



RGE Tech Tips from the Field – Client Edition

Topic Executive Summary: AI & ChatGPT Seminar for Seniors

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This summary outlines the *AI & ChatGPT for Seniors* seminar presented by Jim Kallaugher at the Cromwell Senior Center. The session provides a friendly, practical introduction to technology, focusing on building independence without technical jargon, pressure, or tests.

Core Concepts: What Is AI?

The seminar demystifies Artificial Intelligence by comparing it to familiar concepts:

- **The “Super Parrot.”**
AI mimics fluent English and predicts the next word based on patterns.
 - **Lacks Life Experience**
It does not have feelings or a proper understanding of meaning, such as the feeling of sunshine or the taste of a cracker.
 - **Vast and Fast**
It is trained on trillions of examples and typically provides answers within seconds.
 - **The Holmes & Watson Team**
The user acts as *Sherlock Holmes*, providing intuition and direction, while the AI acts as *Dr. Watson*, handling the heavy legwork and facts.
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GPT Defined

- **Generative**
It creates new content rather than just copying.
 - **Pre-trained**
It is a snapshot of information from its last update, not always a live internet feed.
 - **Transformer**
It uses mathematical patterns and probabilities to "think" and predict the most likely next word.
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Practical Everyday Uses

The presentation highlights how AI can assist with common tasks to boost tech independence:

- **Writing & Communication**
Drafting friendly notes, birthday messages, and stories or poems for grandchildren.
 - **Simplification**
Explaining complex topics like Medicare or tech jargon in plain English.
 - **Troubleshooting**
Providing step-by-step help for home electronics, such as connecting a printer.
 - **Planning**
Organizing travel itineraries with details like rest stops, lunch locations, and estimated costs.
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Safety and Accuracy: “Golden Rules”

Safety is a primary focus of the seminar to ensure users feel confident and secure:

- **Privacy First**
Never share sensitive personal information such as Social Security numbers or bank details.
- **The “Hallucination” Trap**
AI can sound very professional while inventing incorrect details; facts should always be verified.
- **Professional Verification**
AI should not be used for final medical or legal decisions; always consult a qualified professional.
- **Critical Thinking**
Humans must supply the meaning, judgment, and common sense that AI lacks.

Key Takeaways

The seminar concludes that seniors already possess the wisdom, patience, and curiosity needed to use AI effectively. AI is simply a tool that adds speed and clarity — provided the user remains in charge and uses it wisely.