



## **FREE Technology Lecture Series at Meridian Senior Center!**

Idaho's **LEARN: Lifelong Education & Aging Resources Network** is partnering with **Senior Planet from AARP** to help older adults use technology to learn new skills, save money, and make new friends. **Sign up for any or all of the following lectures:**

- ◆ **Protecting Your Personal Information Online** **Thurs., Apr. 21 - 1pm**
- ◆ **Telemedicine** **Thurs., May 5 - 1pm**
- ◆ **Online Health Resources** **Thurs., May 19 - 1pm**
- ◆ **SmartPhone Photography** **Thurs., June 2 - 1pm**
- ◆ **How To Spot Fake News** **Thurs., June 16 - 1pm**



**More info and signup sheet at the front desk,  
or email [tina@learnidaho.org](mailto:tina@learnidaho.org)**

## **PROTECTING YOUR PERSONAL INFORMATION ONLINE**

This presentation will cover the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like creating strong passwords, managing spam, how to recognize email and text scams, and when it's OK — or not — to share your personal information online.

## **TELEMEDICINE**

Interested in having a virtual visit with your doctor? Or learning about types of telemedicine out there? This lecture provides an overview of telemedicine options and focuses on exploring virtual medical appointments with your doctor in real-time. You'll see a virtual-visit walk-through and learn what to expect from an appointment. This lecture offers advice about how best to prepare for a virtual visit, from questions to ask your doctor to your concerns regarding connectivity, privacy, and insurance.

## **ONLINE HEALTH RESOURCES**

The internet can be an excellent source for learning more about your or a loved one's health. This presentation will introduce you to the topics and tools offered on two reputable websites, MedlinePlus and Mayo Clinic. You'll also learn how to evaluate health-related information online.

## **SMARTPHONE PHOTOGRAPHY**

Interested in learning more about your smartphone camera? Come to this lecture to explore your smartphone's camera and some features like recording video, adding filters to pictures, and using your camera's timer! We'll also go over some basic tips for taking good selfies, selecting backgrounds, and using optimal lighting. This presentation will cover Android and iPhone.

## **HOW TO SPOT FAKE NEWS**

Concerned about fake news? *Learn how to spot it and stop it from spreading.*

This workshop will review the ways you can identify misinformation online. You'll get hands-on practice using fact-checking sites to evaluate and debunk fabricated news about issues that affect older adults.