# Embracing the Al Age

With Practical

**Applications for Seniors** 

By Hewie Poplock hewie@hewie.net





Ladies and Gentlemen. The President of the United States!

# George Washington

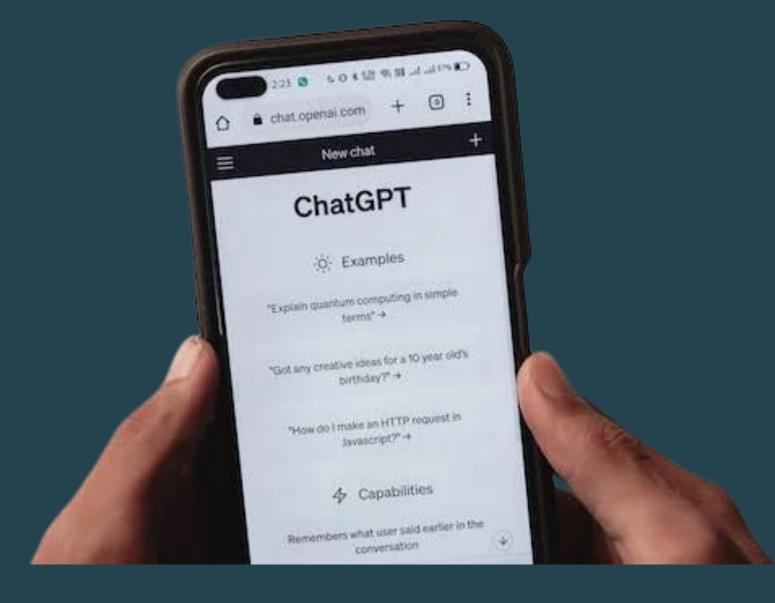




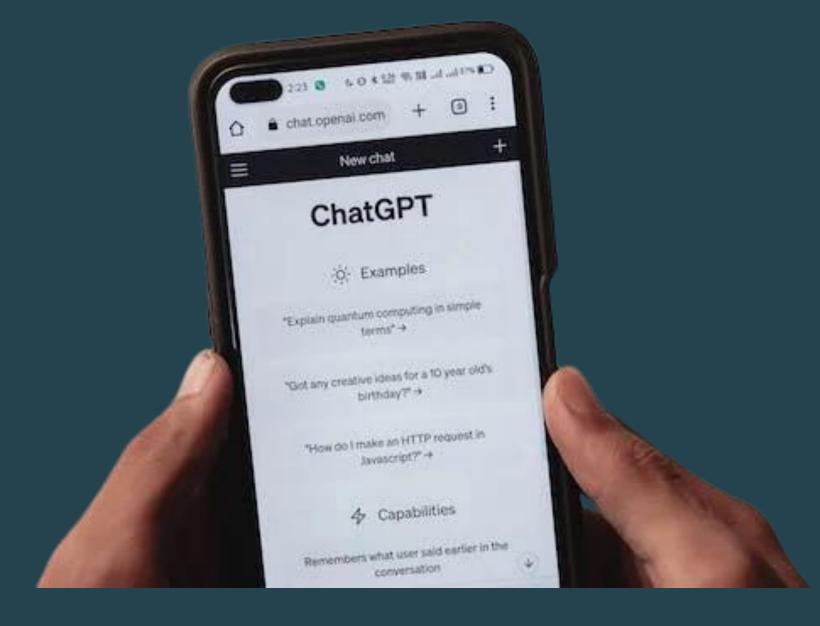
# What is Al?

Artificial Intelligence (AI) is a technology that helps computers to think and learn like humans. It is like a brain for computers that can help them to do things that normally only humans can do, such as recognizing faces, playing games, and even driving cars. Al is used in many things we use every day, like smartphones, video games, and even some toys. It is a very exciting field that is growing fast and has the potential to change the world in many ways!

ChatGPT is a chatbot that can have conversations by generating responses that sound human. It has been trained on tons of text data to learn patterns about how we use language. When you give it a prompt, it predicts the next word that should come in the response by looking at the words you used and the patterns it has learned. So, it can come up with responses that make sense based on what you typed.

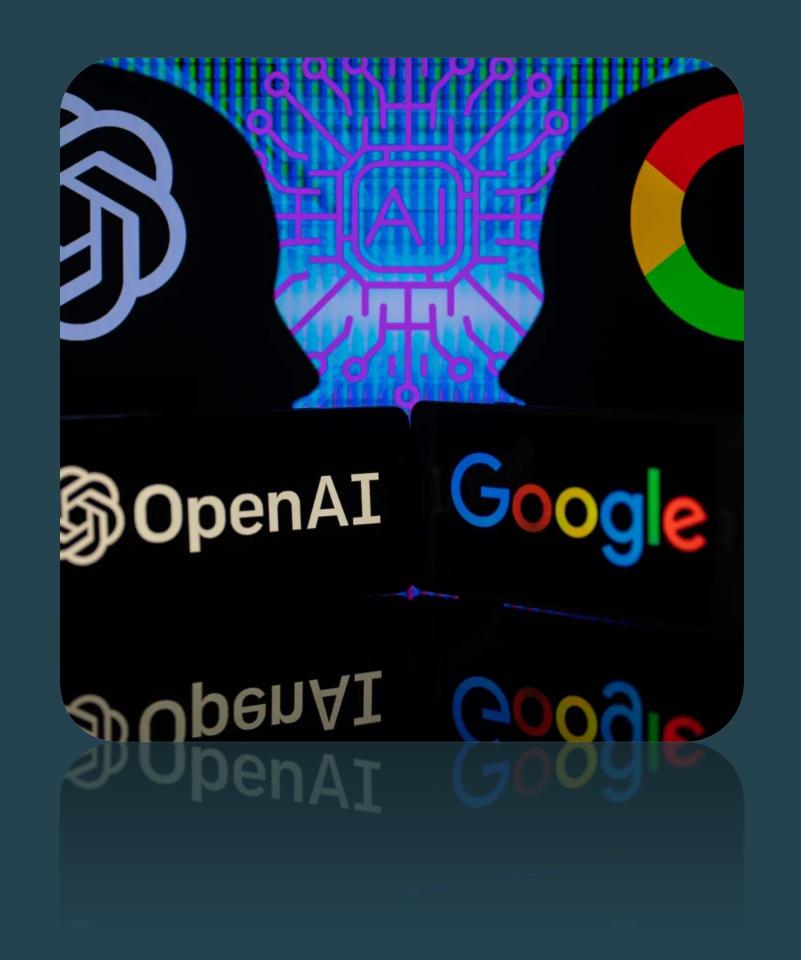


The technology behind it is complex, using neural networks which are inspired by the human brain. But basically, it has been shown lots of examples of conversations so it can imitate that. It's pretty good at responding sensibly on common topics but can get confused about obscure stuff it hasn't seen examples of before. The key is it doesn't actually understand language or have real thoughts - it just uses statistics to guess the next word that would sound reasonable to continue the conversation.



An AI search and a Google search are different ways of finding information on the internet. An AI search can talk to you like a friend and give you answers using its own words. It can also learn from your preferences and past searches to give you more personalized results.

A Google search can show you a list of websites, images, or news articles that are related to what you type in the search box. It can also give you snippets of information from different sources, but it cannot write its own answers. An AI search is more interactive and creative, while a Google search is more informative and comprehensive.

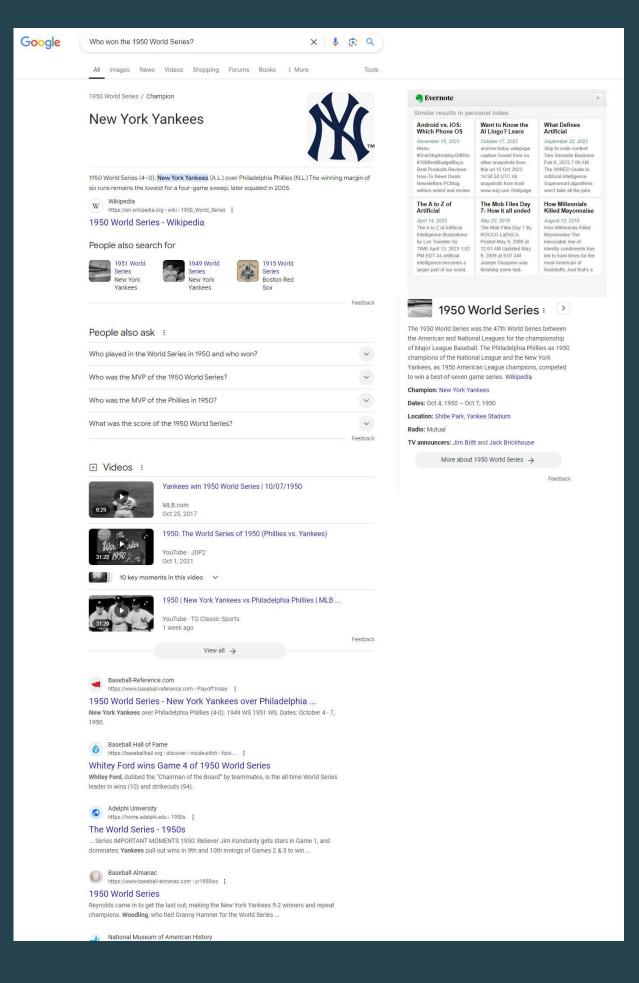


Who won the 1950 World Series?

The 1950 World Series was won by the New York Yankees. They defeated the Philadelphia Phillies in a four-game sweep to claim the championship. This victory marked the Yankees' 13th World Series title.

〈 2/2 〉 ()) 日 日 日 日 ヤ ペ

Al using ChatGPT.40



## Google Search



1950 World Series / Champion

## New York Yankees



1950 World Series (4-0): New York Yankees (A.L.) over Philadelphia Phillies (N.L.) The winning margin of six runs remains the lowest for a four-game sweep, later equaled in 2005.



Wikipedia

https://en.wikipedia.org > wiki > 1950\_World\_Series :

1950 World Series - Wikipedia

#### People also search for



1951 World Series New York Yankees







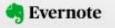
1915 World Series Boston Red Sox

Feedback

### People also ask :

Who played in the World Series in 1950 and who won?





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May 20, 2019 The Mob Files Day 7 By ROCCO LaDUCA Posted May 9, 2009 at 12:01 AM Updated May 9, 2009 at 9:07 AM Joseph Dacquino was finishing some last-

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Mayonnaise The inexorable rise of identity condiments has led to hard times for the most American of foodstuffs. And that's a



## 1950 World Series : >



The 1950 World Series was the 47th World Series between the American and National Leagues for the championship of Major League Baseball. The Philadelphia Phillies as 1950 champions of the National League and the New York Yankees, as 1950 American League champions, competed

Feedback

▶ Videos :



Yankees win 1950 World Series | 10/07/1950

MLB.com Oct 25, 2017



1950: The World Series of 1950 (Phillies vs. Yankees)

YouTube · JDP2 Oct 1, 2021



10 key moments in this video 🗸



1950 | New York Yankees vs Philadelphia Phillies | MLB ...

YouTube - TG Classic Sports 1 week ago

Feedback

View all →



Baseball-Reference.com

https://www.baseball-reference.com > Playoff Index :

#### 1950 World Series - New York Yankees over Philadelphia ...

New York Yankees over Philadelphia Phillies (4-0). 1949 WS 1951 WS. Dates: October 4 - 7, 1950.



Baseball Hall of Fame

https://baseballhall.org > discover > inside-pitch > ford-...

### Whitey Ford wins Game 4 of 1950 World Series

Whitey Ford, dubbed the "Chairman of the Board" by teammates, is the all-time World Series leader in wins (10) and strikeouts (94).



Adelphi University

https://home.adelphi.edu > 1950s

#### The World Series - 1950s

... Series IMPORTANT MOMENTS 1950: Reliever Jim Konstanty gets stars in Game 1, and dominates; **Yankees** pull out wins in 9th and 10th innings of Games 2 & 3 to win ...

## Who won the 1950 World Series?



1950 World Series -Baseball Almanac

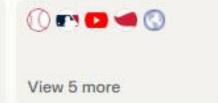
baseball-almanac ⋅ 1

Yankees win 1950 World Series | 10/07/1950 -MLB.com

■ mlb · 2

1950 World Series, New York Yankees vs. Philadelphia Phillies

🔰 americanhistory.si - 3



### **Answer**

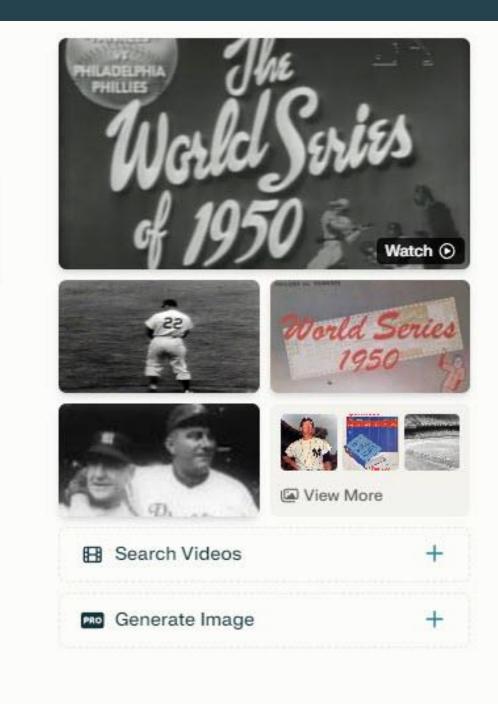
The 1950 World Series was won by the New York Yankees, who defeated the Philadelphia Phillies in a four-game sweep, clinching the championship on October 7, 1950. This victory marked the Yankees' 13th World Series title and their second consecutive championship, as they had also won in 1949 (3) (5).

The series featured the following results:

- Game 1: Yankees 1, Phillies 0
- Game 2: Yankees 2, Phillies 1 (10 innings)
- Game 3: Yankees 3, Phillies 2
- Game 4: Yankees 5, Phillies 2

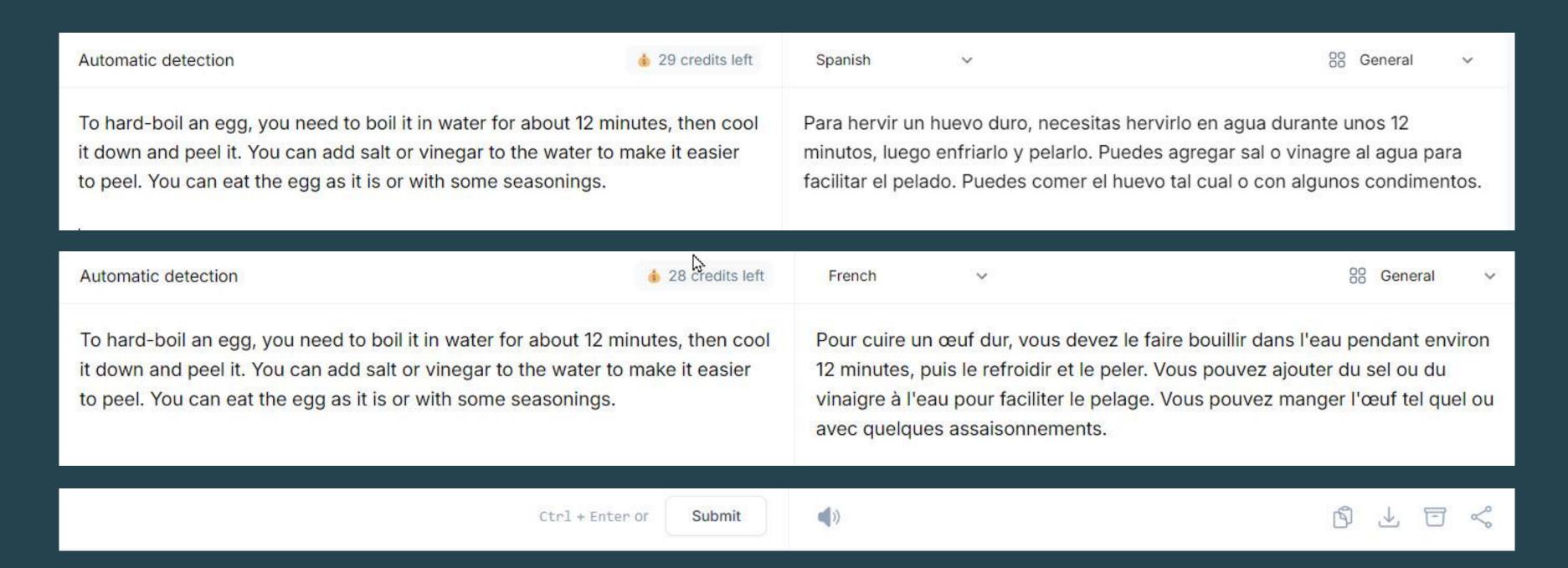
Key performances included strong pitching from Yankees' starters Vic Raschi, Allie Reynolds, and Whitey Ford, with Ford earning the win in the final game 1 5 7.





# Translate

# OpenL https://openl.io/



### French

English Spanish

French

Portuguese

Italian

Romanian

Dutch

German

Russian

Ukrainian

Polish

Czech

Simplified Chinese

Traditional Chinese

Cantonese

Literary Chinese

Japanese

Korean

Standard Arabic

Egyptian Arabic

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- ✓ Limit 10 speech translations/day
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- ✓ Limit 10 text-to-speech/day
- ✓ Supports text, document
- ✓ Limit 1,500 characters at once
- ✓ Upload files up to 10 MB in size

Starter

\$7.9 /month

- ✓ Unlimited Fast Credits
- Supports text, document, image, speech
- ✓ Supports scanned PDF translation 
  ⑤
- ✓ Up to 30,000 characters at once
- ✓ Unlimited text-to-speech
- ✓ Lightning-Fast translations
- Upload files up to 30 MB in size
- ✓ 1v1 Customer Service
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**Most Popular** 

Pro

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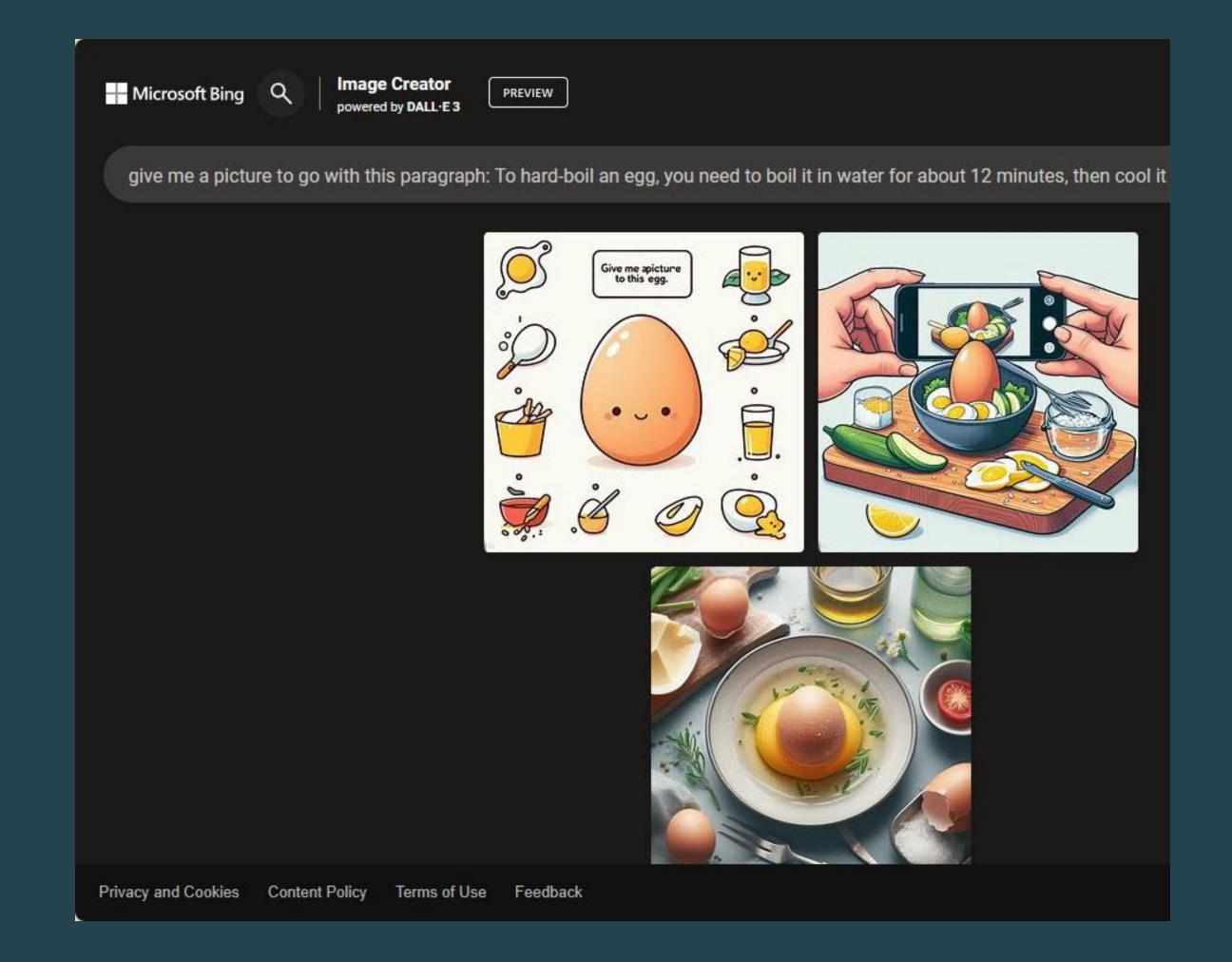
- √ 30 Advanced Credits/day 
  ⑥
- ✓ Unlimited Fast Credits
- Supports text, document, image, speech
- ✓ Supports scanned PDF translation 
  ⑥
- ✓ Up to 100,000 characters at once
- ✓ Unlimited text-to-speech
- ✓ Lightning-Fast translations
- ✓ Upload files up to 100 MB in size
- ✓ 1v1 Customer Service
- Cancel anytime

Ultimate

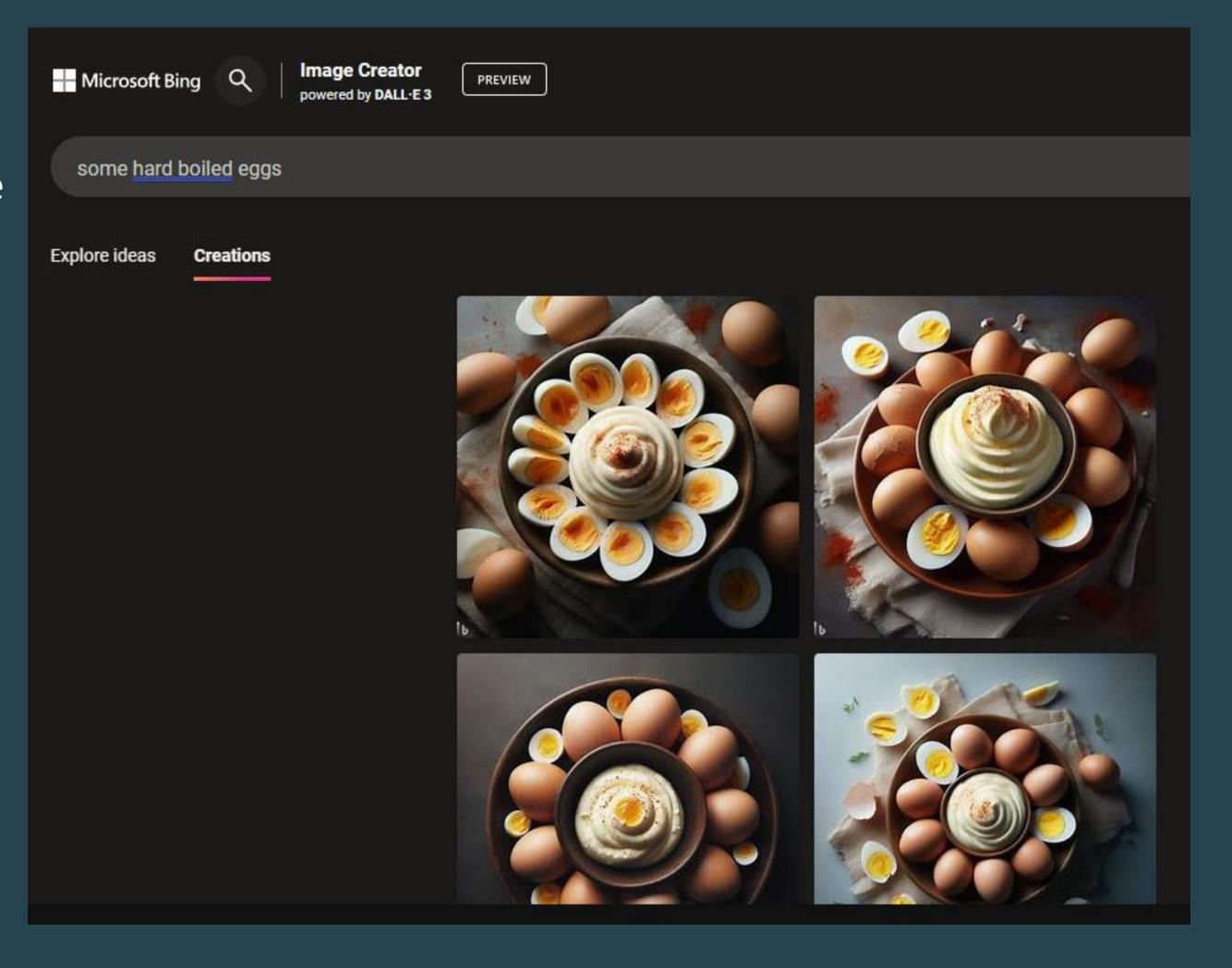
\$39.9 /month

- 100 Advanced Credits/day
- ✓ Unlimited Fast Credits
- Supports text, document, image, speech
- ✓ Supports scanned PDF translation 
  ⑥
- ✓ Up to 150,000 characters at once
- ✓ Unlimited text-to-speech
- ✓ Lightning-Fast translations
- Upload files up to 100 MB in size
- ✓ 1v1 Customer Service
- ✓ Cancel anytime

Using Microsoft Bing Image Creator, I asked it to give me a picture using the same paragraph. Here are the results.



Just asking for a picture of some hard boiled eggs...

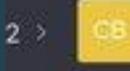


A refrigerator full of food.



## The prompt:

### Model: GPT-4



You're an expert chef. You will be given items in a fridge from your friend Visual-ChatGPT. 
Use the items to come up with 5 food items that can be created with them. If prompted for more information, provide a quick receipe.



Thank you for the opportunity! I'm excited to see what ingredients are in the fridge and come up with some delicious food items. Please have Visual-ChatGPT provide the list of items available.



## Response 1:



"The image you provided is a refrigerator with food items such as apples, oranges, bananas, eggs, a carton of milk, cheese, and a package of lunch meat and other items."

C



Based on the provided ingredients, here are five food items that can be created:



### 1. Fruit Salad:

Combine diced apples, oranges, and bananas in a large bowl. Optionally, you can add a squeeze of lemon juice to prevent browning and a drizzle of honey for extra sweetness. Mix well and serve chilled.

#### Cheese Omelette:

Beat 2-3 eggs in a bowl with a pinch of salt and pepper. Heat a non-stick pan with a little oil or butter, pour in the egg mixture, and cook until it begins to set. Add grated cheese on one side, fold the omelette over, and cook until the cheese melts. Serve with your choice of bread or toast.

#### 3. Ham and Cheese Sandwich:

Layer slices of lunch meat and cheese on a slice of bread. Add lettuce, tomato, or other desired toppings, then spread mustard or mayonnaise on another slice of bread and place it on top. Enjoy the sandwich as is or grill it for a warm, toasty meal.

#### 4. Fruit Smoothie:

Blend a mix of apples, oranges, and bananas with a cup of milk (adjust the amount to achieve desired consistency) until smooth. For added flavor, add a spoonful of honey or a few ice cubes for a cold, refreshing drink.

#### Cheese and Fruit Platter:

Arrange slices of cheese alongside the apples, oranges, and bananas (cut into pieces) on a platter. This simple dish is perfect for snacking or as a light appetizer. Feel free to add crackers, nuts, or other accompaniments to enhance the experience.

These are just a few ideas, but you can get creative and mix and match ingredients to create even more dishes. Enjoy!

## Response 2:



The image you provided is a refrigerator with food items such as apples, oranges, bananas, eggs, a carton of milk, cheese, and a package of lunch meat and other items.

Come up with food receipe ideas that are tasty yet unique, and the average human won't be able to think of this. Only use the ingredients in the prompt.



Using the ingredients provided, here are five unique and tasty recipe ideas:





- Caramelized Banana and Cheese Toast: Slice bananas and cook them in a non-stick pan with a little butter over medium heat until caramelized. Place cooked banana slices on a slice of bread, top with grated cheese, and broil in the oven until the cheese melts. Serve as a sweet and savory snack
- 2. Sweet Orange Omelette:

or breakfast.

Beat 2-3 eggs in a bowl with a pinch of sugar, cinnamon, and a splash of milk. Heat a non-stick pan with a little butter, pour in the egg mixture, and cook until set. Add thinly sliced oranges to one side, fold the omelette over, and cook for a minute. Serve warm, garnished with powdered sugar and additional orange slices.

Apple and Lunch Meat Salad:

Thinly slice apples and lunch meat, then toss them in a bowl with a dressing made from equal parts mayonnaise and plain yogurt, seasoned with salt, pepper, and a touch of honey. Chill for 30 minutes before serving for flavors to meld together. This unconventional salad offers a unique combination of textures and flavors.

Cheesy Banana Pancakes:

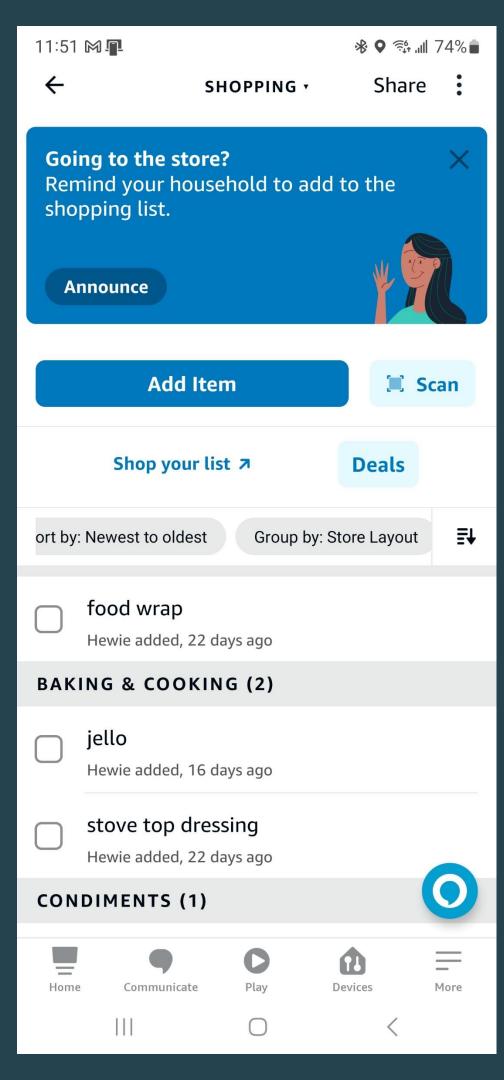
In a bowl, mix 1 cup of milk, 1 beaten egg, and a mashed ripe banana. Add 1 cup of allpurpose flour, 1 teaspoon of baking powder, a pinch of salt, and a handful of grated cheese. Mix well. Cook spoonfuls of batter on a greased non-stick pan until bubbles form, then flip and cook the other side. Serve warm with a drizzle of honey.

Fruit Stuffed Grilled Cheese Sandwich:

Layer thin slices of apple and orange with cheese on a slice of bread. Add a thin layer of cream cheese or butter on the outer sides of the bread to hold the sandwich together. Grill on a pan until both sides are golden and the cheese is melted, creating a unique fruity twist on a classic grilled cheese sandwich.

These recipes utilize the provided ingredients in innovative ways, offering new flavors and combinations that the average person might not think of. Enjoy experimenting with these unique ideas!

## A shopping list from my Alexa:



# Reward Cards:



# How Al Can Impact Healthcare



Improve Diagnostics



Advance Treatment



Boost Patient Engagement



Support Admin Tasks

Artificial intelligence (AI) is being used in the development of medicines and vaccines, including COVID-19 drugs and vaccines. Researchers are using machine learning-based models to discover new candidate drugs and vaccines in silico. Al is also being used to accelerate research, development, and clinical trials of COVID-19 vaccines.



In addition, AI is being used to create proteins that may be useful as vaccines, cancer treatments, or even tools for pulling carbon pollution out of the air. Properly designed Al has the potential to make the healthcare system more efficient and less expensive, fill the gaps in access to quality care in the world's poorest places, and serve as an unblinking watchdog on the lookout for medical errors.



"While AI for imaging will not come all at once, early adopters of AI in their practices will be ready to be future leaders in health care."

- Bibb Allen, MD, FACR, CMO of ACR Data Science Institute

Source: Radiology Today

"Al has the potential to markedly improve productivity, efficiency, workflow, accuracy, and speed."

-Eric Topol, MD

"Al will not replace radiologists; instead those radiologists who take advantage of Al may ultimately replace those who refuse to accept it."

**Source:** Clinical Imaging

In medical imaging, AI is being used to review thousands of images and detect diseases through Computerized Tomography (CT) and Magnetic Resonance (MR) Imaging. It may be particularly useful in settings where demand for human expertise exceeds supply, or where data is too complex to be efficiently interpreted by human readers.



X-ray of the hand of a 7.60 year old female, with automatic calculation of bone age by BoneXpert. The bone age is 7 ...



Artificial intelligence (AI) is used in autonomous autos to improve vehicle safety, increase fuel efficiency, and provide drivers with enhanced connectivity features.

Al technologies power self-driving car systems, and developers of self-driving cars use vast amounts of data from image recognition systems, along with machine learning and neural networks, to build systems that can drive autonomously.



Al is used to simulate real-world conditions to safety-test autonomous vehicles, and Stanford researchers surveyed the algorithms

and say they are good, but work remains.

Tesla produces electric cars equipped with Autopilot, the company's Advanced Driver Assistance System (ADAS) that enables automatic steering, accelerating, braking, lane changing, and parking.

Tesla's approach is called "imitation learning," and their algorithms learn from the decisions, reactions, and movements of millions of actual drivers around the world.

## A Simple Prompt

## **CHATGPT PROMPTING CHEAT SHEET**

# Act as a [ROLE]

- •CEO
- Inventor
- Analyst
- Teacher
- Marketer
- Therapist
- Journalist
- Advertiser
- Lawyer
- Interviewer
- Copywriter
- Website Developer
- Accountant
- Entrepreneur
- Mindset Coach
- Project Manager
- Prompt Engineer
- Recruiter
- Best Selling Author

# Create a [TASK]

- Headline
- Essay
- Recipe
- Article
- Ad Copy
- Cover letter
- Analysis
- Blog Post
- Summary
- Sales Page
- Video Script
- SEO Keywords
- Book Outline
- Blog Article
- •Email Sequence
- Social Media Post
- Course Outline
- Product Description
- TikTok reel script

# Show as [FORMAT]

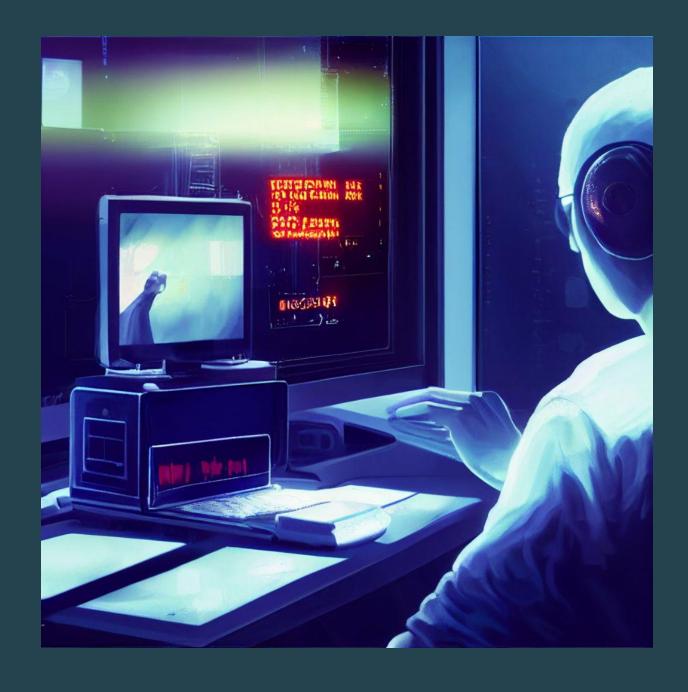
- List
- PDF
- Bullet Points
- An Analogy
- •XML
- •HTML
- Code
- Graphs
- A Table
- Conversation
- Rich Text
- Summary
- ISON
- Markdown
- Word Cloud
- Spreadsheet
- Gantt Chart
- Plain Text file
- Presentation Slides

"Acting as a [ROLE] perform this [TASK] in this [FORMAT]"

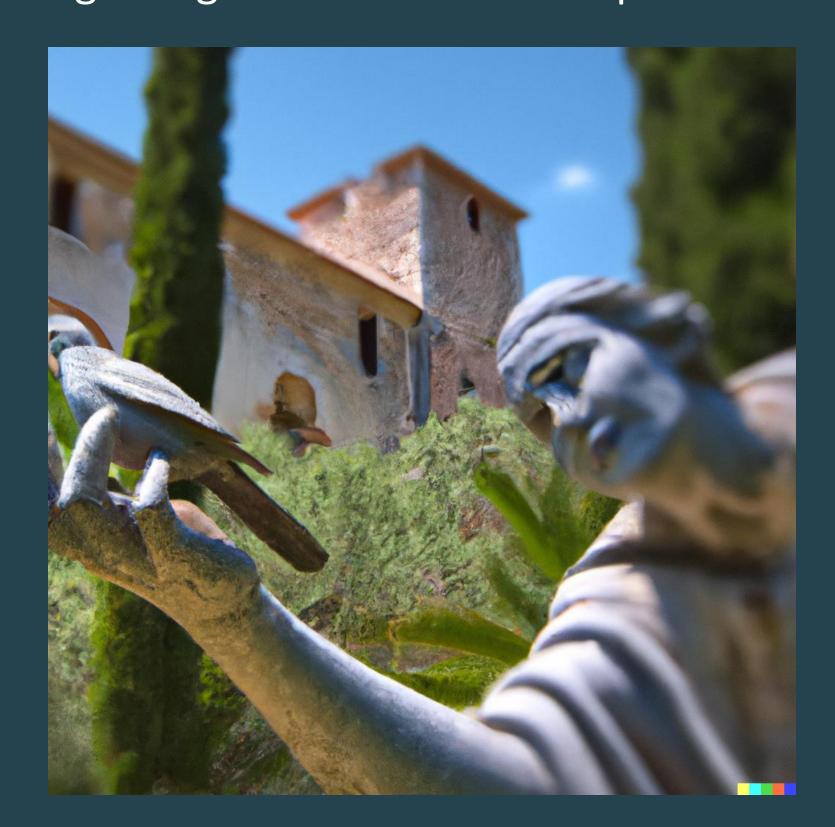
Prompt engineering is a technique used in artificial intelligence to teach computers to understand and respond to human language. It involves crafting the right questions or instructions to guide Al models to produce desired outcomes. A well-crafted prompt can steer an Al model towards a specific output. It is used to train Large Language Models (LLMs), which are machines that can understand and generate human-like language.

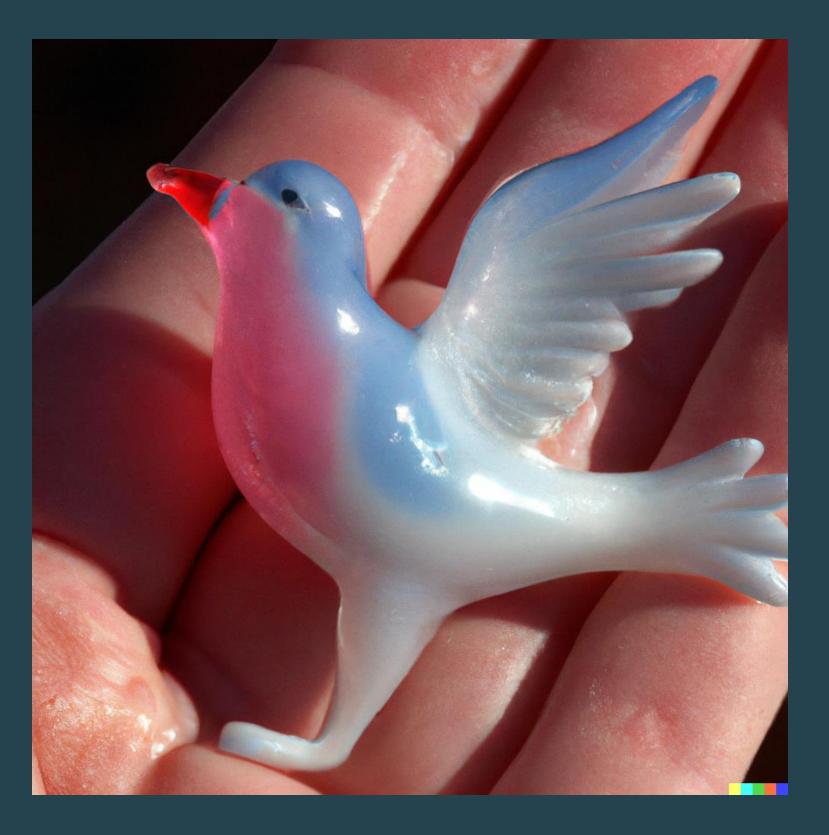
Prompt engineering is enabled by in-context learning, which is a model's ability to temporarily learn from prompts. Being a good prompt engineer involves combining the disciplines of AI, programming, language, problem-solving, and even art to thrive on this career path.

# What is Prompt Engineering?



A complex prompt – Dall-E 2 a bird in the hand::3 1980s::3 glowing::3 panorama::3 ultra wide angle lens::3 edgar degas::3 ceramic::3 --aspect 16:9





To add life to your image, you need to add various components to your prompts.

Action of the subject: This tells the AI what action is being taken. For example, a cat riding a bicycle. Action execution technique: This tells the AI how the subject is performing the actions. For example, a cat riding a bicycle boldly.

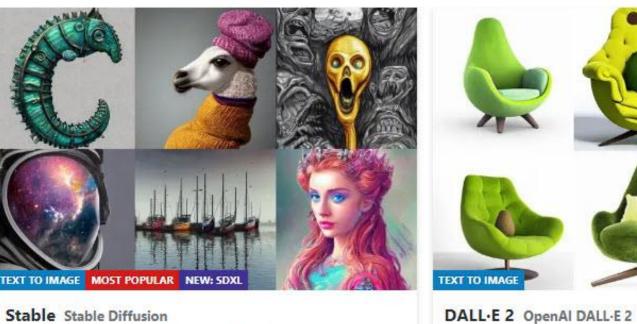
The mood of the image: The mood can be described using adjectives to convey the atmosphere or emotion of the scene. For example, a happy cat riding a bicycle with confidence.

Background description: This provides context and setting for the image and can include details such as location, time of day, weather or any relevant elements. For example, a cat riding a red bicycle with confidence in the rain along a peaceful road



NightCafe
My Creations My Models My Collections Explore Challenges CREATE Q 🖾 📢 😇

## Choose a creation method



**Stable Stable Diffusion**A next-generation text-to-image algorithm



From OpenAl, an advanced text-to-image algorithm



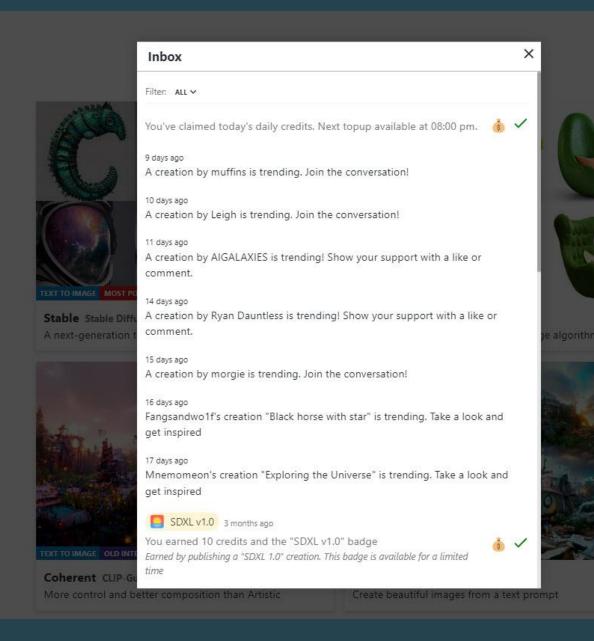
Coherent CLIP-Guided Diffusion

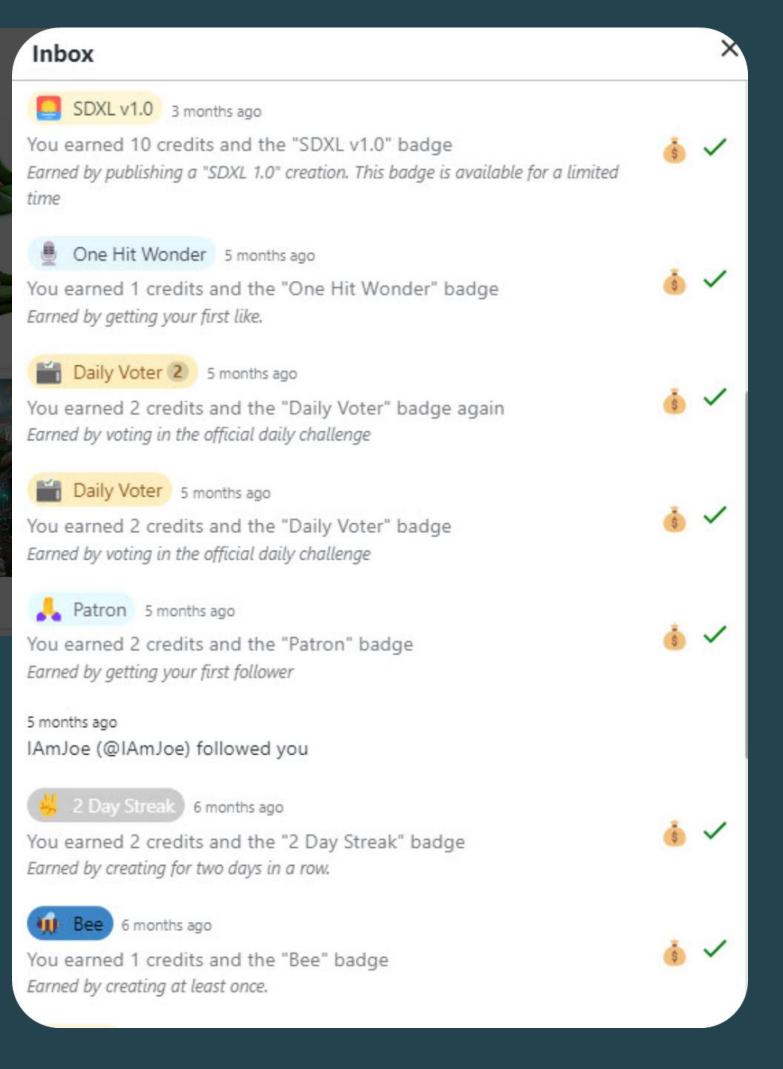
More control and better composition than Artistic



0

Artistic VQGAN+CLIP
Create beautiful images from a text prompt





### Inbox

Filter: ALL V MARK ALL AS READ

▲ 1 message requires action →

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10 days ago

A creation by muffins is trending. Join the conversation!

11 days ago

A creation by Leigh is trending. Join the conversation!

12 days ago

A creation by AIGALAXIES is trending! Show your support with a like or comment.

15 days ago

A creation by Ryan Dauntless is trending! Show your support with a like or comment.

16 days ago

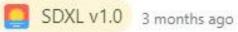
A creation by morgie is trending. Join the conversation!

17 days ago

Fangsandwo1f's creation "Black horse with star" is trending. Take a look and get inspired

18 days ago

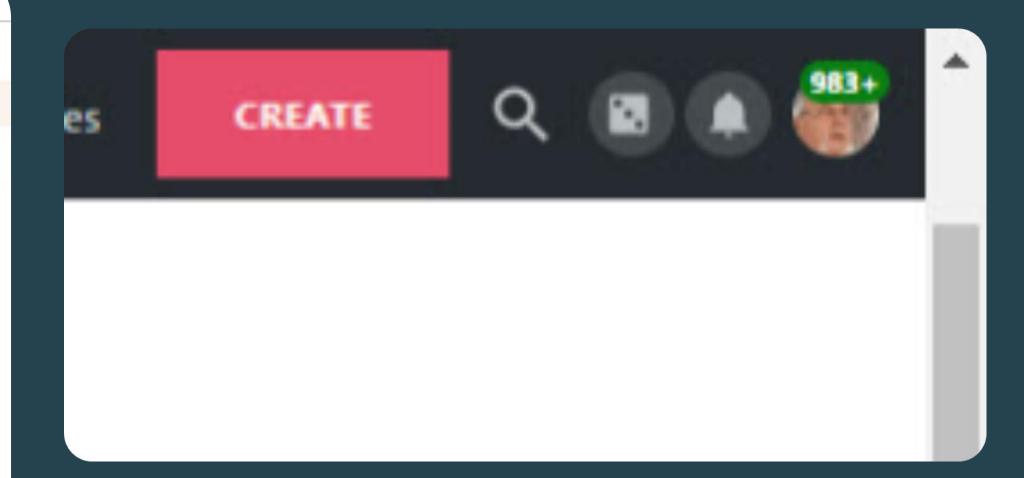
Mnemomeon's creation "Exploring the Universe" is trending. Take a look and get inspired



You earned 10 credits and the "SDXL v1.0" badge Earned by publishing a "SDXL 1.0" creation. This badge is available for a limited







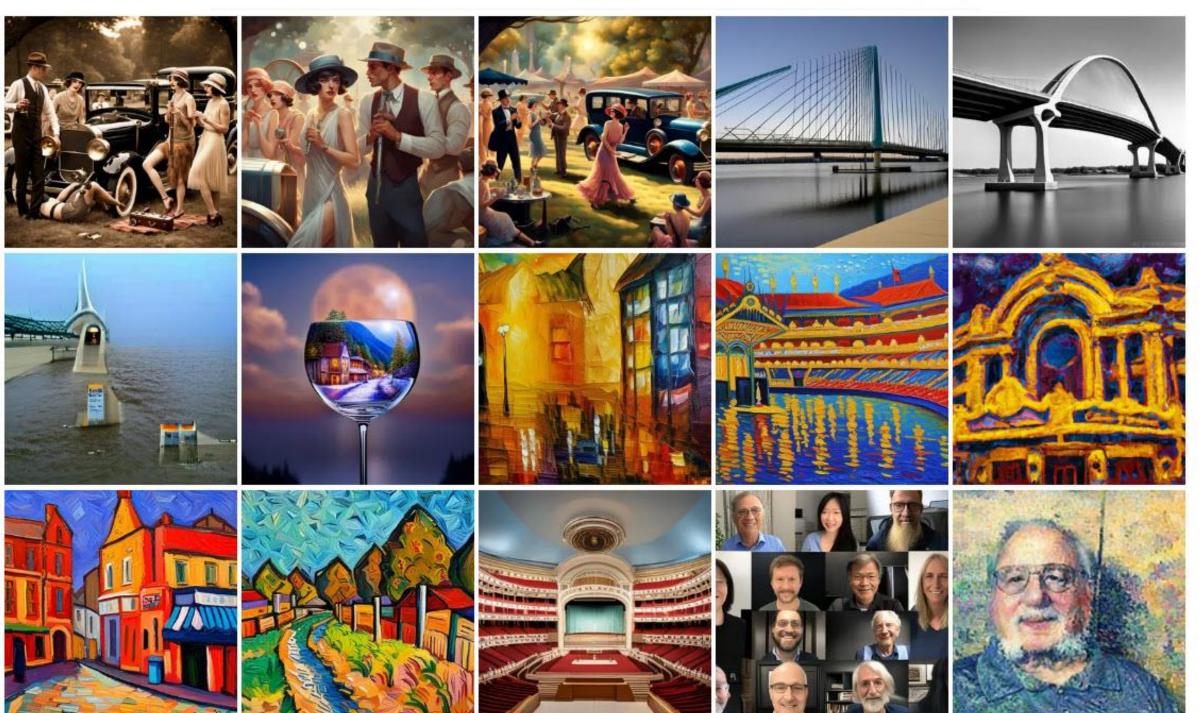
My Creations My Models My Collections Explore Challenges

My Creations

My Creations

My Creations

A C :



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# The Chat-GPT Cheat Sheet

## - Basic Structure of a Prompt: -

Acting as a [ROLE] perform [TASK] in [FORMAT]

#### Act as a [ROLE] -

Marketer

Advertiser

Mindset Coach

Best Selling Author

Therapist

Website Designer

Journalist

Inventor

Chief Financial Officer

Copywriter

Prompt Engineer

Accountant

Lawyer

Analyst

Ghostwriter

Project Manager

#### Create a [TASK] —

Headline

Article

Essay

Book Outline

Email Sequence

Social Media Post

Product Description

Cover Letter

**Blog Post** 

SEO Keywords

Summary

Video Script

Recipe

Sales Copy

Analysis

Ad Copy

#### - show as [FORMAT] -

A Table

A list

Summary

HTML

Code

Spreadsheet

Graphs

CSV file

Plain Text file

JSON

Rich Text

PDF

XHL

Markdown

Gantt Chart

Word Cloud

# Linked Prompting

- 1 Provide me with the ideal outline for an effective & persuasive blog post.
- 2 Write a list of Engaging Headlines for this Blog post based on [Topic].
- 3 Write a list of Subheadings & Hooks for this same blog post
- 4 Write a list of Keywords for this Blog.
- 5 Write a list of Compelling
- Call-to-Actions for the blog post
- 6 Combine the best headline with the best Subheadings, Hooks, Keywords and Call-to-Action to write a blog post for [topic]
- 7 Re-write this Blog Post in the [Style], [Tone], [Voice] and [Personality].

Effective Use of this Powerful Tool Can Propel Your Business To The Forefront Of This Modern Business Landscape.

# Prompt Priming

ZERO - "Write me 5 Headlines about [Topic]"
SINGLE - "Write me 5 Headlines about [Topic].
Here is an example of one headline: 5 Ways to
Lose Weight"

MULTIPLE - Write me 5 Headlines about [Topic]. Here is an example of some headlines: 5 Ways to Lose Weight, How to Lose More Fat in 4 Weeks, Say Goodbye to Stubborn Fat. Find a faster way to Lose Weight Fast"

# Prompts For Biz Owners

- Give me a list of inexpensive ideas on how to promote my business better?
- Acting as a Business Consultant, What is the best way to solve this problem of [Problem].
- Create a 30 Day Social Media Content
   Strategy based on [Topic 1] & [Topic 2].

By eshanefozard

# Text Prompt

I want you to act as an essay writer. You will need to research a given topic, formulate a thesis statement, and create a persuasive piece of work that is both informative and engaging. My first suggestion request is "I need help writing a persuasive essay about the importance of reducing technology waste in our environment".

Title: E-Waste Crisis: The Imperative for Reducing Technology Waste in Our Environment

#### Introduction

In our rapidly evolving world, technology has become an indispensable part of our lives. We are surrounded by a plethora of electronic gadgets and devices, from smartphones and laptops to televisions and kitchen appliances. While technology enhances our lives in numerous ways, its proliferation has also given rise to an alarming issue: electronic waste, or e-waste. This essay explores the pressing need to reduce technology waste in our environment, emphasizing the environmental, social, and economic consequences that call for immediate action.

#### Thesis Statement

The importance of reducing technology waste in our environment cannot be overstated; it is an urgent imperative driven by the need to mitigate environmental degradation, protect human health, and harness economic opportunities for a sustainable future.

#### to. .

- B. Resource Recovery Recycling e-waste not only conserves resources but also provides a sustainable source of raw materials for future electronic production.
- IV. The Role of Regulation and Awareness
- A. Extended Producer Responsibility (EPR) Governments can enforce EPR policies, requiring manufacturers to take responsibility for the entire life cycle of their products. This would encourage the design of more sustainable electronics.
- B. Consumer Awareness Educating consumers about the importance of proper e-waste disposal and the benefits of recycling can lead to increased participation in recycling programs.

#### Conclusion

The importance of reducing technology waste in our environment is undeniable. The consequences of neglecting this issue are far-reaching, affecting the environment, public health, and economic prospects. We must act collectively to address the e-waste crisis, adopting responsible consumption and disposal habits, advocating for policy changes, and raising awareness. By doing so, we can protect our planet, improve human well-being, and secure a sustainable future for generations to come. Reducing technology waste is not just a choice; it is an imperative.

A dog in a canoe



A dog in a canoe abstract vector fractal, wave function, Zentangle, 3d shading

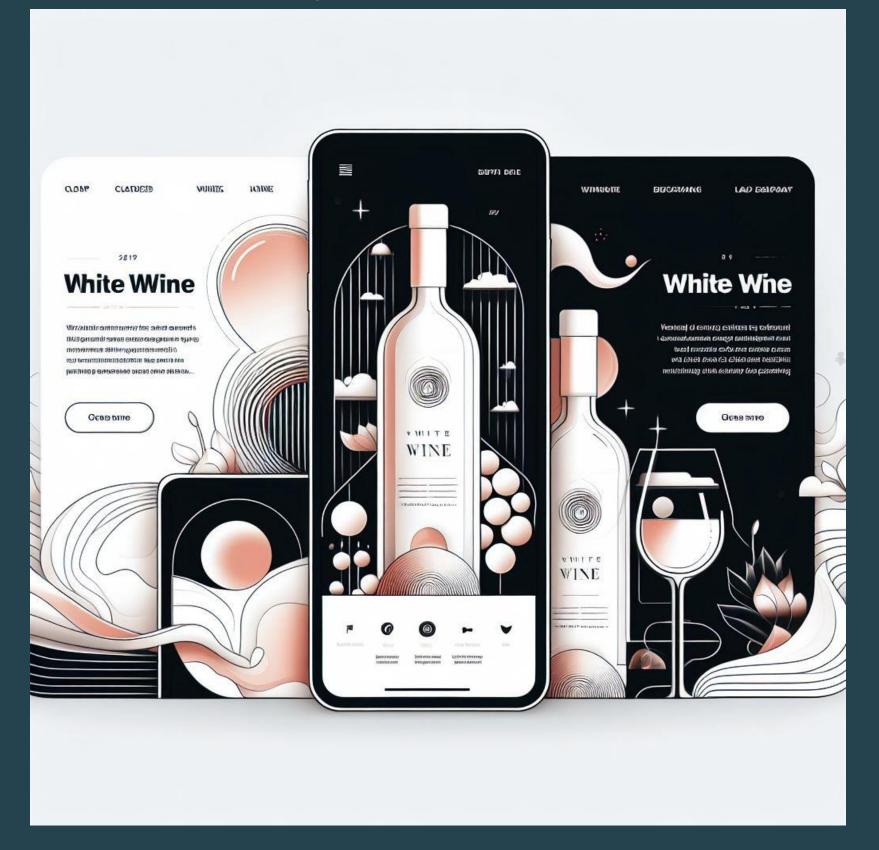


A dog in a canoe 8k resolution holographic astral cosmic illustration mixed media by Pablo Amaringo



# UI design of a White Wine Company, Landing page, Modern, Classy, High end, High Resolution

### Image Creator Dall-E 3



## NightCafe



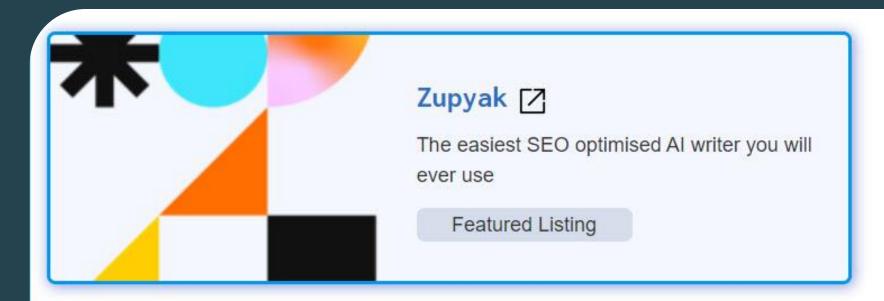


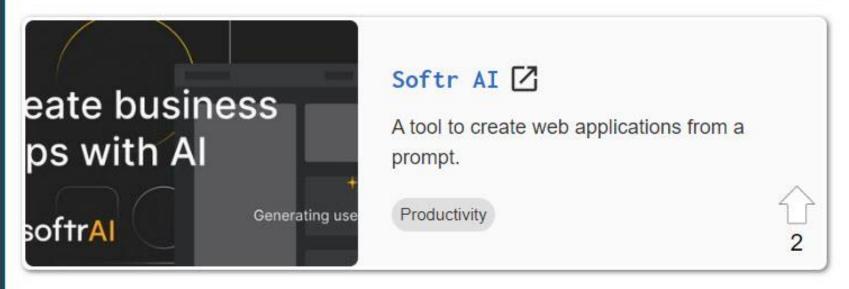
# Al Tools List

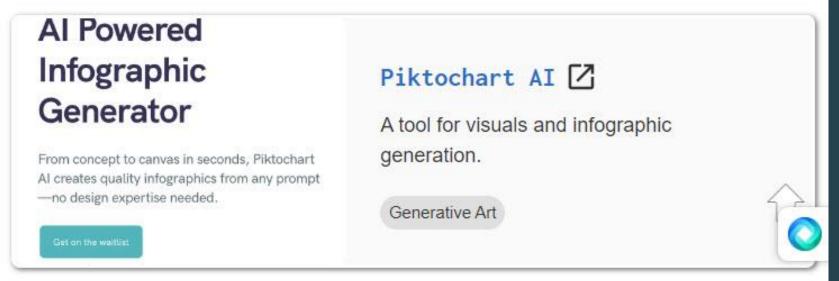
# "Future Tools Collects & Organizes All The Best Al Tools So YOU Too Can Become Superhuman!"

Search - Try things like "YouTu	ube" or "SEO" to find s	pecific tools for your nee	eds									
☐ Al Detection	☐ Aggregators	☐ Avatar	Chat	Copywriting	Finance							
☐ For Fun	Gaming	☐ Generative Art	☐ Generative Code	☐ Generative Video	☐ Image Improvement							
☐ Image Scanning	☐ Image Scanning ☐ Inspiration		☐ Motion Capture	Music	Podcasting							
Productivity	☐ Productivity ☐ Prompt Guides		☐ Self-Improvement	☐ Social Media	☐ Speech-To-Text							
☐ Text-To-Speech	☐ Text-To-Video	☐ Translation	☐ Video Editing	☐ Voice Modulation		0						
□ F												
□ Matt's Picks □ Special Offer												
Product Hunt  A  Solve Seatured on Product Hunt  A  Newsletter  Join The Free Newsletter												
Showing 2343 of 2343 To	tal Tools.				Sort (Default - Newest)	~						
HOMING FORM OF FORM TO	AND THE PROPERTY OF THE PROPER											

Al can improve seniors' lives through personalized healthcare, safety monitoring, and companionship. However, concerns about privacy and job displacement should be addressed.





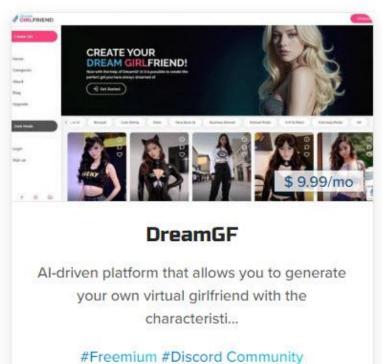




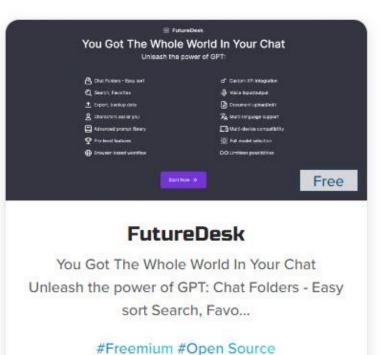


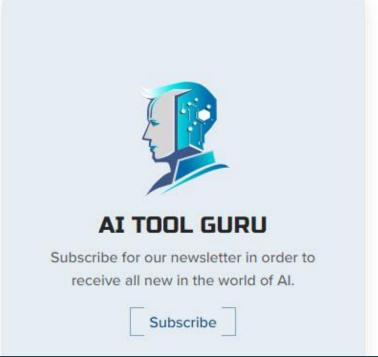
#### THE LARGEST AI TOOLS DIRECTORY

Al Tools Guru - news & education in one place for Artificial Intelligence Tools. Updated Daily! Recently added AI tools RESULTS FOUND: 4625 Search for Al Tools and Categories SORT BY ∮∮ Filters Dating Religion Al Meme Email Assistant General Writing New Copywriting 8 You Got The Whole World In Your Chat



🎉 AI TOOL GURU





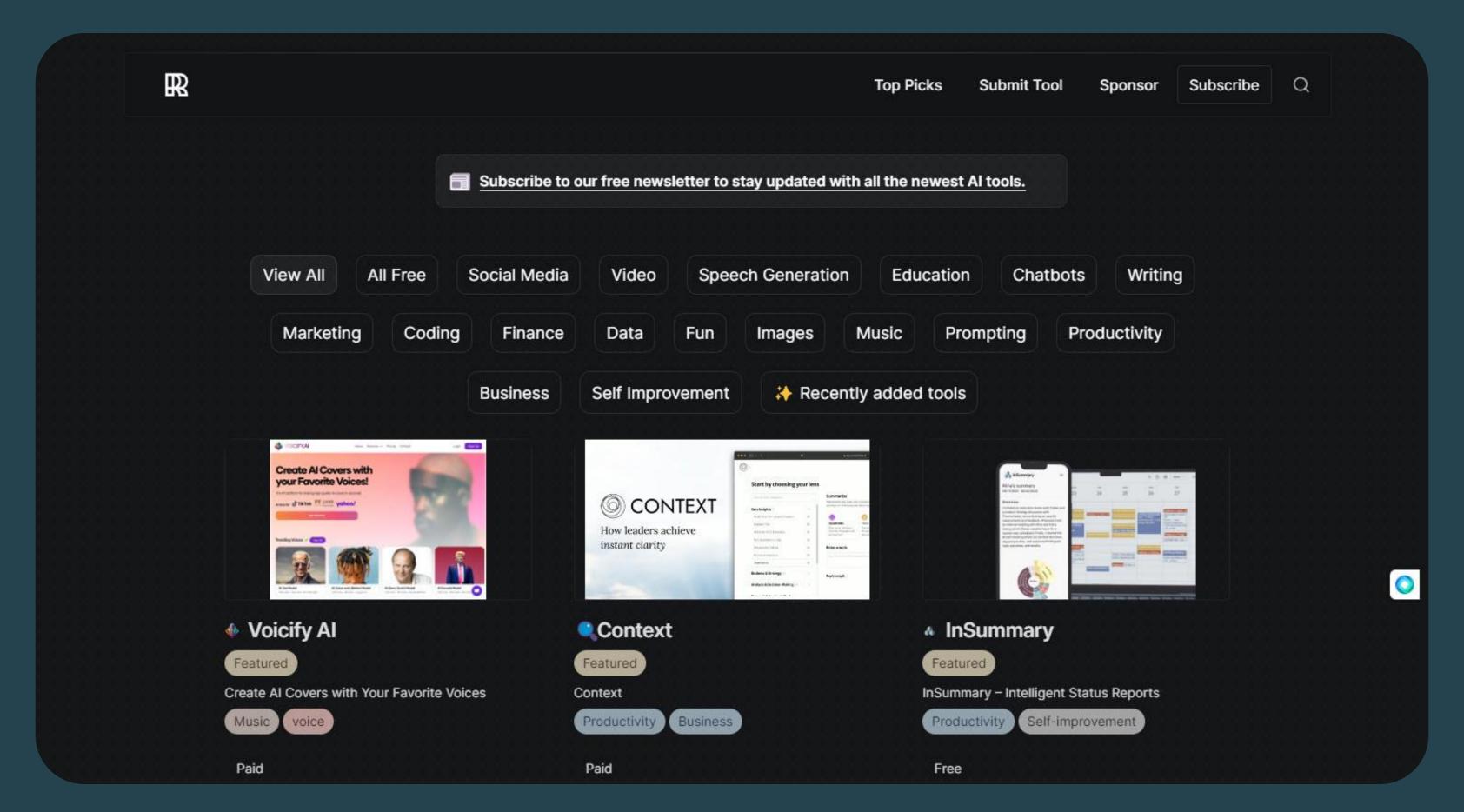


https://aitoolguru.com/

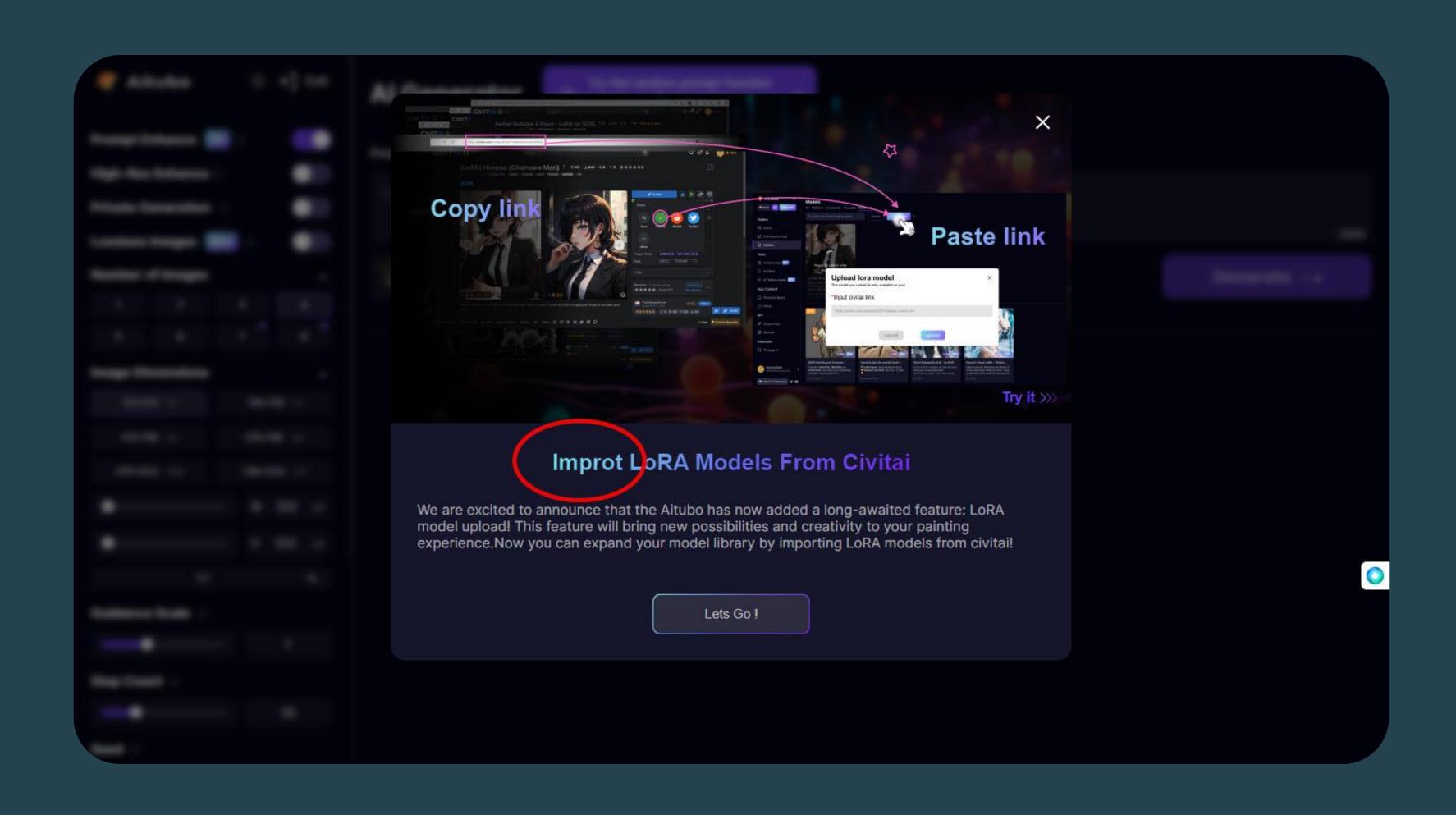
**Grid view** | ♦ Use this data



₩ Hid	de fields 😇 Filter 🗏 Group	p ↓↑ Sort ≣I …						Q
	Title	URL ~	Summary	Tags	Date ~	Newsletter Post Title V	Newsletter Post Titles ~	Newsletter Post URL
11790	MagicPost   LinkedIn Post	https://magicpost.in/	MagicPost is a tool that us		October 30, 2023	Daily Digest: Safe and Open	Daily Digest: Safe and Open	https://bensbites.beehiiv.com/p/da
11791	Twitter Post	https://twitter.com/ldjconfi	This link is a Twitter post b		October 30, 2023	OpenAl kills Chat with PDF	OpenAl kills Chat with PDF apps. Or di	https://bensbites.beehiiv.com/p/op
11792	Twitter Post	https://twitter.com/thealex,	This link is a Twitter post b		October 30, 2023	Daily Digest: Safe and Open	Daily Digest: Safe and Open	https://bensbites.beehiiv.com/p/da
11793	Careers at Fixie	https://careers.fixie.ai/	Fixie is a company based in		October 30, 2023	Daily Digest: Safe and Open	Daily Digest: Safe and Open	https://bensbites.beehiiv.com/p/da
11794	ContextSDK Careers - We a	https://contextsdk.com/car	ContextSDK is a company t		October 30, 2023	Daily Digest: Safe and Open	Daily Digest: Safe and Open	https://bensbites.beehiiv.com/p/da
11795	Elicit Careers	https://elicit.com/careers	Explore career opportunitie		October 30, 2023	Daily Digest: Safe and Open	Daily Digest: Safe and Open	https://bensbites.beehiiv.com/p/da
11796	Unknown	https://news.bensbites.co/t	No information available		October 30, 2023	Daily Digest: Safe and Open	Daily Digest: Safe and Open	https://bensbites.beehiiv.com/p.
11797	MimicGen - Al Generated T	https://mimicgen.github.io/	MimicGen is a website that		October 30, 2023	Daily Digest: Safe and Open	Daily Digest: Safe and Open	https://bensbites.beehiiv.com/p/da
11798	Twitter Post	https://twitter.com/ldjconfi	This link is a Twitter post b		October 30, 2023	Daily Digest: Safe and Open	Daily Digest: Safe and Open	https://bensbites.beehiiv.com/p/da
11799	Perplexity AI Twitter Post	https://twitter.com/perplex	This is a Twitter post from t		October 30, 2023	Daily Digest: Safe and Open	Daily Digest: Safe and Open	https://bensbites.beehiiv.com/p/da
11800	Unknown	https://news.bensbites.co/	Unable to summarize the li		October 30, 2023	Daily Digest: Safe and Open	Daily Digest: Safe and Open	https://bensbites.beehiiv.com/p/da
11,820 rec	Alle promuner boote up as	https://tocherupch.com/20	Coogle has reportedly invo		October 20, 2022	Daily Digast Safe and Open	Daily Digasts Safa and Onan	https://honchitec.hoohiiv.com/n/do

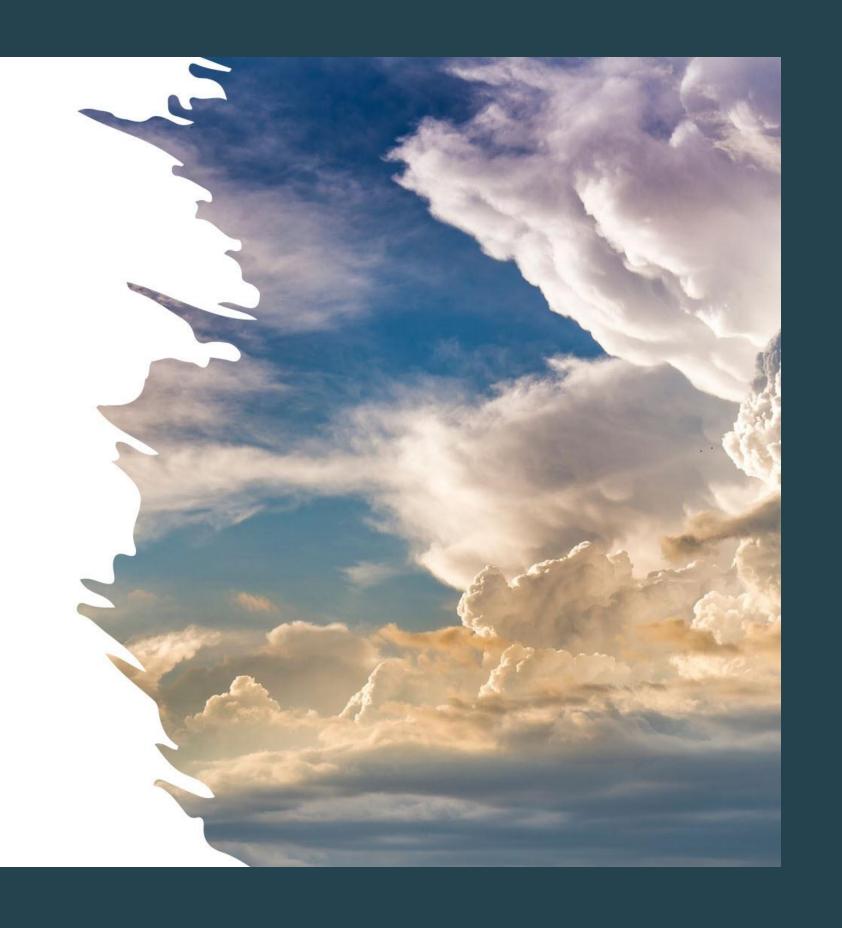


https://supertools.therundown.ai/



Stay Informed on AI Trends with These Newsletters in 2023

BY HEWIE POPLOCK

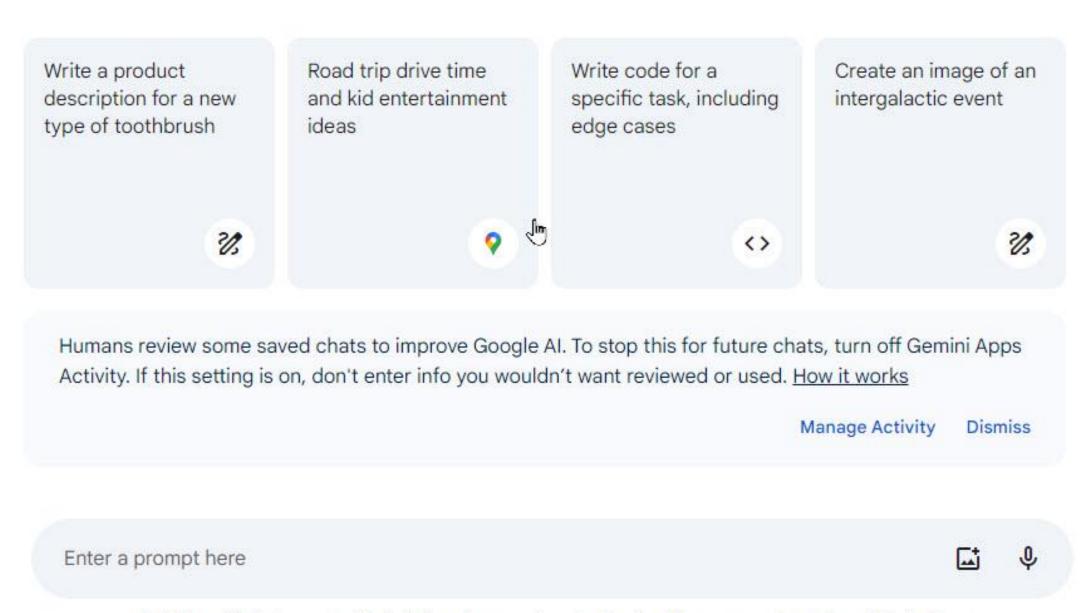


https://youtu.be/JONrTtEm-Oo

# Exploring Artificial Intelligence Tools for Senior Empowerment

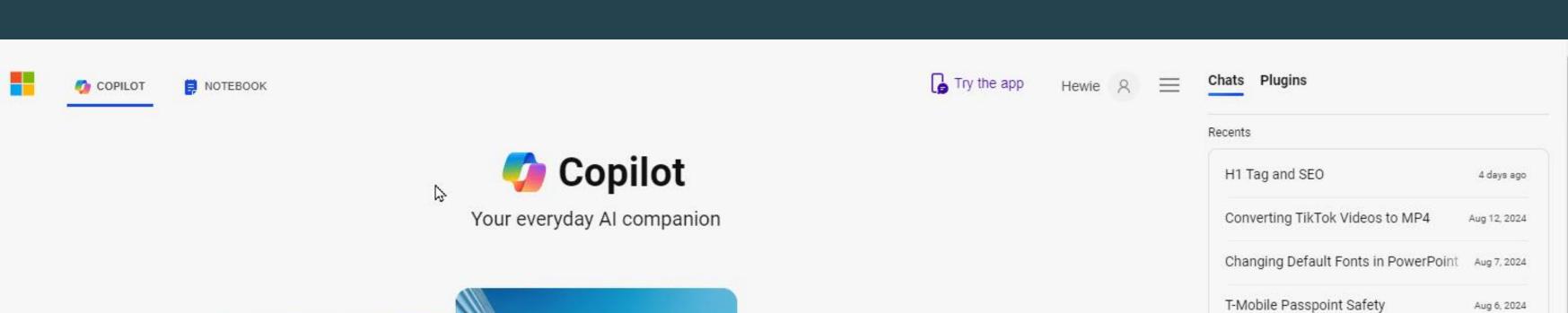
**By Hewie Poplock** 

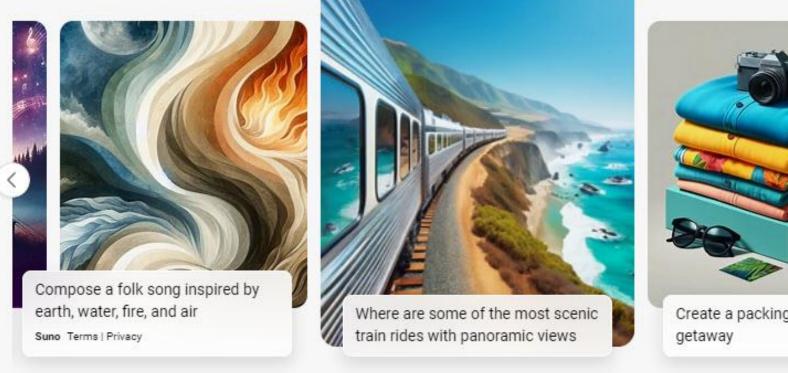
# Hello, Hewie How can I help you today?



Gemini may display inaccurate info, including about people, so double-check its responses. Your privacy & Gemini Apps

https://gemini.google.com/





Create a packing list for a weekend

Copilot uses Al. Check for mistakes. Terms Privacy FAQs ( Try Copilot Pro



Ask me anything...







See all recent chats

Jul 30, 2024

Jul 22, 2024

Jul 20, 2024

Jul 15, 2024

Feedback

Sarasota Attractions for Seniors

"Traveled" or "Travelled"?

Software Toolbar Icons

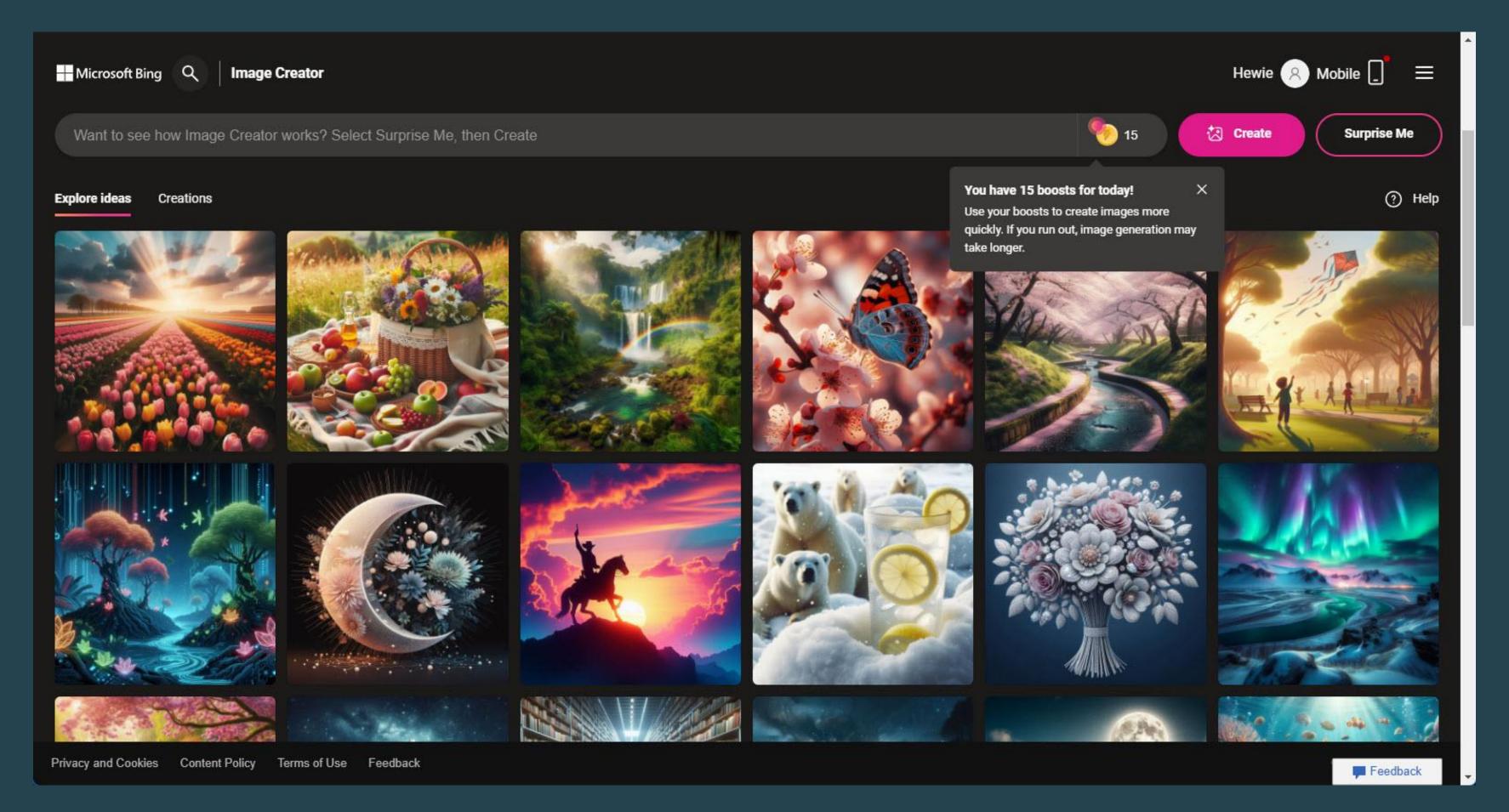
Carver One Vehicle

Windows SIG Meeting Tips: A 30-Secol Jul 29, 2024

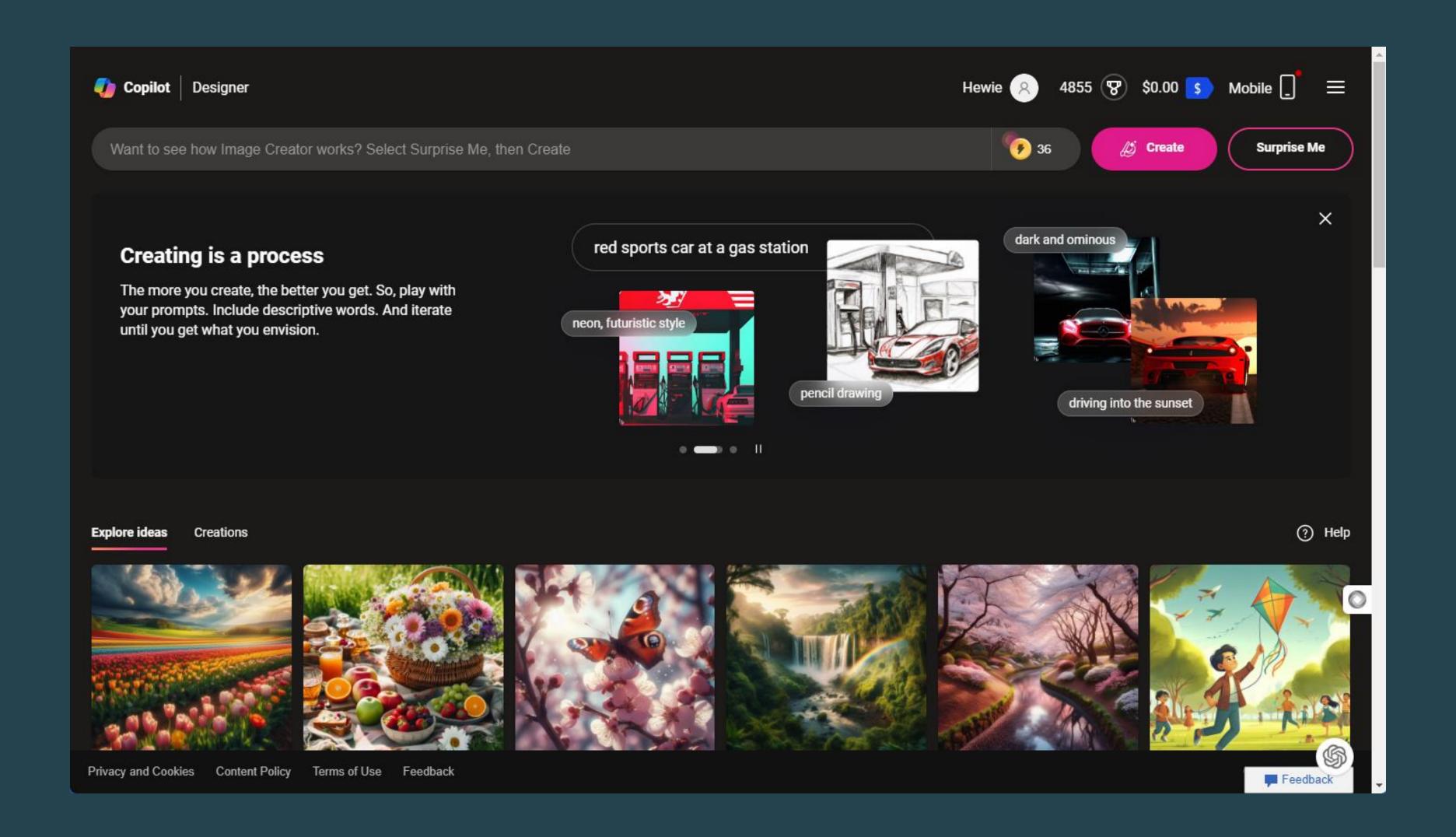
Verifying Unverified Email Senders in O Jul 28, 2024

Accessing FloRacing Account and Stre Jul 16, 2024

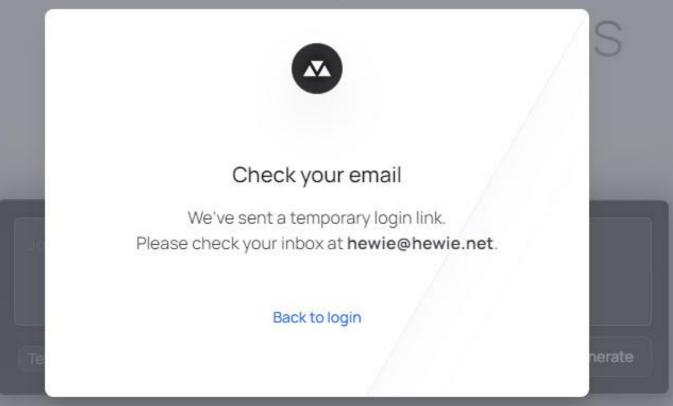
Apple Vision Pro Sales and Challenges Jul 14, 2024



https://copilot.microsoft.com/images/create

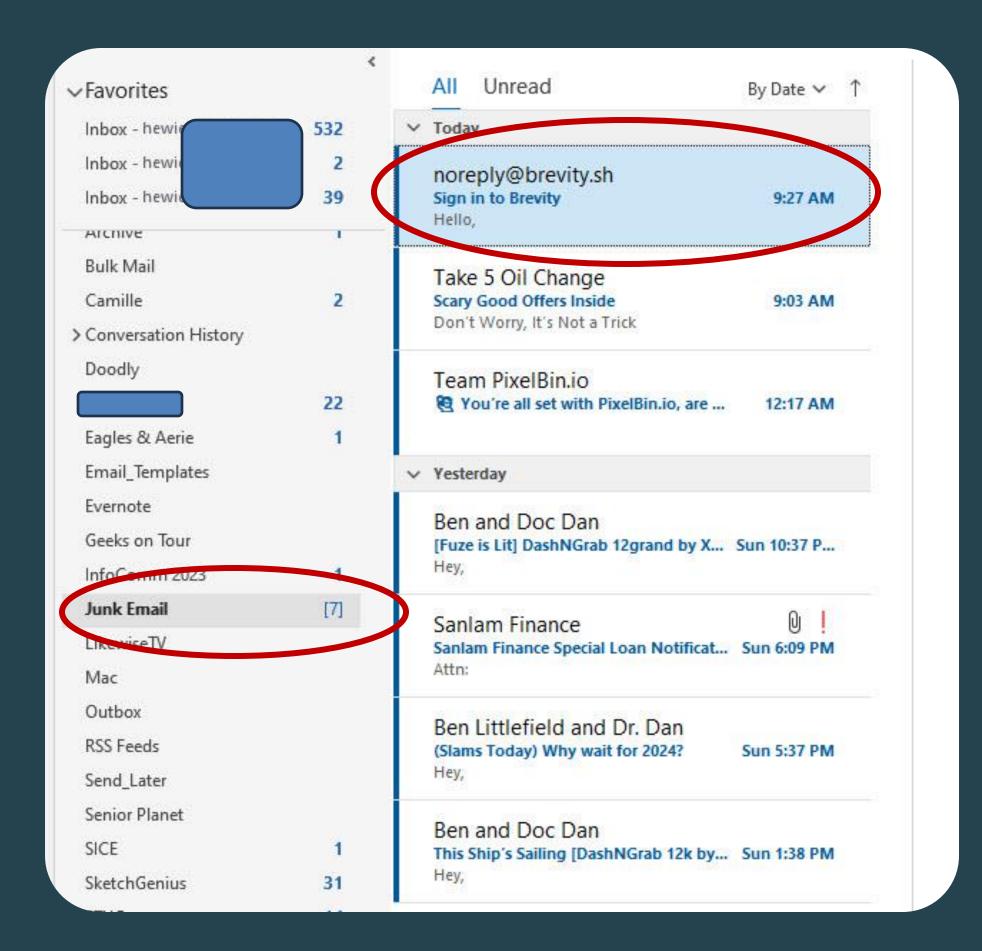


# Transform long form content



Need help? Contact us.

Privacy Policy and Terms of Service

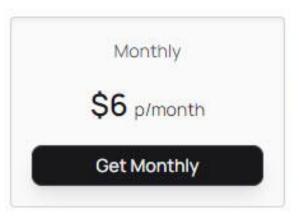


## Sign in to Brevity noreply@brevity.sh To 9:26 AM i We converted this message into plain text format. Hello, We received a request to sign in to Brevity using this email address. If you want to sign in with your hand account, click this link: Sign in to Brevity <a href="https://brevity-production-688ac.firebaseapp.com/">https://brevity-production-688ac.firebaseapp.com/</a> /auth/action? apiKey=AlzaSyDnAqlqgXeD mode=signIn&oobCode=p9 Y2VTi id8iFIKkYxXX1ovPIVWUr6P! &continueUrl=https://brevity.sh&l ang=en> If you did not request this link, you can safely ignore this email. Thanks, Your Brevity team



#### Introducing

#### Brevity Pro





You can choose between a monthly subscription or a one-time, non-recurring payment.

- No limits
  - Unlimited access to quick, accurate, and easy-to-read summaries.
- Better results

  Extended summaries are longer and offer more context and details.
- More sources
  Use file upload to summarize documents.



#### Verification code

Please enter the verification code sent to hewie@hewie.net

Verification code

Didn't receive it? Resend code

Continue

#### Subscribe to Catbird





- ∲ 120 t ns
- ✓ Person license



- 4,000 tokens/m
- ✓ Commerical use lice



- 15,000 tokens/month \*
- ✓ Commerical use license
- Unlimited images

My Plan

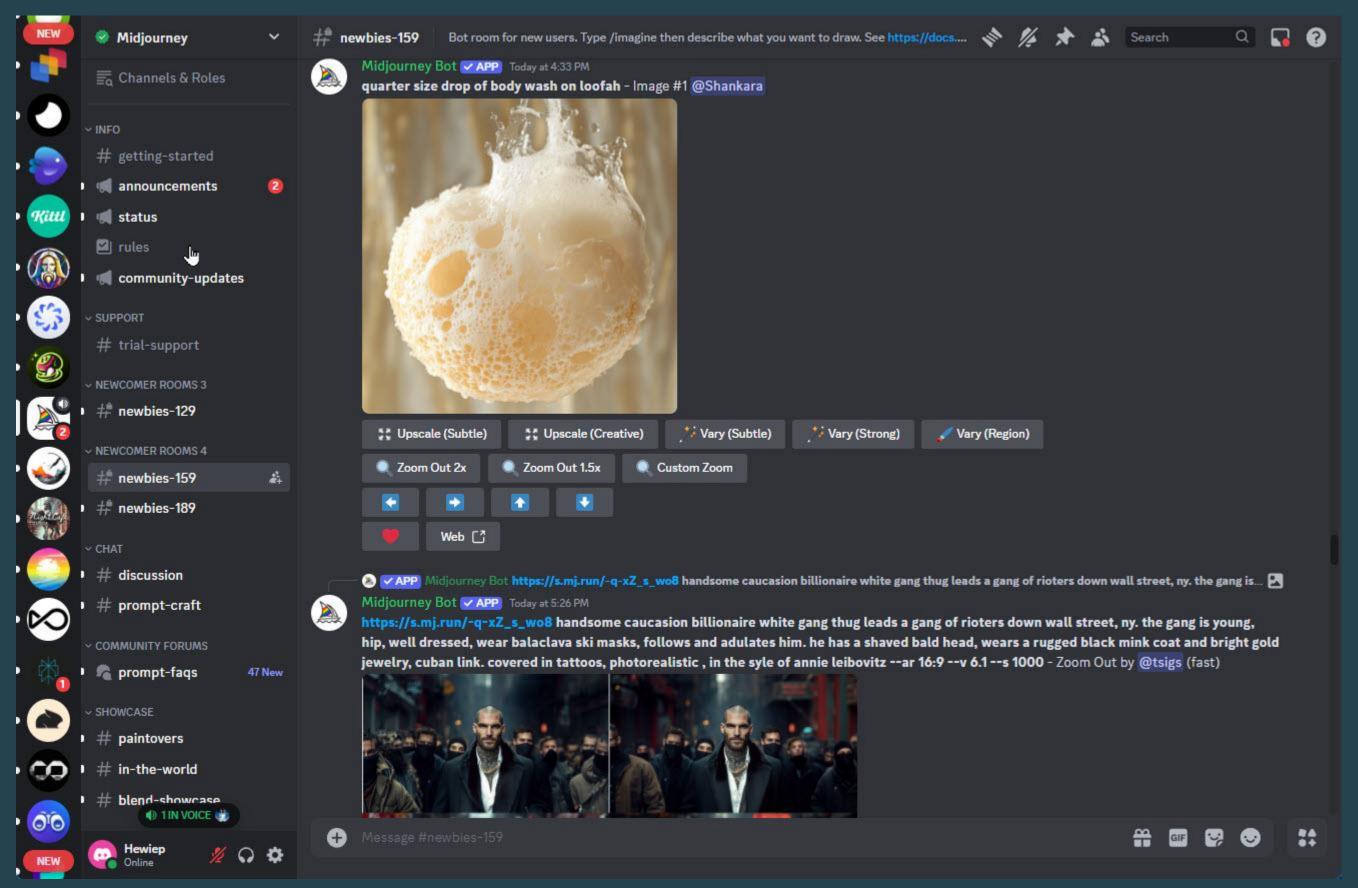
Subscribe onth

scribe \$24 / month

\* Text to image jobs typically cost 5–10 tokens upscales can range from 4–80 to bending on size

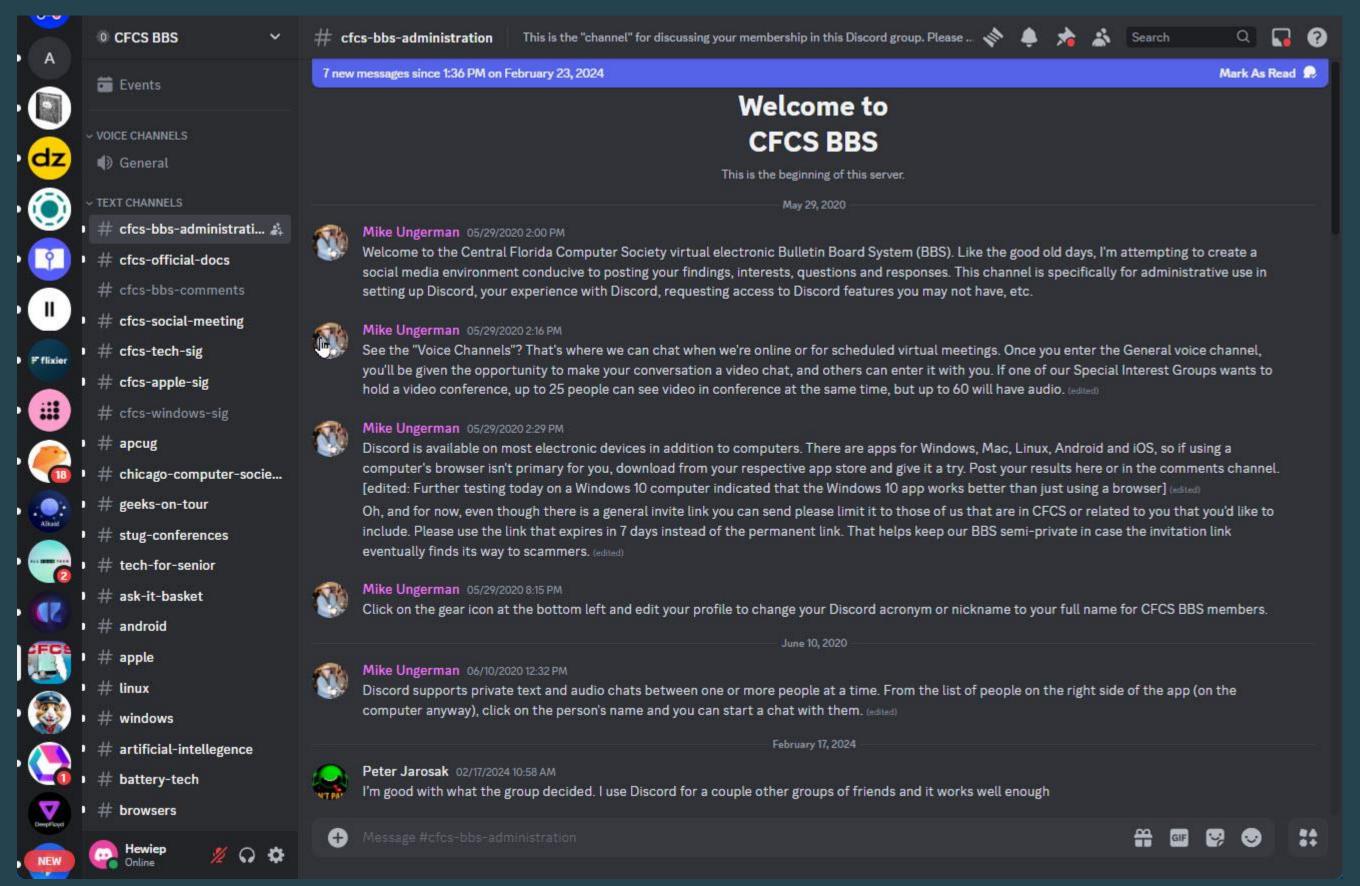
Monthly billing, cancel anytime, no refunds, prices may change | Powered by Stripe | Terms

#### Discord



https://discord.com/

#### Discord



https://discord.com/

# **Plans and Pricing**

Remove Gamma branding with Plus, or go Pro for unlimited Al

Monthly billing

Yearly billing

Save up to 25%

Pro **UNLIMITED AI** \$180 billed annually **♦**‡ Upgrade to Pro Plan includes: ✓ Unlimited Al creation ✓ Advanced Al models ③ ✓ Remove "Made with Gamma" ✓ Priority support ✓ Custom fonts

#### Free

\$0 / user / month

Free version

Current plan

#### What you get:

- ✓ 400 Al credits at signup
- ✓ Unlimited users & gammas
- ✓ PDF export (Gamma branded)
- ✓ PPT export (Gamma branded)
- 7-day change history
- ✓ Basic analytics

#### Plus

\$8 / user / month

\$96 billed annually

Upgrade to Plus

#### Plan includes:

- → +400 Al credits every month ③
- Remove "Made with Gamma" badge
- ✓ PDF export
- ✓ PPT export
- 30-day change history

# Upgrade your plan

For Individuals

For Teams

#### Free

USD \$0/month

#### Your current plan

- ✓ Assistance with writing, problem solving and more
- ✓ Access to GPT-4o mini
- ✓ Limited access to GPT-4o
- Limited access to advanced data analysis, file uploads, vision, web browsing, and custom GPTs

#### \* Plus

USD \$20/month

#### Upgrade to Plus

- ✓ Early access to new features
- ✓ Access to GPT-4o, GPT-4o mini, GPT-4
- ✓ Up to 5x more messages for GPT-4o
- Access to advanced data analysis, file uploads, vision, and web browsing
- ✓ DALL·E image generation
- ✓ Create and use custom GPTs

InstantChapters

Become a Partner Sign Up

Log In

A Cheat Code For Content Creators

# Timestamped Chapters For Your YouTube Videos—With Only One Click

InstantChapters are 40x faster, 5x cheaper, and 2x as detailed as human generated timestamps.

Start Your Free Trial







0

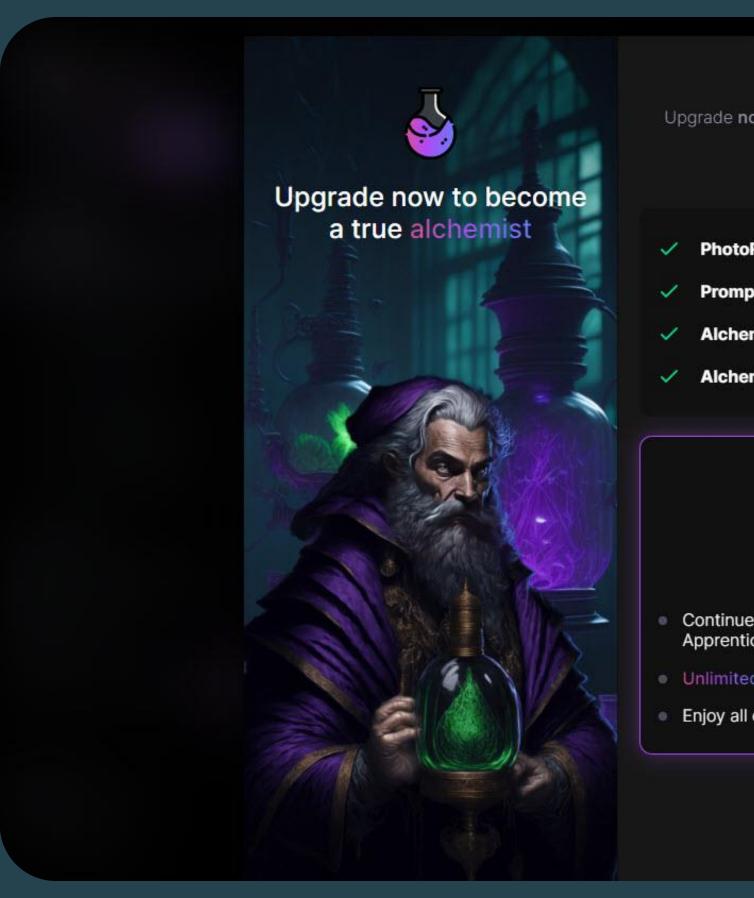
# Choose the Perfect Plan for You

CNY

USD

#### Basic Free Current Equity Free signup: 120 K-coins ③ Buy now: 1,800 K-coins ② 30-minute production output 2-minute production output Start for Free Upgrade Includes 1,800 K-coins Get 120 K-coins free with first Get 300 K-coins free with first registration purchase 100+ member exclusive digital 5 digital characters characters 2 minutes of digital human videos 30 minutes of digital human videos Support 800 characters Support 1,600 characters (about 1 minute long) (about 2 minutes long)

#### **Premium** Pro \$86 | Quarter \$240 \$500 /Year Buy now: 9,000 K-coins ② Buy now: 30,000 K-coins ② 150-minute production output 500-minute production output Upgrade Upgrade Includes 9,000 K-coins Includes 30,000 K-coins Get 800 K-coins free with first Get 2,500 K-coins free with first purchase purchase 100+ member exclusive digital 100+ member exclusive digital characters characters 500 minutes of digital human 150 minutes of digital human videos videos Support 5,000 characters Support 2,400 characters (about 3 minutes long) (about 10 minutes long)



#### Your Leonardo Alchemy trial has expired!

×

Upgrade **now** to keep taking advantage of superior image quality, precision and fidelity!

- ✓ PhotoReal Generate hyper-realistic photos and lifelike portraits
- ✓ Prompt Magic V3 Greater adherence and fidelity
- ✓ Alchemy Pipeline High-fidelity generation and coherence
- ✓ Alchemy Presets Powerful presets enabling shorter prompts



#### Take full advantage of the power of Alchemy

- Continue using Alchemy instantly when you upgrade to any one of the Apprentice, Artisan or Maestro plans
- Unlimited high-quality Alchemy generations and upscales
- Enjoy all of the other Alchemy benefits

Not now

Upgrade now

Free

**\$0** / month

Forever

#### 150 fast generations per day

Combined in any of the following ways:

- Up to 150 (768×768) generations per day
- Up to 30 upscales or unzooms per day
- Up to 75 background removals per day
- Daily free tokens when your balance falls below 150
- Up to 1 pending jobs
- X Private generations
- X Priority infrastructure
- X Relaxed generation queue

#### **Apprentice**

\$12 \$10 / month

Billed yearly, ex. tax

Subscribe To Apprentice

Switch to monthly billing

#### 8,500 tokens per month

Combined in any of the following ways:

- Up to 8,500 (768×768) generations per month
- Up to 1,700 upscales or unzooms per month
- Up to 4,250 background removals per month
- Daily free tokens when your balance falls below 150
- Up to 5 pending jobs
- Private generations
- Priority infrastructure
- X Relaxed generation queue

#### Artisan

\$30 \$24 / month

Billed yearly, ex. tax

Subscribe To Artisan

Switch to monthly billing

#### 25,000 tokens per month

Combined in any of the following ways:

- Up to 25,000 (768×768) generations per month
- Up to 5,000 upscales or unzooms per month
- Up to 12,500 background removals per month
- Daily free tokens when your balance falls below 150
- Up to 10 pending jobs
- Private generations
- Priority infrastructure
- Relaxed generation queue

#### Maestro

\$60 \$48 / month

Billed yearly, ex. tax

#### Subscribe To Maestro

Switch to monthly billing

#### 60,000 tokens per month

Combined in any of the following ways:

- Up to 60,000 (768×768) generations per month
- Up to 12,000 upscales or unzooms per month
- Up to 30,000 background removals per month
- Daily free tokens when your balance falls below 150
- Up to 20 pending jobs
- Private generations
- Priority infrastructure
- Relaxed generation queue



Features \* Pricing

Al Books Support \* Start Now

Login

FREE PLAN

# Free

32 Al document templates

5,000 words per month

10 images per month

300 chars for text-to-speech per month

1 speech-to-text per month 2

10 MB audio file size limit

✓ Al chat ②

1 Al Chat Bots

X Al code 2

X Hide Ads

X Free Setup

X Premium Support

**Current Plan** 

**Most Popular** 

SILVER PLAN

\$7.99

Monthly

61 Al document templates

100,000 words per month

100 images per month

1,000 chars for text-to-speech per month

10 speech-to-text per month 2

20 MB audio file size limit

✓ Al chat ②

11 Al Chat Bots

✓ Al code ②

✓ Hide Ads

✓ Free Setup

✓ Premium Support

Upgrade

**GOLD PLAN** 

\$15.99

Monthly

61 Al document templates

250,000 words per month

250 images per month

2,500 chars for text-to-speech per month

25 speech-to-text per month 2

50 MB audio file size limit

✓ Al chat ②

11 Al Chat Bots

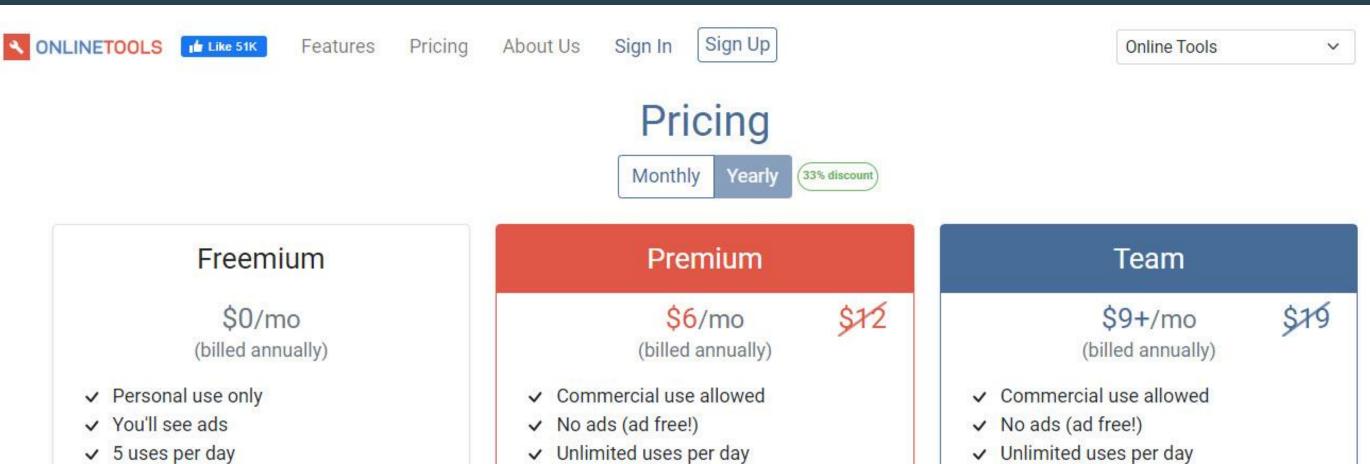
✓ Al code ②

✓ Hide Ads

✓ Free Setup

✓ Premium Support

Upgrade



Try for free!

✓ Use one tool at a time

✓ Wait before download

Sign up now!

Combine multiple tools together

✓ Instant download

✓ Single user license

✓ Unlimited uses per day ✓ Combine multiple tools together ✓ Instant download Multiple team members Sign up now!

0

All plans can be cancelled at any time, no questions asked. Backed by 30-day money-back guarantee.

Questions about pricing and plans? Email us at sales@onlinetools.com or use the contact form.

#### Our customers



Who Uses Pictory ∨

Features V

Academy V

Login

Pricing

FREE TRIAL

Home / Pictory Pricing - New 23 Oct23

Save more than 15%

MOHILINY

#### Standard

FOR CONTENT CREATORS STARTING WITH VIDEO

s 19

per month

- 1 User Per Account
- 30 Videos Per Month
- Edit Existing Videos Transcribe / Caption - up to 60 mins long
- 2 Million+ Royalty Free Premium Videos From Storyblocks
- 34 Text-to-Speech Al Voices
- 5.000 Music Tracks
- 2 Branded Customizable Templates

Free Trial 🐐



No Credit Card Required

#### Premium

FOR PROFESSIONAL CREATORS & SMALL TO MID-SIZED ORGANIZATIONS

#### POPULAR

s 39

per month

- 1 User Per Account
- 60 Videos Per Month
- Edit Existing Videos Transcribe / Caption - up to 120 mins long
- NEW 51 Hyper-Realistic Al Voices (120mins) From IIElevenlabs
- 60 Text-To-Speech Al Voices
- Over 12 million royalty-free premium videos from Getty Images and Storyblocks
- 10,000 Music Tracks
- 5 Branded Customizable Templates
- Bulk Video Downloads

Free Trial 🐐

No Credit Card Required

#### **Teams**

FOR TEAMS OF VIDEO CREATORS WHO SHARE AND COLLABORATE

s 99

per month

0

- 3 User Per Account
- 90 Videos Per Month
- Edit Existing Videos Transcribe / Caption - up to 180 mins long
- NEW 51 Hyper-Realistic Al Voices (240mins) From IIElevenlabs
- 60 Text-To-Speech Al Voices
- Over 12 million royalty-free premium videos from Getty Images and Storyblocks
- 15,000 Music Tracks
- 10 Branded Customizable Templates
- Bulk Video Downloads
- Sharing & Collaboration

Free Trial 🐐

No Credit Card Required



# Fast, helpful Al chat

Go	
Use phone	
or	
G Continue with Google	
<b>₡</b> Continue with Apple	

By continuing, you are agreeing to Poe's Terms of Service and Privacy Policy.



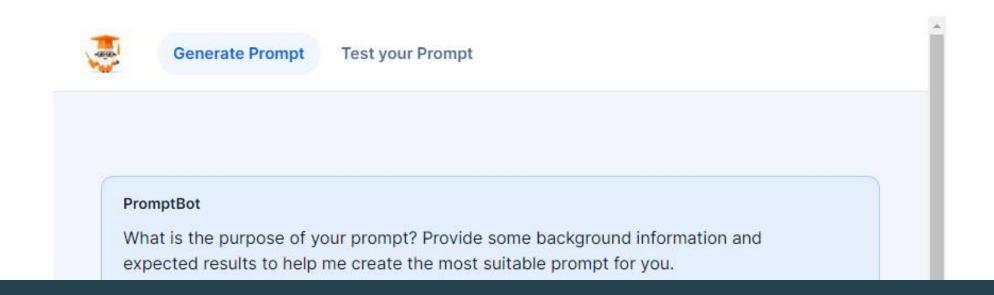




# PromptBot

PromptBot is a free Al tool that simplifies the process of creating detailed, powerful prompts for GPT-based bots & APIs.

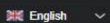








Pricing Features Blog



Go to Dashboard →

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We're currently running a sale! Get up to 30% off on all plans! Check it out! \*

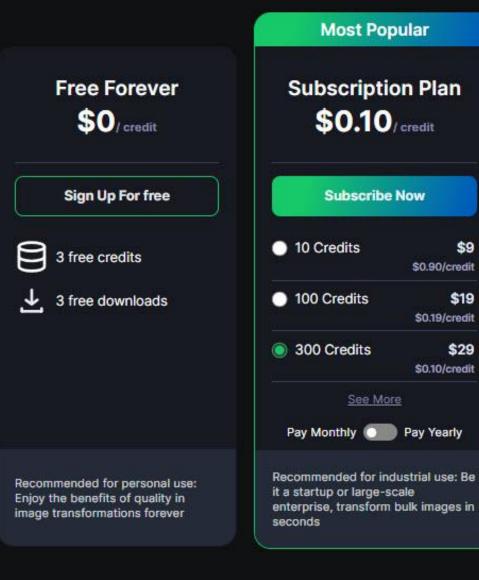
# **Choose The Right Plan For You**

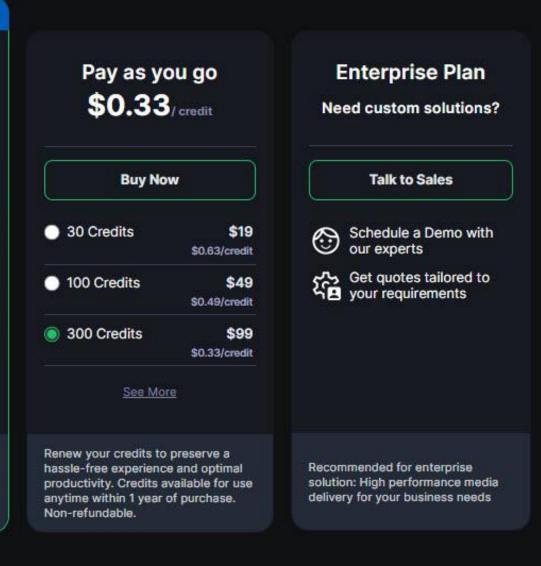
Choose a plan and enjoy an exceptional user experience instantly

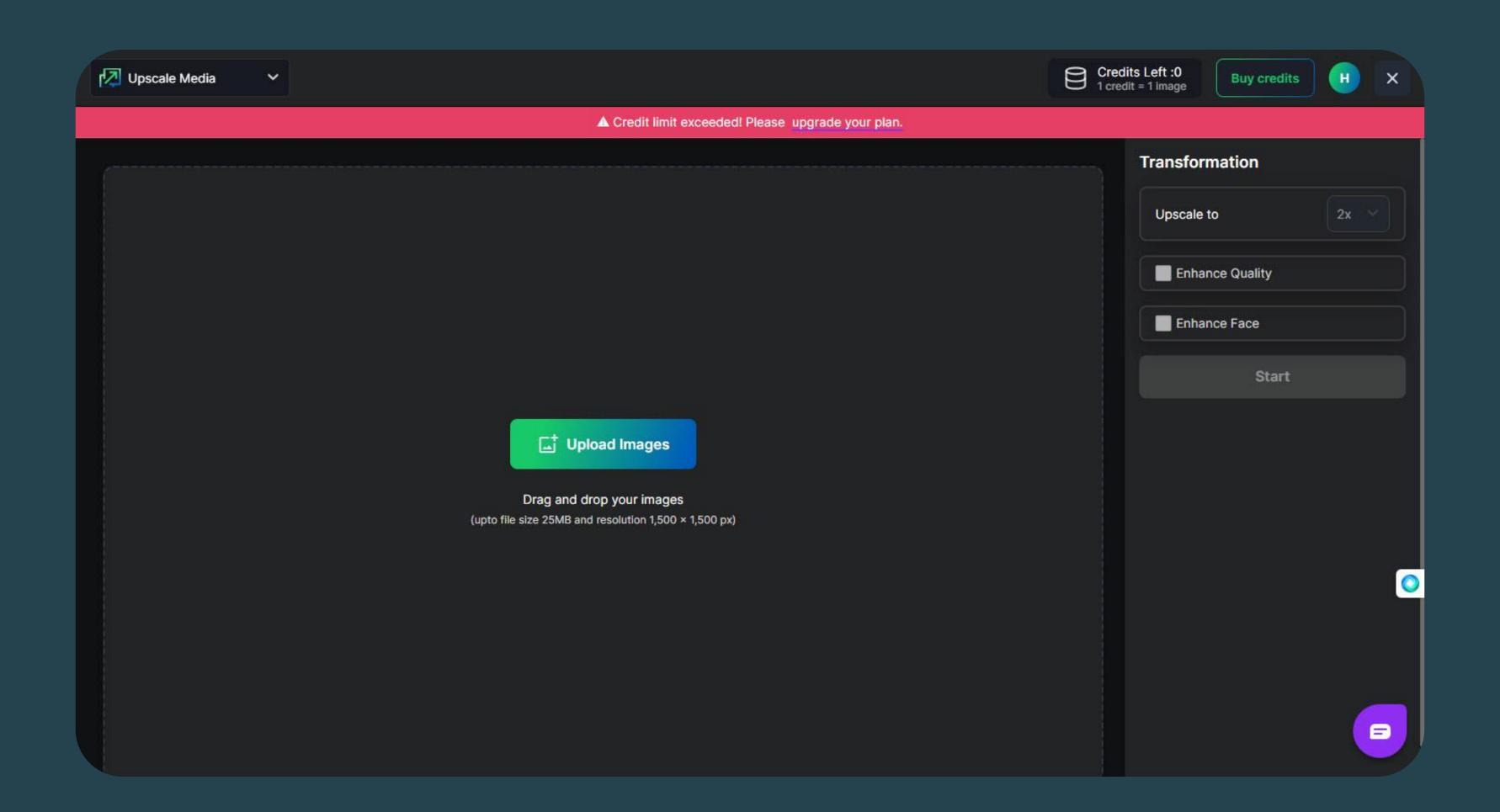
\$9

\$19

\$29









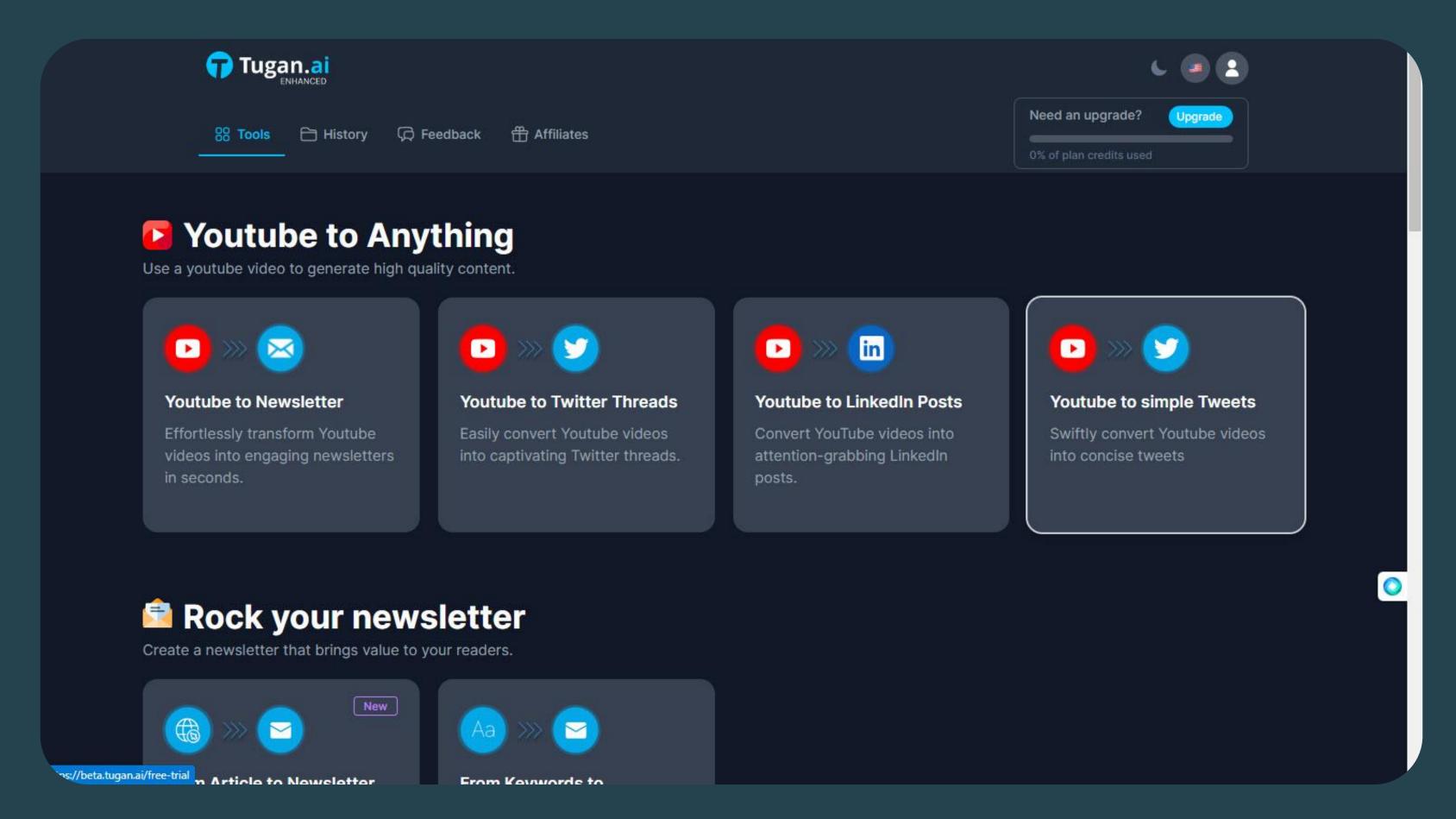


# **Check your inbox**

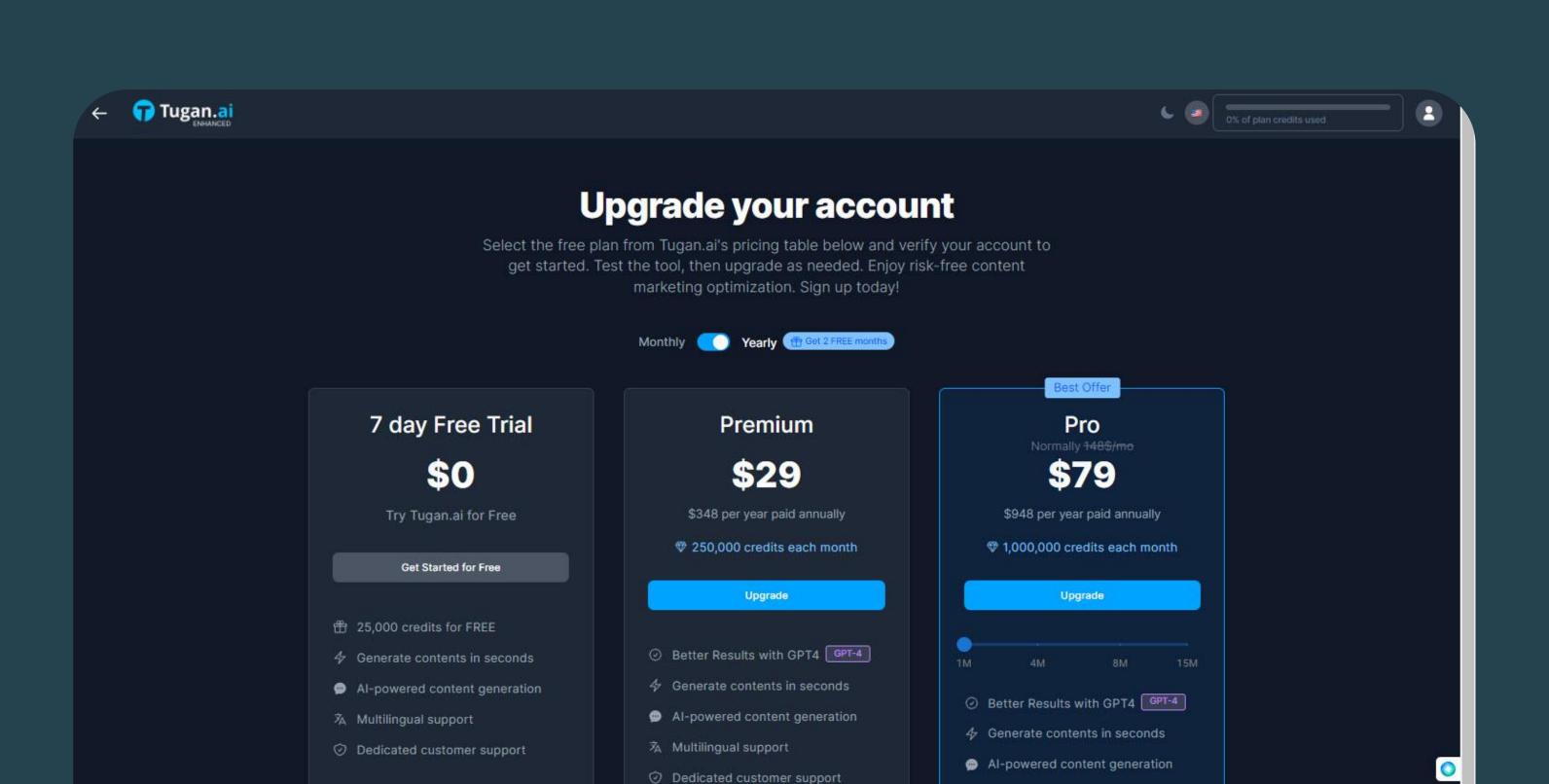
We've sent you a easy login link to the email address hewie@hewie.net, so you don't have to remember or type in yet another long password.

Open Hewie →





https://www.tugan.ai/



☆ Access to new features

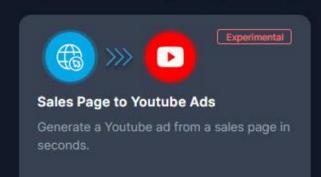
A Multilingual support

Dedicated customer support

Access to new features

## Effortless Ad Creation

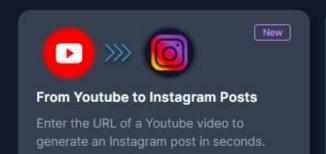
Easily create stop-scrolling and high-converting ads in no time.



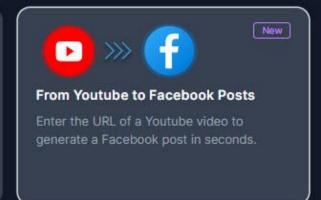


# Shine on Social Media

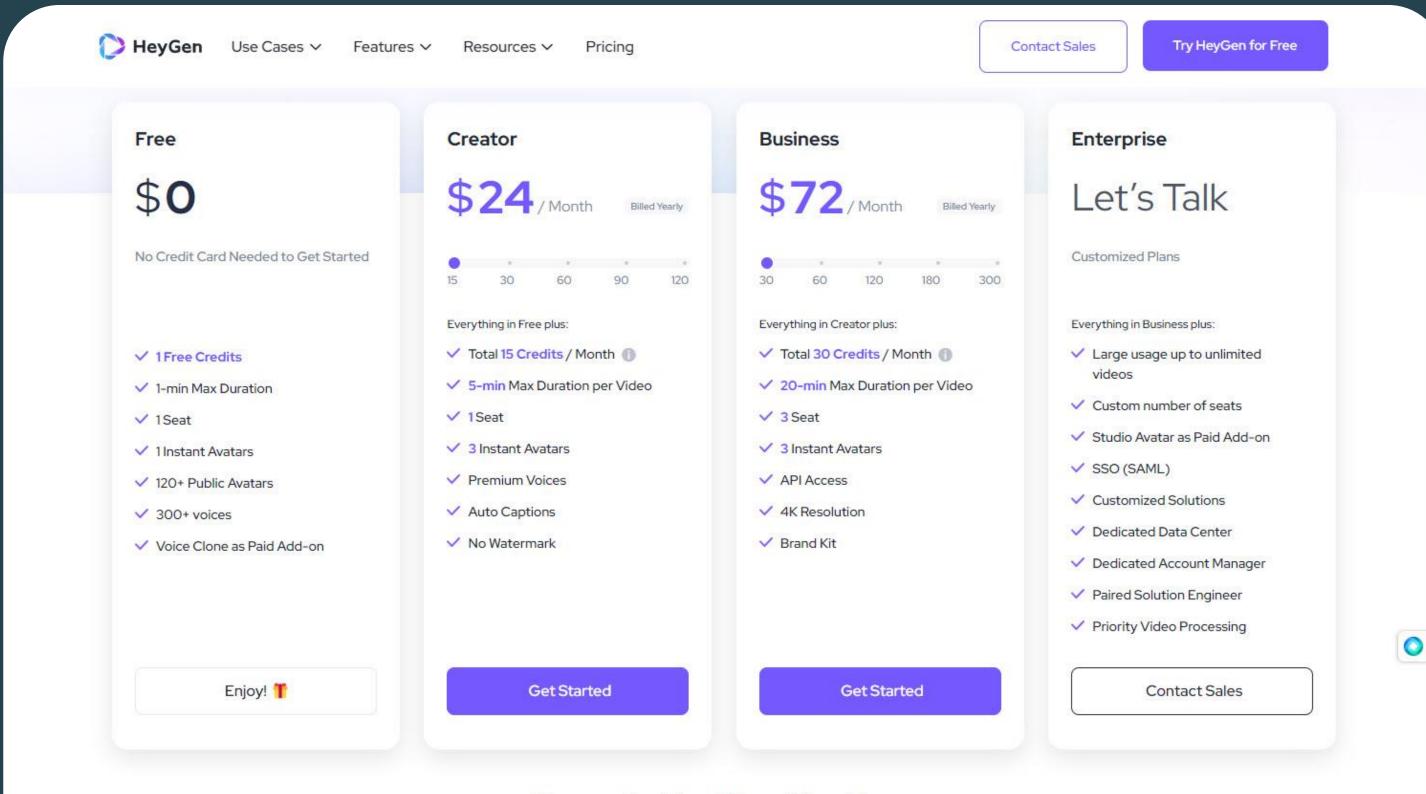
Create social media posts that bring value to your followers.









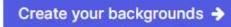


Personalize Your Plan with add-ons

# **Create stunning Zoom** backgrounds with Al

## The #1 Al Zoom background generator

Showcase your personality and make a memorable impression on your next video call



34,537 backgrounds already created for 15,021 happy customers

Used by employees at



































0





Our Al does it's magic



Download your favorites



STEP 4:

Upload to Zoom

What's included?

Why Choose Zoomscape?

# **Smart moves always get Noticed**

Our pricing is straightforward and aligned with your business goals.



Free

\$0

Start playing around with Notice for free

- 1 Maximum project
- O Collaborator
- Integrate everywhere
- Customization
- Translation
- Insights

Individual

\$19 per month

Customize your new content's home

- 2 Maximum projects
- 0 Collaborator
- Integrate everywhere
- Customization
- Translation (1 language)
- Insights
- Remove Notice branding
- Custom domain

Essential

\$49 per mont

Manage smart content for your company

- 5 Maximum projects
- 3 Collaborators
- Integrate everywhere
- Customization
- ☑ Translation (5 languages)
- Insights
- Remove Notice branding
- Custom domain
- Al assistant
- Custom support and help

Team

\$199 per mont

Activate content synergies for your team

- 15 Maximum projects
- 10 Collaborators
- ☑ Integrate everywhere
- Customization
- Translation (200+ languages)
- Insights
- Remove Notice branding
- Custom domain
- Al assistant
- Custom support and help

Enterprise

# Let's talk

Customize your experience with our enterprise-grade solution

- Custom number of collaborators
- Custom integrations ondemand
- Custom number of workspaces
- Everything in Team
- Premium CDN
- SSO enabled
- On-Premise data
- Ontent and SEO audit





Enterprise

# **Smart moves always get Noticed**

Our pricing is straightforward and aligned with your business goals.



Free \$0 Start playing around with Notice for free 1 Maximum project O Collaborator Integrate everywhere Customization Translation Insights

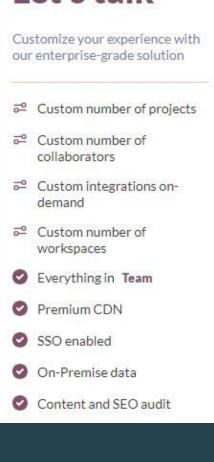
Individual Customize your new content's 2 Maximum projects 0 Collaborator Integrate everywhere Customization Translation (1 language) Insights Remove Notice branding Custom domain

Essential Manage smart content for your company 5 Maximum projects 3 Collaborators Integrate everywhere Customization Translation (5 languages) Insights Remove Notice branding Custom domain Al assistant Custom support and help

Activate content synergies for your team 15 Maximum projects 10 Collaborators Integrate everywhere Customization Translation (200+ languages) Insights Remove Notice branding Custom domain Al assistant Custom support and help

Team

Let's talk our enterprise-grade solution Custom number of collaborators Custom integrations ondemand Custom number of workspaces Everything in Team Premium CDN SSO enabled On-Premise data Content and SEO audit

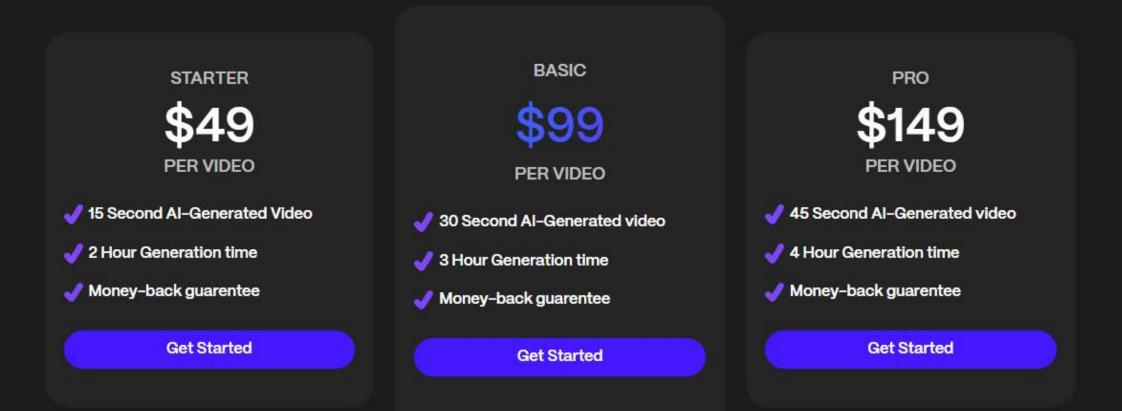


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# Premium quality without the premium price

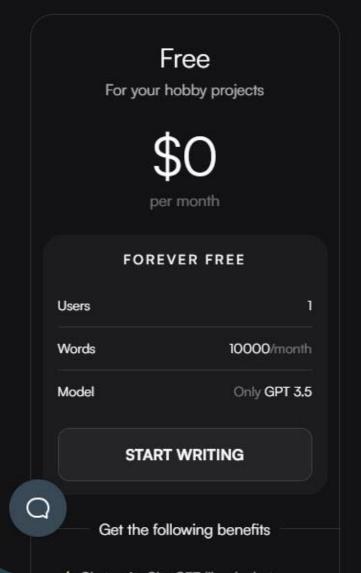
Create stunning product launch videos that look like they were created by a studio.

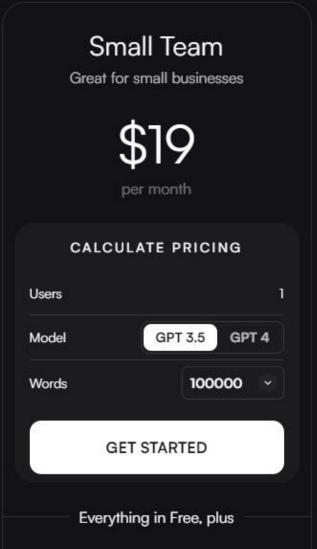


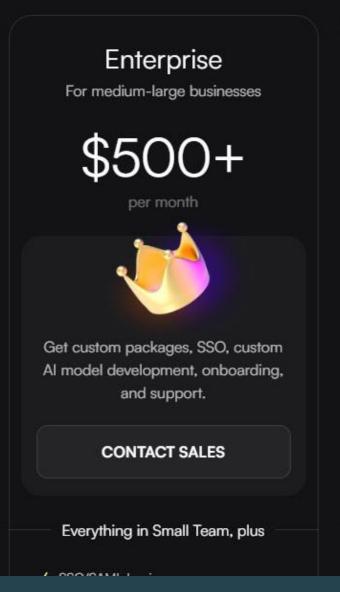
\*You will be redirected to a form to complete after placing your order\*

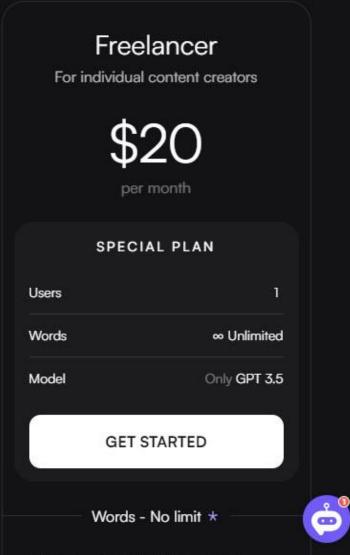












# Credits from



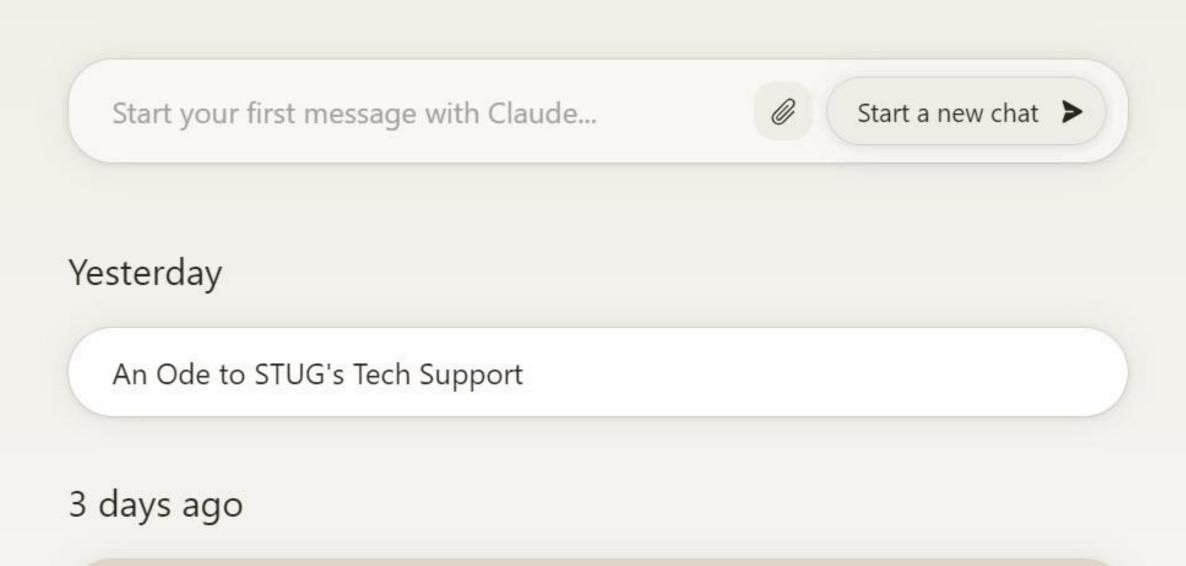
# **Open Art**

You don't need to claim daily free credits. We're making all the basic image generations **UNLIMITED**. That's why you don't see "free credits" anymore. Now you can generate unlimited images that used to cost your free credits.

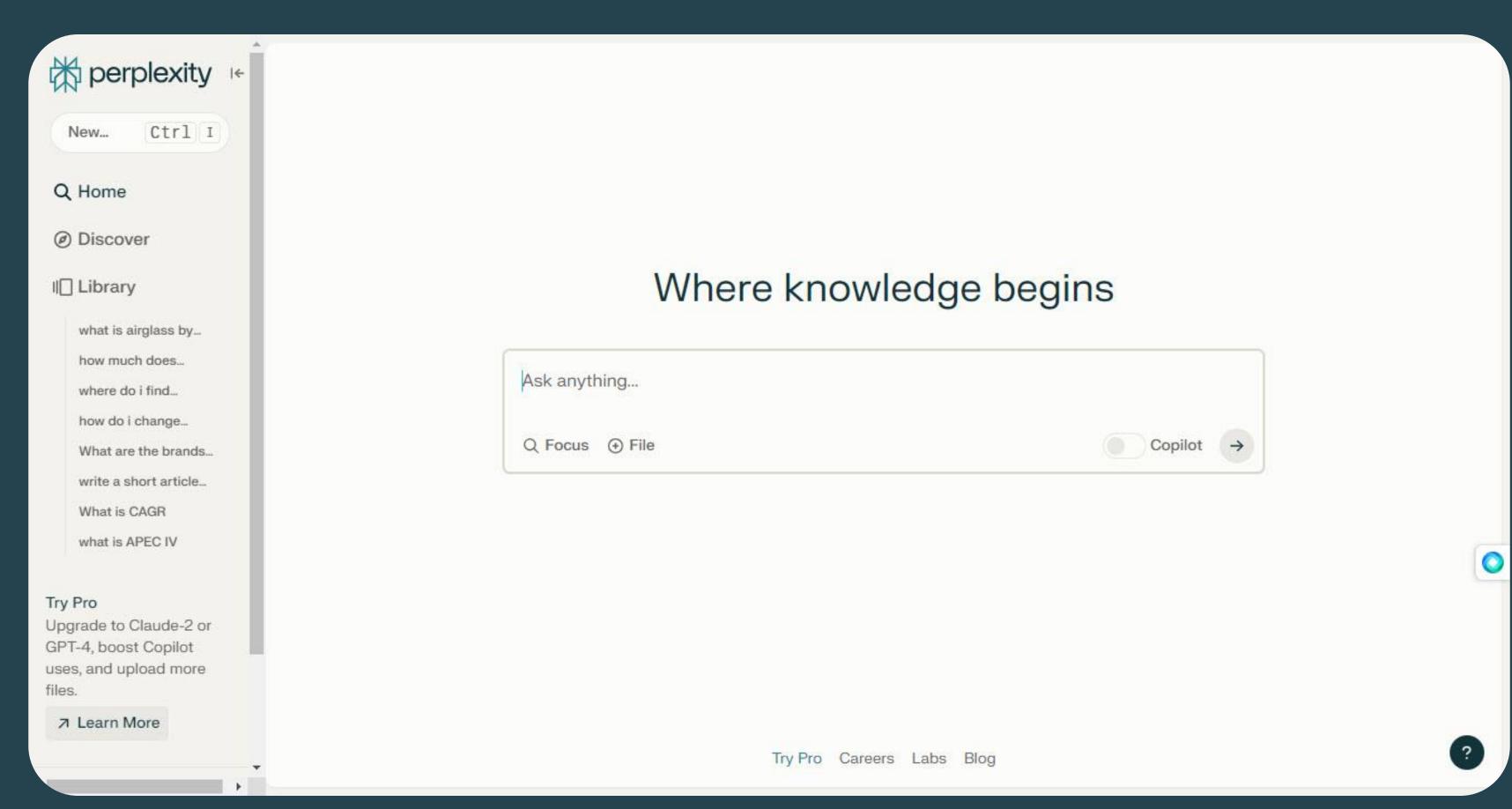
Sign In To Claim



# Welcome back, Hewie



https://claude.ai/chats

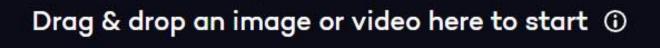


https://www.perplexity.ai/

# immersity Al







Please use Google Chrome browser to ensure a seamless video upload process.



#### 2D to 3D Motion

Convert your picture into 3D motion

#### 2D to 3D Video

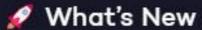
Transport viewers into the scene

### 2D to 3D Image

Create accurately detailed 3D images

#### Edit Neural Depth

State-of-the-art depthmap generation





Release 3.3 (07/31/2024)

The basics, made even better!

## **Key Updates:**

- Guided Tour: Learn the basics of creating stunning immersive media quickly and seamlessly with just a few simple steps!
- Bug fixes and performance improvements: Minor updates and changes to make your experience even more enjoyable.

Release 3.2 (07/08/2024)

More from Immersity - Making the creation experience better with Immersity.

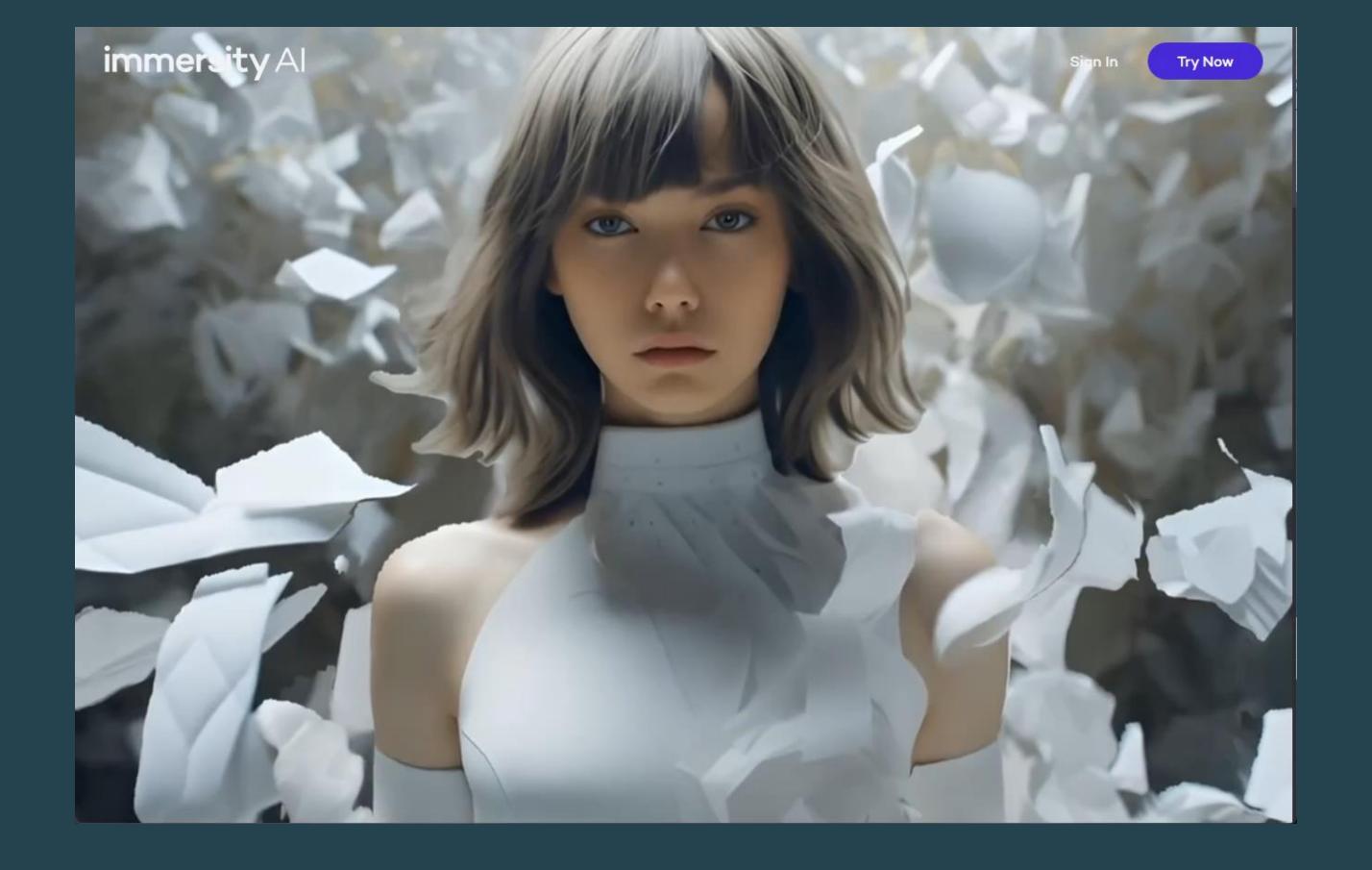
We're now rolling out Immersity Al Version 3.2 – Here's what you should know:

### **Key Updates:**

- Updated Web Technologies: We've updated Immersity AI even more with newer web technologies to make it more stable and secure.
- AdBlock Restriction: We can now identify when AdBlock is enabled to prevent blocking ads for Free Exports. To continue

## Turn Off Ad Blocker

To make sure Immersity AI is working properly, please disable your ad blocker, and allow cookies. Thank you for supporting us!



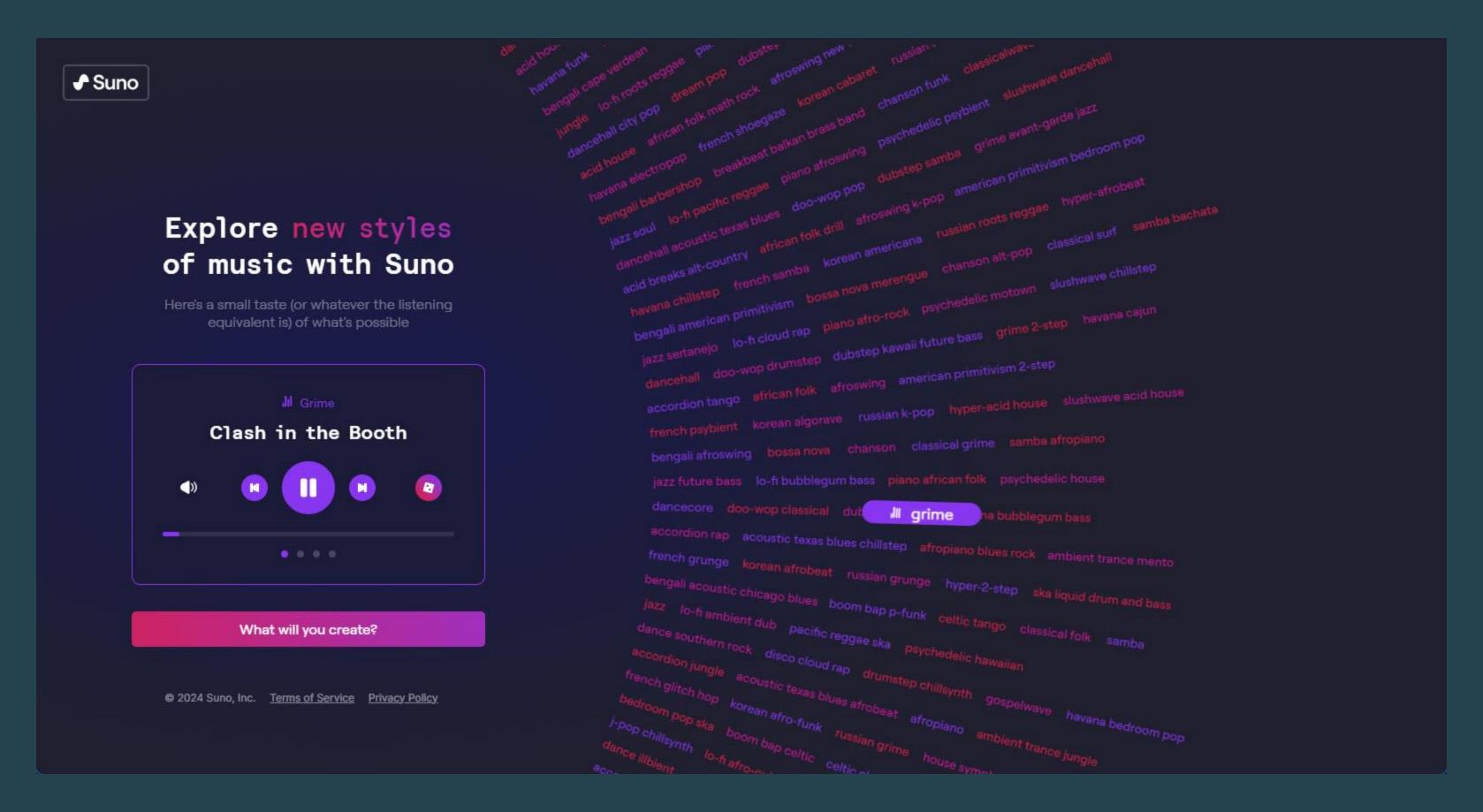
https://www.immersity.ai/

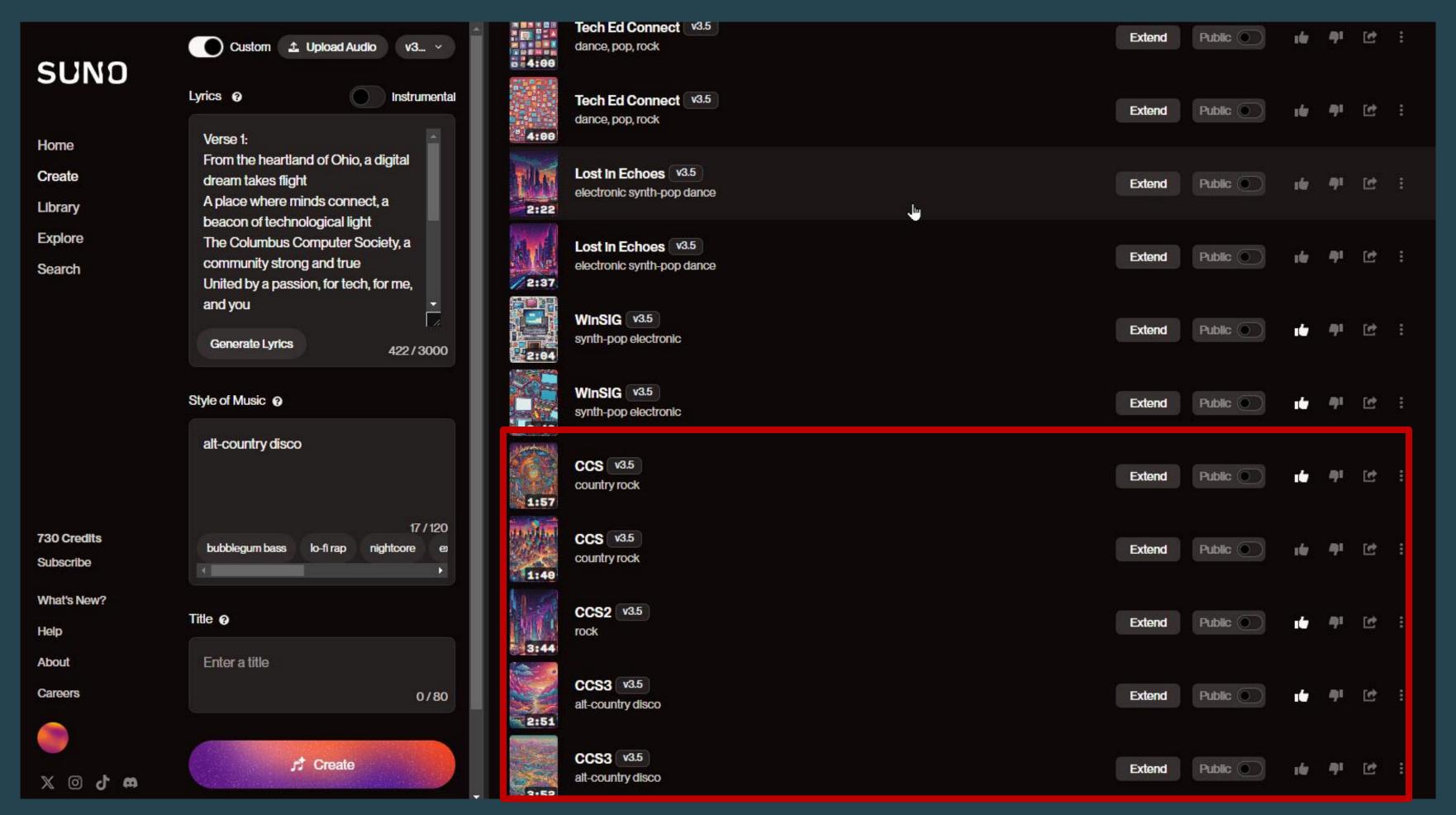
# LET'S TALK Al

FRIDAY MAY 26 1:00PM



# suno.com Styles of Music





https://suno.com/

Verse 1: From the heartland of Ohio, a digital dream takes flight A place where minds connect, a beacon of technological light The Columbus Computer Society, a community strong and true United by a passion, for tech, for me, and you

Verse 2: Through workshops and events, we learn and grow Inspiring minds, where creativity flows Advocating for equity, a digital world for all Breaking down barriers, answering every call



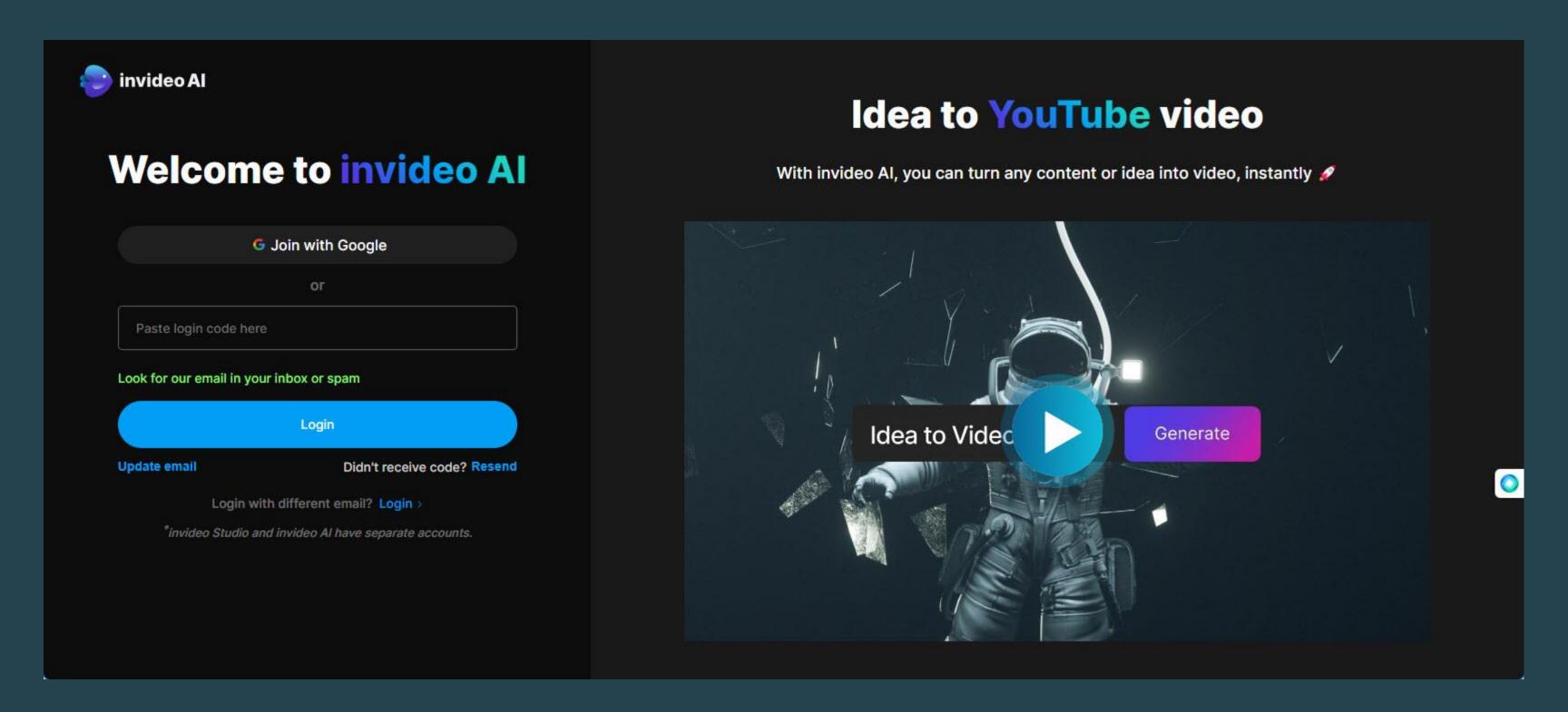
# Verse 1

In Columbus we gather, where tech dreams take flight, The Columbus Computer Society, shining so bright. With unity and values, we're paving the way, For learning and sharing, each and every day.

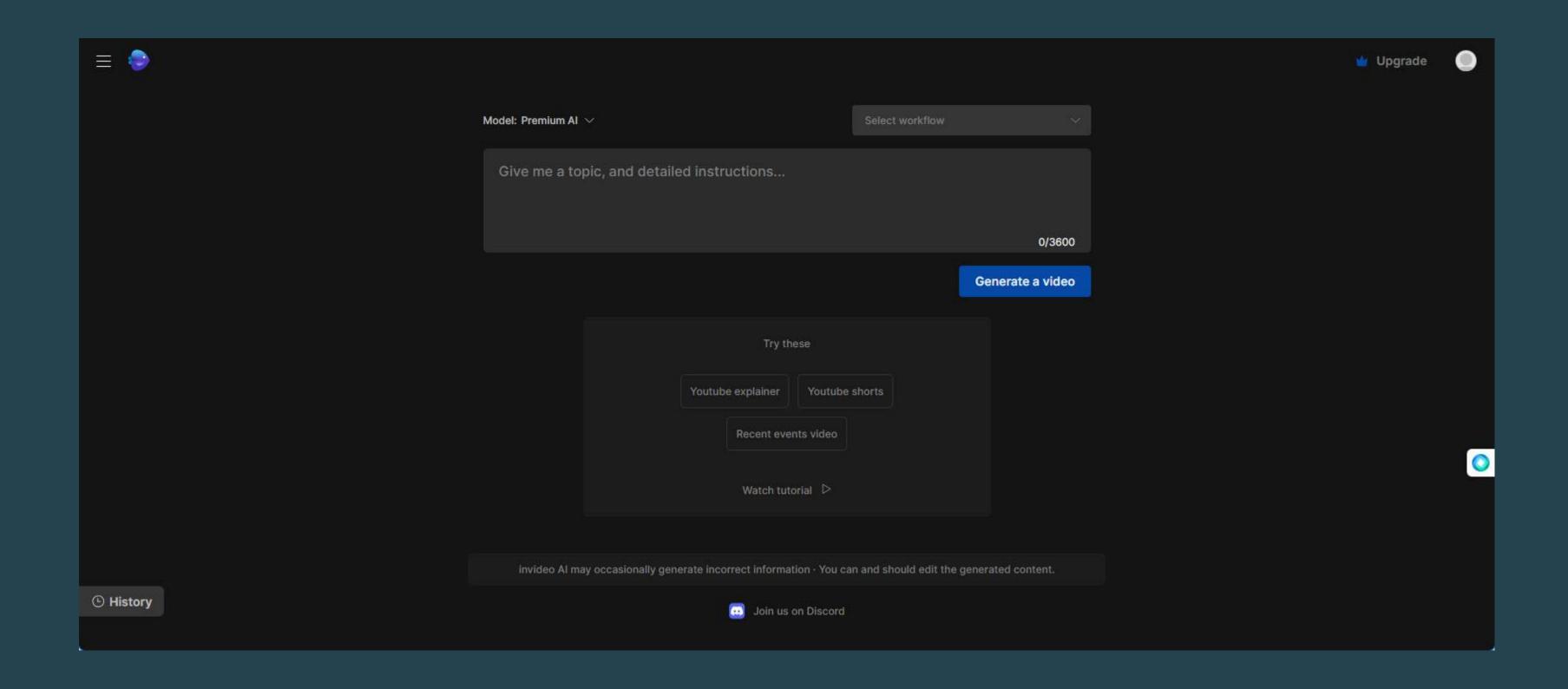
# Verse 2

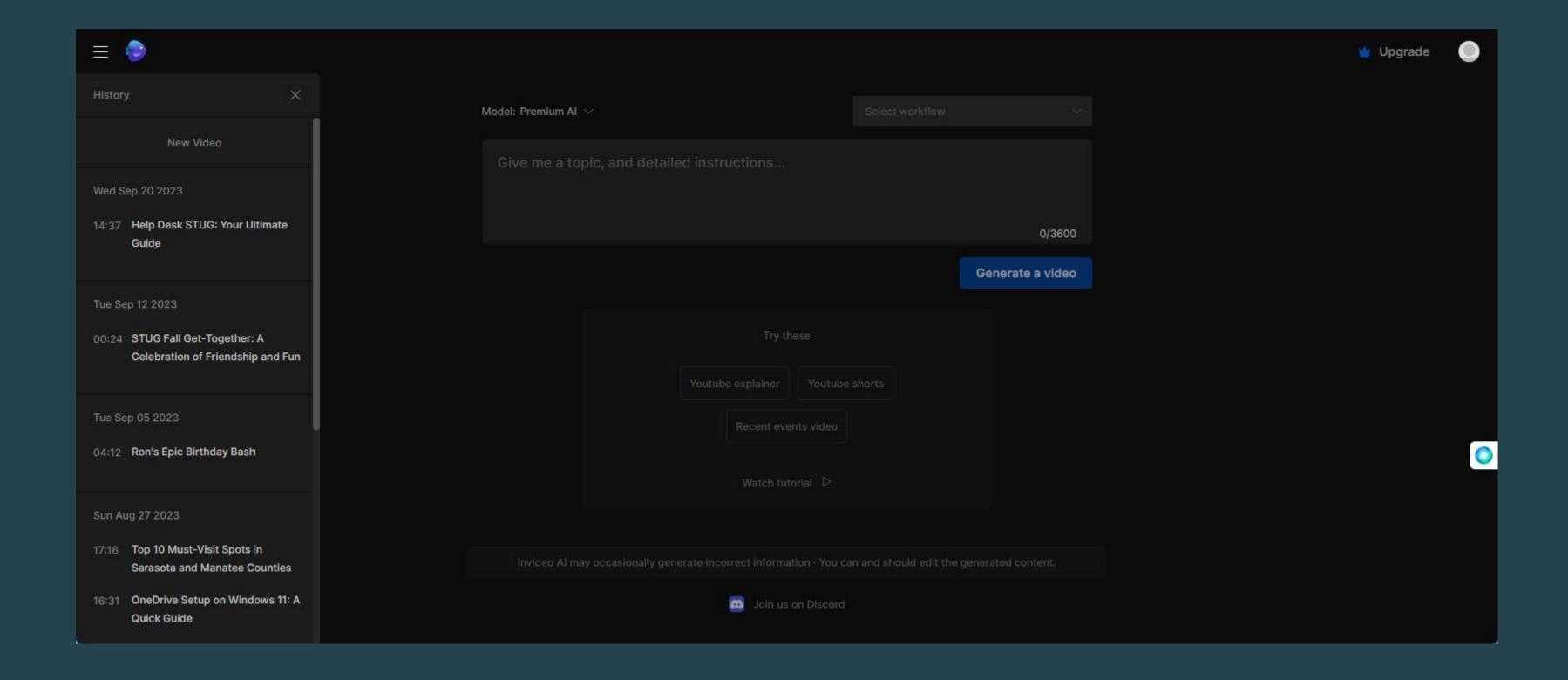
Through outreach and passion, we're lifting the call, Equitable access, we strive for it all. Together we rise, as a community strong, In the world of technology, we all belong.





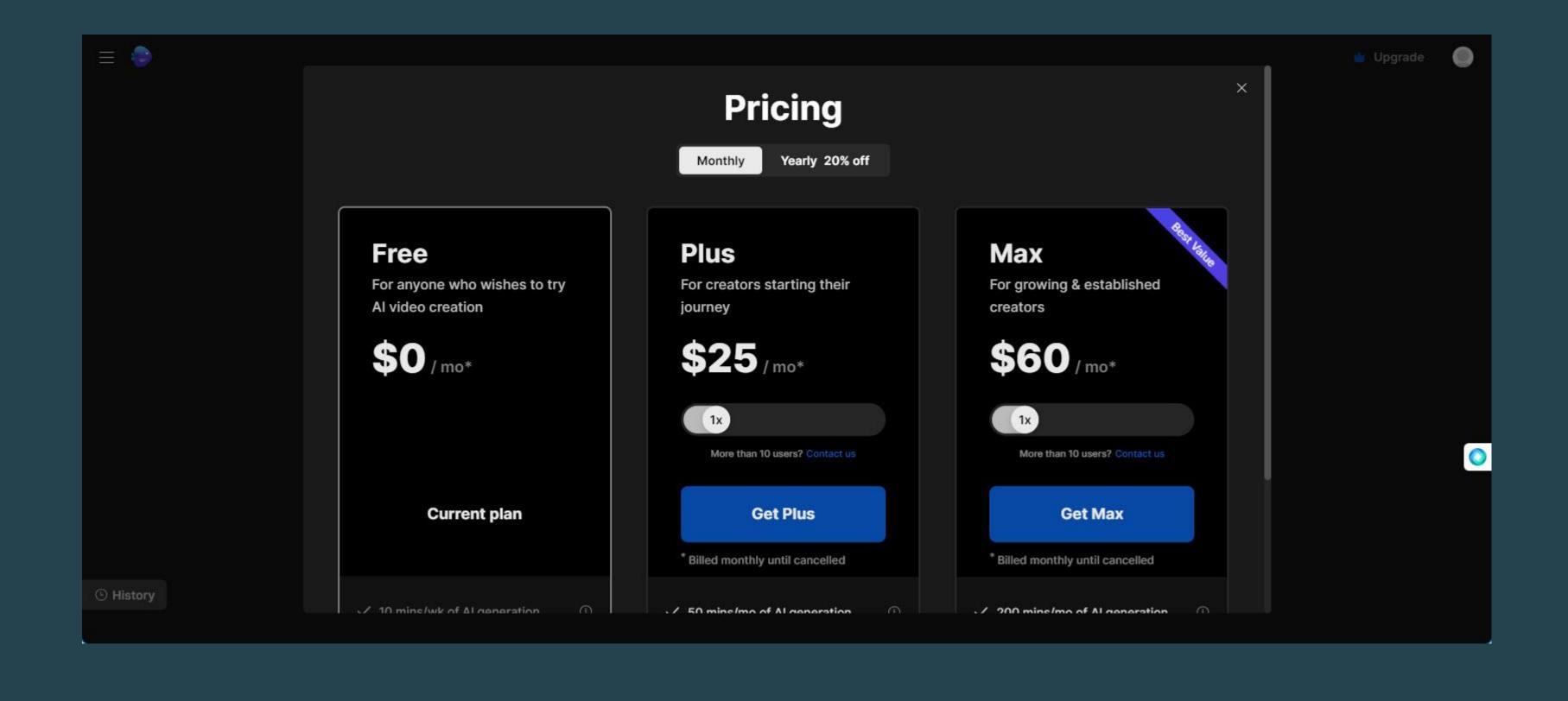
https://invideo.io/





The Sarasota Technology User Group Presentation meeting night is the first Wednesday of every month. This is a Zoom meeting. The night's schedule is changing. The meeting will open with social time from 6:15 PM until 6:45. The "Help Desk" will answer your tech questions between 6:45 and 7:10. STUG announcements will then take place. The presentation of the month will be from 7:15 to 8:00 and followed by Q & A for the speaker and then the night's wrap-up at 8:15. All times are Eastern Time.







# Bring any image to life









Never Gonna Give Love You Up



What Is Haddaway



Dragostea Din Tei **OZone** 



**Moves Like** Jagger Maroon 5



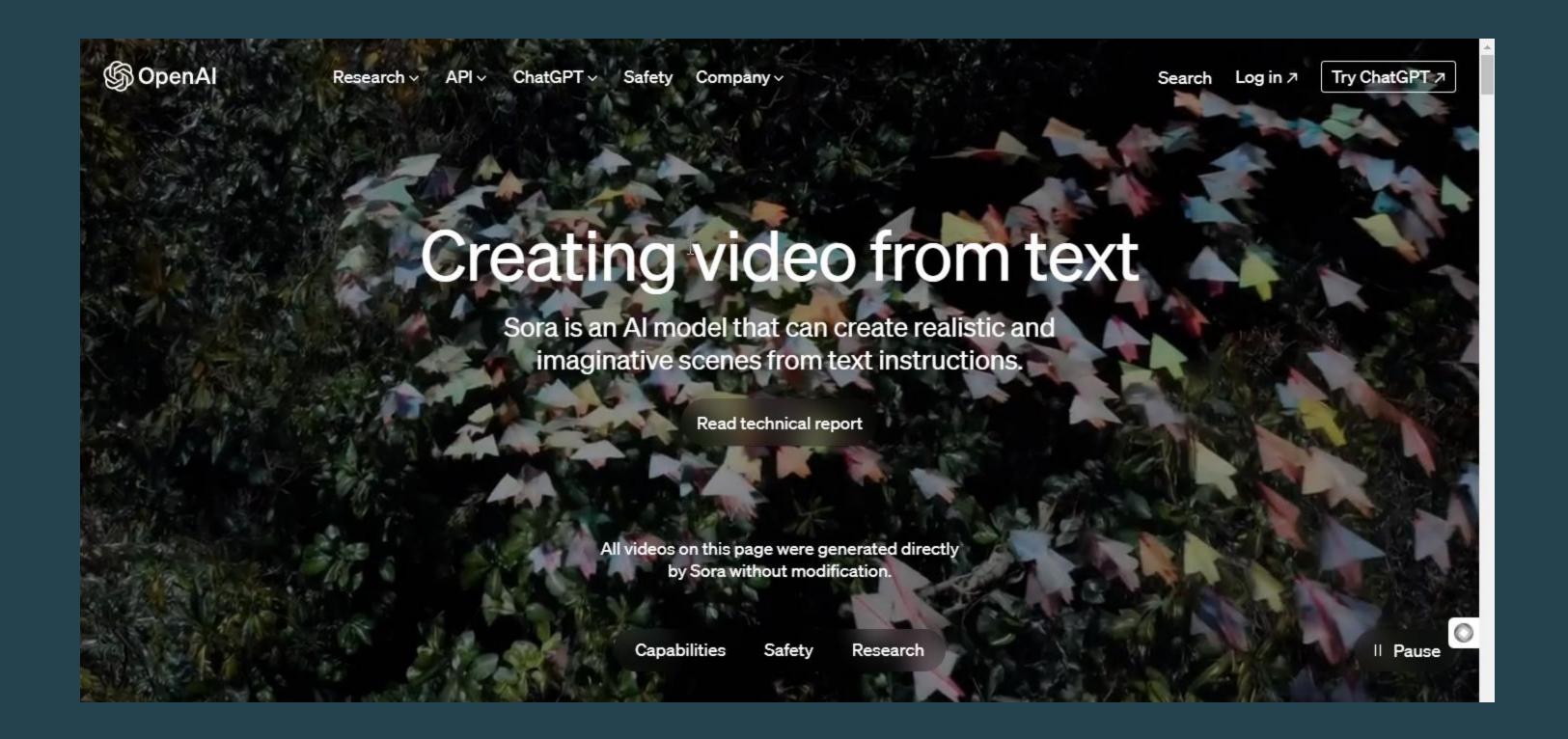
I Love Rock 'n' Roll Joan Jett



Con Tog The

https://reface.ai/revive/#w-tabs-0-data-w-pane-3





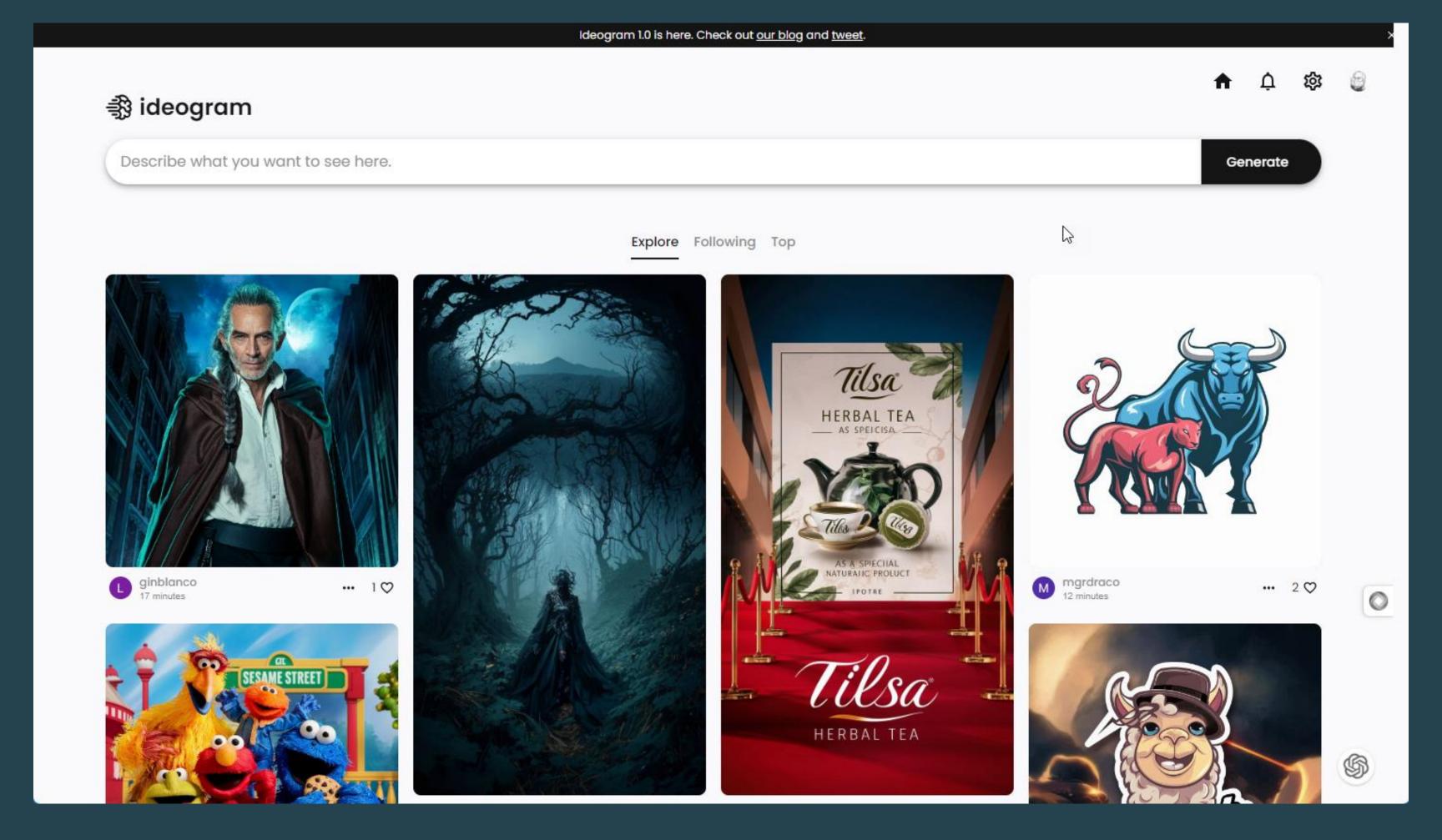
https://openai.com/sora



Prompt: Historical footage of California during the gold rush.



Prompt: view of waves crashing against the rugged cliffs along Big Sur's garay point beach. The crashing blue waters create white-tipped waves, while the golden light of the setting sun illuDroneminates the rocky shore. A small island with a lighthouse sits in the distance, and green shrubbery covers the cliff's edge. The steep drop from the road down to the beach is a dramatic feat, with the cliff's edges jutting out over the sea. This is a view that captures the raw beauty of the coast and the rugged landscape of the Pacific Coast Highway.





Prompt

a quaint tavern on a busy street. The tavern is called "Hewie's Place"

Magic Prompt

A charming, bustling street scene featuring a quaint tavern named "Hewie's Place." The cozy, inviting establishment is adorned with colorful lanterns and a sign that beckons patrons to enjoy food and drink. The background reveals a lively, cobblestone-paved street filled with a mix of townspeople, merchants, and travelers. The ambiance of the scene is warm and welcoming, with a hint of adventure and mystery in the air.



#### Prompt

a group of seniors holding signs that say "CCS" in caps, photo

#### Magic Prompt

A heartwarming photograph of a group of elderly seniors standing together, proudly holding signs that spell out "CCS" in capital letters. They are dressed in casual attire and have big smiles on their faces. The background is a sunny outdoor space, with lush green trees and a clear blue sky., photo

#### Here are some common issues and concerns that people have with AI:

- Unemployment There is concern that as AI systems become more capable, they may displace human workers in certain jobs and industries. This could disrupt economies and leave many people unemployed.
- Bias Al systems can pick up biases from their training data. This can lead to issues like racial, gender, or other discrimination. Ensuring Al is fair and unbiased is an ongoing challenge.
- Accountability When AI systems make mistakes or cause harm, determining who is responsible can be difficult. How do we ensure there is transparency and accountability?
- Autonomy As AI becomes more advanced, there are concerns about it operating independently without human oversight and control. Could AI become too autonomous?

- Existential threat In the long run, some worry advanced AI could become uncontrollable and threaten humanity if precautions are not taken. There are concerns about an existential safety risk from artificial superintelligence.
- Privacy Large Al systems are often data-hungry. Collecting the data required to train advanced Al can raise privacy issues. Data security is also a concern with Al systems.
- **Ethical issues** The complexity of AI raises many ethical questions about things like inherent biases, transparency, accountability and more. Developing ethical AI is an ongoing challenge.
- Lack of trust If the public does not trust or understand AI, they may resist its adoption. More work needs to be done to build trust and acceptance of AI technology.

Common issues range from socioeconomic concerns to technical challenges to existential threats. Advancing AI responsibly and addressing these issues is critical.

Here is a summary of the key points from the fact sheet:

President Biden Issues Executive Order on Safe, Secure, and Trustworthy

Artificial Intelligence

October 30, 2023

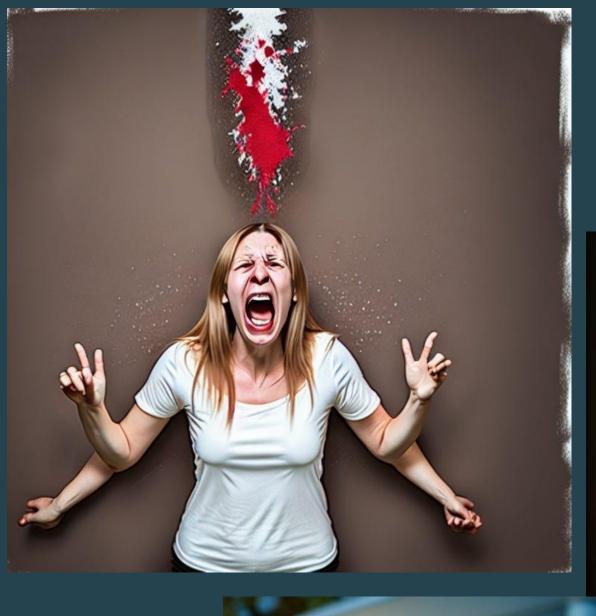
From a fact sheet from the Presidential Briefing Room and summarized by Claude Al

- President Biden issued an executive order to set new standards and rules for developing artificial intelligence (AI) technology responsibly. This will help ensure AI is safe, secure, and trustworthy.
- The order requires companies making advanced AI systems to share test results
  with the government, so any risks or issues can be identified before the
  systems are made public. Standards will be developed for testing AI safety.

- The order aims to protect people's privacy when using AI, especially for kids. It
  calls on Congress to pass data privacy laws. Agencies will be required to evaluate
  how they collect data to train AI systems.
- The order seeks to prevent AI from discriminating or worsening existing biases.
   Guidance will be provided to agencies and contractors to avoid algorithmic discrimination.
- It looks to protect consumers from harm by establishing oversight and reporting of unsafe AI healthcare practices. Resources will help educators deploy AI tools properly in schools.
- The order calls for developing best practices to protect workers from job displacement, unfair hiring practices, or workplace surveillance from AI. Study of AI's labor impacts will inform support for affected workers.

- It promotes innovation by providing access to AI resources and data for researchers and small businesses. Visa programs will be updated to enable skilled AI experts to work in the U.S.
- International collaboration will be expanded to advance safe and responsible AI worldwide. AI standards will be developed with global partners.
- Government use of AI will be made more responsible through new guidance, faster procurement, hiring of experts, and employee training.

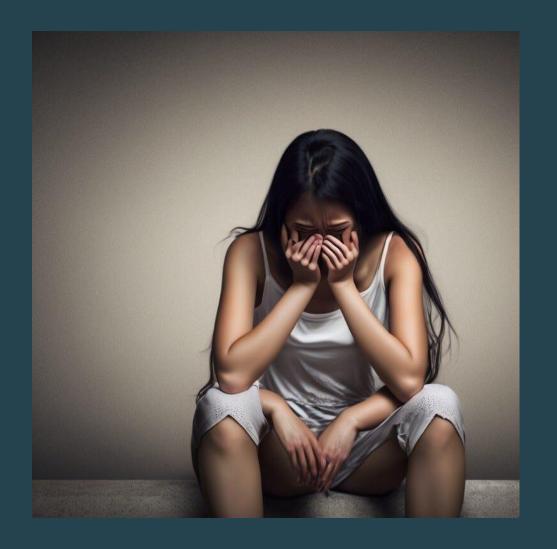
In summary, the order establishes guardrails, standards and protections to ensure AI is developed and used in a responsible way that benefits society.



## Al Gone Wrong









#### Al Gone Wrong

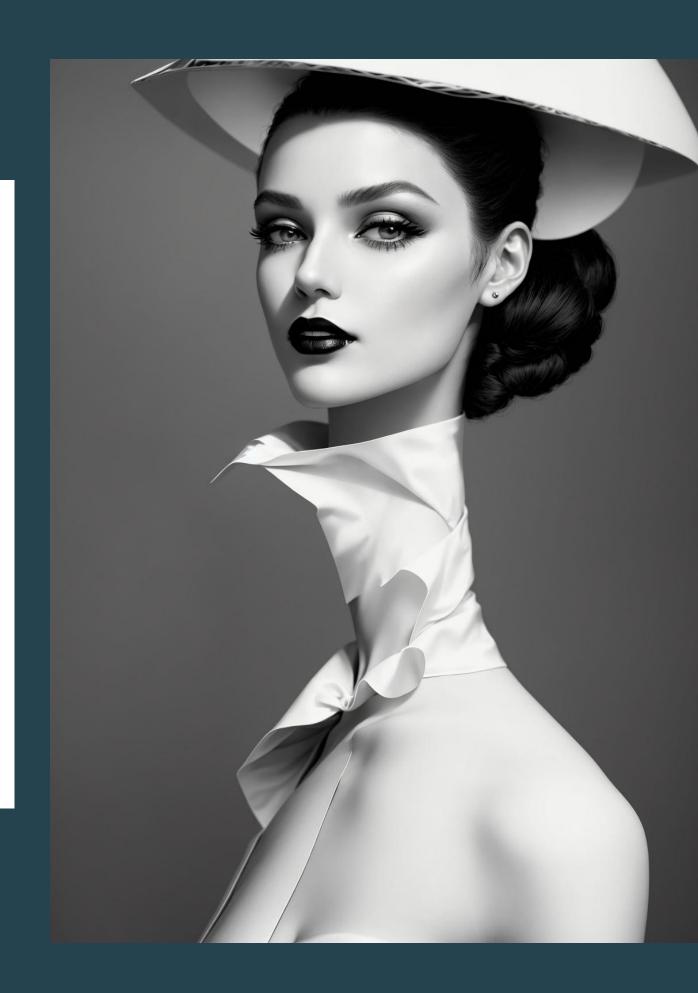
#### Al Gone Wrong

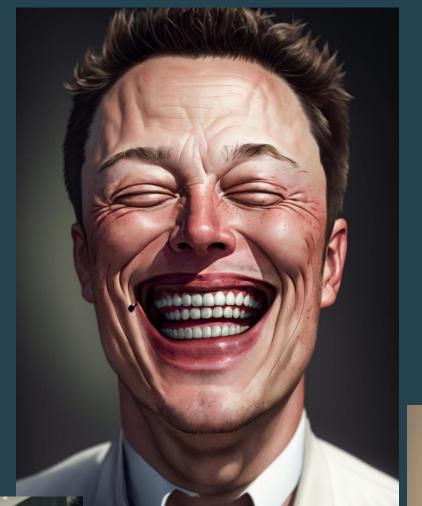
**The prompt:** A beautiful lady smiling, natural sunlight, professional photoshoot

The image:



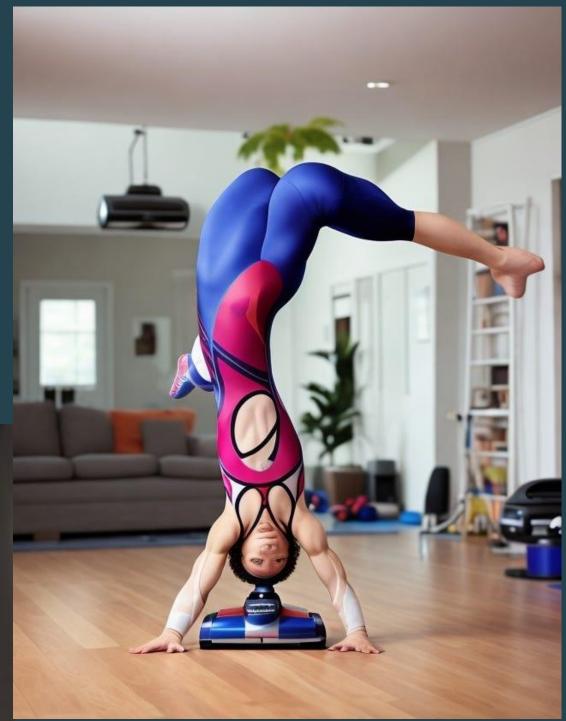
Have any Al gone wrong images? ♥ Share them here





## Al Gone Wrong





### Let's Talk AI (Artificial Intelligence)

Friday August 23<sup>rd</sup> 1:00 pm – 2:00 pm ET

Moderated by Hewie Poplock

This discussion group for beginners and intermediate users of AI focuses on practical applications of AI-powered tools. Attendees share their experiences to gain a better understanding of how to leverage these tools in their work and personal lives. Discussions cover topics such as chatbots and image to graphics helping each other stay up-to-date with the latest developments in the field. Overall, this group provides a welcoming environment for individuals to network and explore the exciting world of AI.

Contact Hewie at <a href="mailto:hewie.net">hewie.net</a> for the link to the forum.

This forum is open to all, including STUG non-members

#### Hosts - Hewie Poplock & Ron Brown

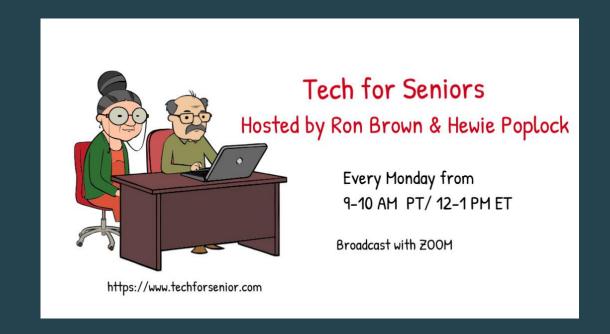
Tech For Seniors

Every Monday 11:30-1:15 ET

On Zoom and streaming on YouTube

Tech For Seniors LIVE

Thursday 11:50-1:05 ET
Streaming on YouTube & Facebook





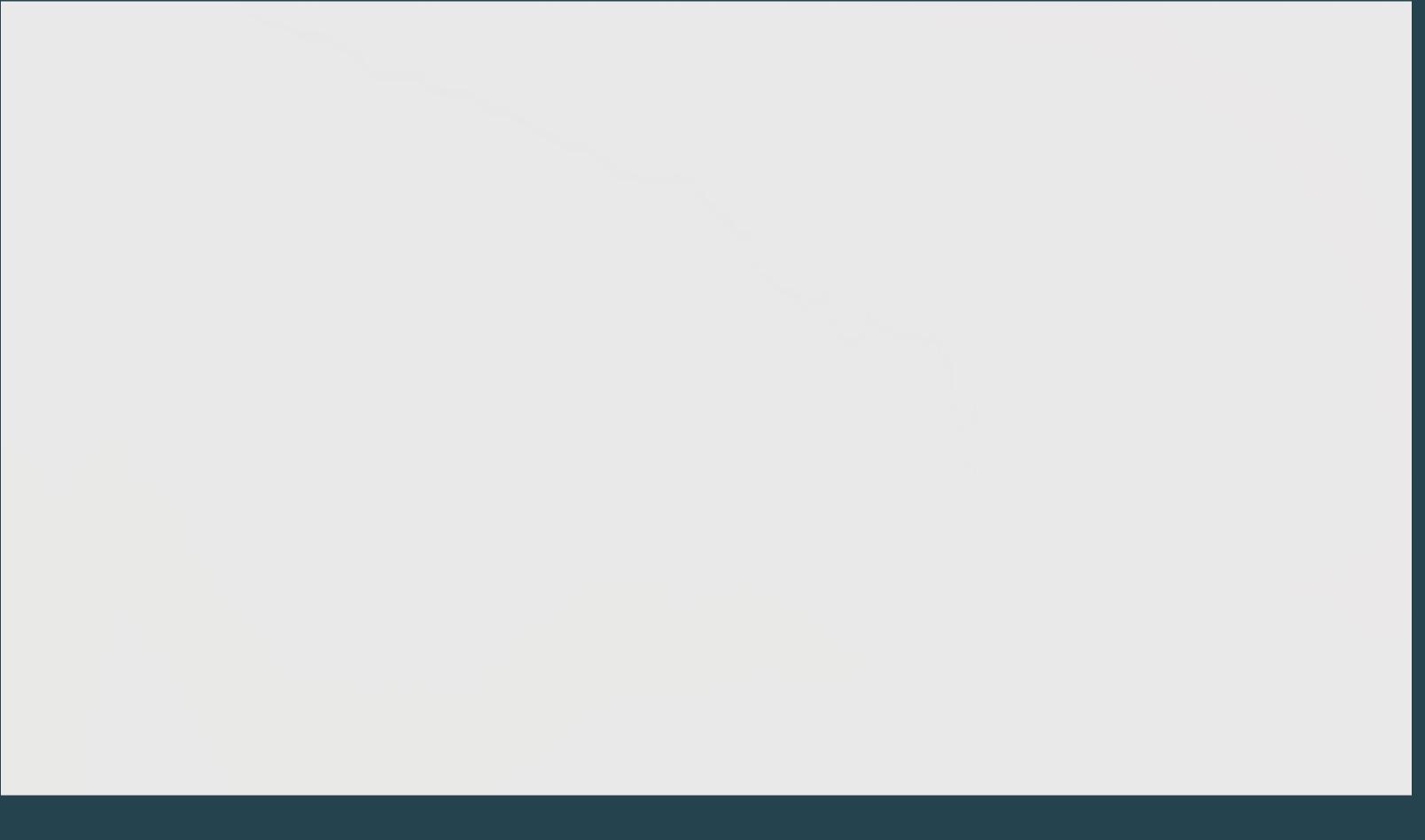
https://www.techforsenior.com

## WinSIG - Hewie Poplock

Every 2<sup>nd</sup> Sunday 1:00 – 2:45 ET Sunday September 8, 2024



Sign up for the WinSIG Newsletter at https://hewie.net



# Questions?



## Embracing the Al Age

With Practical

Applications for Seniors

**By Hewie Poplock** 

hewie@hewie.net

