



**Empowering Elders with Technology**

August 26, 2021  
3 p.m. ET

the green house project  
Pioneer Network  
GroovyTek

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**WHO IS GROOVYTEK?**

GroovyTek is dedicated every day to helping folks become comfortable and confident navigating their personal technology devices independently and on their own terms. GroovyTek trainers provide one-on-one technology training sessions anchored in respect and patience both in-home and over the phone.

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**WELLNESS OVERVIEW**

 <p><b>EMOTIONAL</b></p> <p>Feelings are the lens through which people view the world, and the ability to be aware of and direct one's feelings helps create balance in life.</p>	 <p><b>PHYSICAL</b></p> <p>Living independently is a goal shared by many people. Physical wellness plays a crucial role in achieving that.</p>	 <p><b>INTELLECTUAL</b></p> <p>Engaging in creative pursuits and intellectually stimulating activities is a proven approach to keeping minds alert and interested.</p>	 <p><b>SOCIAL</b></p> <p>Social interactions with family, friends, neighbors, and online peer groups can be valuable for maintaining health.</p>	 <p><b>VOCATIONAL</b></p> <p>Work that utilizes a person's skills while providing personal satisfaction is valuable for anyone as well as the individual.</p>	 <p><b>ENVIRONMENTAL</b></p> <p>Feelings are the lens through which people view the world, and the ability to be aware of and direct one's feelings helps create balance in life.</p>
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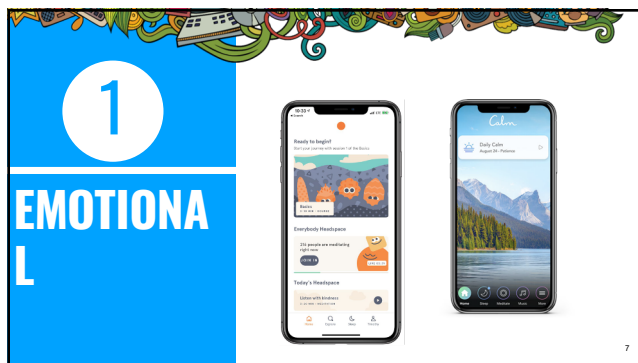
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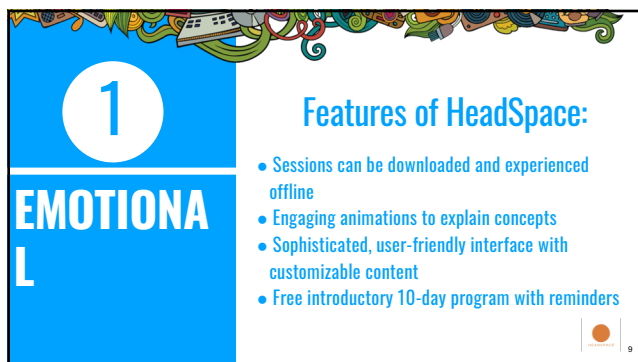
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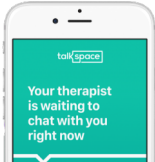
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# 1

## EMOTIONAL

HAPPY  
HEALTHIER



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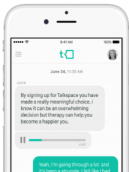
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# 1

## EMOTIONAL

24/7 CHAT  
SUPPORT



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# 1

## EMOTIONAL

SUBSCRIPTION	DESCRIPTION	MONTHLY CHARGE
PLUS	<ul style="list-style-type: none"> <li>• INCLUDES TEXT, VIDEO &amp; AUDIO MESSAGING</li> <li>• THERAPIST RESPONDS DAILY 5 DAYS PER WEEK</li> </ul>	\$260
PREMIUM	<ul style="list-style-type: none"> <li>• INCLUDES TEXT, VIDEO &amp; AUDIO MESSAGING</li> <li>• THERAPIST RESPONDS DAILY 5 DAYS PER WEEK</li> <li>• 1 LIVE SESSION PER MONTH</li> </ul>	\$316
ULTIMATE	<ul style="list-style-type: none"> <li>• INCLUDES TEXT, VIDEO &amp; AUDIO MESSAGING</li> <li>• THERAPIST RESPONDS DAILY 5 DAYS PER WEEK</li> <li>• 4 LIVE SESSIONS PER MONTH</li> </ul>	\$396
COUPLES THERAPY	<ul style="list-style-type: none"> <li>• INCLUDES TEXT, VIDEO &amp; AUDIO MESSAGING</li> <li>• THERAPIST RESPONDS DAILY 5 DAYS PER WEEK</li> <li>• 4 LIVE SESSIONS PER MONTH</li> </ul>	\$396

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PHYSICAL

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PHYSICAL

FITNESS TRACKERS

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PHYSICAL

FALL ALERTS  
EASILY CALL  
EMERGENCY  
CONTACTS

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PHYSICAL

DAILY ROUTINE

SMALL ATTAINABLE STEPS

YOGA FOUNDATIONS

First Step to Recovery & Rehabilitation

MANA REBEL

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PHYSICAL

TAILORED TO YOUR GOALS

\$58.99 YEARLY SUBSCRIPTION

MANA REBEL

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PHYSICAL

SLEEPScore

SleepScore

Score: 86

Monday, April 19, 2021

Wake	13:00	13:00
Asleep	23:48	7h 12m
Wakeup	5:15	8h 15m
Wakeup	5:25	4h 25m
Wakeup	12:20	1h 04m
Wakeup	17:38	1h 20m
Wakeup	21:26	2h 04m
Wakeup	7:21	7h 21m

SLEEP

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**4**

**SOCIAL INTERACTIONS**      **VIRTUAL CLUBS**

**SOCIAL**

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25

**4**

**FACEBOOK GROUPS**

**SOCIAL**

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**4**

**SOCIAL**

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27

4

**SOCIAL**

GOOGLE HANGOUTS



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4

**SOCIAL**

SCREEN SHARE



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4

**SOCIAL**

DISCORD

MASSIVE GROUP TEXTS

VOICE CHAT



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SOCIAL



FOCUSED CHATS



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VOCATIONAL

MAINTAINING/  
IMPROVING  
SKILLS

HELPING  
OTHERS



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VOCATIONAL

DROPOX



GOOGLE DRIVE



LINKEDIN



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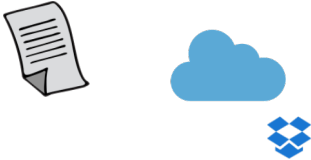



# 6

VOCATIONAL

## DROPBOX

SHARING FILES    AUTOMATE BACKUPS

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# 6

VOCATIONAL

	BASIC	PLUS	FAMILY
MONTHLY COST	FREE	\$9.99	\$16.99
STORAGE	2 GB	2 TB	2 TB
USERS	1	1	UP TO 6
COMPUTER BACKUP	X	X	X
MOBILE OFFLINE FOLDERS		X	X



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# 6


VOCATIONAL




↑  
DOCS



↑  
SHEETS



↑  
SLIDES



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VOCATIONAL

	BASIC	PAID	PREMIUM
MONTHLY COST	FREE	\$1.99	\$9.99
STORAGE	15GB	100GB	2 TB
OPTION TO ADD FAMILY		X	X
EXTRA MEMBER BENEFITS		X	X



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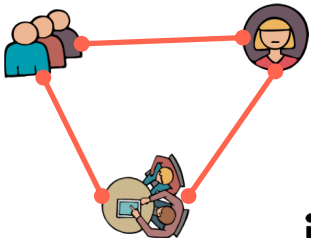
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VOCATIONAL





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VOCATIONAL

	BASIC	CAREER	BUSINESS
MONTHLY COST	FREE	\$29.99	\$59.99
NETWORK WITH PEOPLE	X	X	X
AMOUNT OF GROUPS YOU CAN JOIN	50	UNLIMITED	UNLIMITED
EXPANDED PROFILE VIEWS	0	250	500



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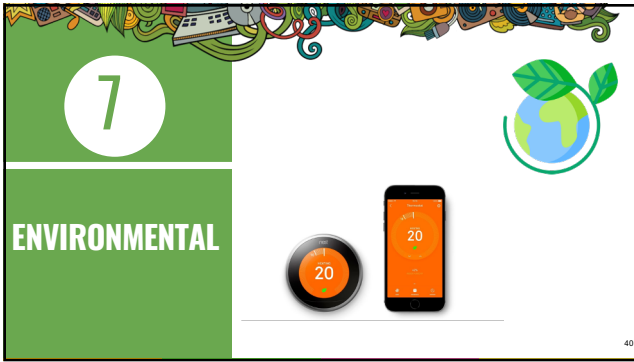
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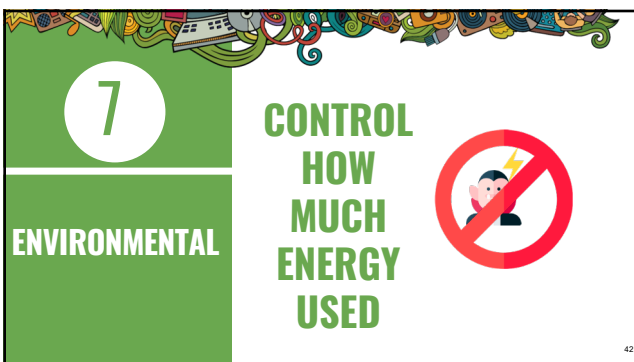
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**THANK YOU!**

GroovyTek is honored to be your Personal  
Technology Trainer.

Stay Groovy!

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