

Lifelong Learning

23 March 2026

**Practical Ways Canmore Seniors Can Use Artificial
Intelligence**

Presentation by the IT Doctors

Dave Weiler

George Saly

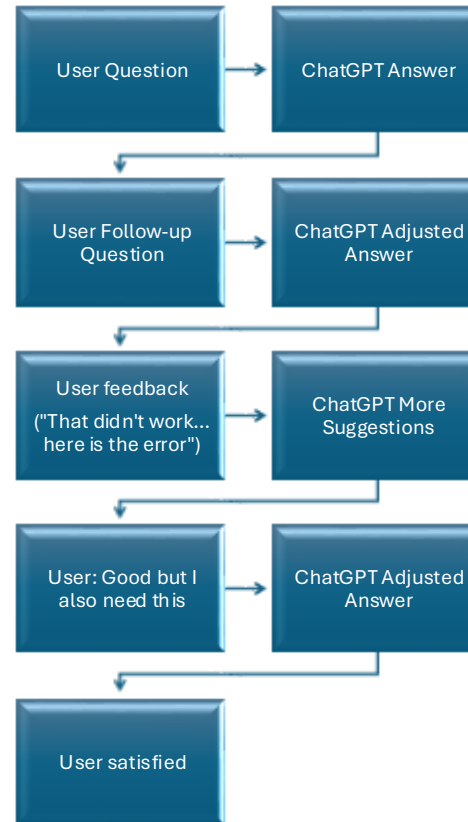
Pat Parno

Google Search vs Conversational AI

Traditional Search (Google)



Conversational AI (ChatGPT)



Poinsettia Bloom for Christmas? (MAY)

Late spring (May-June):

- Cut back to 10–15 cm
- Re-pot and Fertilize

Late Summer

- Shape the plant (stop pruning)

Fall "Short-day treatment"

- 14 hours of darkness daily
- Repeat for 8–10 weeks



My darkness solution

Check-in with ChatGPT (September)

📷 I uploaded a photo of my plant

- But I have questions

Q: I've started the darkness cycle, but I'll be away for a weekend in October, cover it or no?

A: Keep it covered that weekend

Q: Should I prune it again?

A: Do NOT prune — leaves are needed for colour



Progress and New Questions (October)

 Uploaded more photos

What I noticed:

- Bract leaves starting to turn red 
- White spots on larger leaves 

ChatGPT advice:

- Red leaves = good sign
- Spots = harmless (no disease)
- Simple care only



Concern and Adjustment (November)

 Uploaded another photo

 Concern:

“Not on track for full red by Christmas
Is something wrong?”

ChatGPT insight:

 Daytime light may be too weak

 Add LED grow light(s)



Not There Yet! (December)

📷 Uploaded another photo

Result by Christmas:

- Some improvement
- But not much red

Failed to meet Christmas timing

- But will I eventually get more red?



Latest Update (March)

📷 plant in full red bloom

Finally worked!

But timing was off

What I learned:

- Start grow lights earlier
- Thin the plant sooner
- Repeat the “short-day” process, but start sooner



Year-Round Poinsettia Calendar

MARCH-APRIL (RIGHT NOW)

KEEP IT IN BRIGHT LIGHT

WATER WHEN THE TOP SOIL DRIES

LATE APRIL – MAY

CUT THE PLANT BACK TO ABOUT 15-20 CM

LEAVE 3-5 STRONG STEMS IF POSSIBLE.

BEGIN LIGHT FERTILIZER EVERY 2-3 WEEKS

JUNE – JULY

BRIGHT WINDOW LIGHT

FERTILIZE EVERY 2-3 WEEKS

MID-AUGUST

START GROW LIGHTS

8-10 HOURS PER DAY

LATE AUGUST – EARLY SEPTEMBER

CANOPY THINNING

OPEN THE PLANT SO LIGHT REACHES THE CENTER.

OVER ABOUT 1 WEEK REMOVE:

10-15 LARGE MATURE LEAVES

ONLY LEAVES SHADING THE INTERIOR

SEPTEMBER 21

START BLACKOUT CYCLE

DAILY SCHEDULE:

COVER PLANT 6 PM

UNCOVER 9 AM

CONTINUE GROW LIGHTS DURING THE DAYTIME.

October – Mid November

Bracts will begin forming and coloring.

Continue:

blackout schedule

grow lights

watering normally

Do not prune or fertilize now.

Late November – Early December

Bracts should now be coloring strongly.

Once most bracts are red:

You can stop the blackout routine.

Move plant to its display location.

I Asked ChatGPT How to Use ChatGPT

WHAT IT IS GOOD AT

- EXPLAINING CONCEPTS
- DRAFTING TEXT
- SUMMARIZING INFORMATION
- BRAINSTORMING IDEAS
- HELPING TROUBLESHOOT PROBLEMS

Where it can struggle

- Can make confident mistakes
- May produce incorrect facts
- Does not always know current information
- Cannot verify sources unless asked
- Sometimes misunderstands the question

BEST PRACTICE

- TREAT IT AS A SMART ASSISTANT
- ASK FOLLOW-UP QUESTIONS
- VERIFY IMPORTANT FACTS
- PROVIDE FEEDBACK IF SOMETHING SEEMS WRONG

You can show ChatGPT the problem

Contact me

Katie Gerke
722 16th Ave N.E.
Calgary, Alberta
T2E 6V7
Canada
403-630-6071
katie@oralart.ca

Mountain View Printing
3656 60 Ave SE
Calgary, AB
T2C 2C7
Phone: 403-236-8558

Contact Me:

Share

Name (required)

Email (required)

Special Request (required)

Phone (optional)

SUBMIT

April April April May May May May June June June

Monday 13 20 27 4 11 No Class 25 1 8 15

NOTE: CLASSES START ON Monday April 13 2026

Add Fields Field Options

General Advanced Smart Logic

Email (ID #2)

Label

Your Email

Description

Required

Enable Email Confirmation

CSA Photo Submission

Members use this to upload photos for possible display at the CSA Centre

Your Name *

Your Email *

Phone (optional)

Photo Upload *

Click or drag files to this area to upload. You can upload up to 3 files.

Time Machine couldn't complete the backup to "Seagate Backup Plus Drive".

Files can't be copied onto the backup disk because it is read-only. You may need to repair or erase the disk using Disk Utility. If the disk can't be repaired, select a different disk for backups.

Latest successful backup: March 13, 2025

OK

System Error

We're experiencing some technical issues that prevent you from logging in. Please try again.

If this issue persists, please call ATB Business at 1-877-363-4855.

Return to login screen

ATB.com

```
CSA'; // or '@ Canmore Seniors Association'
```

```
.= '<a href="'. $url. '" target="_blank" rel="noopener'
```

```
.= ' <span class="csa-thumb">';
```

```
.= ' <span class="csa-badge">#'. $id. '</span>';
```

```
.= ' '
```

```
.= ' <span class="csa-watermark">'. $wm. '</span>';
```

```
.= ' </span>';
```

```
.= '</a>';
```

Your conversation is not with a person!

- No need to say please and thank-you
- If it tells you you're brilliant... don't take it personally — it says that to everyone
- It can sound confident — and still be wrong
- You can pick up a conversation days or even months later... it does not need to be reminded where you left off

Chats Are Separate... But Not Completely

- Keep one chat per topic (e.g., poinsettia care)
- ChatGPT remembers context within a chat
- New chats don't include your past conversation
- But some general details may carry over (e.g., preferences or things you've mentioned before)

How ChatGPT Uses Your Feedback

- Your feedback improves the current conversation
- It does NOT immediately change ChatGPT for others
- You are not “training the AI” in real time
- Your conversations are not shared with other users



The Evolution of AI

What has changed since last year?

Last Year's Examples

Designing an exercise program

Suggesting ways to entertain your grandkids when they visit

How Canada should fight back against Trump tariffs

Suggest a menu based on foods in your kitchen now

Translating a radiology report and explaining terms

Help with vacation planning; sites to see, hotels, restaurants

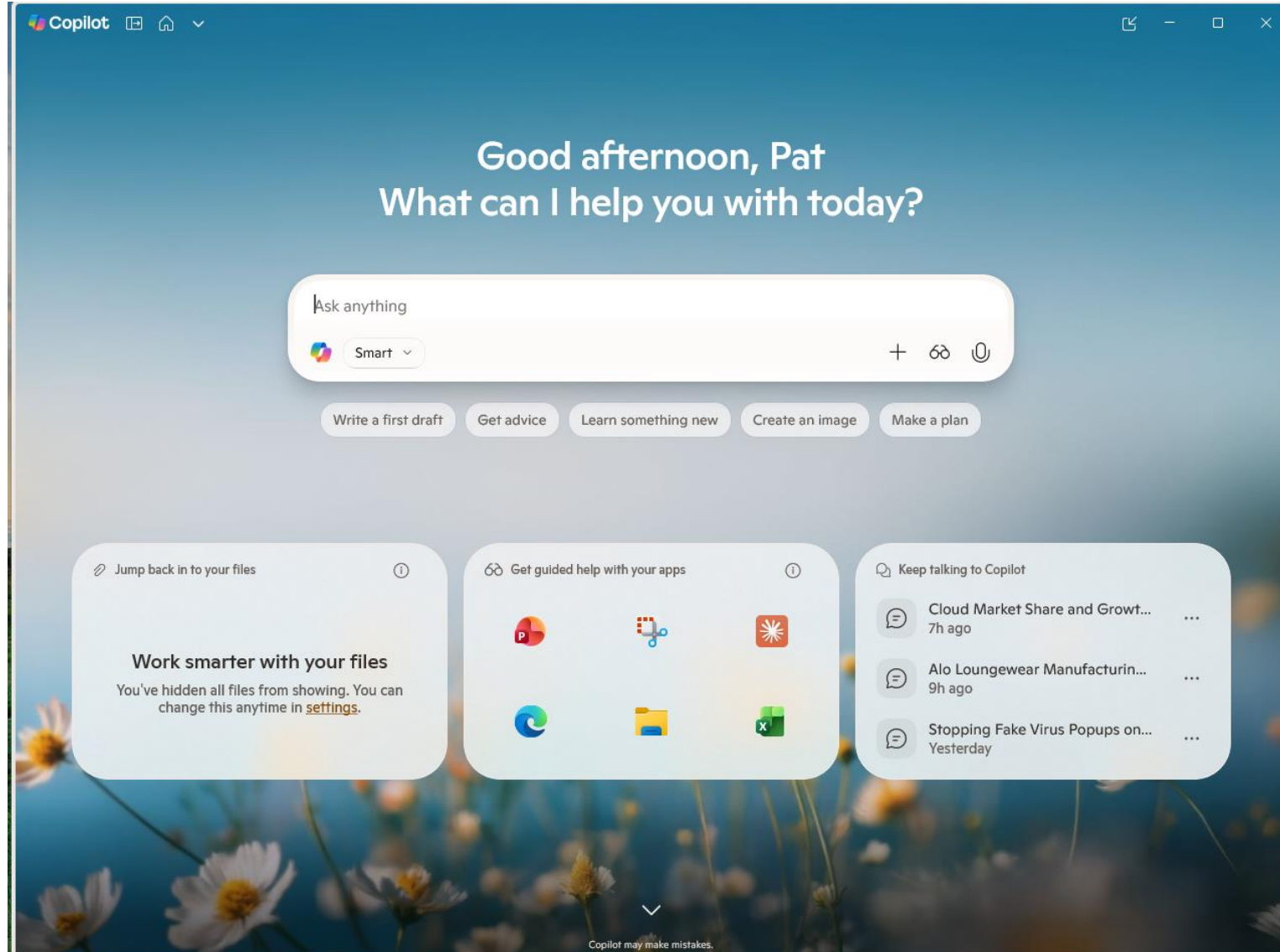
Help with purchases; which guitar should I buy?

Making limericks and images

Last Year's Image



Evolution: Uploading to the AI



My Freezer Stopped

Should I google? NO!



I could watch 100 youtube videos?

LG Freezer Not Freezing

Refrigerator Cold but Freezer Not Freezing

Fridge Freezer Not Freezing

Samsung Refrigerator Freezer Not Freezing

Freezer Cold Fridge Warm

Frigidaire Refrigerator Not Cooling

Frigidaire Freezer Not Freezing But Fridge Is Cold

How To Fix Frigidaire Freezer Not Freezing But...
YouTube · The Savvy Professor · 5.7K views · Jul 30, 2024

FRIGIDAIRE UPRIGHT FREEZER NOT FREEZING

frigidaire upright freezer not freezing -...
YouTube · SVC Repair Solutions · 146.9K views · Nov 29,...

Freezer Not Freezing But Fridge Is Cold

How To Fix Freezer Not Freezing But Fridge Is Col...
YouTube · The Savvy Professor · 25.3K views · Jul 11, 2024

Why Frigidaire Freezer Not Freezing? How To Fix?

How To Troubleshoot FRIGIDAIRE Freezer Not Freezing Problem? - How To Fix It

Related Products

- Freezing Manga
- Point Novel
- Thermometer

Why LG Freezer Not Freezing But Fridge Is Cold

Why Freezer Not Freezing? 7 Common Issues and How To Fix - How To Fix It

Why Is Refrigerator Working but Freezer Not Freezing?

Why Is My Refrigerator Working but Freezer Not Freezing? - How To Fix It

Why Frigidaire Freezer Not Freezing But Fridge Is Cold? How To Fix?

Why Freezer Not Freezing? 7 Common Issues and How To Fix - How To Fix It

Freezer Not Freezing? Top 6

How to Fix a Freezer | Explore Freezer Troubleshooting Tips to Re...

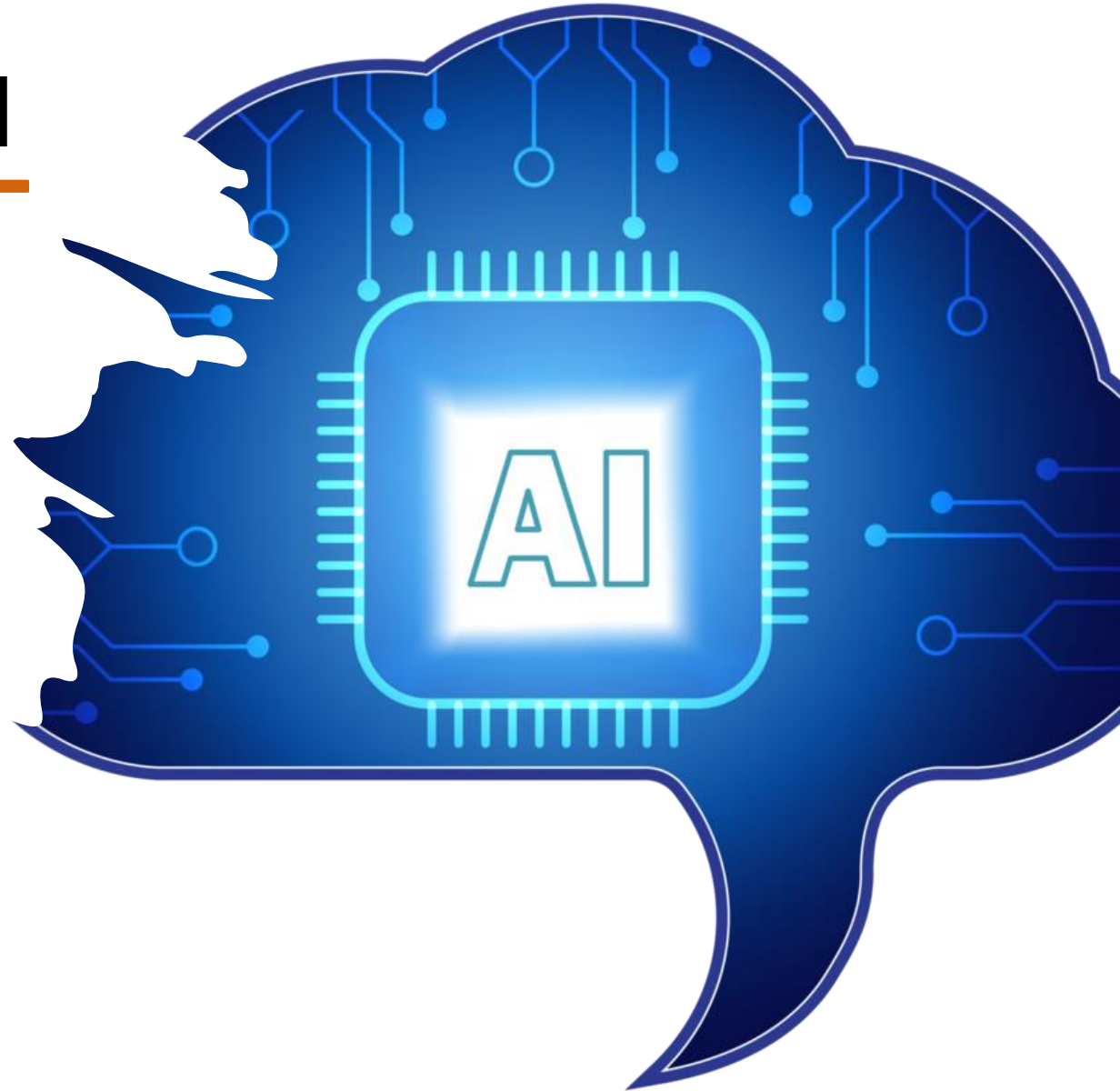
DIY Reset button

Why is My Samsung Freezer Not Freezing : Troubleshooting Tips for a Non-Freezing Freeze...

Freezer Problems in Hot Weather

The AI Approach Instead

- I described the symptoms
- Copilot asked targeted questions, which I answered.
- I sent a photo, because I didn't know what parts were what
- We walked through likely failure points together.





First it told me where to look, and how to test

It Identified Freezer Components from Photo

1. **Compressor** (large black cylinder, left side)

- This is the sealed unit that compresses refrigerant.
- The label with W431T1 is the model identifier.
- Copper lines entering/exiting it are the suction and discharge lines.

2. **Start Relay** / PTC Starter (small black plastic module attached to compressor pins)

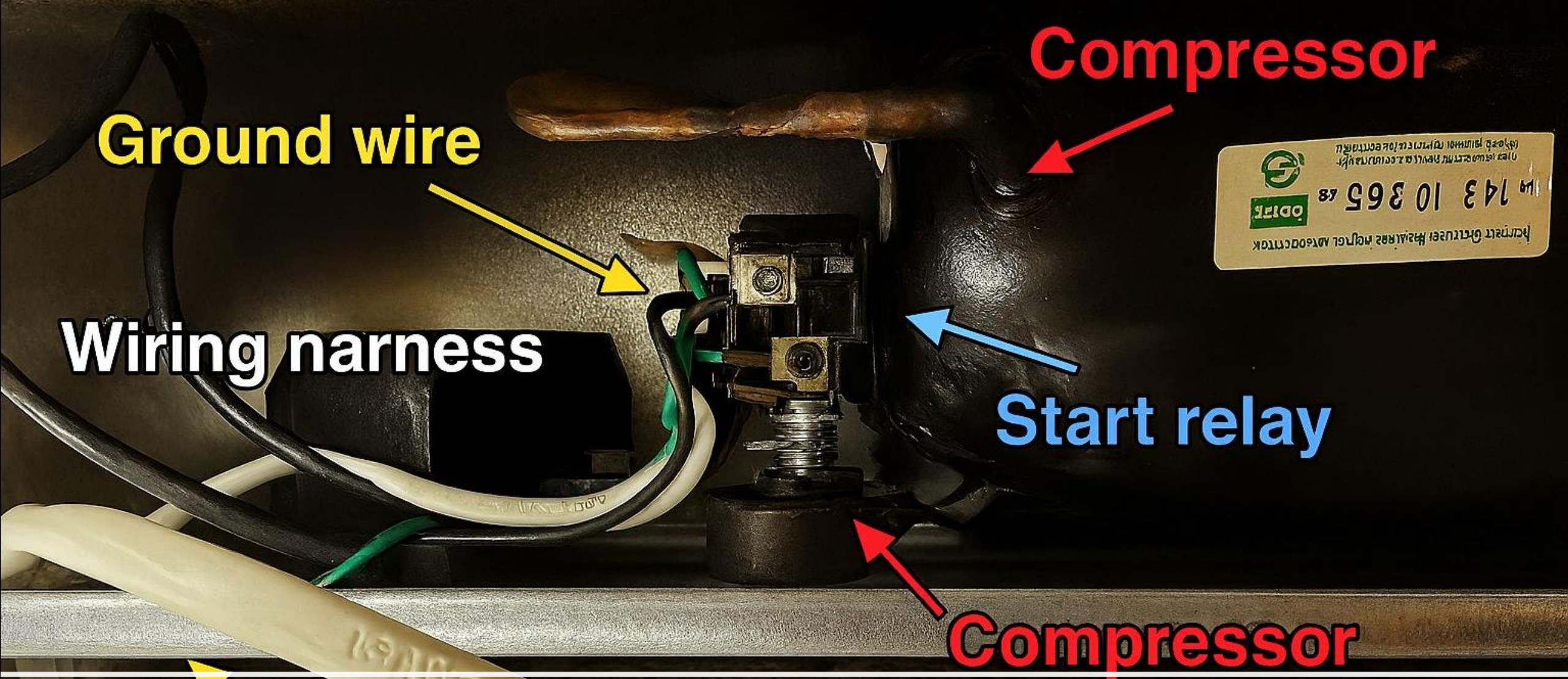
- Snaps directly onto the compressor's electrical terminals.
- Provides the initial boost to start the compressor motor.
- Usually paired with the overload protector.

3. **Overload Protector** (small white/cream disc or module behind/under the relay)

- Thermal safety device that cuts power if the compressor overheats or draws too much current.
- Often hidden behind the relay but electrically paired with it.



I told it I wasn't quite sure what was what



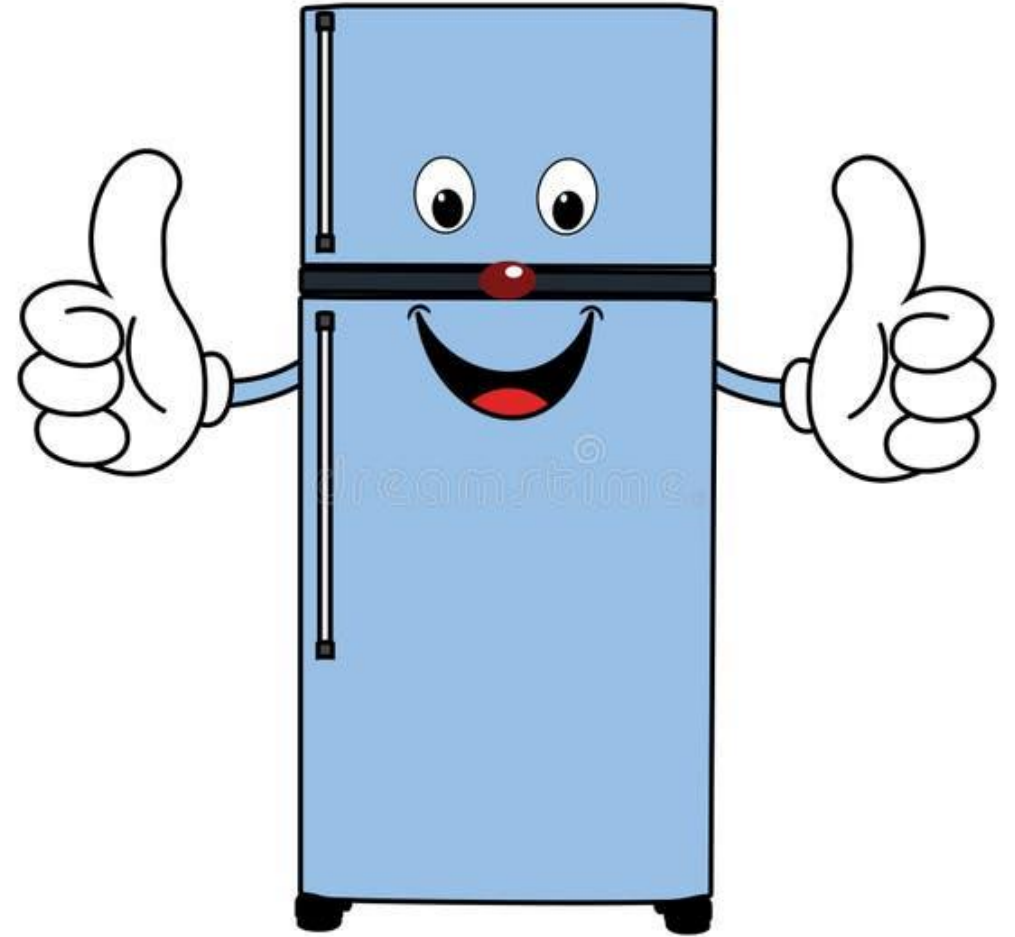
So it sent me my photo back with labels

Zooming in on the trouble spot

The relay!



Simply Shaking that
Relay Started the
Freezer!



Buying a Calgary House

Should I google? NO!



Buying a House in Calgary (or any contract)

- AI did all research and calculations
 - Told me where in Calgary was best place to buy for rentals by community
 - Explained “legal” vs “illegal” rental apartments
 - I input addresses, it compared them and ranked them for me (showed comps)
- Mortgage
 - Explained what type of mortgage to ask broker for
 - Told me exactly how much to borrow to keep rent covering mortgage and expenses
 - Detailed tax impact: created FMV doc for CRA
- Utilities
 - Helped me set up utilities



So. Many.Contracts.

- Inspection
 - watch for from the inspector
 - Dragged Inspection Report into AI; what to tell builder
- Builder
 - AI created inspection report
 - Dragged builder contract into AI; areas to negotiate
- Lawyer
 - Dragged law contract into AI; told me which charges were reasonable
- Insurance
 - Analyzed and compared insurance offers



You Can Do This With Any Contract

Just paste the confusing section or the entire contract in and ask:



"What does this clause actually mean?"



"What questions should I ask before signing?"



"What should I be worried about here?"



"Is anything unusual about this contract?"

AI is not a lawyer — but it's an excellent translator.

Optimizing Lunch

Should I google? NO!



Smoothie – I want more Iron

- My Recipe

- Banana
- Protein powder
- White beans
- **Spinach**



Need Vitamin C to release Iron

- Protein powder preventing bio-availability of Iron
- Add Vitamin C
 - Frozen *crab apples*
 - Shot of *lemon juice*
 - Makes the iron bio-available
- You can do this with any set of prescriptions
 - Put in all of your medicines to query interactions
 - Just list them and see what questions to ask your doctor

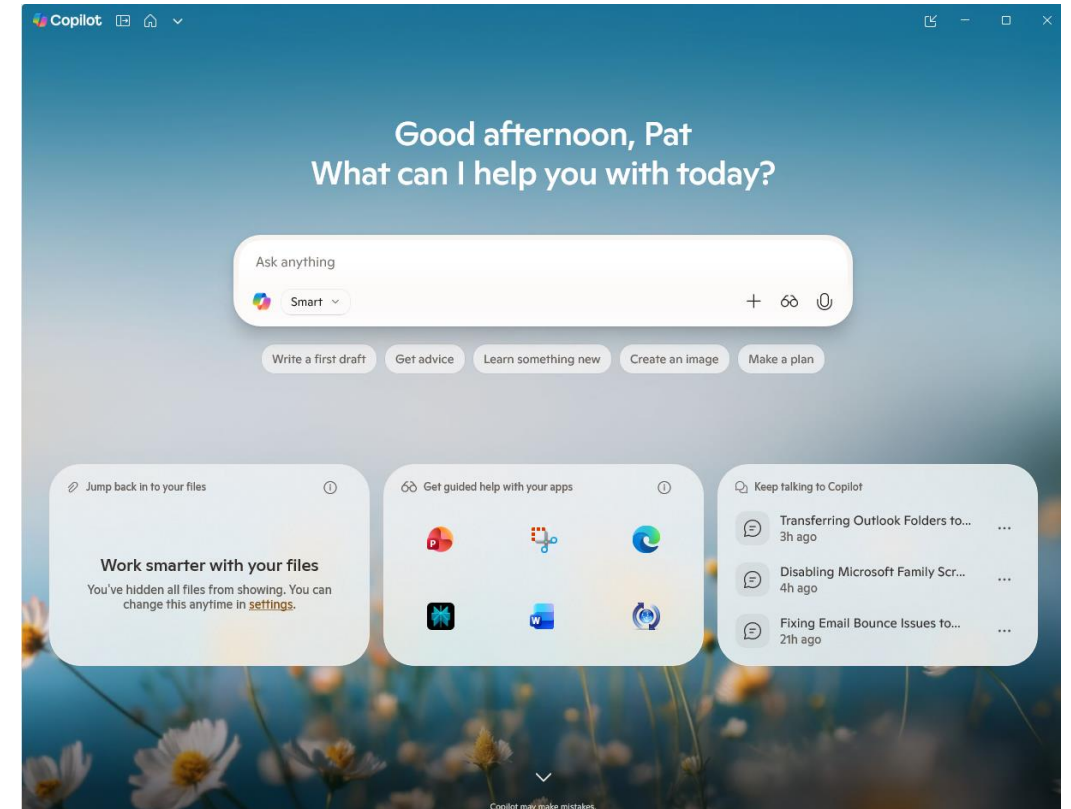
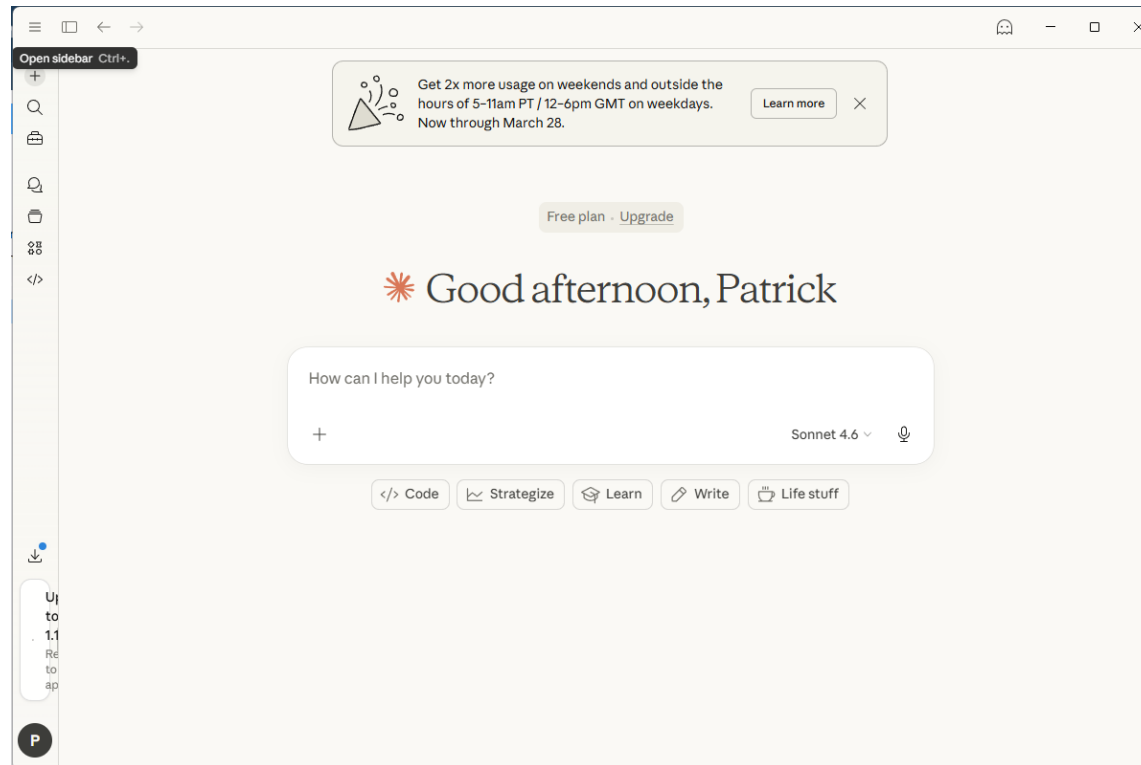


Multiple AI's

Should I google? NO!



Claude and CoPilot



Vienna – Daily Itinerary

- CoPilot made me a daily walkable itinerary for 3 days in Vienna
 - Fantastic details right from my hotel
 - At lunch and dinner time each day gave options
 - Asked me for details of the type of things to see
 - I copied this into a Word file



Tweaks by Claude

- Dragged the itinerary into Claude
 - Claude said it was a well thought out agenda but...
 - Claude asked for day of arrival
- When I gave it, it said that the one museum was closed on Monday, so to switch day 1 and 3

May 2026

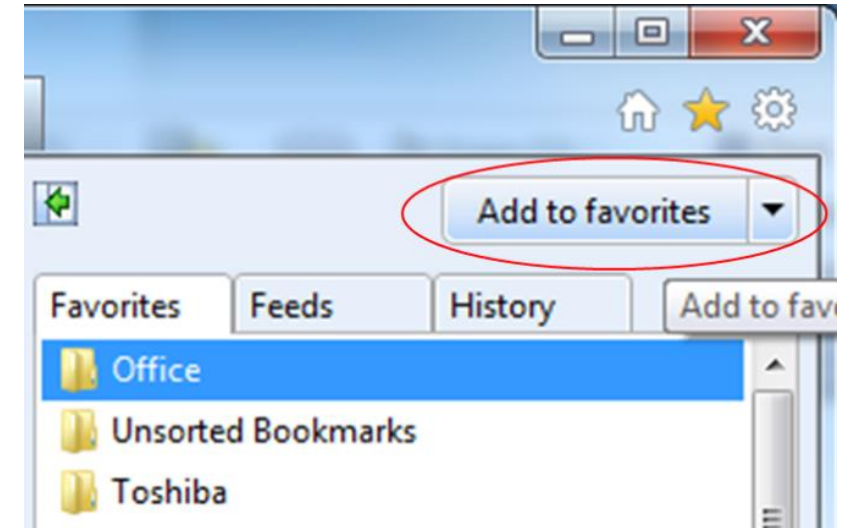
CW	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15						1	2
16	3	4	5	6	7	8	9
17	10	11	12	13	14	15	16
18	17	18	19	20	21	22	23
19	24	25	26	27	28	29	30
20	31						

Summary

- You can upload **photos** to fix something
- You can upload **contracts** for analysis
- You can list **medicines/recipes** for interactions
- **Double check** the work of one AI with a second one
- Last year's examples are still great!

My Current “Favourite” AIs

- I still use **CoPilot** (comes with Windows)
- have started using **Claude** more and more
- **Perplexity** is a new one that is built to replace Google
- I only occasionally use **Gemini**



There once was a senior so bright,
Who found AI a daily delight.
It helped sort their day,
In a smart, gentle way,
And made tricky tasks feel just right.

NotebookLM

A poem saved as a Word File **source type**

EVOLUTION by Helen Saly (~1990)

Montreal kecses templomtornyai

A felhokarcokol foletok kerultek.

Harangjaitok hangja bennszorult.

S a lelkek lassan megkovultek...



Sources



+ Add sources



Search the web for new sources



Saved sources will appear here

Click Add source above to add PDFs, websites, text, videos, or audio files. Or import a file directly from Google Drive.

Chat



Add a source to get started

Upload a source

Upload a source to get started

0 sources



Studio



Audio...



Slide Deck



Video...



Mind Map



Reports



Flashcards



Quiz



Infograp...



Data Table



Studio output will be saved here.

After adding sources, click to add Audio Overview, Study Guide, Mind Map, and more!

Add note



Sources



+ Add sources

Search the web for new sources



Select all sources



EVOLUTION_poem.docx



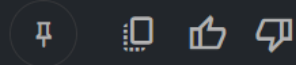
Chat



Untitled notebook

1 source

The poem titled **Evolution** provides a brief yet somber meditation on the changing landscape of **Montreal**. It highlights a visual shift where modern **skyscrapers** have physically surpassed the city's traditional **church spires**. This architectural dominance serves as a metaphor for a deeper **spiritual decline** within the community. The author suggests that as the sound of **church bells** is muffled, the **human soul** begins to harden into stone. Ultimately, the work mourns the loss of **religious influence** in the face of urban and secular advancement.



What are the primary themes and symbols in this poem?

How does the author contrast religious architecture with modern skyscrapers?

Explain the significance of the poem's title regarding human evolution.

Start typing...

1 source



Studio



Audio...



Slide Deck



Video...



Mind Map



Reports



Flashcards



Quiz



Infograp...



Data Table



Studio output will be saved here.

After adding sources, click to add Audio Overview, Study Guide, Mind Map, and more!

Add note



Sources

+ Add sources

Search the web for sources



Select all sources

EVOLUTION_poem

Customize Audio Overview



Format

Deep Dive ✓

A lively conversation between two hosts, unpacking and connecting topics in your sources

Brief ✓

A bite-sized overview to help you grasp the core ideas from your sources quickly

Critique

An expert review of your sources, offering constructive feedback to help you improve your material

Debate

A thoughtful debate between two hosts, illuminating different perspectives on your sources

Choose language

English

What should the AI hosts focus on in this episode?

read the poem out in english. Keep the audio podcast brief

Generate

BETA

Slide Deck

Mind Map

Flashcards

BETA
Infograp...



will be saved here.

es, click to add Audio guide, Mind Map, and more!

Add note

Result:

Links to the audio files from this presentation can be found just below the link you used to open this PDF

How long did this take me?

Learning to use NotebookLM :	15 minutes
Generating the podcast with NotebookLM:	5 minutes
Generating this presentation :	4 hours

Search Engine:

Master Index

Shows you *where* the information lives.

Search Engine : Does not accept documents, type a request.

AI Engine:

Subject Matter Expert

- Uses all its knowledge to give you a personalized *summary*.
- May hallucinate
- Gemini, Copilot, ChatGPT, Claude

AI Engine : Does not accept documents, type a request.

Source type

- Documents & Text
- Data & Spreadsheets
- Presentations
- Multimedia
- Web Content

RAG Engine: Private Research Assistant

- It ignores the world to focus purely on the **source types** you handed it.
- It ignores most of its general training to focus strictly on the specific data you provide.

RAG Engine: *Let me summarize that and tell you more about it.*

RAG (Retrieval-Augmented Generation)

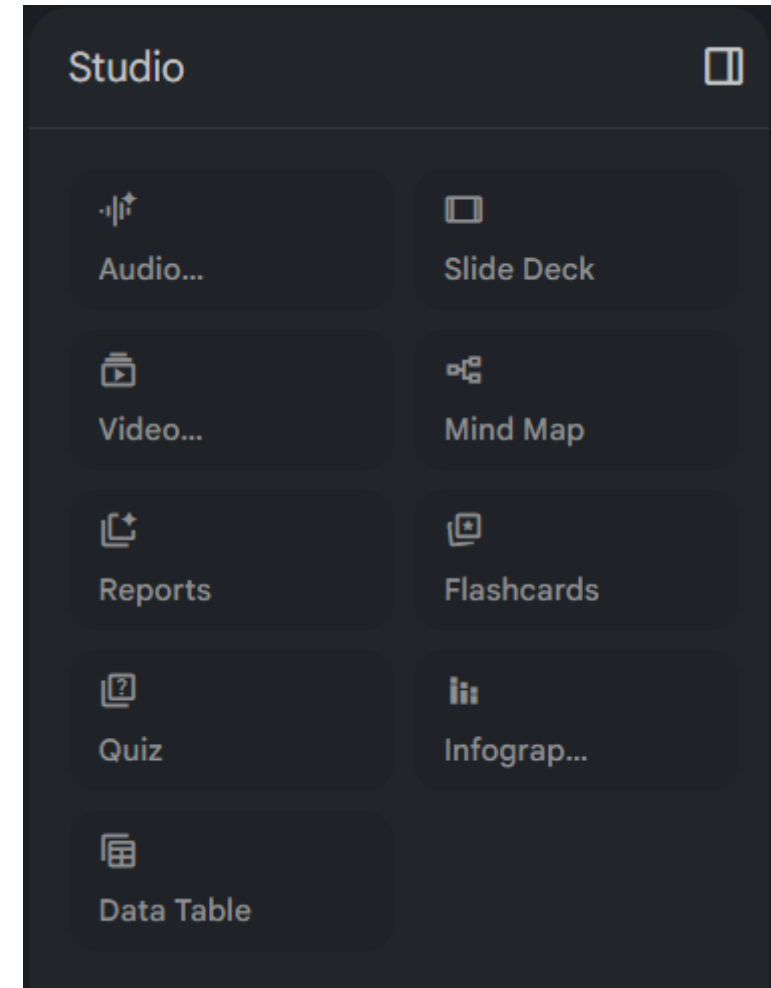
The AI doesn't just "guess" based on its training. Instead, it:

- **Retrieves** relevant snippets from your uploaded **source types**.
- **Augments** your prompt with those specific snippets.
- **Generates** an answer that is anchored strictly to your data.

Helps you *understand* what you already have

What can NotebookLM do for CSA members?

- MULTIPLE documents, links, sites !!!
- Manage Health & Medical Information
- Simplify Complex Manuals
- Assemble & Archive Family History
- Plan Trips & Activities, Hobbies ...
- Turn any of the above into Overviews



Being creative – Having fun

- Created a new Notebook
- Added
 - <https://canmoreseniors.org/> and
 - <https://ebird.org/hotspot/L2/bird-list>
- *I want to make a 3 minute presentation to encourage CSA members to try AI . The presentation must be humorous.*

Links to the audio files from this presentation can be found just below the link you used to open this PDF

We'll take
questions!



*“After I introduce you to solids, I’m going to need
your help with some computer stuff.”*