



THE IT TEAM

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- Gordon Couture
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- Johnnie Johnson
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SMARTER LIVING THIS SEASON

As we begin the second quarter of 2026, the NCRO IT Team remains focused on helping members navigate technology with confidence—whether at home, on the road, or abroad. This quarter’s update highlights practical tech tips, smart travel practices, wellness considerations, and answers to common member questions.

In This Issue

- **Tech Tips:** Using AI for Smarter Travel Planning
- **Travel Smart:** Staying Secure While on the Go
- **Wellness and Health:** Technology That Supports You
- **Spotlight:** Member-Focused Cybersecurity Education
- **Q&A With Dale Koch:** Answers to Member Tech Questions

We look forward to the months ahead and to continuing this journey together as a strong, engaged community.

Rick Golpe
Project Manager, NCRO IT Team

NEWSLETTER HIGHLIGHTS

- 1 TECH TIPS OF THE MONTH
- 2 TRAVEL SMART
- 3 WELLNESS AND HEALTH TIPS FOR AGING ADULTS
- 4 SPOTLIGHT
- 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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A Message from the NCRO IT Team – Quarter 2, 2026

As we begin Quarter 2 of 2026, the NCRO IT Team is pleased to share practical technology and security tips to help you stay informed and protected. This quarter, our Tech Tips focus on using AI to simplify travel planning, while Travel Smart highlights how to stay secure and connected on the go. In Wellness and Health, we explore tools that support your well-being while protecting your privacy.

You'll also find a Member Spotlight on NCRO's continued commitment to cybersecurity education and a Q&A with Dale Koch, offering clear answers to common member tech questions. We look forward to supporting you throughout the year with trusted guidance and helpful resources.

1. Tech Tips of the Month – Using AI for Travel Planning



Planning your next trip is easier with artificial intelligence (AI). Today's AI tools can help find the best travel dates and create a personalized itinerary based on your interests. You can ask AI to suggest destinations, compare flights, recommend hotels, or build a simple day-by-day plan.

AI can also help you discover less crowded attractions, find senior-friendly accommodations, and suggest restaurants based on your preferences. Many tools provide real-time updates on delays, weather, and local conditions, helping you adjust plans as needed.

While it's still smart to double-check reservations and pricing, using AI as a travel companion can save time, reduce stress, and introduce new travel ideas.

2. Travel Smart: Technology on the Move

Whether you're planning a spring getaway or visiting family, technology can make travel easier and more enjoyable. Before your trip, download your airline and hotel apps for real-time updates and digital boarding passes. Use map apps to explore destinations and navigate easily, even offline. It's also wise to notify your bank of travel plans to avoid issues with your cards.

Don't forget—public Wi-Fi can be risky, so avoid accessing sensitive information unless you're on a secure connection. Travel smart, stay connected, and enjoy the journey.



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. WELLNESS & HEALTH TIPS

Technology is playing a growing role in helping us stay healthy and independent.

- Wearable devices can track steps, heart rate, and even sleep patterns, offering helpful insights into your daily habits.
- Telehealth services allow you to consult with healthcare providers from the comfort of home, saving time and effort.
- Additionally, medication reminder apps can help ensure you stay on schedule. Embracing these tools can support a healthier lifestyle while giving peace of mind to both you and your loved ones.



Wellness includes digital well-being.

4.SPOTLIGHT: NCRO IT TEAM

This month, we’re highlighting the NCRO IT Team and their ongoing efforts to support our members. From maintaining secure systems to assisting with website updates and troubleshooting member issues, the team works behind the scenes to keep everything running smoothly. Their dedication ensures that members can access important resources, stay informed, and remain connected.

We appreciate their commitment and continued focus on improving the digital experience for our entire community.

5.ASK DALE – THIS QUARTER’S TOP QUESTIONS

Member Questions:

- **Q: What’s the most important tech habit retirees should adopt?**
- **A:** Staying curious and open to learning. Technology changes quickly, but taking small steps—like learning one new feature or app at a time—can build confidence.
- **Q: How can members stay safe online?**
- **A:** Be cautious of unexpected emails or messages asking for personal information. When in doubt, don’t click—verify first.

We encourage all members to stay engaged, ask questions, and take advantage of the resources available to them.



DALE KOCH