

KEEPING YOUR PC / LAPTOP TUNED-UP

Give Your Computer a Spa Day — Not an ER Visit



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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Welcome, Cromwell Senior Center (CSC) Members

Your Computer Isn't Tired — It's Just Dusty

Fast. Safe. Out of Trouble. (No IT Degree Required)

Play Seminar Video Overview Clip



What Today Is (and Is Not)

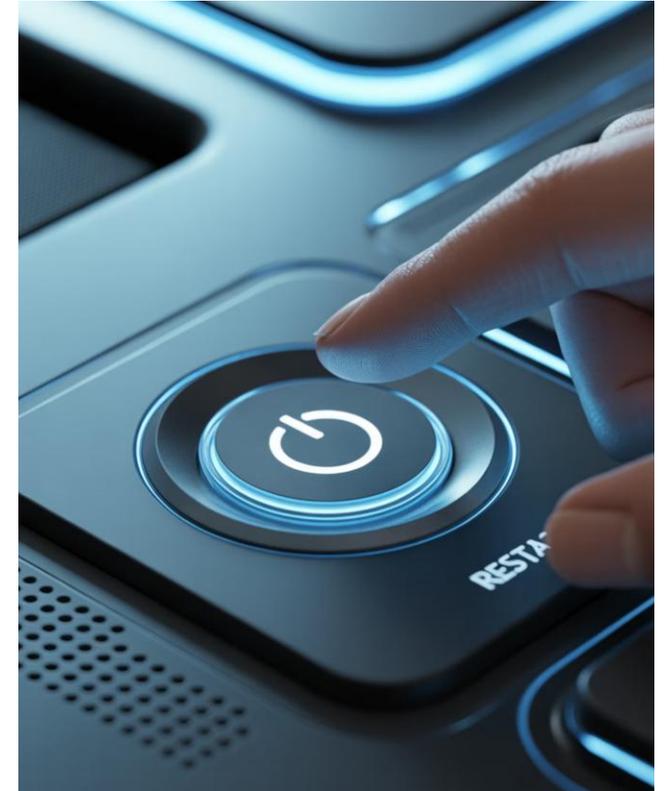
- ✓ **Simple habits anyone can do**
- ✓ **Safe, everyday tune-ups**
- ✗ **No repairs**
- ✗ **No sales**
- ✗ **Not “about blame”.**

“If you can click a mouse and restart a computer, you’re already qualified for everything we’re talking about today.”



The #1 Fix in Tech

Have You Tried Turning It Off and On Again?



This solves more problems than anything else we'll talk about today.



Sleep vs Restart

Sleep = Nap

The computer is still half-awake, still holding onto problems;
still running in the background

s

Restart = Deep Sleep

A deep, dreamless sleep that clears everything



Killer #1

Too Many "Hitchhikers"

Hitchhikers are programs that start up without asking. You turn on your computer to check email, and suddenly Spotify, printer tools, and half the internet jump in the car. They steal speed before you've even begun.

**Some of the things we'll cover today will need adjustment with guidance —
Not a click-around experiment— Start Programs; Cache clear; Uninstalls.
Set-up a "Tech Tuesday" Appointment Today!**



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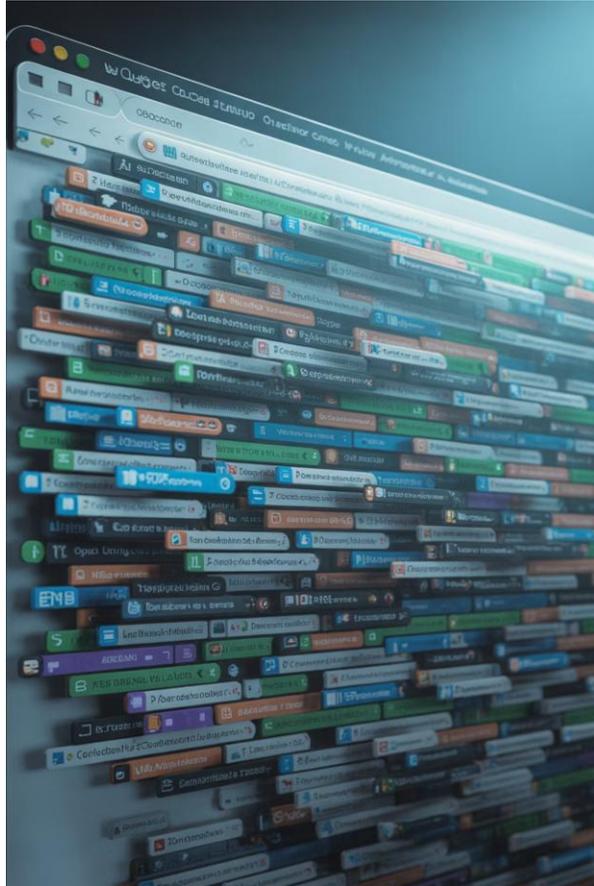


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Browser Tabs

1 Tab = 1 Grandkid

50 Tabs = Chaos



System Tray Icons

This is that little area down by the clock.

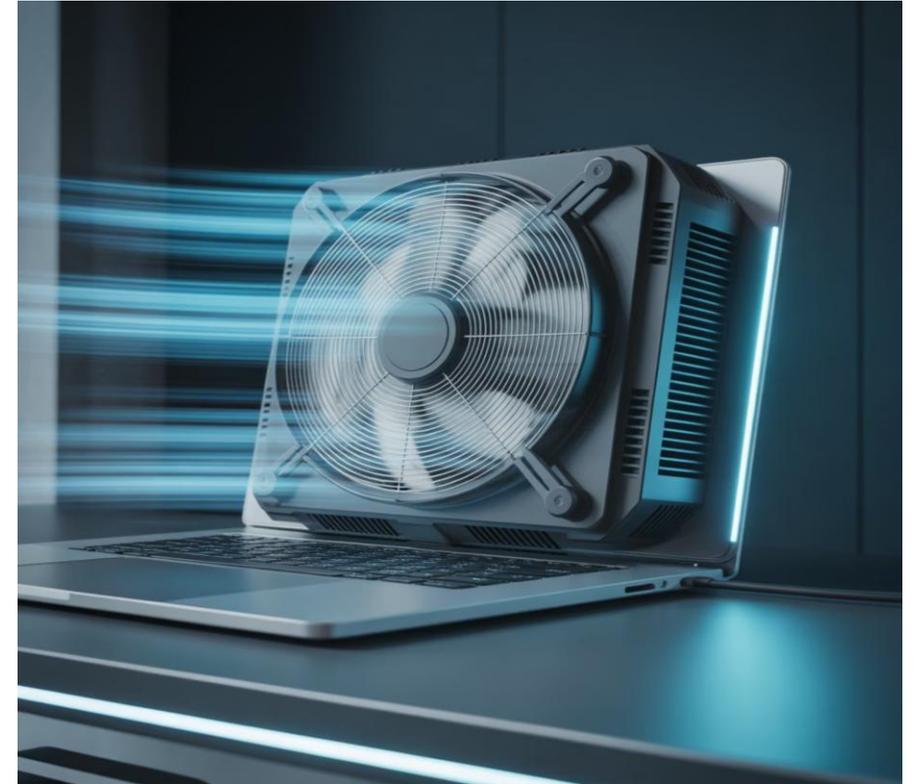


Tiny Icons = Speed Leaks



Listen to Your Computer

Jet Engine = **Overworked**



If it sounds like it's working hard while you're doing nothing, that's a clue.



Updates

Updates = Flu Shots



Antivirus isn't something you *install and forget*.

It's something you *let update quietly in the background* — like smoke detector batteries

If your computer is updating itself regularly, you're probably okay for everyday use



Stop Postponing

You're not in trouble — we've *all* done this

Let's Make a Pact



No more "Remind me tomorrow" for weeks on end. Next time it asks, click "Okay." Five minutes of updating beats five days of problems.



Physical Cleaning

Cleaning the Outside Matters

We've cleaned the invisible stuff. Now let's talk about the physical side. Computers breathe air to stay cool. If that air is full of dust and pet hair, the computer gets a fever.

Note: You're cleaning around the computer, not inside it

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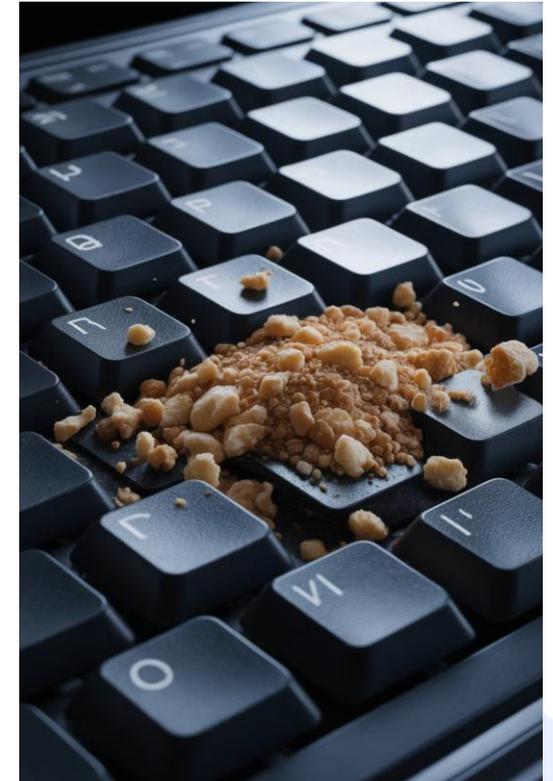
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Keyboard Snack Bar

What's Living **Under Your Keys?**





Canned Air

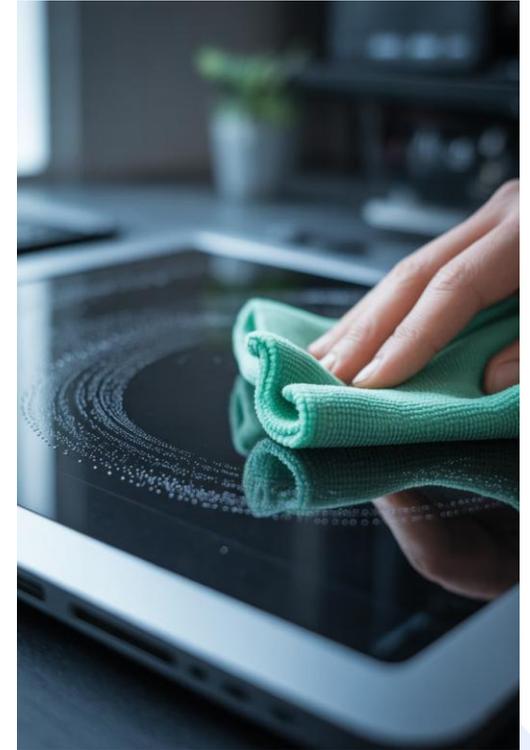
Dust = Heat

Heat = Slow



Screen Cleaning

Spray the Cloth — Not the Screen



Safety Tip

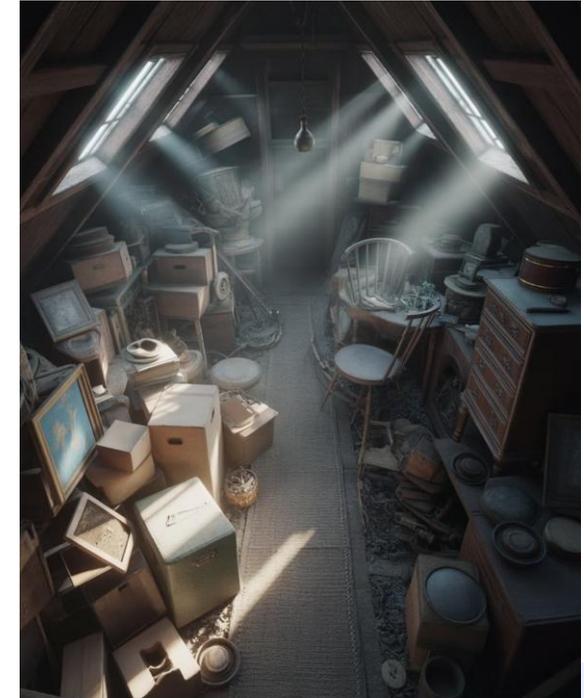
Don't Shake the Can

- ❏ **Keep canned air upright.** Shaking it or turning it upside down can spray freezing liquid onto delicate parts. Calm, short bursts are the way to go.



Storage Space

Your Digital Attic





Photos & Videos

The Biggest **Space Hogs**





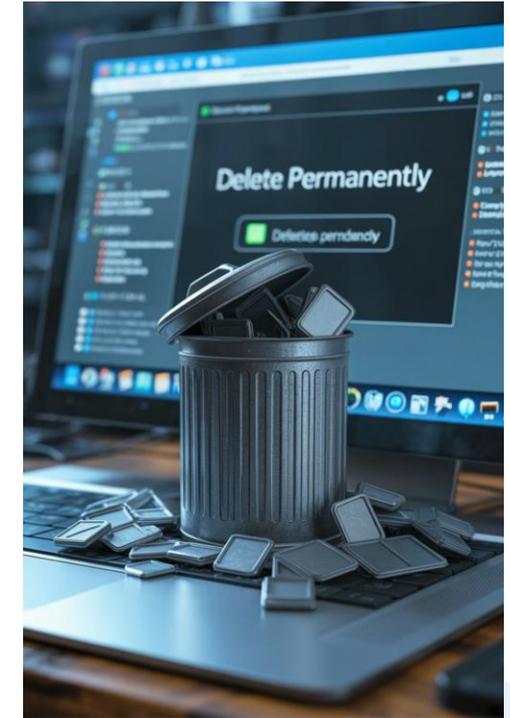
Downloads Folder

The Junk Drawer



Empty the Trash Delete Isn't Final --

Until you empty the trash, the computer still thinks it owns those files



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Unused Programs

If You Don't Use It — Lose It

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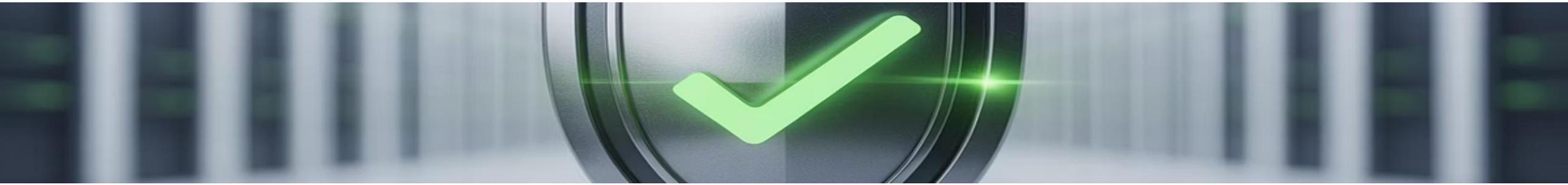




Startup Programs

"Not Yet!"





Antivirus

Security Is a **Habit**

You don't need to buy anything today.



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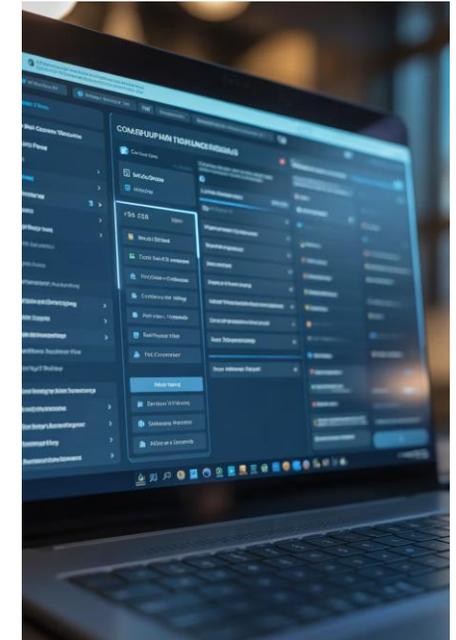
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Built-In Tools

Let the Computer Clean Itself



These are tools that already came with your computer — you already paid for them.





Browser Cache

Wiping the Chalkboard



Web Data: Cache vs. Cookies: Key Differences

Primary Purpose

Cache: A “memory bank” that speeds up websites by saving static files on your device.

Cookies: An “ID badge” that remembers who you are, including preferences and login status.

Content & Storage

Cache: Stores large items such as images, logos, videos, and fonts.

Cookies: Store small text data such as usernames, session IDs, and site settings.



Web Data: Cache vs. Cookies: Key Differences (Cont'd)

Personalization

Cache: Stores general website data that's the same for all visitors.

Cookies: Store personalized information specific to you and your browsing session.

Storage Impact

Cache: Can grow large over time (hundreds of MBs or more).

Cookies: Very small files that take up almost no space.

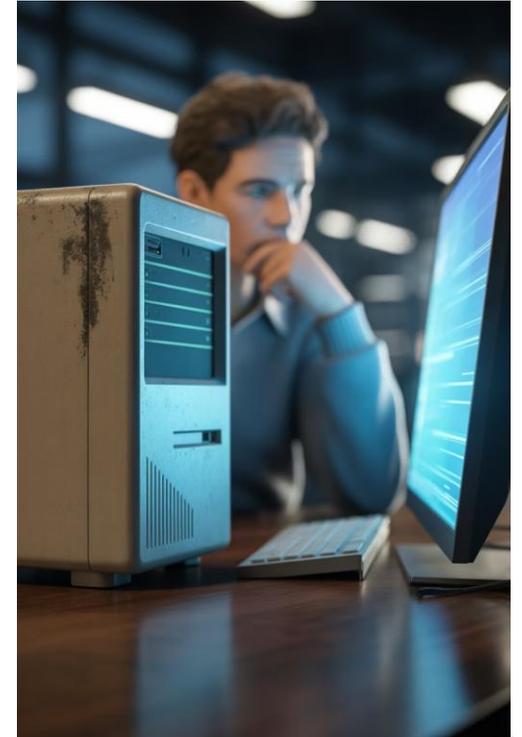
Summary Tip

Think of it this way: The **Cache** saves the *building*, while **Cookies** remember the *person* inside the building.



Repair or Replace?

When Is "Old" Too Old?



The 5-Year Rule

Tune-Up vs Replace

Under 5 Years Old?

Almost always worth fixing.

Over 6 or 7 Years?

The hardware may simply be outdated.

❑ **That's not failure — that's just time doing its thing.**

This is about being practical — not wasteful.





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The Grandchild Test

Museum-Ready?

If your grandkid sits down and says, "Wow... what is this?" — that's your sign. If they can make it run faster, you just need a Spa Day.



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Quick Checklist

Your Monthly Spa Day

1

Restart Weekly

Give your computer a fresh start regularly.

2

Clean Dust Seasonally

Keep the physical components clean.

3

Empty the Trash

Remove unnecessary files and clutter.

Do these simple things and you'll avoid most major problems.



Ask Me Anything -- No Question Is Too Small

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You're the **Boss**

Thank you for coming and give your computer a Spa Day.



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Suggested Questions for Consideration

1. How many people here leave their computer on for days — or even weeks — at a time?
2. Has anyone ever opened their computer and thought, “Why does this feel slower than it used to?”
3. Was there one thing today that surprised you, even a little?
4. Is there something you’ve been afraid to click in the past, but feel better about now?
5. What’s one small habit from today that feels doable — even if it’s just restarting once a week?

