



THE IT TEAM

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- Gordon Couture
- Ron Fassnacht
- Johnnie Johnson
- Jerry Naisadka
- Mike Stephen
- Sam Bellestri
- Ron Hormel
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Marching Forward: Tech Tips & Tools for NCRO Members!

As we step into March, the NCRO IT Team is here with more tech tips, travel insights, and health resources to keep you informed and connected. Whether you're looking for ways to enhance your smartphone experience, stay cyber-safe, or explore new destinations with ease, we've got you covered.

This month, we'll also highlight key updates and tools to help you navigate the digital world with confidence. Stay tuned for our latest newsletter, and as always, feel free to reach out with any tech-related questions.

Wishing you a fantastic March!
– The NCRO IT Team

Warm regards,
Rick Golpe
Project Manager, NCRO IT Team

NEWSLETTER HIGHLIGHTS

1

TECH TIPS OF THE MONTH |
FOR ANDROID AND IOS

2

TRAVEL SMART WITH TECH
FOR SEASONAL TRAVEL
GUIDANCE

3

WELLNESS AND HEALTH TIPS
FOR AGING ADULTS

4

SPOTLIGHT ON TOOLS FOR
USING THE NCRO WEBSITE

5

Q&A WITH DALE FOR
ENGAGEMENT WITH MEMBERS

Thank you for reading our newsletter.
If you have any questions, please feel
free to reach out to the team!

Contact Us



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NEWSLETTER HIGHLIGHTS: TECH AND TRAVEL TIPS FROM THE NCRO IT TEAM

Welcome to the March edition of the NCRO IT Team Newsletter! This month, we’re focusing on tech and travel tips to help you stay connected and make the most of your adventures. From using technology to simplify your travels to helpful apps for staying organized, we’ve got you covered. Be sure to check out our website regularly for updates, new features, and valuable resources to keep you informed and engaged. We’re here to support you every step of the way—don’t miss out on these useful tips!



1. Tech Tip of the Month

Android Tech Tip: Speed Up Your Android with This Simple Trick!

Is your Android phone running slower than usual? A quick way to boost performance is by clearing cached data. Over time, apps store temporary files that can slow down your device. Here’s how to clear them:

1. Go to Settings > Storage
2. Tap Cached Data (or Device Care > Storage on some devices)
3. Confirm to clear the cache

This won’t delete personal data but will free up space and help your phone run smoother. Try it today for a faster Android experience!

– NCRO IT Team

2. Travel Smarter This Spring with Tript



Planning a trip? Tript keeps all your travel details—flights, hotels, rental cars, and activities—organized in one place. Just forward your confirmation emails, and Tript creates a detailed itinerary. Access it anytime, even offline! Stay stress-free and ready for adventure this spring with this must-have travel app.

Our newsletter keeps you updated on technology tips, online resources, and digital tools to enhance your daily life. Learn how to navigate the NCRO website, register for events, and stay connected online. Visit the NCRO website often for updates, helpful guides, and new features. We’re here to support you every step of the way!

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3. Spring into Wellness: Health Tips for Aging Adults

As spring blossoms, it's the perfect time to refresh your wellness routine. Staying active is key—enjoy outdoor walks, gardening, or yoga to boost mobility and mood. Eat seasonal fruits and vegetables to nourish your body with essential vitamins. Hydration is crucial, so drink plenty of water, especially as temperatures rise. Prioritize sleep and manage stress through mindfulness or hobbies you love.



Stay socially connected with friends and family to support mental well-being. Lastly, schedule routine health check-ups to stay on top of your wellness. Embrace the season with healthy habits for a vibrant and fulfilling spring!



4. Register for NCRO Events Easily on Our Website!

Great news! NCRO members can now easily register for events using the NCRO website on their mobile devices. Enjoy these four key conveniences:

1. Easy Access – Register from your phone or tablet anytime, anywhere.
2. Fast & Simple – A user-friendly interface makes signing up quick and hassle-free.
3. Instant Confirmation – Receive immediate event registration details via email.
4. Stay Updated – View upcoming events and never miss important gatherings.

By utilizing the NCRO website, members can stay engaged and take full advantage of valuable events with just a few clicks. Visit [NCRO website link] today to explore upcoming events and complete your registration with ease. We look forward to seeing you at our next event!

Q&A WITH DALE FOR ENGAGEMENT WITH MEMBERS

NCRO members, your questions are always welcome! Whether it's accessing webinars, using the NCRO website, or learning more about member benefits, I'm here to help. I look forward to hearing from you!

Viewing Past Aging Webinars on YouTube

Q: Can I watch past NCRO Aging webinars if I missed them live?

A: Absolutely! NCRO uploads past Aging webinars to our official YouTube channel for members to watch at their convenience.

Q: How do I find these webinars?

A: Simply visit YouTube and search for the NCRO channel. Once there, browse the video library or check the "Aging Webinars" playlist.

Q: Do I need a YouTube account to watch?

A: No, you can view the videos without an account, but subscribing helps you stay updated on new content!

