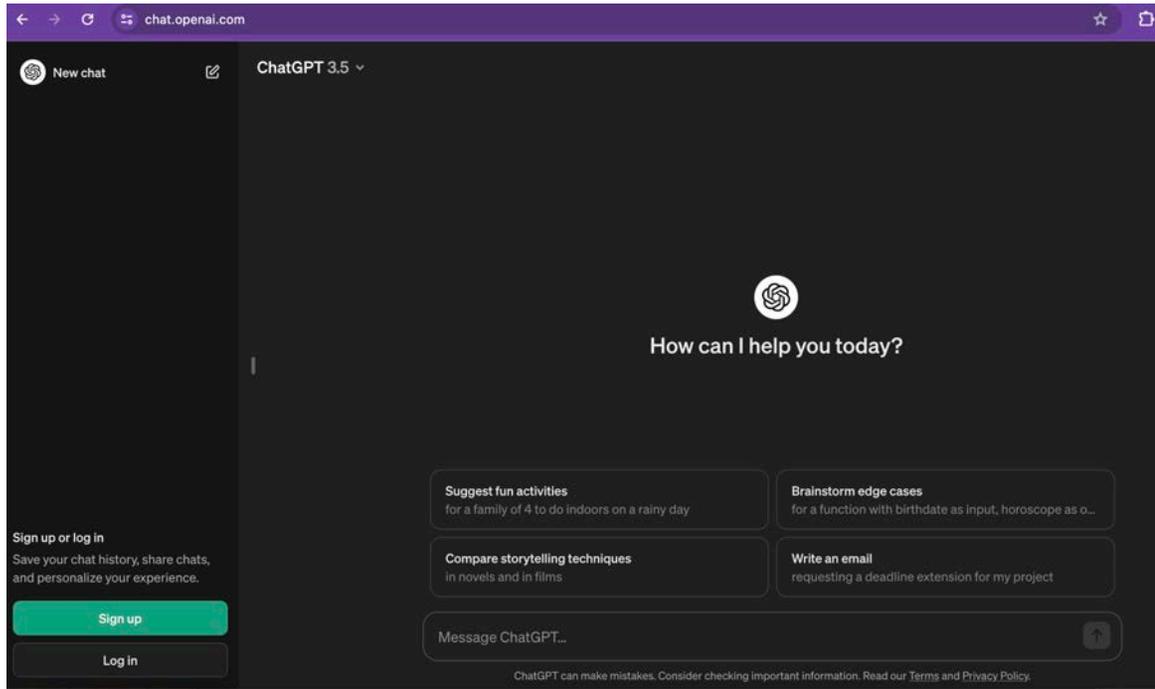


Artificial Intelligence (AI)



- Definition: Artificial Intelligence is the science of making machines that can think like humans.
- ChatGPT is the most widely used application of AI that allows you to have human-like conversations and much more with the chatbot. The chatbot can answer questions and assist you with tasks, such as composing emails and essays - even travel!

(This is a SCREENSHOT of the website)



- Go to chat.openai.com to register for a free account
- Use the **GREEN** “Sign up button and use an email or Google / Microsoft account.

Good news... you don't need to put any of your personal information to use ChatGPT!

Samples of ChatGPT's capabilities are presented below.

ChatGPT Demonstration

We asked ChatGPT a question most of us know:



Can you explain how to use a blender?

ChatGPT

Certainly! Using a blender is quite straightforward. Here's a step-by-step guide:

1. **Prepare Ingredients:** Before you start, gather all the ingredients you'll be blending. This could include fruits, vegetables, liquids (like milk or juice), ice, or any other items you want to blend together.
2. **Assemble the Blender:** Place the blender jar or pitcher on the base unit. Make sure it's securely in place.
3. **Add Ingredients:** Open the lid of the blender jar and carefully add your ingredients. Be mindful not to overfill the jar, as ingredients may expand during blending.
4. **Secure the Lid:** Once you've added your ingredients, securely attach the lid to the blender jar. This is important to prevent any splattering or spills during blending.
5. **Select Speed or Setting:** Many blenders come with different speed settings or preset blending modes. Choose the appropriate speed or setting for the ingredients you're blending. For example, you might use a high speed for ushing ice or a lower speed for blending soft fruits.

Pretty accurate. But it looks like there are missing steps.
Let's continue scrolling..

6. **Start Blending:** With the lid securely in place and the speed or setting selected, turn on the blender. Most blenders have a power button or dial that you'll need to press or turn to start blending.
7. **Blend Until Smooth:** Let the blender run for the desired amount of time until the ingredients are thoroughly blended and smooth. This usually only takes a few seconds to a minute, depending on the ingredients and desired consistency.
8. **Stop the Blender:** Once your ingredients are blended to your liking, turn off the blender by pressing the power button or turning the dial to the off position.
9. **Serve or Store:** Carefully remove the lid of the blender jar and pour or spoon out the blended mixture. If you're not serving it immediately, you can transfer it to a storage container and refrigerate it for later use.
10. **Clean the Blender:** After use, it's essential to clean the blender thoroughly. Depending on the blender model, you may be able to detach the blender jar from the base and remove the blade assembly for easier cleaning. Wash the jar, lid, and blade assembly with warm, soapy water, and dry them thoroughly before storing.

There we have the complete response on how exactly to use a blender. It's detailed, accurate and includes clean-up!

... But we want to know.. what ELSE can we use a blender for?

1. **Mixing Drinks:** Beyond food, blenders are commonly used to mix and blend various types of drinks, such as smoothies, shakes, cocktails, and mixed drinks.
 2. **Making DIY Beauty Products:** Blenders can be used to mix ingredients for homemade beauty products like facial masks, scrubs, lotions, and hair treatments.
 3. **Crafts and Art Projects:** In some creative projects, blenders can be repurposed to mix or blend materials such as paint, dye, clay, or paper pulp for crafting or art projects.
 4. **Grinding and Crushing:** Blenders with powerful blades can be used to grind or crush materials such as spices, coffee beans, herbs, and ice cubes for non-food purposes, such as making potpourri, homemade cleaning solutions, or DIY aromatherapy sachets.
 5. **Mixing and Emulsifying Liquids:** Blenders can be used to mix and emulsify liquids for various applications outside of cooking, such as mixing paint, soap-making, or creating homemade cleaning solutions.
 6. **Creating Soil Amendments:** Blending organic materials like compost, leaves, and food scraps with water can create nutrient-rich liquid fertilizers or soil amendments for gardening.
 7. **Processing Raw Materials:** In industrial or laboratory settings, specialized blenders may be used to process or homogenize raw materials for scientific research, manufacturing, or pharmaceutical production.
- 

As you can see.. there is a lot of information that can be made readily available through the use of AI.

ChatGPT demonstration continued...

You

are you able to help with making a will?

ChatGPT

I can provide some general guidance on making a will, but please keep in mind that I'm not a substitute for professional legal advice. Creating a will is an important legal document, and it's often recommended to consult with a qualified attorney who specializes in estate planning to ensure your will meets all legal requirements and accurately reflects your wishes. However, I can give you an overview of the typical steps involved:

1. **Gather Information:** Before drafting your will, gather information about your assets (property, bank accounts, investments, etc.), debts, and beneficiaries (individuals or organizations you want to inherit your assets).
2. **Choose an Executor:** Select someone you trust to be the executor of your will. This person will be responsible for carrying out your wishes, managing your estate, and ensuring your assets are distributed according to your instructions.
3. **Decide on Distribution:** Determine how  you want your assets to be distributed among your beneficiaries. You can specify who receives specific items or percentages of your estate.

We then decided to ask it a more serious question that perhaps more Seniors might be interested in knowing.



AI can also help with creative writing!



The following is a paragraph I wrote:

“I walked down the street to meet my friend at the park. We chatted about our families and then we went for lunch. It was a great afternoon.”

I asked ChatGPT to edit my paragraph and it transformed it to:

“Under the warm embrace of the sun, my steps led me towards the verdant haven known as the park. My dear friend awaited me there, and we engaged in lively discourse about our cherished kin. Afterward, we traversed the cities enchanting alleys, seeking sustenance for our famished souls. The afternoon waned, yet its memories lingered like a charming melody”

How’s that for editing? I then asked it to make my paragraph fun and this is what I got:



“Strollin’ down the avenue, I caught up with my pal at the park. As we swapped stories about our crazy kin, our stomachs growled. It was time for grub! We ditched the park and headed for a tasty lunch. The sun was shining, bellies were full, and life was sweet.”

Continued fun with AI

AI art is different from digital art. AI art is technology creating the art, not the person. AI art is controversial because of consent and privacy. AI uses images that are available to it, and those may be owned by someone else.

An **AI Art** generator was used to produce the image below. It was asked to draw a man walking his dog, in the art style of Van Gogh.

Pretty good job but can you spot anything strange? The leash line on the mans hand is off. A person drawing wouldn't make this mistake. AI knows leashes go in hands, and are attached to dogs, but it doesn't really have a way to double check itself.



Continued uses for ChatGPT...

- Providing emotional support by offering a nonjudgemental space for individuals to express their thoughts and feelings.
- ChatGPT designed an emotional support system to provide empathetic, compassionate and nonjudgemental support for older adults with cognitive problems.



I'm ALREADY using AI???

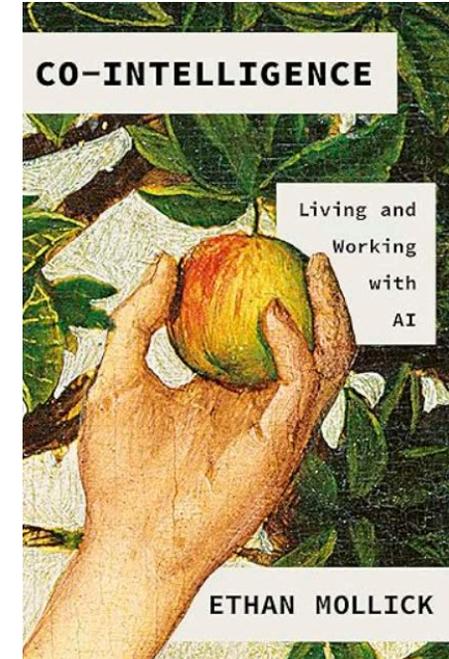
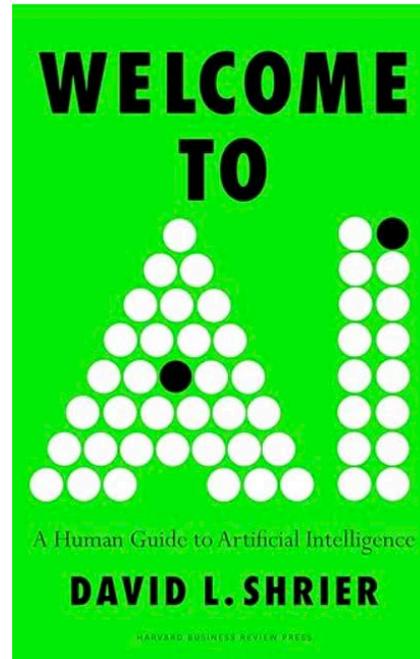
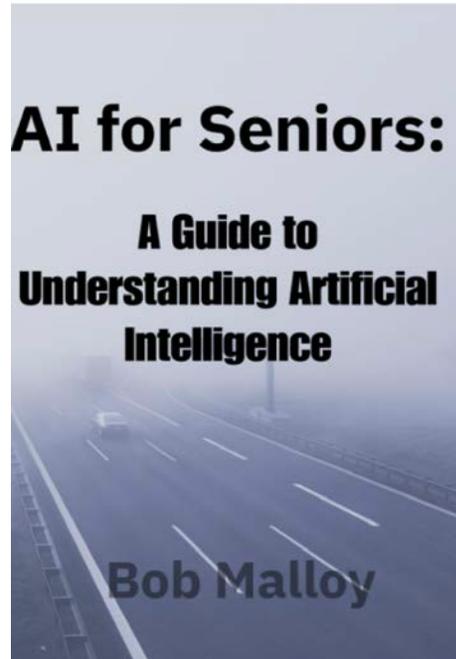
Many of us already use some form of AI without realizing it.

Virtual assistants such as “Alexa” or “Siri”, are AI-powered devices that can perform various tasks based on voice commands.

They answer questions, play music, provide weather updates, they even help with setting reminders.



... I Want To Know More!



If holding a hardcover is still more your style, here are some good resources for additional learning!

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