it had better be strong – and don't forget it!
- Don't use for your most sensitive accounts





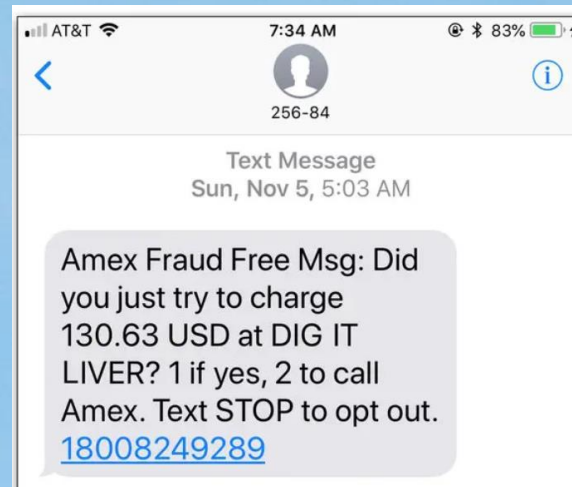
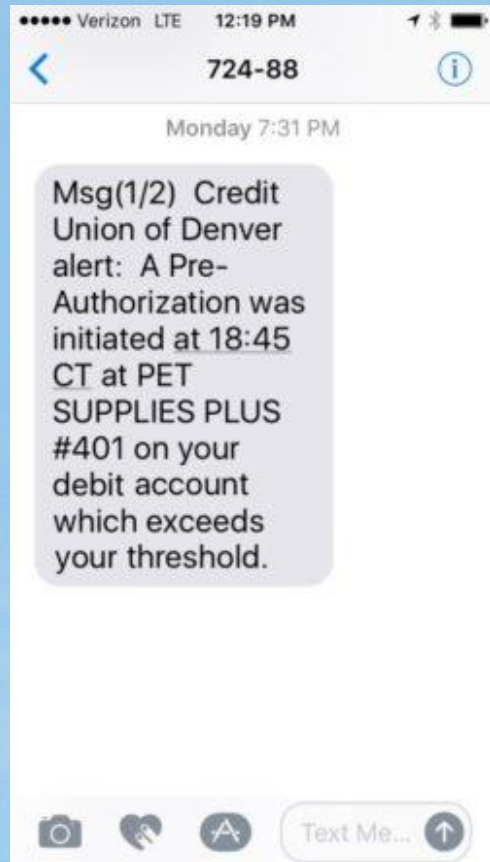
# Security: Two-Factor Authentication

- Something You Know
  - Password, PIN
- Something You Have
  - Phone (SMS or app), hardware key
- Something You Are
  - Biometrics – fingerprint, face scan



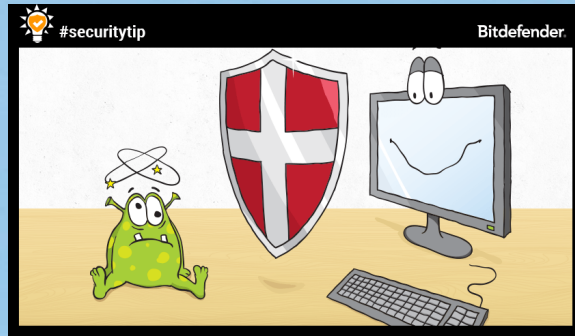
# Security: Alerts

- Notification when transactions occur



- This alert is fraudulent
- Never call a number in an alert
- Use the phone number on your card

# Security: Malware



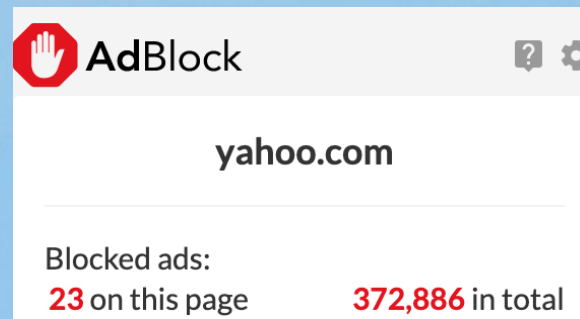
- Threats
  - Viruses, adware, spyware, ransomware
- Strategies
  - Be careful
  - Plan for recovery
  - Use antivirus software



# Security: Privacy

- Prevent Tracking
  - Browser settings: Block third-party cookies

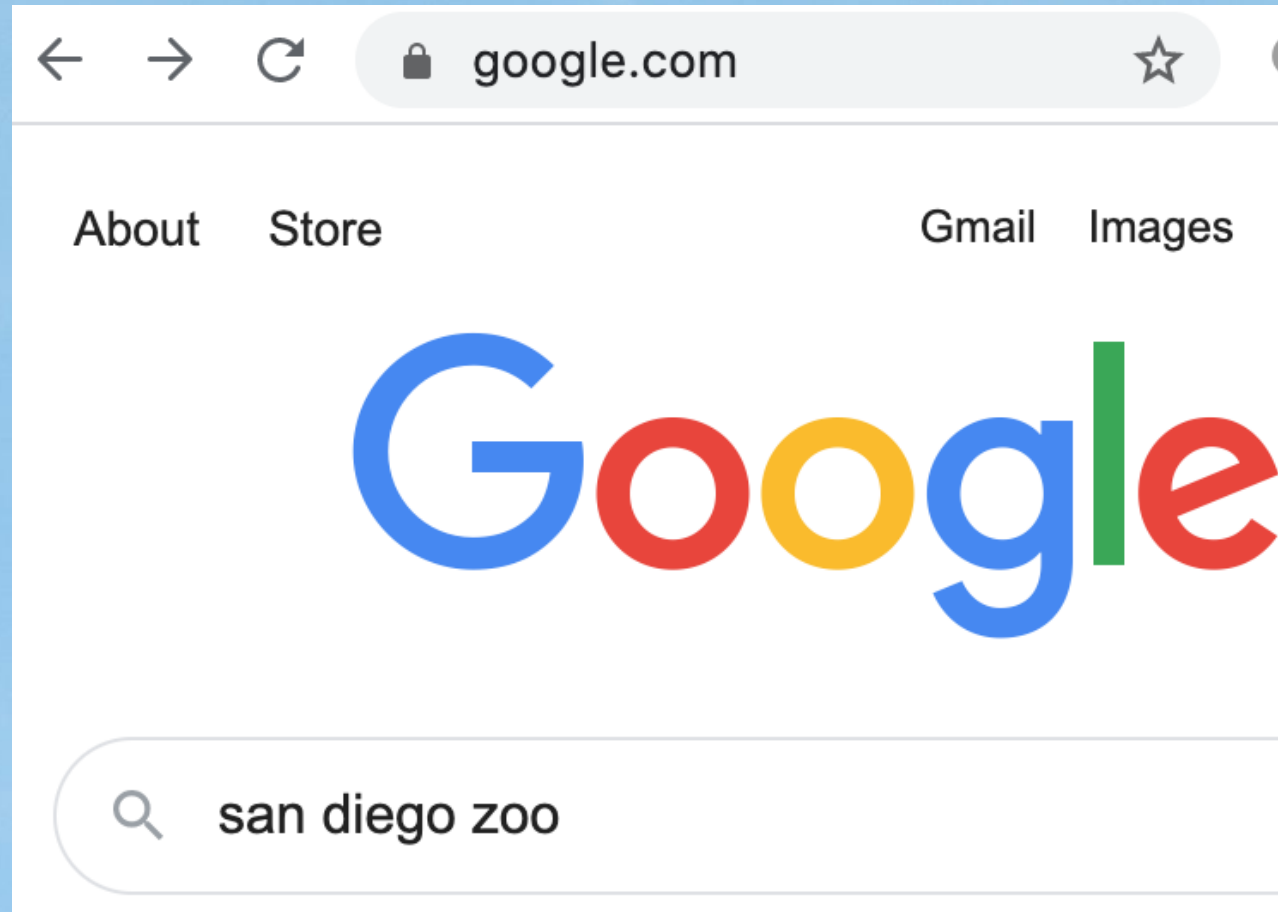
- Block Ads



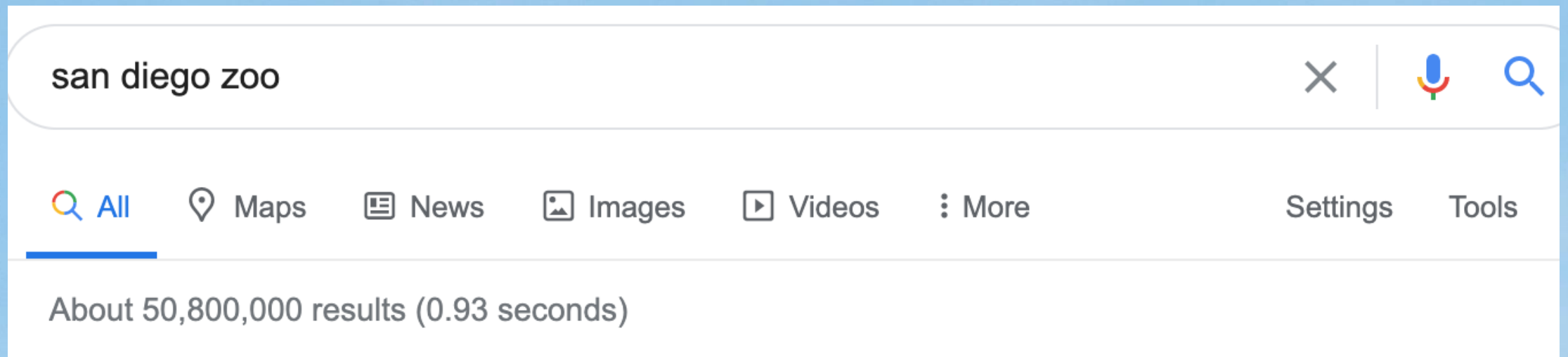
- Switch to Privacy-Focused Applications
  - ProtonMail, DuckDuckGo search, Opera browser



# Search: Getting Started











# Search: Refining By Type



The image shows a screenshot of a Google search interface. At the top, the search bar contains the text "san diego zoo". To the right of the search bar are icons for clearing the search (an 'X'), voice search (a microphone), and a magnifying glass. Below the search bar is a horizontal menu with several options: "All" (with a magnifying glass icon), "Maps" (with a location pin icon), "News" (with a newspaper icon), "Images" (with a picture icon), "Videos" (with a play button icon), and "More" (with a vertical ellipsis icon). To the right of this menu are "Settings" and "Tools" links. Below the menu, the text "About 50,800,000 results (0.93 seconds)" is displayed. The "All" option is currently selected, indicated by a blue underline.

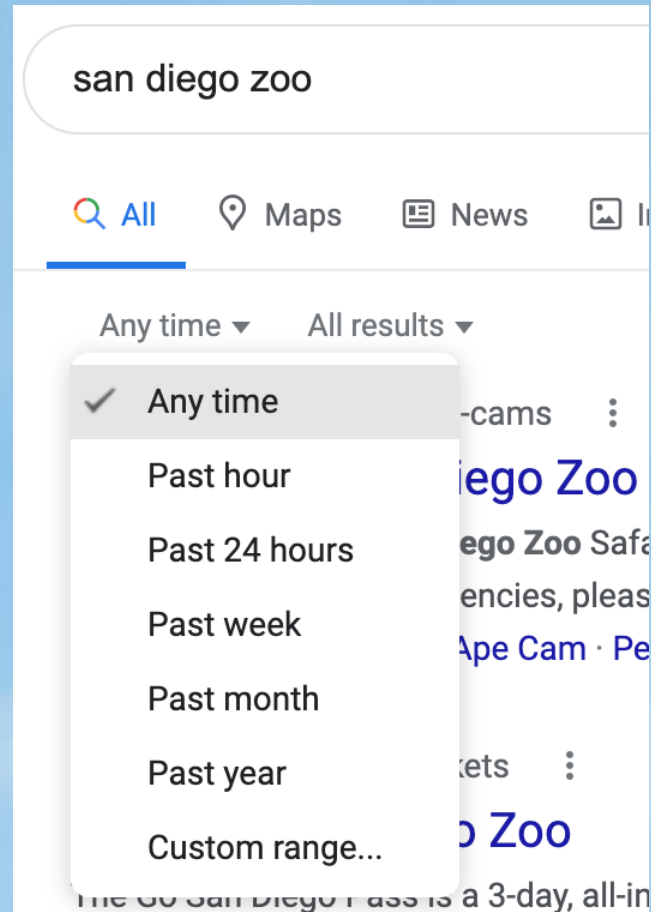
san diego zoo

× |  

 All  Maps  News  Images  Videos  More Settings Tools

About 50,800,000 results (0.93 seconds)

# Search: Refining by Time



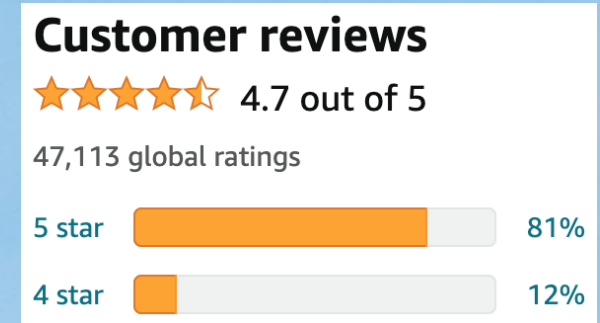
# Search: What --> Where, How

- Product Reviews

- Amazon: Real and fake reviews
- "10 best" sites: Biased by commissions
- Better: <https://www.nytimes.com/wirecutter/>
- <https://consumerreports.org/>

- People

- Use quotes to narrow search: "James Anderson"
- Refine with details: "James Anderson" Omaha Susan





# Exercise: Workouts

- Solo
  - <https://www.7minuteworkout.jnj.com/>
- Virtual Exercise Classes

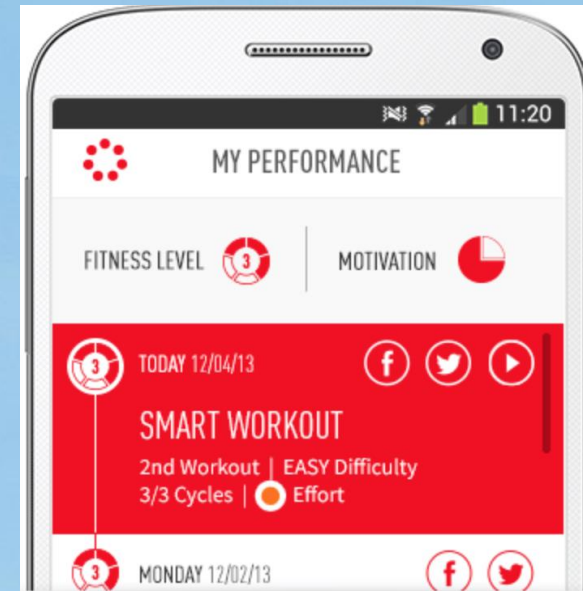
Peloton



Body Groove



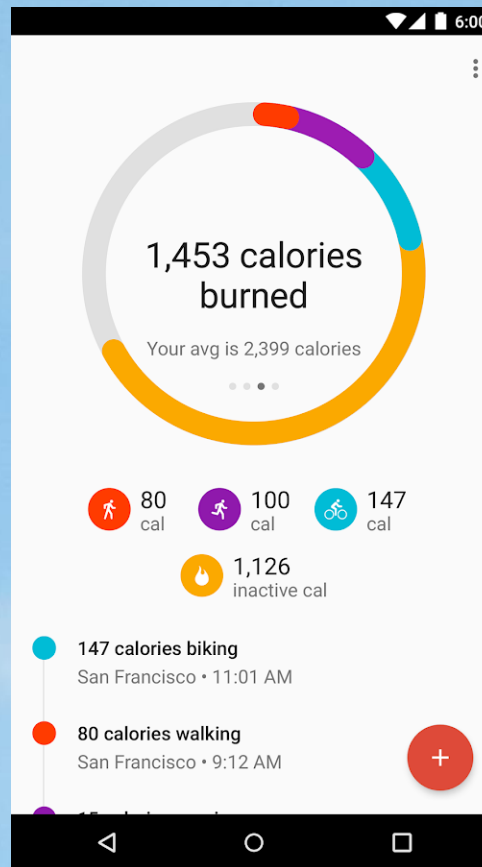
Johnson & Johnson



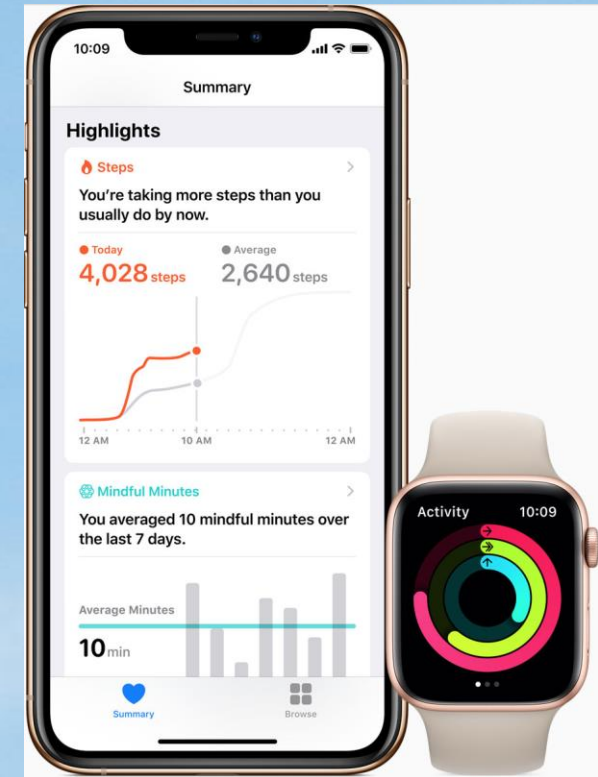
# Exercise: Trackers

- Measure activity
- Track goals
- Praise progress

## Google Fit



## Apple Health



# Exercise: Apple Watch

- Activity Tracking
  - Minutes, distance, elevation, calories
- Heart
  - Rate, irregular rhythm, ECG
- Medical ID
  
- Fall Detection



# Summary

- Security
  - Shop with HTTPS, credit card, eagle eye
  - Use two-factor authentication and set alerts
  - Consider a password manager and an antivirus suite
  - Limit cookies, block ads, and try privacy-focused tools
- Search
  - Refine searches with toolbar options
  - Pick best sites and techniques for your topic
- Exercise
  - Work out solo or in virtual classes
  - Track your fitness and health with apps



# Learning More

- <https://www.wired.com/story/best-password-managers/>
- <https://medium.com/@stUARTschechter/before-you-use-a-password-manager-9f5949ccf168>
- <https://medium.com/@stUARTschechter/before-you-turn-on-two-factor-authentication-27148cc5b9a1>
- <https://www.pcmag.com/picks/the-best-antivirus-protection>
- <https://www.pcmag.com/picks/the-best-mac-antivirus-protection>