



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 (10m)

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

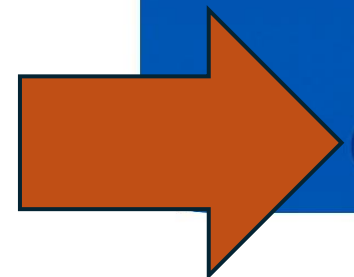
A friendly tech helper from Red Glen Electronics — here to guide you step-by-step with patience, clarity, and no jargon. Designed especially for seniors and everyday users who want to feel confident with technology again.

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 #1: See? It's Easy

LIVE DEMO

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

Show ChatGPT works like texting or drafting email sentences.



Introduction to Artificial Intelligence - AI



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



Big Claim vs Reality

Claim:

"AI knows everything."

A neighbor with a giant tool shed—very handy, but not with every tool ever made.

Reality:

Impressive, not all-knowing.



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Internet vs AI

Internet

live, always changing

AI

snapshot from last update

Ocean vs photograph analogy

You access the Internet with an app like Chrome, (or MS Edge, or Safari)

You access AI with an app like ChatGPT (or MS Co-Pilot, or Google's Gemini)



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.



A Giant Guessing Game

- AI isn't thinking — it's **predicting the next word** based on patterns
- **Example:** Type *"The cat sat on the..."*
 - AI predicts **"mat"** as the most likely (99%) next word
 - *(As a Dr. Seuss fan, I would've said "hat" 😊)*



The Parrot Analogy

For AI, it's like saying "Polly wants a cracker" — even though it doesn't know what a cracker is **or what it tastes like.**


What AI Can Do

- Copy patterns from millions of examples
- Super parrot
- Predict which words usually come next
- Sound confident and fluent



What AI *Cannot* Do

- Taste a cracker
- Want a cracker
- Know *why* a cracker exists

 **Takeaway: AI uses language without lived experience. We humans supply the meaning, judgment, and common sense.**



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.



. Why You'll Love It

- It quickly summarizes long documents.
- It can rewrite a paragraph 50 times without losing interest or energy.
- Note: Like Watson, **it needs your supervision to solve the mystery**



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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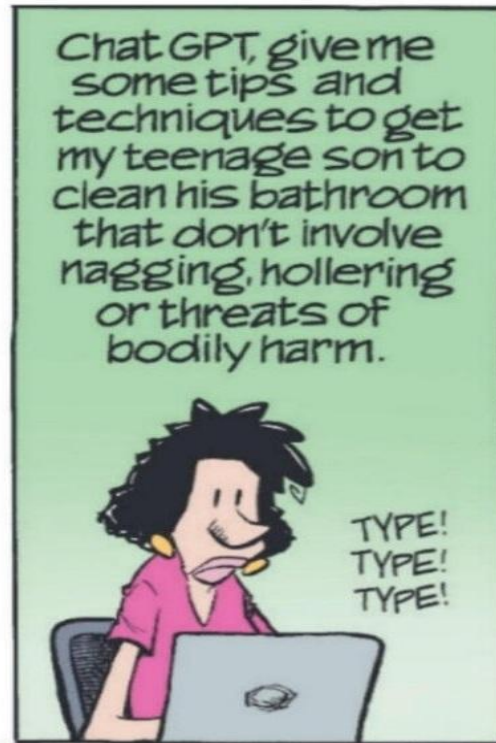
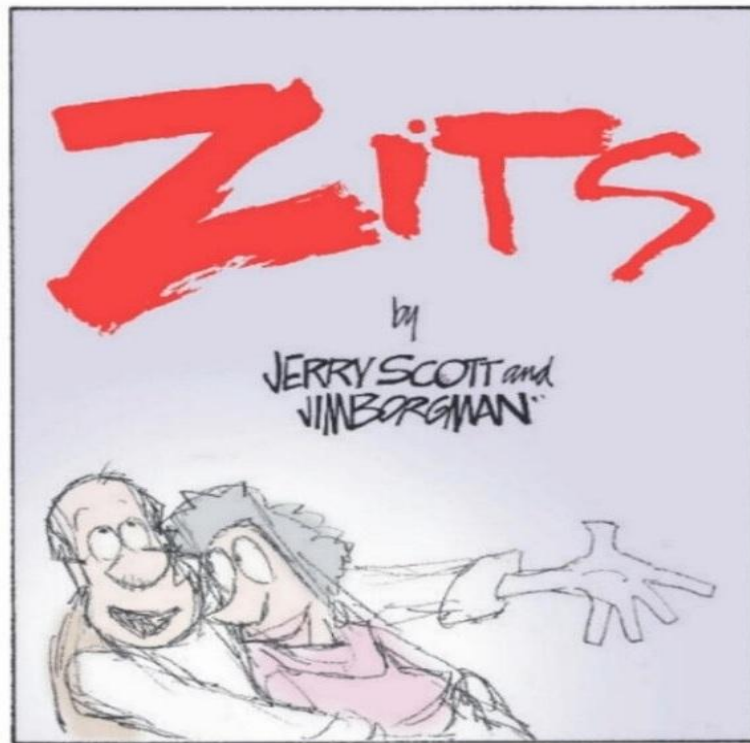


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Play VIDEO #2 How AI Works







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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 DEMOs

ChatGPT Concepts In Action



DEMO #2: Creative Travel Planning

LIVE DEMO

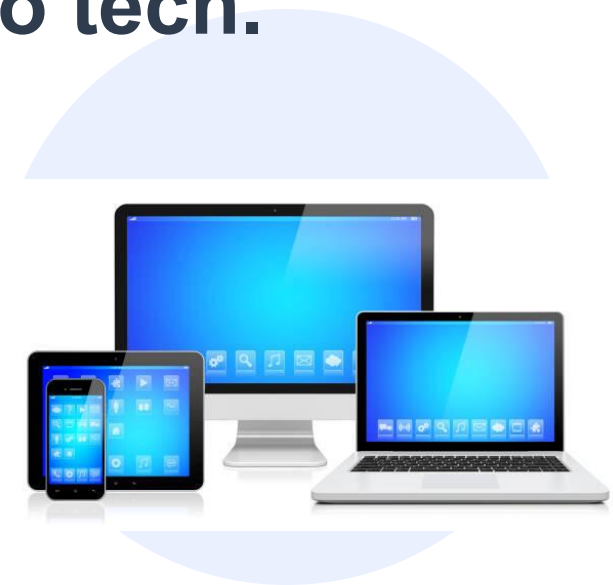
“Plan a slow-paced Boston day trip from Cromwell, by chartered bus, with rest stops and lunch, plus an estimated cost per member.”



DEMO #3: Getting Tech Self-Help

LIVE DEMO

"Show me how to connect my HP Inkjet printer step-by-step, on Windows 11 with wi-fi, slow and simple, as if I'm new to tech."



DEMO #4: 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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Play Video #4 – Seminar Finale

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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.



Optional – Time Permitting: Audience “Jump Start” Suggestions for Q&A



Ask It Live — Jump-Start Questions

“What sounded confusing at first — but is a little clearer now?”

“If you asked AI one fun question, what would it be?”

“What everyday problem would you love some extra help with?”

“What still feels a little uncertain or questionable about AI?”

“What feels *less scary* now than it did before we started?”

