

TELECARE NEWSLETTER

April, May, June 2026

WHAT IS AI AND GENERATIVE AI?

Artificial Intelligence (AI) refers to computer systems capable of performing tasks that normally require human intelligence—such as learning, reasoning, problem-solving, and decision-making. Unlike traditional software, AI adapts and improves by learning from data. Within this field, Generative AI (GenAI) is a rapidly growing category of tools that create new content, including text, images, music, and video.

AI is increasingly embedded in everyday technologies used by older adults, offering benefits ranging from improved health information and home security to enhanced social connection. Yet as AI becomes more common, many adults remain unsure about its role, unsure how it works, and concerned about its impact.

HOW AI IS POISED TO HELP SENIORS AND WHY THEY ARE BOTH EXCITED AND CONCERNED ABOUT ITS POTENTIAL

This is a condensed version of an article by Deborah Jordan and Mrunal Aras. See the full article here: <https://bit.ly/4qW9ITG>

We are living in a new era of innovation, one in which AI plays a pivotal role. AI is a major disruptor of the tech industry—the first since the arrival of smart speakers and voice in 2014—and it has already transformed the way business is done by both automating processes and offering predictive insights.

One age group that stands to gain a lot from AI is older adults. AgeTech startups are leveraging AI for solutions aimed at improving health and wellness, emotional support, communication, and socializing. But just because AI has the power to positively impact peoples' lives as they age, doesn't mean they're embracing it. To better understand older adults' perceptions around AI,

AgeTech Collaborative from AARP and AARP Research conducted four 90-minute online focus groups with a cross-section of older adults aged 40-plus. Learnings from these groups showed that perceptions ranged from negative to mixed, with few being overwhelmingly positive. There were many concerns about regulation, AI's impact on human interactions, and the protection of private information when using these tools.



Read the full story

To scan a QR code, open your phone's camera, point it at the code until a notification or link appears, then tap it to open the content.



WHAT ARE OLDER ADULTS' PERCEPTIONS AROUND AI?

When focus group participants were asked for their perceptions of AI, they tended to range from negative to mixed, with few overwhelmingly positive. Their descriptions of the disruptive technology ran the gamut from a “confusing and an amorphous, overwhelming concept” to “a double-edged sword.”

A participant elaborated, explaining that “it’s both good and bad, it’s fascinating and scary, it’s exciting and concerning, it’s confusing yet beneficial, it simplifies some things while complicating others.”

One key finding was that participants generally do not understand the difference between AI and GenAI, so they use the terms interchangeably. While some participants said they were familiar with the terms, they were unsure what counts as AI and what doesn’t.

WHAT ARE OLDER ADULTS' BIGGEST CONCERNS AROUND AI?

The focus group participants’ biggest concerns around AI range from privacy and fraud concerns, and the lack of regulation to losing “human touch” from interactions and communication and the price barrier for many.

A recent AARP study conducted to understand the concerns of U.S. adults ages 50 and older regarding the potential misuse of AI for identity theft and fraud found a significant level of worry about the various ways AI can be used fraudulently to get people to share confidential information or make financial transactions.

WHAT ARE OLDER ADULTS EXCITED ABOUT WHEN IT COMES TO AI?

Despite their concerns and hesitations, the participants do see potential good in AI. For instance, they suggested some ways they could see themselves using GenAI – planning workouts, creative brainstorming for their art, writing a holiday letter, drafting business proposals, etc. However, most said that they aren’t knowingly using it at the present time.

The participants did express some concrete reasons that they’re excited about AI. When asked, some top of mind positive word associations that the participants mentioned were “interesting,” “advanced,” “adaptable,” and “exciting” – in other words, they saw the potential AI has to make their lives easier and more safe as they age.

SPRING WORD SEARCH

PLANTING	POLLINATE
RAINBOW	BEEHIVE
HATCH	LAMB
ANT	CHIRP
SOIL	GREEN
SHINE	LAKE
APRIL	DAMP
DOVE	SPRING
WILDFLOWER	HOP
TULIPS	CLOUD
LADYBUG	POLLEN
RAINDROP	SPRINKLER
SPROUTS	CARROT
CHICK	SEEDLING
GARDEN HOSE	RAIN

E M Z U B Z I N E E R G A U C H I C K L
D B K A G V U E V I H E E B Z K V T P L
O L I R P A L F V P O H A M O R E X L A
J F T G P C A W S N I A R B K E N E H D
L A M B V L K H V P R W R A I N B O W Y
G N I L D E E S P I L U T S B K D R P B
K D O V E Z F A J O P A P Z P Q S B A U
W I L D F L O W E R N F N Y J R N G K G
U U W C X A W C D G E T O T Q R I Q K K
M S M A C E Y W U A L D M P I T U N W P
V M B R U N H M O R L A K W Q N O Y G R
W S A R W I A P L D O X M C O G G Z L I
F P Q O N H T O C E P R A I N D R O P H
S R W T Y S C L N N W X J V M H P R I C
P I D A M P H L N H N N O K K Q S V E X
R N K O K A F I H O M K O L M P R B B P
O K J S W W K N I S W B H T T N A H W R
U L E O M N K A E E A O H B L Y E C S Z
T E B I R K Q T X F R W U Q C E M O U Q
S R M L I O L E L Z F U R Z D I L T B A

Hello April

WITH THE COMING OF SPRING I AM
CALM AGAIN

APRIL AWARENESSES

National Minority Health Month

This month highlights the health challenges faced by minority communities and encourages fair, accessible healthcare for all.

National Pickleball Month

A time to celebrate a sport that has taken the United States by storm over the past few years. Pickleball, once a niche pastime, has exploded in popularity from local parks to pro tournaments.

Stress Month

April raises awareness about the effects of stress and encourages simple, healthy ways to cope and support overall well-being.

STIR-FRY CHICKEN AND VEGETABLES

<https://www.allrecipes.com/recipe/231229/stir-fry-chicken-and-vegetables/>

Nutrition Information

- Calories: 314
- Protein: 22 grams
- Fat: 16 grams

- Prep Time: 20 min
- Cook Time: 20 min
- Total Time: 40 mins
- 2 Servings total



Instructions

1. Mix chicken, soy sauce, sherry, and cornstarch together in a large bowl.
2. Heat 1 tablespoon vegetable oil in a large skillet or wok over medium-high heat; cook and stir zucchini, bell pepper, broccoli, and garlic for 2 to 3 minutes. Add chicken broth, cover, and simmer until vegetables are tender, 4 to 5 minutes. Transfer vegetables and sauce to a large bowl and wipe the skillet clean.
3. Heat remaining 1 tablespoon vegetable oil over medium-high heat; cook and stir chicken until meat is no longer pink in the center, about 5 minutes. Stir in vegetables; continue to cook and stir for 2 to 3 minutes more. Sprinkle with green onions.

SPOT 5 DIFFERENCES



<https://amac.us/games/spot-the-difference/birds-of-spring/>

Ingredients

- 6 ounces skinless, boneless chicken breast, cut into small pieces
- 2 tablespoons soy sauce
- 2 tablespoons dry sherry
- 1 tablespoon cornstarch
- 1 tablespoon vegetable oil
- 1 zucchini, cut into rounds and quartered
- 1 large green bell pepper, cut into squares
- 1 cup broccoli florets, cut into pieces
- 3 cloves garlic, minced
- ½ cup chicken broth
- 1 tablespoon vegetable oil
- 6 green onions, chopped

Hello May

"LIFE IS LIKE RIDING A BICYCLE. TO KEEP YOUR BALANCE, YOU MUST KEEP MOVING." –
ALBERT EINSTEIN

MAY AWARENESSES

Mental Health Awareness

Observed every May, this month encourages open conversations about mental well-being and helps reduce the stigma around mental health challenges.

Dental Care

This observance highlights the importance of good oral hygiene and encourages regular brushing, flossing, and dental checkups to maintain a healthy smile.

OLDER AMERICANS MONTH

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "**Champion Your Health,**" focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health – advocating for themselves, accessing preventive care, and making informed decisions that support independence.

"Older Americans Month is vital for honoring the contributions, wisdom, and experience of older adults while promoting healthy aging and combating ageism. Aligned with the purpose of Older Americans Month, Western Reserve Area Agency on Aging supports older adults through its vision by creating a community that provides aging individuals and people with disabilities the opportunity to have their needs met with optimum choice, dignity, and maximum independence." - E. Douglas Beach, PhD, Chief Executive Officer, WRAAA

HOW CAN INDIVIDUALS TAKE CHARGE OF THEIR HEALTH AT EVERY AGE?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.



CHAMPION YOUR HEALTH: MAY 2026

WRAAA VIRTUAL

Every 3rd Thursday of each month, Virtual Bingo begins at 1 PM. Register by emailing: cwillis@areaagingsolutions.org. Please leave your complete mailing address, email address and phone number. You must have access to Zoom to participate.

Hello June

“BEING HAPPY ISN'T HAVING EVERYTHING IN YOUR LIFE BE PERFECT. MAYBE IT'S ABOUT STRINGING TOGETHER ALL THE LITTLE THINGS.” – ANN BRASHARES, *THE SISTERHOOD OF THE TRAVELING PANTS*

JUNE AWARENESSES

PRIDE Month

Pride Month honors the LGBTQ+ community by recognizing its history, promoting equal rights, and commemorating the 1969 Stonewall Uprising that sparked the modern LGBTQ+ rights movement.

Alzheimer's & Brain Awareness Month

June focuses on raising awareness about Alzheimer's disease and other dementias—conditions that primarily affect older adults. It encourages early detection, brain-healthy habits, and support for caregivers.

Disability Pride

Disability Pride Month honors the disability community, promotes inclusion, and celebrates the strength of people with disabilities.



Our partners at the Cuyahoga County Scam Squad can send scam alerts right to your phone or email through the ReadyNotify system.

To sign up, visit [ReadyNotify.us](https://www.readynotify.us) and select “Register or Login.”

Once in your managed account, select “Scam Squad Alerts.” You can also sign-up by calling the Cuyahoga County Department of Consumer Affairs at (216)443-7035 or the Office of Emergency Management at (216)443-5700.

Scam Squad is a financial fraud task force led by the Cuyahoga County Department of Consumer Affairs.

Report Scams:

Call Scam Squad at (216) 443-SCAM (7226) to talk with an investigator
8:30 a.m. - 4:30 p.m. Monday-Friday.

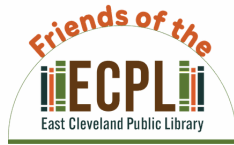
- **Stop mail fraud at the mailbox:** Enroll in Informed Delivery is a free service from the U.S. Postal Service. The agency emails photos of letter-size mail expected to be delivered to you that day or shortly after.
- **Monitor your credit report:** Regularly check yours (many credit card companies provide it for free; if not, go to AnnualCreditReport.com or call 877-322-8228). Then freeze your credit report. This prevents scammers from opening new credit cards or making big purchases in your name. You can unfreeze it as needed for legitimate transactions.
- **Safeguard your wallet:** Remove cards and information you don't need to carry (such as your Social Security or Medicare card). Make copies of the remaining cards (front and back) and store in a safe place.
- **Protect your smartphone:** If you have a newer model, turn on biometric identification (fingerprint or facial recognition); this will help prevent a thief from logging in to your phone. Never respond to an unsolicited business text; if you think it might be valid, call the organization or go online.
- **Say Nothing:** Learn to say no. Sometimes a caller will get through. Get tough: Say, “I do not do business over the phone. Goodbye.” Then hang up without remorse. Trust your instincts. If something doesn't sound right, run it by someone you trust and take extra time to think about it.

NOVEL PLAYERS BOOK CLUB

April 28, May 26, June 23
From 12:00 PM - 2:00 PM

April: Hillbilly Elegy / J.D. Vance
May: African American Women of the Old West / Tricia Martineau Wagner
June: Hello Beautiful / Ann Napolitano

Limited number of books available while supplies last.
To register, call or email: Community Outreach & Advocacy.
(216)543-5402 or Communications@areaagingsolutions.org.
Book Club is sponsored by:



ANSWER KEYS

Spot 5 Differences



Spring Word Search

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EMZUBZINEEERGAUGHICKL
DBKAGVUEVIHEEBZKVTPL
OLIRPALFVPOHAMOREXLA
JFTGPCAWSNIARBKENEHD
LAMBVLKHVPRWRANBOWY
GNILDEESPILLUTSBKDRPB
KDQVEZFAJOPAPZPQSBAU
WILDFLOWERNFNJRNGKG
UUWCXAWCDGETOTQRIQKK
MSMACEYWUALDMPYTUNWP
VMBRUNHMORLAKWQNOYGR
WSARWAPLDOXMC OGGZLI
FPQONHTOCEPRAINDROPH
SRWTYSCLNNWXJVMHPRIC
PI D AMPHLNHNNOKKQSVEX
RNKOKAFHOMKOLMPRBBP
OKJSWWKNI SWBHTTNAHWR
ULEOMNKAEEAOHBLYESCSZ
TEBIRKQTXFRWUQCCEMOUQ
SRMLIOLELZ FURZDILTBA
    
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TRIPLE BERRY PROTEIN SMOOTHIE

<https://recipes.heart.org/en/recipes/triple-berry-protein-smoothie>

Nutrition Information

Calories: 78
Protein: 7 grams
Fiber: 2 grams



Ingredients

- 1 cup unsweetened almond milk
- 1/2 cup fat-free, plain Greek yogurt
- 1 teaspoon stevia sweetener

OR

- 2 stevia sweetener packets
- 1 squeeze mixed berry-flavored stevia water enhancer
- 1/4 cup fresh or frozen, unsweetened blueberries
- 1/4 cup fresh or frozen, unsweetened raspberries
- 1/4 cup fresh or frozen, unsweetened strawberries

Tip:

- You can substitute 3 ounces (3/4 cup) of a frozen berry mix in place of the three types of berries.

Directions

- In a food processor or blender, process all the ingredients for 1 to 2 minutes, or until the desired texture. Pour into glasses.



@WRAAonAging



@WRAAACommunity



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