

Good Ways to Use a Smart Phone

#13

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Trends in Maris Grove IT

- Solving My Erickson issues
 - Use a browser and “myerickson.erikson.com”
 - On a smartphone, get app at Apple store, Google play
 - Need a username (email) and password from MG IT
 - reboot or uninstall and install the app if stuck
- Solving dinning reservation problems
- Solving Security badge issues
- **Connect** project – replacing Xfinity, home line
 - -see replay of IT presentation on ch. 1970

Wireless Links to a Smart Phone

- Cellular – to and from cell phone tower
- Wi-Fi – to and from the Internet, printer
- Bluetooth – low energy link to devices 200 ft.
 - Earphones, car, smart tags
- UWB- Ultra Wide Band 3 ft (newer phones)
 - Locate smart tags from a few feet away
- Contactless payments – Near Field Comm.(NFC)

ChatGPT at chat.openai.com

- SWEEPING THE WORLD with stunning responses
- EXAMPLES
- "Explain quantum computing in simple terms"
- Got any creative ideas for a 10 year old's birthday?"
- "How do I make an HTTP request in Javascript?"
- Capabilities
- Remembers what user said earlier in the conversation
- Allows user to provide follow-up corrections
- Trained to decline inappropriate requests
- Limitations
- May occasionally generate incorrect information
- May occasionally produce harmful instructions or biased content
- Limited knowledge of world and events after 2021

My Example of ChatGPT #1

- Give 5 ways to help an old person with a sore back.

ChatGPT response

- Here are five ways to help an elderly person with a sore back:
- Provide support while they are moving: Offer to help the person get in and out of bed, chairs, or the car. Use a walker or cane if necessary to help them maintain balance.
- Encourage proper posture: Make sure the person is sitting and standing with good posture. Encourage them to avoid slouching, which can put unnecessary stress on the back.

ChatGPT response

Offer hot and cold therapy: Alternating hot and cold compresses can help reduce pain and swelling. Use a hot water bottle or heating pad on the affected area for 15 to 20 minutes at a time, followed by a cold compress for 15 minutes.

- Assist with exercise: Gentle exercise, such as stretching and light strengthening exercises, can help improve back pain. Encourage the person to consult with a physical therapist for a tailored exercise plan.
- Help with household chores: Lightening the load of physical work around the house can help alleviate stress on the back. Offer to help with tasks such as cleaning, laundry, and grocery shopping.

ChatGPT example #2 - **Write my talk!!!!**

- Give 5 good ideas for an old person to use a smartphone
- Stay connected with loved ones: Encourage the person to use video call apps such as FaceTime or Skype to stay in touch with family and friends.
- Stay informed: Suggest downloading news apps or setting up news alerts to stay up-to-date on current events.
- Play games: There are many fun and interactive games available on smartphone app stores that are suitable for people of all ages. Suggest downloading a few and playing with the person to keep their mind active.
- Stay organized:
- ????

Google issues code red!

- Google just gives a list of links to websites or a quote from one website.
- ChatGPT just wrote my talk.
- Google, Microsoft, Apple and others realize the race is now on for the future of searching.
- Google has 90% share, MS Bing has 8% share.
- Google has released Bard
 - First demo of Bard made a false statement!
- All of these tools make false statements, no references.

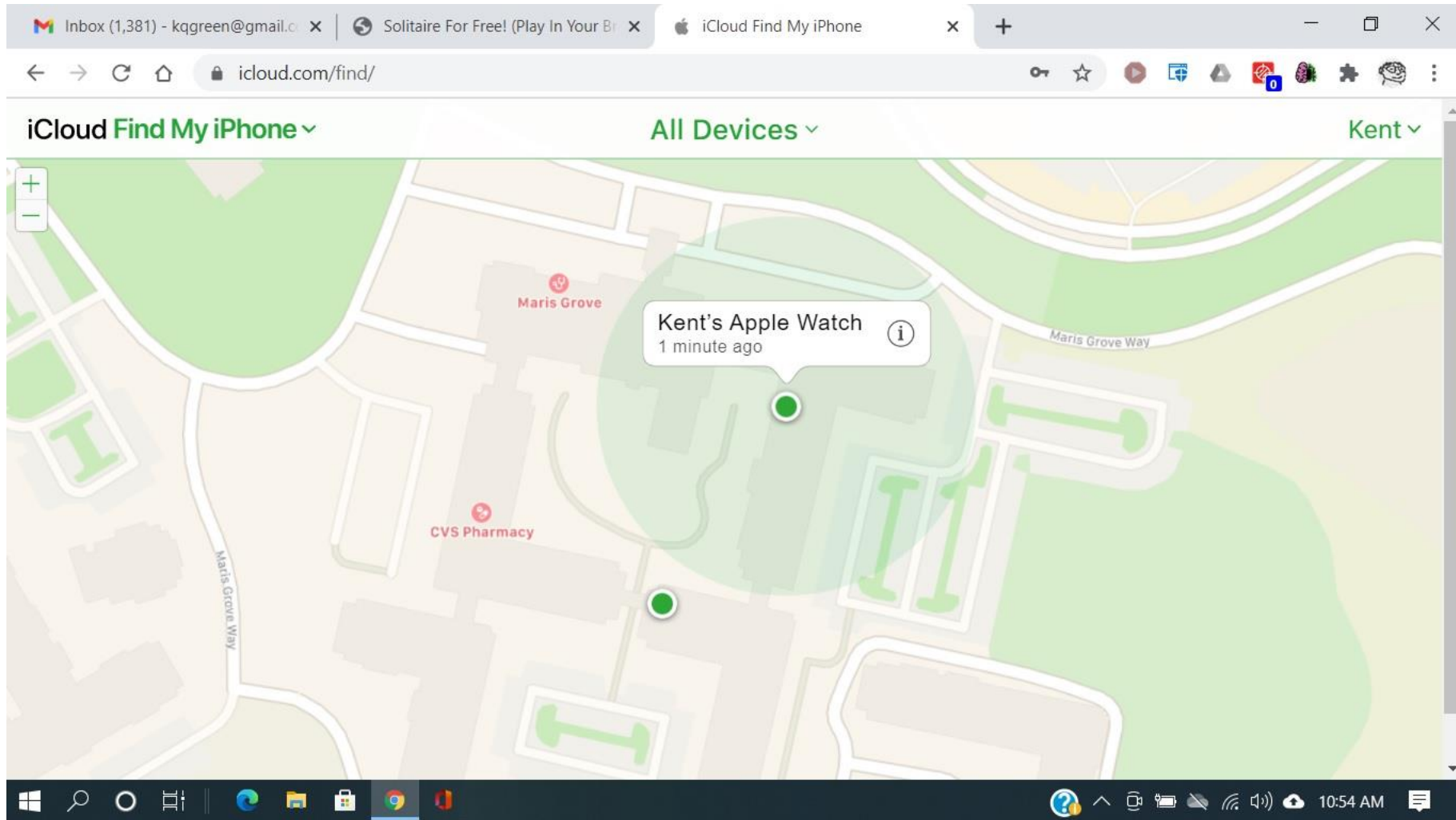
Smart Tags

- Do you lose things?
 - Keys, wallet, luggage, pet, partner, car, ...
- Smart tags use your phone to find them!!!!
- Each brand has its own network to find a tag
- Apple Air Tag – iPhone 11+ has UWB
 - Loops cost \$3 extra to attach button to keys
- Samsung Galaxy Plus has UWB
- Tile has app on iPhone or Android + tag options
- Warning: others can use tags to track you!!

Apple “Find Me”

- Apple iPhones and watches have feature to find it or use it to find others.
- Apple watch can be found on Wi-Fi via GPS
- Apple uses Bluetooth for Air Pods
- Tap the device on the “Find My” map
- If the device is online, you see the location
- If not online, ask to be notified when on line
- From a PC, go to “iCloud.com” to see the map

Apple Find Me map on a PC



Use Location to Set Time to Leave

- Apple calendar can set an event. Add a location
- May see a list of locations already used.
- Or type an address and use link to Apple map.
- Set the Alert to “time to leave”
- You will be alerted to allow driving time with current traffic. It also allows about 15 minutes to get ready to leave in the car.
- Google calendar has a similar feature, but does not give any extra time. If it takes 5 minutes to get to your car, you may be late!

Saving battery capacity

- Smartphones use lithium rechargeable batteries
- A charged battery should last all day
- I used to charge every night to 100%
- Batteries stress if fully depleted and if charging when 90-100% full and when fast-charging
- Now I wake up and charge for about 2 hours.
- Use some schedule to keep the charge in the mid-range and use a slow charger (5-10W).
- Not a big deal, so don't worry about it.

Saving battery capacity part 2

- Newer smartphones have more memory to store apps.
- I used to close an app when I was done to save memory and any load on the battery.
- But the opening and closing of apps uses energy
- Just leave all apps open but paused. On iPhone swipe up from the bar at the bottom.
- My iPhone 13 now has over 50 paused apps and only uses 10% of memory!!! Battery life is good.
- Set apps that need location for “only when active”

Use Apple Notes (Google Keep) for useful ideas

- Shopping list: “Hey Siri add a note”
 - “I need milk, eggs and apples.”
- Good movie or book to get
- Things to do
- Tasty healthy recipe ideas
- People to contact or call
- Things to fix
- Task list

Reduce spam phone calls

- Apple iPhone call settings can announce the name of the caller IF the caller is in your list of phone contacts.
- Add new numbers to your list of contacts. When you get a call from a resident or a nurse, create a new contact.
- When you get calls, more of them will have a name. If no name, it could be spam, so let them leave a message.

Locate items in a store

- Most stores like Target, Acme, Wegmans have an app. Download the app from the app store (Google Play Store or Apple Store).
- Open the store app and select your local store where you shop.
- Search the app for a product you want to find.
- The app may say the product is not at the store. Order online or order to pick up later at your local store.
- If it is in the store, look for a shelf ID where you can find it. This saves you time. You can plan this ahead before you get to the store.

