



# AI & ChatGPT Seminar for Seniors

# Welcome, Cromwell Senior Center (CSC) Members

**A friendly, practical introduction to AI & ChatGPT**  
**— no jargon, no pressure, and no tests!**



## Meet Jim Kallaugher: **CSC Member & Volunteer**



### Red Glen Electronics

Founder and operator, with friendly **“Home Tech Help for Hire”** for Boomers.



### Weekly Tech Tuesdays

**Volunteer tech support** and guidance to community members on Tuesday afternoons.



### Monthly Tech Presentations

Conduct **tech topic seminars** for better understanding & to encourage confidence

**With 25+ years of experience making technology clear, simple, and accessible.**



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## Play ChatGPT for Seniors Video Clip #1

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# Today's Roadmap

01

**What Are AI & ChatGPT? (5m)**

03

**How to stay safe? (5m)**

05

**Live demos (5m) & Videos (5m)**

02

**Why they matter (5m)**

04

**Every day, senior-friendly uses (5m)**

06

**Q&A (10m)**



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## Chatbot Chip — RGE Tech Support Buddy

By Jim Kallauger 

✓ Using the creator's recommended model: GPT-5

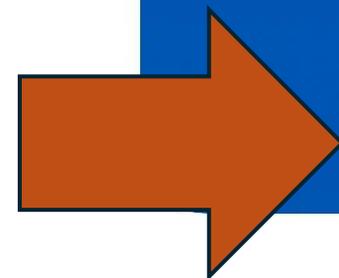
A friendly tech helper from Red Glen Electronics — here to guide you step-by-step with patience, clarity, and no jargon. Designed especially for seniors and everyday users who want to feel confident with technology again.

My Wi-Fi keeps dropping— what can I do?

How do I get my printer to work again?

Can you explain how to-use cloud backups?

I think I clicked something wrong — help me fix it.



+ Ask anything



## DEMO: See? It's Easy

### LIVE DEMO

"Explain ChatGPT in one plain-English sentence. Then, try it in 3 separate tones

Show ChatGPT works like texting or drafting email sentences.





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# Introduction to Artificial Intelligence - AI

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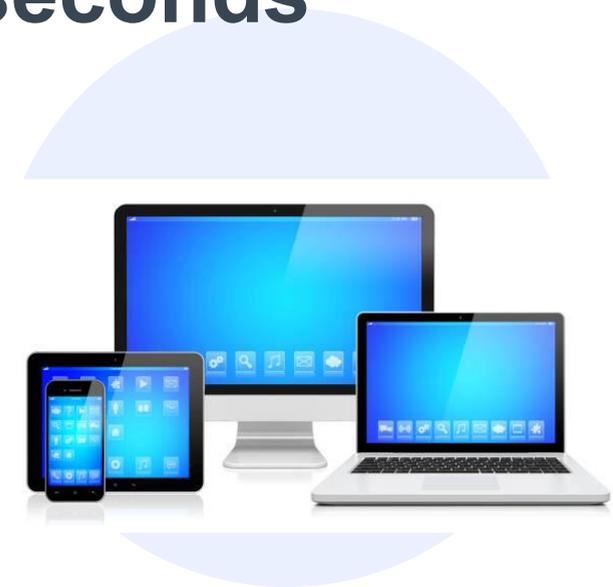
## Two Words to Remember

# Vast

Trained on trillions of examples

# Fast

Usually answers in seconds



# What AI Is

**Recognizes patterns**

**Trained on huge amounts of text**

**Explains, writes, plans, troubleshoots**

**Speaks plain English**



## Honest Summary

# AI knows a lot — but not everything.

Always double-check breaking news, dates, and prices.



## Think of AI as a “Super Parrot.”

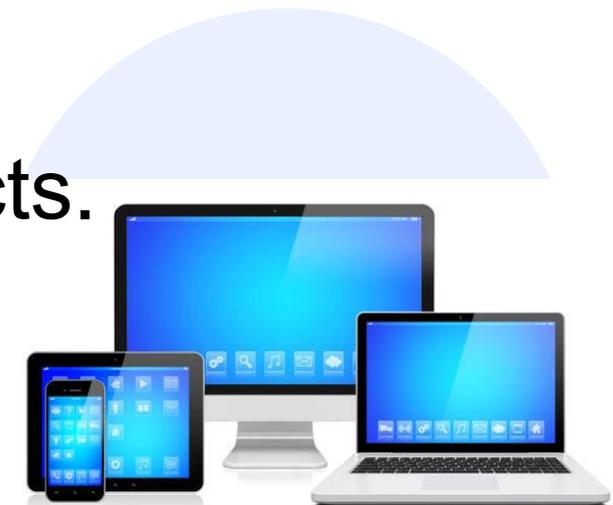
- Mimics fluent English, but does not understand the meaning
- **Has no life experience** — doesn’t know what “sunshine” or “heartache” feels like
- **Not sentient – but “Super”** -- more than just language repetition: plans, writes, organizes, summarizes, helps troubleshoot, etc.



## Your New Tireless Assistant

### . The Holmes & Watson Team

- **You are Sherlock Holmes:** You provide the genius, intuition, and direction.
- **The AI is Dr. Watson:** It handles the legwork and facts.



## Watch Out for "Confident Blunders" The 'Pattern' Trap

- Sometimes, AI sounds professional but invents details. **This is sometimes called a “hallucination.”**
- For example, asking for a **biography of a fake person, 'Guadalupe O'Shea' --1st Woman Astronaut landing on Mars via the Ares Space Mission -- can lead AI to invent a life, including fake awards and dates.**
- **Golden Rule: AI isn't lying on purpose but always verify facts!**



# Everyday AI You Already Use

 **Netflix/Spotify suggestions**

 **Smart speakers**

 **Email spam filters**

 **Photo enhancement**

 **Voice Typing On Phones**



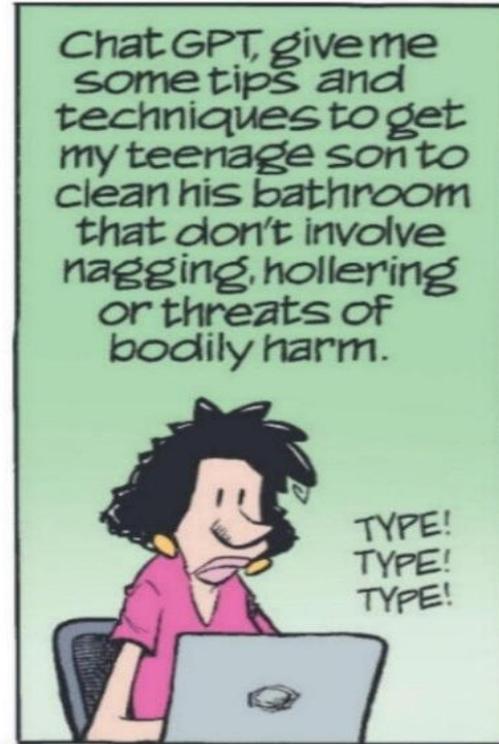
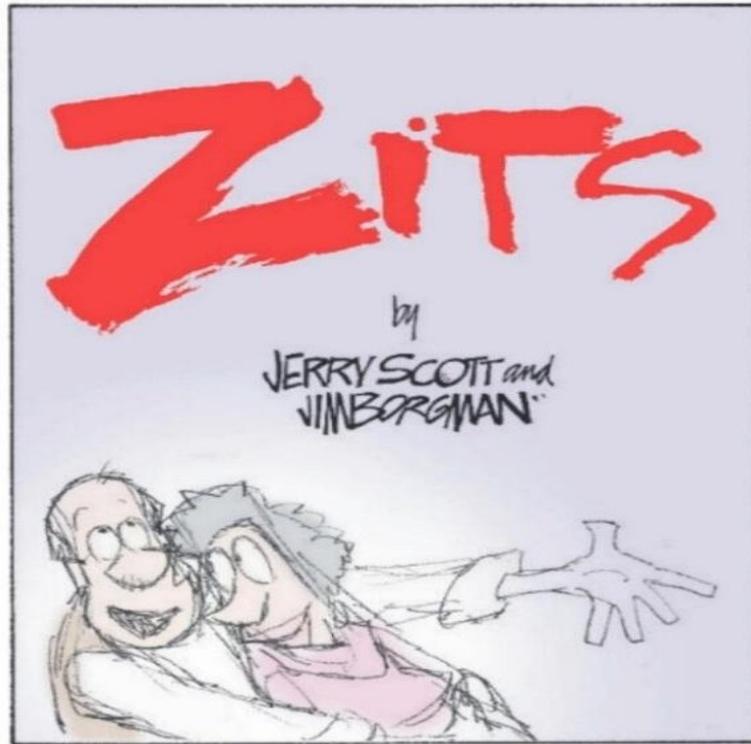


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## Play VIDEO #2 How AI Works

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# Stretch Break! Any Questions So Far?

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# Introduction to ChatGPT



## What Is ChatGPT?

**Answer: AI that you talk to in plain English.**

- Explains things
- Writes things
- Helps plan & troubleshoot
- Patient and friendly



## How ChatGPT Works (Simple)



Learns patterns



Predicts the following  
best sentence



**Does not browse the live internet  
by default — unless your question  
clearly asks for current information.**

*“What’s the best price for  
gas, today?”*



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## Prompts = Your Instructions

# A prompt is your question.

### Examples:



"Explain this simply."



"Write a friendly note."



"Show steps one at a time."

There are no perfect questions — you can't "break" it.



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# Tone Control

**Friendlier**

**Shorter**

**More fun**

**More formal**



## Correcting AI

"Try again, simpler."

"Make it shorter."

"No wrong questions."



## Real Everyday Uses

Travel plans

Notes & messages

Recipes

Tech troubleshooting

Senior phone help

Gift ideas

Memory joggers

Budget reminders

Event planning



# Let's Talk Safety Basics

**Don't share private info**

**Double-check important answers**

**Ask for sources**

**Use common sense**



## Safe vs Not Safe

### Safe:

- recipes
- notes
- stories
- planning

### Not Safe:

- SSN
- bank info
- Final medical or legal decisions  
*(always verify with a Doctor or Lawyer)*



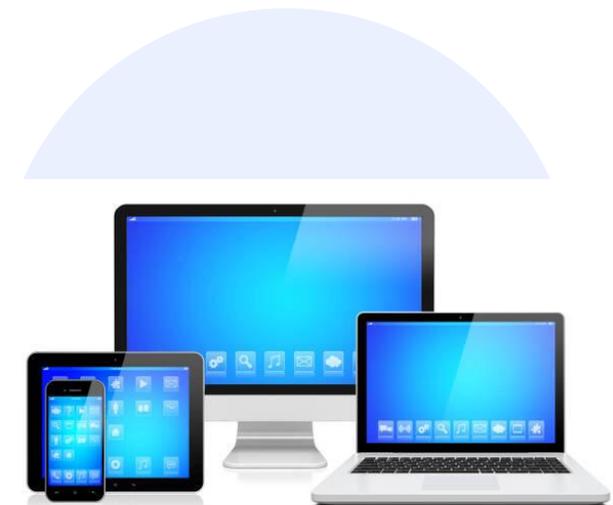
# Let's Talk Accuracy

## Accuracy Clues

**Has sources → good**

**Vague → check**

**Confident but unsourced →  
verify**



# Family Uses -- A Primary ChatGPT Benefit



Poems for grandkids



Birthday notes



Memory stories



Translate tech jargon



Plan events



## Play “How ChatGPT Works” #3 Video Clip



# AI & ChatGPT Boost Tech Independence



Learn privately



No embarrassment



Ask anything



Solve frustrations



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**LIVE DEMO**

# ChatGPT Concepts In Action



# Define Medicare

## LIVE DEMO

**"Explain Medicare in simple terms for a friend turning 65."**



## Key Takeaways for Chat...G-P-T

AI = math, not magic

Creates — not copies  
The “G”(Generative)

Snapshot — not live  
The “P”(Pre-Trained)

Patterns = how it “thinks”  
The “T”(Transformer)

Your words shape results



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**You're More Ready Than You Think, Right Now.**

**You bring wisdom, patience, and curiosity.**

**AI simply adds speed and clarity.**



## You're Still in Charge

**You don't need to trust AI — you need to know how to use it wisely.**

