

# Tech Tips for the “new normal”

Jennifer McClinton - Regional IT Director  
Brown-Forman Corporation

# Where to start?

Organize your “stuff” - files, pictures, etc

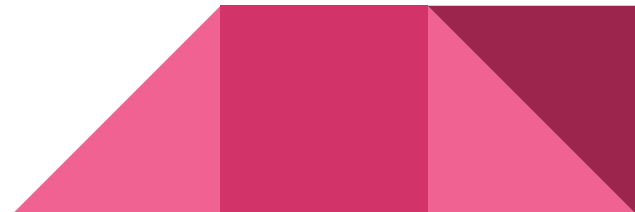
- Only keep what you need

Cloud storage - pick one Google, Apple, Microsoft

Home setup

Google suite - keep family connected

Note: you will find additional tips and applications shared during the live session in a Add'l Tips & Apps box on each slide.



# Security

Be very cautious of phishing - texts, emails and phone calls

Do not click on links you do not expect

Do not download attachments - unless you know what they are

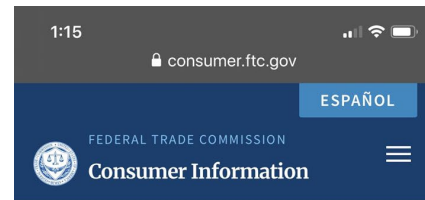
Go directly to sites

Google it - see if it's a scam

Passwords

## Add'l Tips & Apps...

- Use reverse phone lookups
- Silence phone numbers not in your contacts
- Password Apps:
  - Keeper
  - LastPass
  - Roboforms
  - Apple Keychain



## Is that text message about your FedEx package really a scam?

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February 20, 2020

by Alvaro Puig

Consumer Education Specialist, FTC

You may be skeptical when someone you don't know sends you a text message you didn't expect and it tells you to click on a link. Maybe that little voice in your head starts talking to you. I know mine does. It says, "Hmm, this could be a scam. Maybe someone wants to steal my personal information. Or get me to pay for something."

I guess that's why scammers come up with new stories all the time, like a package tracking scam we're hearing about. Here's how it works.

Scammers send a text message with a fake

# Communication apps

Facebook Messenger

Gmail

Outlook

SnapChat

Skype

FaceTime

## Add'l Tips & Apps...

- Integrate/Share home & work calendars
- What's App



# Video conferencing

Webex

Meets

Zoom

GoTo Meeting

Tips - settings, mic, video, lighting, etc

Add'l Tips & Apps...

- Microsoft Teams
- MarcoPolo
- Houseparty



# School

Google Classroom - organize assignments and collaboration

Nearpod - interactive lessons, videos and assessments

Jamboard - interactive digital whiteboard

Flipp - school supplies

Snapseed - photo editing

Kahoot - game based learning

Quizlet - online studying tool, games and quizzes



# Education & Reference Apps

Duolingo - learn a new language

Rosetta Stone - learn a new language

ASL - learn sign language

Bing - Microsoft's search engine

Chegg Books - textbook marketplace

Wikipedia - free online encyclopedia, created and edited by volunteers around the world

## Add'l Tips & Apps...

- Quizlet
- Khan Academy
- Kaplan
- Prodigy
- Wolfram Alpha
- Libby
- Harvard (free online classes)
- Study Island
- Photomath
- Online educational resources (oercommons.org)
- edX

# Entertainment

Hulu

Netflix

Apple+

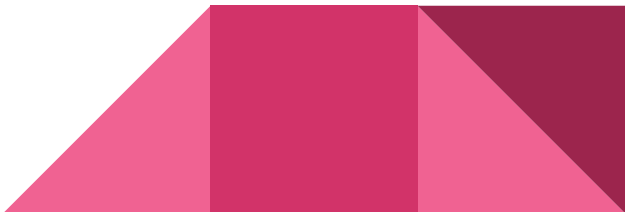
Att TV

Chromecast

YouTube TV

## Add'l Tips & Apps...

- PBS Kids
- Peacock
- Amazon Prime
- Disney+
- Roku
- Sling
- Amazon Fire Stick
- Indoor digital antenna





# Health & Fitness

Headspace - meditation and sleep aide

My Fitness Pal - online calorie counter and diet plan

FitBit - track activity, record workouts, track food  
and connect w friends

Virgin Pulse - company well being app

WebMD - look up symptoms, remedies, etc

ZocDoc - find a doctor

## Add'l Tips & Apps...

- Calm
- Insight Timer
- Noom
- Garmin/Fitbit/Apple Watches
- Nike Training Club
- All Trails
- ZocDoc
- Barre3
- Peloton
- Runkeeper
- MyNetDiary
- Ten Percent Happier
- Shine
- Balance
- YouTube (meditation videos)
- Google Fit

# Social Apps

Facebook, Instagram, Twitter & LinkedIn

Pinterest

Kids/Teens

- TikTok
- SnapChat
- Vsco
- “Calculator”

Find My / Life360

## Add'l Tips & Apps...

- Watch The Social Dilemma (Netflix)
- Messenger Kids
- Consider how to keep your aging parents safe too!

## Phone Safety for Kids \*

- Bark
- Paid Services
  - Qustodio
  - Kaspersky Safe Kids
  - Norton Family Premiere
  - Netnanny
  - MSPY

*\* Shared by Det. Rick Lynn at a B-F Parent Connection event.*

# Food & Travel

GrubHub / Post Mates

Google Maps

Yelp

Open Table

Vrbo

Airbnb

Drizly

## Add'l Tips & Apps...

- DoorDash
- Uber Eats
- Instacart
- SpotHero (parking)
- Kroger/Whole Foods Apps
- Waze
- Tip: where you can, order directly from the restaurant, then have it delivered via a 3<sup>rd</sup> party (helps the restaurants profitability!)

# Productivity / time savers

## Shopping

- Macy's - order online, fast shipping & pickup
- Nordstrom - order online and easy returns
- Target - order online & pickup
- Amazon - subscribe & save
- Kroger - clicklist

RetailMeNot - look for coupons

Honey - browser extension for coupons

Waze - directions, traffic help and plan a drive

### Add'l Tips & Apps...

- Return Amazon purchases at Kohl's (sometimes get a Kohl's 20% off coupon)
- Kohl's – online order + curbside pickup
- Wikibuy
- Rakuten
- Chewy
- Shoprunner

# Household

Google Keep - manage and share my lists

Curtsy - resell items

Ring - doorbell and cameras

Uber / Lyft - send a ride

Amex - manage account & bill pay

ApplePay, Venmo, Cash, PayPal

## Add'l Tips & Apps...

- Trello
- AnyList
- Blink Home Security Cameras
- Water & Garage Door Sensors!
- Alexa for grocery lists
- Mint
- Zelle
- Simply Safe
- Venmo – tip: always set transaction to private

# Lifestyle & Hobby

FlipBoard - curates global content for your interests

5Miles - online classifieds

ESPN - all your sports news

Groupon - deals in your areas

Kickstarter - crowdfunding for cool ideas

Audible - listen to books online

## Add'l Tips & Apps...

- Libby
- Podcasts!
  - The Daily (NY Times)
  - Brene Brown
  - Ted Talks Daily
  - Unlocking Us
- HR Mom on Facebook