



THE IT TEAM

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SMARTER LIVING THIS SEASON

Connected This Summer: Simple Technology Tips for Travel, Family & Everyday Life

As we begin the third quarter of 2026, the NCRO IT Team remains committed to helping members use technology with confidence—whether staying connected with family, traveling across the country, or exploring new digital tools.

Summer is a popular time for vacations, family gatherings, and new experiences. This quarter, we’re focusing on practical How-To guides designed to make technology easier to use. From creating communication accounts to sharing special moments with loved ones, our goal is to provide simple instructions that help you stay connected and secure.

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

In this issue, you’ll learn **how to use popular tools** like WhatsApp, FaceTime, and Facebook video messaging. We’ll also share travel technology tips to help you prepare for domestic and international trips, protect your personal information, and stay connected wherever your journey takes you.

Our Wellness and Health section explores how technology can support healthy living,

The Spotlight feature introduces a creative way to use AI: creating a simple business plan for a side hustle or personal project.

Finally, Dale Koch answers common member technology questions and provides helpful guidance for everyday digital challenges.

NCRO IT Team

In This Issue

Tech Tips: How-To Guides for Staying Connected

- How to Create a WhatsApp Account
- How to Use FaceTime to Stay Connected With Family
- How to Send Video Messages Through Facebook

Travel Smart: Technology Tips Before You Go

- Preparing your smartphone for domestic and international travel
- Using translation apps, maps, and travel tools
- Staying secure when using public Wi-Fi

Wellness and Health: Technology That Supports Your Lifestyle

- Using apps and devices to track wellness goals
- Staying connected with healthcare resources
- Protecting your personal health information online



The NCRO IT Team newsletter provides helpful technology tips, online resources, and digital tools to make everyday tasks easier. Explore ways to navigate the NCRO website, register for events, stay informed, and remain connected with our member community. 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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Stay Connected: Simple Guides for Using Today's Technology

Technology can make it easier than ever to stay in touch with family and friends—whether they live across town or across the world. This quarter, the NCRO IT Team provides step-by-step instructions for setting up three popular communication tools: **WhatsApp, FaceTime, and Facebook video messaging.**

How to Create a WhatsApp Account

WhatsApp is a free messaging and calling app that allows you to send text messages, photos, videos, and make voice or video calls using an internet connection. It is especially useful when communicating with family members or traveling internationally.

How to Use FaceTime to Stay Connected

FaceTime is Apple's built-in video calling service that allows iPhone, iPad, and Mac users to make video calls with family and friends.

How to Send Video Messages Through Facebook Messenger

Facebook Messenger allows you to send short video messages to family and friends when a live conversation is not possible.

Technology Made Simple

The NCRO IT Team's goal is to help members feel comfortable using technology that improves everyday communication. Start with one new tool, practice at your own pace, and discover new ways to stay connected with the people who matter most.

Step-by-step instructions are posted on the ncro.org website.



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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2. TRAVELSMART: TECHNOLOGY TIPS BEFORE YOU GO!

QUARTER 3, 2026

Simple Steps to Help You Stay Connected, Prepared, and Secure While Traveling

Whether you're planning a summer road trip, visiting family across the country, or traveling internationally, your smartphone can be one of your most valuable travel tools. Before you leave home, a few simple technology steps can help make your trip smoother, safer, and more enjoyable.

1. Preparing Your Smartphone for Domestic and International Travel

Before your trip, take a few minutes to prepare your smartphone:

- Update your device
- Protect your information
- Plan for international travel

2. Using Translation Apps, Maps, and Travel Tools

Technology can make unfamiliar destinations easier to navigate.

- Translation apps
- Maps and navigation
- Travel apps

3. Staying Secure When Using Public Wi-Fi

- Free Wi-Fi at airports, hotels, restaurants can be convenient, but it's important to use caution.

Follow these safety tips:

- Avoid accessing banking or financial accounts
- Do not enter passwords or personal information
- Turn off automatic connections
- Use your phone's cellular connection

Before connecting, ask:

"Is this network trusted, and do I really need to use it?"

Step-by-step instructions are posted on the [ncro.org](https://www.ncro.org) website.



A little preparation before you travel can help protect your personal information while allowing you to enjoy the convenience of today's technology. Safe travels from the NCRO IT Team! 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 AND HEALTH: TECH THAT SUPPORTS YOUR LIFESTYLE

QUARTER 3, 2026

Technology can be a valuable partner in supporting a healthier, more connected lifestyle.

Today's digital tools can help you monitor daily habits, stay connected with healthcare providers, and manage important health information.

The key is choosing tools that are easy to use, reliable, and protect your personal information.

How To: Use Apps and Devices to Track Wellness Goals

Many smartphones and wearable devices can help you keep track of everyday wellness activities, including:

- Physical activity
- Sleep patterns
- Nutrition and hydration
- Medication reminders

Remember, these tools provide helpful information but should not replace advice from your healthcare professional.

How To: Stay Connected With Healthcare Resources

Technology makes it easier than ever to communicate with healthcare providers and access important information from home.

Helpful tools include:

- Patient portals
- Telehealth appointments
- Health information apps

How To: Protect Your Personal Health Information Online

Before entering personal information, confirm that you are using a trusted healthcare website or application.

Step-by-step instructions are posted on the [ncro.org](https://www.ncro.org) website.



Technology should make life easier—not more complicated. By learning how to use these tools safely, NCRO members can take advantage of the benefits of digital health while protecting their privacy. 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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4. SPOTLIGHT: CREATING A SMALL BUSINESS PLAN FOR YOUR SIDE HUSTLE

QUARTER 3, 2026

Have you ever thought about turning a hobby, personal skill, or creative idea into a small business? Whether it's woodworking, consulting, photography, crafts, tutoring, online sales, or offering a service in your community, today's technology tools can help you explore your idea and organize your next steps.

Artificial intelligence (AI) can be a helpful planning partner by helping you outline goals, identify potential customers, develop marketing ideas, and create a simple business plan. **You don't need to be a business expert**—AI tools can help organize your thoughts and provide a starting point for turning an idea into action.

A simple business plan can help answer important questions:

- What product or service do I want to offer?
- Who are my potential customers?
- What costs should I consider?
- How will I promote my business?
- What steps should I take first?

Try this AI prompt:

"Help me create a simple business plan for a small side business. My idea is [describe your idea]. Include my target customers, startup costs, marketing ideas, pricing suggestions, and steps to get started."

AI can also help brainstorm business names, create customer surveys, draft social media posts, and organize tasks.

While AI can provide ideas and structure, review the information carefully and consider your goals, budget, and local requirements before starting a business.

Whether you want to earn extra income, stay active, share your experience, or explore a passion, technology can help make the process easier. **Your next great idea may be closer than you think.**

5.ASK DALE – THIS QUARTER'S TOP QUESTIONS

Q: I'm traveling this summer and want to stay connected with family and friends. What technology tools should I use?

A: Apps like WhatsApp, FaceTime, and Facebook Messenger make it easy to share updates, photos, and videos while traveling. Before you leave, update your device, review privacy settings, and learn the basics of the apps you plan to use. A little preparation can help you stay connected and secure.

Have a technology question for Dale? Send it to the NCRO IT Team—we're here to help make technology easier to understand and use.



DALE KOCH



A Message from the NCRO IT Team – Quarter 2, 2026

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Our Wellness and Health section explores how technology can support healthy living,

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.

Spotlight feature introduces a creative way to use AI: creating a simple business plan for a side hustle or personal project.

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Travel Smart: Technology Tips Before You Go

Wellness and Health: Technology That Supports Your Lifestyle

Spotlight: Creating a Small Business Plan for Your Side Hustle

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.



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