



DOWNLOADING APPS TO MAKE LIFE EASIER

Thursday, January 28, 10:30 a.m.

Melody Camp, Presenter

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<h1>AGENDA</h1>	<h3>Resources</h3> <ol style="list-style-type: none">1. Neighborhood2. Medical3. Shopping4. Cooking5. Delivery6. Financial7. Entertainment
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Let your fingers do the walking

- ▶ City of Chicago – chicago.gov
 - Use Play Store to find Chicago specific apps
- ▶ 19th Ward – the19thwardmobile.com
- ▶ BAPA – bapa.org

NEIGHBORHOOD RESOURCES

3

Avoid exposure during the pandemic



Managing
medications



Visiting
medical
professionals
virtually



Measuring
vitals



Accessing
medical
records



Ordering
prescriptions

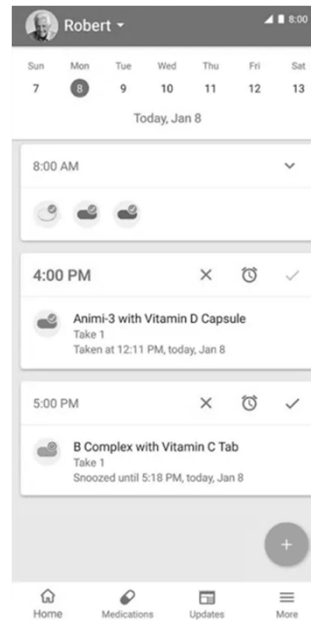
MEDICAL APPS

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Search Play Store

- ▶ Medisafe
- ▶ EKG, heart rate, BP, sleep
- ▶ My chart – Epic Systems
- ▶ Good RX
- ▶ Red Panic Button
- ▶ WebMD, Mayo

MEDICAL APPS



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Protect essential workers, shop online

- Who is online with apps
 - ✓ Grocery stores
 - ✓ Home improvement stores
 - ✓ Pharmacies
- Pickup or delivery



SHOPPING



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Seriously, let someone else cook

- ▶ Restaurants – curbside, delivery
- ▶ Drive-thrus
- ▶ Epicurious (by country)
- ▶ Allrecipes
- ▶ Keto, Carb Manager, Atkins, Mediterranean Plan
- ▶ Pinterest



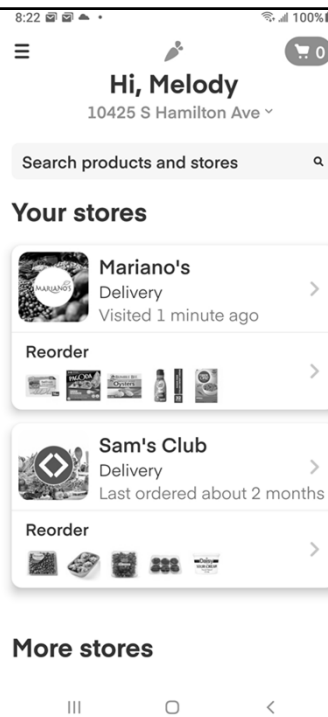
COOKING

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Help keep neighbors employed

- ▶ Instacart
- ▶ Uber Eats
- ▶ DoorDash
- ▶ Grub Hub

DELIVERY

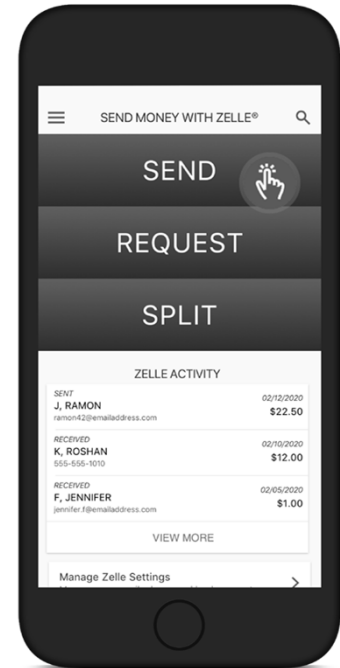


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Scan your deposits, send money

- ▶ Banks
- ▶ Investment companies
- ▶ Mint
- ▶ Zelle
- ▶ PayPal
- ▶ Vanguard, Fidelity, Schwab, ML

FINANCIAL APPS



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Tease or relax your brain

- ▶ News
- ▶ Music
- ▶ Reading
- ▶ TV
- ▶ NPR One
- ▶ TuneIn
- ▶ Libby
- ▶ iBook/ Kindle
- ▶ Lumosity
- ▶ Librivox Audio Books

ENTERTAINMENT APPS

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Tease or relax your brain

- Jigsaw puzzles
- Sudoku
- Words with Friends
- WordBrain
- Let's Create Pottery
- Elevate Brain Training



ENTERTAINMENT APPS

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- ✓ Big Launcher
- ✓ Big Buttons Keyboard
- ✓ Magnifying Glass with Light
- ✓ Find My Phone
- ✓ AARP
- ✓ Teamviewer
- ✓ Sciddy App

GENERAL APPS



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- ▶ Six Great Smartphone Apps for Seniors
- ▶ Senior Citizen Apps
- ▶ Best Mobile Apps for Healthy, Social Seniors
- ▶ Use These Apps To Make Android Easier for Senior Citizens

RESOURCES

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Q&A

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