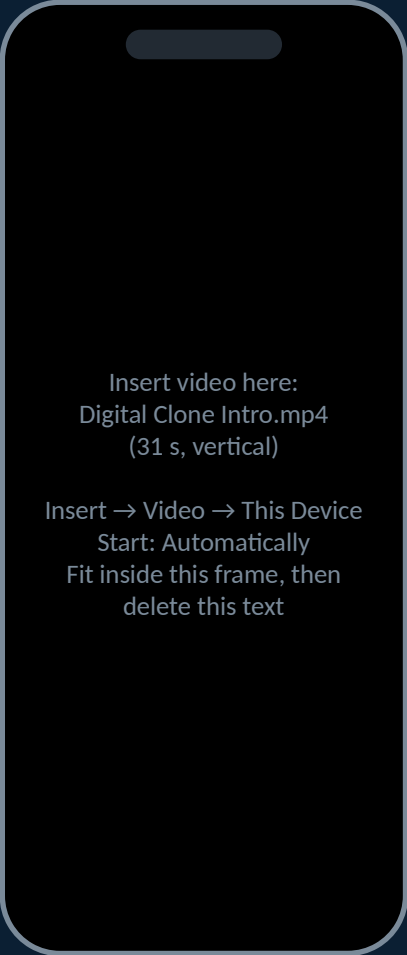




Insert video here:
Digital Clone Intro.mp4
(31 s, vertical)

Insert → Video → This Device
Start: Automatically
Fit inside this frame, then
delete this text

That wasn't me.

I never said those words. The face, the voice, the script — all AI.

Made on a website anyone can sign up for; the free plan includes one custom avatar. It took me [__] minutes. It told you it was a clone in the first sentence.

The ones you meet out there won't.

What's All This Artificial Intelligence About?



Week 1 • Get it in your hand

Tuesday, October 6, 2026 • San Mateo Senior Center

Robert Sellers • safeai4seniors.com/start

By October 27 you'll know more about this than most people half your age

1 Oct 6

Gemini

Get it in your hand

2 Oct 13

ChatGPT

Trust it for words.
Check it for facts.

3 Oct 20

Claude

Safety is a skill, not a
fear

4 Oct 27

All three

Things your kids
don't know AI can do
yet

Four Tuesdays. One tool a week, met the same way each time. Your own phone.

Today's contract



We run to 2:30

Have to leave at 2:00? You won't miss anything you need — it's all in the packet.



iPhones that side, Androids this side

So the person helping you sees the same screen you do.



Green card = done • Red card = stuck

Red card up and someone comes to you. Nobody waits.



One rule: cover your numbers

Before you photograph or paste anything — account numbers, ID numbers, dates of birth.

Wonder

What people are actually doing with it. Right now.



1

A CASSETTE IN A DRAWER SINCE 1978

Two men in their eighties finished the last Beatles song

In 2023 Paul McCartney (81) and Ringo Starr (83) used AI to lift John Lennon's voice cleanly off a home cassette the band had given up on in 1995. "Now and Then" went to number one.

"There it was, John's voice, crystal clear. It's quite emotional." — Paul McCartney

Fine print: the AI separated what was already on the tape. It invented nothing.

Smithsonian Magazine, Nov 3, 2023 · ABC Australia, Oct 27, 2023



2

38 YEARS OF BINDERS • CHULA VISTA

A retired engineer, 82, made podcasts his grandchildren actually open

Randy Seaver spent 38 years on his family history — 500 ancestor sketches in binders. He turned them into biographies, songs and audio "podcasts" using Claude, NotebookLM and Suno, and posted them for his relatives.

"They will just sit on the shelf unread until someone throws them out."

Fun fact: the podcast tool is free, and you'll use it next Tuesday.

Genea-Musings (his own blog), Aug 2025 & Apr 2026 • Southern California Genealogical Society, Apr 2026



3

UNREAD FOR 90 YEARS • SAN DIEGO

Ninety years of silence, translated in a month

Felicita Trueblood, 75, had her great-grandfather's Yiddish letters (1927–34) sitting in a binder nobody in the family could read. An AI built for old handwriting translated them — and corrected a family legend about how he died.

"What I got back was just beautiful, because he understands the context, the history."

Fine print: it worked because the tool knew the context. A generic chatbot would have fumbled it.

Jewish Telegraphic Agency, Sept 10, 2026



4

NO PHOTOGRAPH • BARCELONA

She described a 1950s morning. An AI drew it.

Emelia Lozano Gonzalez, 72, had no photograph of picking wildflowers with friends for her little sister's funeral. A project called Synthetic Memories turned her words into a deliberately blurry picture.

"I got so emotional when I first saw it because it looks so much like me."

Fine print: it is not a photograph, and the project says so loudly. So will we.

MIT Technology Review, Apr 10, 2024 • The World / PRX, May 21, 2024 • (the picture on this slide is AI-made too)

What's in your drawer?

Letters. Recipes. Photos. Forty years of knowing how to do something.

Your material + this tool = something your family will actually open.

Top 20: what people over 50 use AI for

-  Talking to Alexa or Siri
-  Autocorrect & predictive text
-  Looking things up
-  Trivia, jokes & recommendations
-  Smart doorbells & cameras
-  Brainstorming ideas
-  Health questions before the doctor
-  Planning a trip
-  Company & connection
-  Making pictures & poems
-  Recipes, meals & workouts
-  Writing letters & emails
-  Keeping up with the news
-  "Is this a scam?"
-  Explaining confusing paperwork
-  Translating languages
-  Learning something new
-  Writing your life story
-  Restoring photos & family history
-  Naming the bird or plant in a photo

Ranked by measured use among adults 50+ where a number exists (1–13), then by documented use. Sources: Pew Research, Feb 2026 · U-M National Poll on Healthy Aging, 2025 · AARP Research, 2025–26 · AP-NORC, 2025 · full list with sources in your handout.

You're not late. You're early.

23%

of adults 65+ have used an AI chatbot — nearly double a year earlier (12%)

Pew Research Center, survey of 5,119 adults, Feb 2026

9 → 18 →
30%

AI use among adults 50+,
2023 → 2024 → 2025 —
doubling, then nearly
doubling again

AARP Research, 2026 Tech Trends (Dec 2025)

81%

of adults 50+ want to learn
more about AI — and only
half feel sure they could spot
it being wrong

U-M National Poll on Healthy Aging, 2,883 adults 50–97, 2025

Most of the country hasn't started either. You're about to do more than look things up.

Three journeys

The use cases we'll work on all month — one of them live today.



1

THE FAMILY ARCHIVE

A lifetime in one place

Pages, photos, a few old home movies — scattered across boxes and a drawer.

What AI can do

- Sort and caption hundreds of photos
- Restore, sharpen and colorize the faded ones
- Transcribe the handwriting; turn notes into a story or a book
- Make a podcast of the family history
- Build a family web page that holds it all

Tools

Gemini (photos & writing)
NotebookLM (sources → book, podcast)
Canvas (the web page)

Week 4 • we build it

Check it: Start from real material. Restored is honest; invented is not — label anything the AI made up.



2

STRONGER IN YOUR SEVENTIES

Flexibility, heart, strength

Starting a program at 70-something, with a family history of heart trouble, and wanting the best information there is.

What AI can do

- Explain the research in plain English — and what it doesn't say
- Deep Research: a report with the sources shown
- A four-week program you adjust by talking to it
- A list of questions to bring to your doctor

Tools

Gemini (plan & talk)
Deep Research (sources)
NotebookLM (your own
test results, explained)

Week 2 • with sources

Check it: Anything about your heart, a dose or a limit goes through your doctor. The AI writes the questions; the doctor gives the answers.



3

THE KITCHEN REMODEL

Where do I even start?

A remodel is a hundred decisions in the wrong order. You want the order, the budget, the schedule — and the list of what goes wrong.

What AI can do

- The order of operations, start to finish
- Design options from a photo of your actual kitchen
- A schedule and a budget with materials ranges
- The “what will go wrong” list — and what to ask the contractor

Tools

Gemini (type, show it a photo)
NotebookLM (your quotes & permits, side by side)

[Today · live demo](#)

Check it: Prices and codes get checked against a real quote and the city — not the number the AI gives you.

AI needs experience

Why you are built for this — according to the research, not a pep talk.

Speed peaks at 18. Knowledge at 70.

18

processing speed

70

vocabulary — stored knowledge

In a study of nearly 50,000 people, different abilities peaked at different ages. Speed peaked in the late teens. Vocabulary — what you know and the words you have for it — didn't peak until the late 60s or early 70s.

The AI supplies speed. You supply knowledge.

Hartshorne & Germine, Psychological Science, 2015 (n = 48,537)

safeai4seniors.com/start

758 top consultants were given AI

On tasks the AI is good at

40%

higher quality, 25% faster

On a task the AI was NOT good at

19 pts

MORE likely to get it wrong — because they trusted it

The skill that saves you is knowing when it's out of its depth.

Dell'Acqua, McFowland, Mollick et al., Harvard Business School working paper 2023; Organization Science 2026. (The AI also helped the lower-skilled half more — 43% vs 17%. It lifts beginners; it doesn't replace judgment.)

The habits that catch an AI's mistake



Seeing more than
one side



Looking for
compromise



Saying “I may not
know enough”



Expecting things to
change

A random sample of 247 adults reasoned about real newspaper conflicts and real “Dear Abby” letters. The 60-to-90-year-olds scored higher than the 25-to-58-year-olds on every one of these — at every level of education and IQ.

Those are exactly the questions you ask of an AI's answer.

Grossmann, Na, Varnum, Park, Kitayama & Nisbett, PNAS, 2010 (U.S. sample; the 2012 follow-up found the age gain in Americans but not in Japanese participants)

safeai4seniors.com/start

AI is bottled experience

The biggest workplace AI study to date found the assistant had been built by recording what the most experienced workers did — then handing it to beginners, who improved 34%. The experienced people were the source, not the beneficiary.

“Our life experience could help us critically evaluate ChatGPT's answer.”

— a retiree in a 2024 study of 25 retirees learning ChatGPT

It supplies the words. You supply the judgment.

Brynolfsson, Li & Raymond, Quarterly Journal of Economics, 2025 (5,179 support agents) · Li et al., Chinese CHI 2024



What it actually is

No math. No jargon. One trick.

Finish this sentence:

Peanut butter and _____

You said jelly — because you've heard it a thousand times.

You just did what an AI does: it picks the likeliest next word, over and over, very fast, having read more than any human could.

That's it. That's the trick. A very good guesser.

A very good guesser



Brilliant with words

- Explaining
- Rewriting
- Drafting
- Organizing
- Translating the jargon



Unreliable with facts it supplies itself

- Numbers & prices
- Dates & deadlines
- Names & quotes
- Phone numbers & addresses
- Doses, laws & rules



Equally sure either way

- It has no “I’m not sure” voice.
- Perfect grammar sounds like expertise.
- So the check is on you.

Trust it for words. Check it for facts.

Same three moves, new tool



Type

Ask it in plain English



Talk

Tap the mic and just say it



Show

Photograph it and ask

Every AI tool you'll ever meet, you'll meet the same way. Today: Gemini. Next week: ChatGPT. Then Claude. By week four you'll onboard the next one yourself.

The one rule

Cover your numbers.

Before you photograph or paste anything: account numbers, ID numbers, dates of birth.

It never needs them to help you. A sticky note takes three seconds.

Watch me — on my phone

1 Type

“I’m thinking about remodeling my kitchen. Where do I start, in what order, and what do people regret?”

2 Show

Sticky note over the account number first. Then photograph the letter: “What is this, and do I need to do anything, by when?”

3 Same question, two ways

Ask it twice, differently. Two different answers. Not a glitch — it’s how a guesser works.

4 Talk

Tap the mic: “Put that more simply.” Then: “Go deeper.”

5 minutes

Stretch. Then —

Gemini already working on your phone? Hold up your green card. You're a captain.

Get it in your hand

- 1 Get Gemini. App Store or Play Store: search “Gemini”. Can't install? Open gemini.google.com in Safari or Chrome.
- 2 Sign in with the Google account you use for Gmail or YouTube. No Google account? Don't make one today — pair up.
- 3 Privacy switch — we'll do it together in a minute.
- 4 Find the microphone.
- 5 Find the + or the camera. Then: green card up.

EVERYONE LOOK UP

The privacy switch

- 1 Tap the menu, then your picture or initial
- 2 Tap “Gemini Apps Activity” (some phones say “Keep Activity”)
- 3 It says On. Tap it — then Turn off
- 4 Your chats are now held up to 72 hours instead of saved to your history



Green card when you see Off

Ask what you've always wondered

Try:

“Explain how ___ works, the way a friend who knows the subject would.”

Write in the box: what surprised you, what it got wrong, what you'd ask next.

7

minutes

Show it something

Try:

“What is this, and what should I know about it?”

Photograph the menu or label on your table — or anything in your bag. Numbers covered first.



minutes

Talk to it

Try:

Tap the microphone and ask anything out loud. Then say: “Put that more simply” — or — “Go deeper.”

You don't have to type. If typing on a phone is a chore, this is the move for you.



7

minutes

Notice

**Ask the same thing two different ways
and you get two different answers.**

Not a glitch. It's how a guesser works. It's why we check.

Show and tell

- 1 What did you ask?
- 2 What did it give you?
- 3 What surprised you — or what did it get wrong?

Three volunteers. Captains first if the room is shy. The wrong answers get the biggest applause.

This week: use it for one real thing



What I asked it



**What it got right —
and anything it got
wrong**



**What I checked, and
where I checked it**

Anything you'd normally look up, write, plan or puzzle over. Workbook Week 1, page 3 — bring it back next Tuesday.

Next week: an AI that shows its source



Closed book

Today's chatbot answers from memory.
Brilliant with words; can be out of date; fills gaps with confident guesses.



Open book

NotebookLM answers only from documents you give it — a contract, a manual, your test results — and shows the exact passage it used.

An AI that shows its source beats one that doesn't.

Plus tool number two: ChatGPT. Same three moves.

Say it with me

Useful AI, minimal exposure, human verification.

Trust it for words. Check it for facts.

Same three moves, new tool.

Everything from today: safeai4seniors.com/start

all one word, with the number 4