

At Home in The Peninsula

YOUR VIRTUAL TECHNOLOGY SURVIVAL GUIDE

-- OR --

HOW TO HIBERNATE AND NOT LOSE YOUR MIND

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April 28,2020

Discussion Topics

1. Internet & WiFi Service
2. Virtual Social Networking
3. Entertainment & Education
4. Virtual Fitness & Personal Grooming

Check and Improve Your Wifi

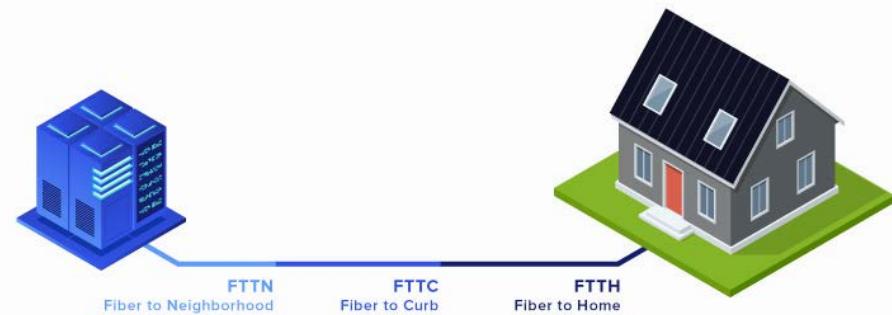
Internet Speed

- ▶ Everything really starts with your Internet Connection. The faster your internet speed the faster sites will load when you're browsing and the better reception you'll get on video chats.
- ▶ Internet speeds also affect your cable and streaming TV programs. If you've got a slower connection, streaming channels like Netflix can come in unclear or they will start buffering (that dreaded spinning wheel).



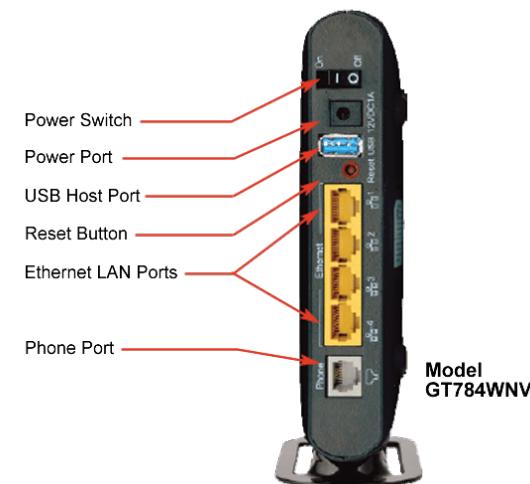
Internet Speed

- ▶ Verizon delivers Internet connection to our homes via underground fiber optic wires. Connection comes into our homes at different speeds which are measured in numerical megabytes (MB).
- ▶ To try and “ungeek” things, look at Speed as the internet signal coming into our homes. UP speed comes into play when you upload... adding an attachment to an email or sending someone photos or videos.
- ▶ DOWN speed then deals with what you download or receive, like a software program for example or that streaming TV channel or video you want to watch.



Internet Routers

- ▶ Simply put you want the highest speed number...BUT the higher the Internet speed the greater the cost. Basic Verizon package in the Peninsula provides **50/50 speeds**; same speed for downloading and uploading.
- ▶ Those are pretty good speeds. However that is the speed of the signal coming directly into your home. What happens from there is that internet signal is broadcast throughout your home through something called a Router this is known as a WiFi signal...ever heard of that, of course you have !



Router Placement

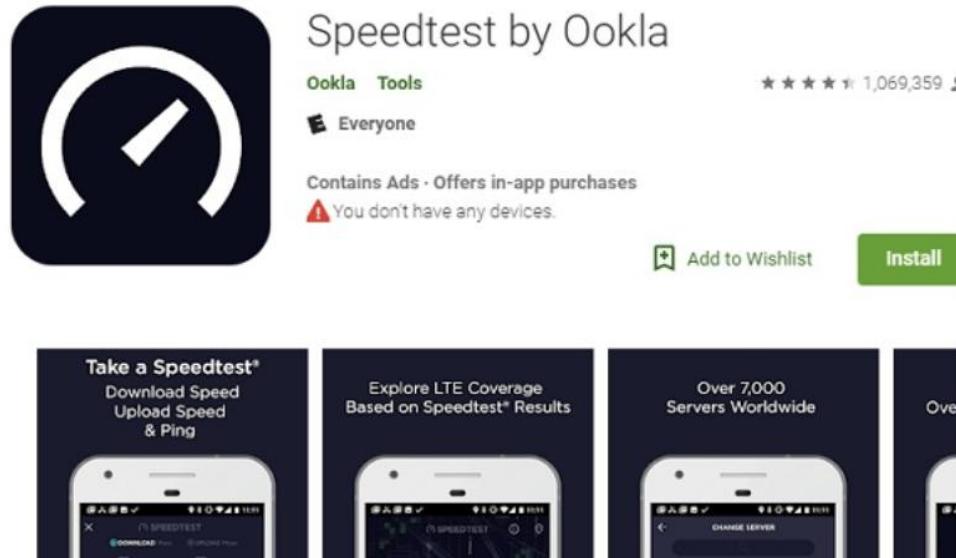
- ▶ WiFi signal starts fastest right where it comes into your home and enters the Router. However, as the WiFi signal moves throughout your home signal speed diminishes. It gets weaker the further you move from your router.



- ▶ The larger your home and the more floors and rooms you have the weaker the signal can become. Have you wondered why your Desk/ Laptop, mobile phone, tablet or TV seems to be faster and work better in certain rooms of course you have and that's why.

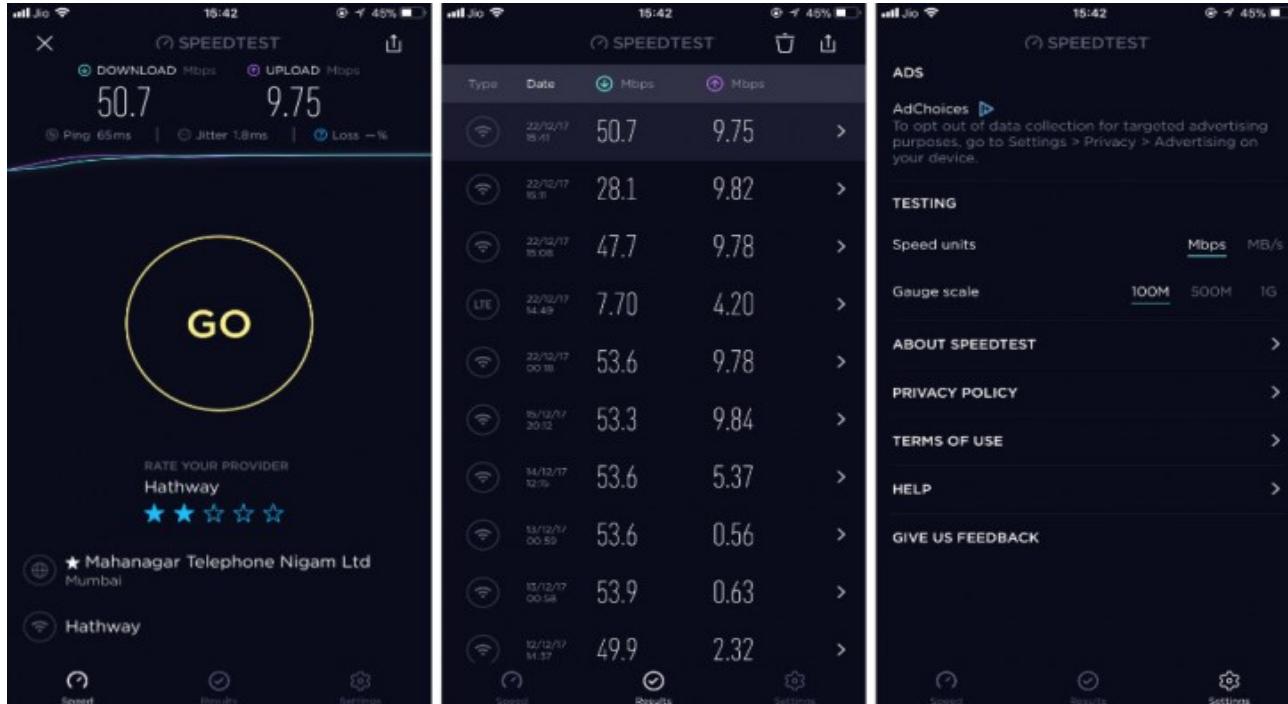
Testing Internet Speed

- ▶ To see what your internet speeds are around your home you need to download a Speed testing app. They are easy to use and best of all they're free!



Recommend SpeedTest app available in iOS and Android app stores

Internet Speed Test Results



The image displays three screenshots of the Speedtest mobile application interface, arranged horizontally. Each screenshot shows a dark-themed interface with white text and icons.

Test Speed (Left):

- Top bar: Signal strength, 15:42, 45% battery.
- Center: SPEEDTEST logo.
- Metrics: DOWNLOAD Mbps (50.7), UPLOAD Mbps (9.75), Ping (65ms), Jitter (1.8ms), Loss (0%).
- Large yellow circle with "GO" text.
- Section: RATE YOUR PROVIDER (Hathway) with a 3.5-star rating.
- Networks: ★ Mahanagar Telephone Nigam Ltd (Mumbai), Hathway.
- Bottom: Speed, Results, Settings buttons.

Results History (Middle):

- Top bar: Signal strength, 15:42, 45% battery.
- Section: SPEEDTEST.
- Table headers: Type, Date, DOWNLOAD Mbps, UPLOAD Mbps.
- Table data (10 rows):

Type	Date	Download Mbps	Upload Mbps
WiFi	22/12/17 15:41	50.7	9.75
WiFi	22/12/17 15:41	28.1	9.82
WiFi	22/12/17 15:48	47.7	9.78
LTE	22/12/17 15:49	7.70	4.20
WiFi	22/12/17 00:18	53.6	9.78
WiFi	19/12/17 20:12	53.3	9.84
WiFi	14/12/17 12:19	53.6	5.37
WiFi	13/12/17 00:59	53.6	0.56
WiFi	13/12/17 00:58	53.9	0.63
WiFi	12/12/17 14:37	49.9	2.32
- Bottom: Speed, Results, Settings buttons.

Settings (Right):

- Top bar: Signal strength, 15:42, 45% battery.
- Section: SPEEDTEST.
- ADS: AdChoices (with a note to opt out of data collection for targeted advertising).
- TESTING: Speed units (Mbps selected), Gauge scale (100M, 500M, 1G selected).
- ABOUT SPEEDTEST, PRIVACY POLICY, TERMS OF USE, HELP, GIVE US FEEDBACK links.
- Bottom: Speed, Results, Settings buttons.

Test Speed

Results History

Settings

Increasing Internet Speed

- ▶ **Upgrade Service Package:** You can increase from a 50/50 package to 75/75 or 100/100 (or higher) for an additional \$10 to \$20 per month. Increased speeds should significantly improve your WiFi signal even in the weaker areas and you'll notice the time it takes to open sites as well as your video reception will be much improved.
- ▶ **Purchase A WiFi Extender:** If you have increased the speed package and/or obtained a New Router and you still have rooms or areas of the home where the speeds are much slower then consider purchasing a WiFi Extender.



Verizon Router Upgrade

Make Sure Your Router Is The Newest Model Verizon Is Offering

- ▶ When did you get your Router? A newer Router can make a big difference in your WiFi speeds around the house. If it's been 4 or 5 years then there is a good chance there is an upgrade available.
- ▶ Call Verizon and tell them your model and ask them if there is a newer model. If there is, ask them the cost to replace your existing Router with a new one. They will send it out to you with a label to return the older one.



Verizon FIOS Tri-Band
Wi-Fi 6 Router (\$15/
month)

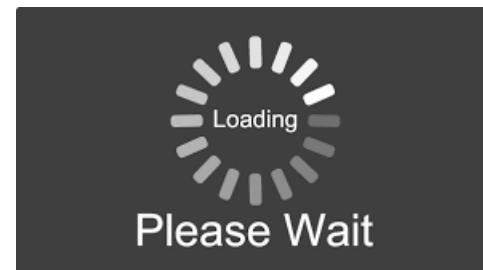
Cell Phone ‘Hotspot’

- ▶ If for whatever reason you lose your home WiFi connection, did you know that you can use the **Hotspot** feature on your phone to provide internet connection?
- ▶ Most phones today have a Hotspot feature (check with your carrier) that is essentially just like a Router and will broadcast your Cellular Data signal from the phone to any connected device or Desk/Laptop.



Streaming Content Buffering

- ▶ Streaming devices "buffer" video. This means they stream video ahead of what you are watching so it plays continuously (at least that's the idea).
- ▶ When the video catches up to the point where the file has been streaming, there might be a delay. This means it will pause, and you'll see a rotating arrow, spinning circle, or loading message on your TV screen. Once the video stream catches up, it plays again.
- ▶ This may take a few seconds or several minutes. If the video is long (movie or TV show), you may experience several buffering sessions during your viewing time.
- ▶ Buffering is caused by Slow Internet Speed or having too many devices connected



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Virtual Social Networking



Who Knew.... *They were way ahead of their time !*

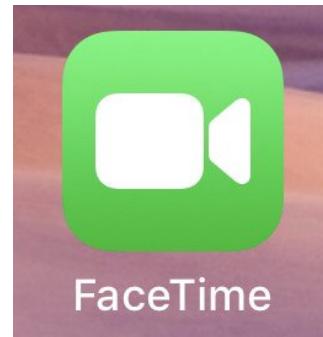
Virtual Socialization

CHAT APPS

- ▶ Chat Apps allow two or more people to join in what is otherwise a video call on both Desk/Laptop and mobile devices. What's amazing to think about is that it wasn't that long ago that the idea of a FREE ubiquitous video call platform was unthinkable
- ▶ In these times of social distancing, video calling is becoming the technological substitute for face-to-face connections. For those who carry an iPhone video calling defaults to FaceTime, the native app on iOS exclusive to Apple devices...BUT there are so many more alternatives out there !



Chat APPS ...



Marco Polo



Google Hangouts



GoToMeeting

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‘Cutting the Cord’

How to save money on TV Entertainment



What is it:

Cutting the Cord simply means you get rid of your cable TV service (and equipment) from your provider and just pay for Internet Service.

Then you add Streaming Services like Netflix, Hulu, Amazon Prime etc. for TV content. For those that want their access to channels they can purchase “Cable replacement services” like Slingbox that provide standard live channels.

Streaming Channels

- ▶ Many services offer free 30 day trials so why not take advantage by adding to your viewing pleasure...it's not like you have anything else to do !
- ▶ Netflix, Hulu, Amazon Prime the Big 3, who doesn't know or subscribe to these services...but there is a whole other world out there and who knows how many more years we're going to be hermits.



Steaming Channels ...

- ▶ **Netflix**: Free 30 Day trial
- ▶ **Amazon Prime**: Free with Amazon Prime
- ▶ **Hulu**: Free 30 Day trial
- ▶ **Disney+**: Free 30 day trial \$7 a month.
- ▶ **Apple TV** : \$5 a month. Some really good new original shows.
- ▶ **YouTube**: video uploads and original shows (most recently Phantom of the Opera)
- ▶ **Red Box**: not just a DVD vending machine anymore!
- ▶ **Fandango Now**: Yes, you can buy theater tickets AND streaming option
- ▶ **Google TV**: digital copies of TV shows (entire seasons available) and hit movies.
- ▶ **Vimeo**: the best of YouTube content.
- ▶ **IMDd TV**: hundreds of top-ranked movies and TV shows, at no charge.
- ▶ **Roku TV**: number of shows and movies (if you have Roku device).
- ▶ **Quibi**: –Original content shows streamed in 8 to 10 minute episodes.
- ▶ **Tubi Plex & Crackle**– movies and original content. Crackle specializes in comedy.

Free ‘Movie Night’ APPs

- ▶ **Netflix Party:** allows users to synchronize Netflix video playback on multiple computers. Users directed to your “room” where they can watch your video in sync with you. Furthermore, Netflix Party allows users to engage with each other with a simple text chat interface.
- ▶ **Twoseven:** runs from your browser (Chrome Extension) and supports YouTube, Netflix and Vimeo BUT also lets you watch videos you downloaded. That’s not all.... The browser-based app has built-in text and video capabilities so you can see your friend and share your video-viewing experience with them face-to-face!
- ▶ **Plex VR**– Simply other worldly! This takes syncing video to a whole other level. Instead of simply sharing a screen, Plex VR allows you to share a virtual loft apartment or drive-in theatre with your friends and loved ones.

Last But not Least....and this one's for the Peninsula very own DJ Glen “Voluminous Maximus” Schuster

- ▶ **Plug. DJ:** a really cool concept, aimed more at those wanting to share music videos or YouTube clips with their friends rather than watching entire movies or TV shows. Creates a private room for all your friends to chat in and to line up a list of music videos. You effectively take turns being the DJ, lining up a bunch of music videos that your friends can comment on and even vote on. You’ll need to be on your best game if you don’t want to be voted out of the digital DJ booth you set up.

Take a Museum Tour

- ▶ Since we can't get to a museum, visit a National Park or go to a concert, lets bring the museum, parks and concerts right to us.



Stuck at Home? These Famous Museums Offer Virtual Video Tours You Can Take from Your Couch:

- ▶ British Museum, London
- ▶ Guggenheim Museum, New York
- ▶ National Gallery of Art, Washington, D.C.
- ▶ Musée d'Orsay, Paris
- ▶ Rijksmuseum, Amsterdam
- ▶ Van Gogh Museum, Amsterdam
- ▶ The J. Paul Getty Museum, Los Angeles
- ▶ Uffizi Gallery, Florence
- ▶ Grammy Museum, Los Angeles
- ▶ Monterey Bay Aquarium

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

**MCN Blog (MCN.edu) the ultimate guide to virtual
Museum tours, E-Learning and online Collections**

Visit a National Park

- ▶ Experience some of the country's best National Parks — from Florida to Alaska — right from your couch.



Need to Get Outside? These National Parks Offer Virtual Video Tours You Can Take From the Comfort of Home

- ▶ Kenai Fjords National Park, Alaska
- ▶ Hawai'i Volcanoes National Park, Hawaii
- ▶ Carlsbad Caverns National Park, New Mexico
- ▶ Bryce Canyon National Park, Utah
- ▶ Dry Tortugas National Park, Florida

<https://www.travandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>

Go to a Concert

Turn Your Living Room Into Coachella or The Met

- ▶ For those who had concert and theater tickets for cancelled events, there's an at-home solution. [Filmed on Stage](#) offers Broadway and West End shows for a fee, as does [Broadway HD](#)
- ▶ If you want a more high brow at-home experience, [the Metropolitan Opera](#) is offering nightly, free digital shows every night at 7:30 PM
- ▶ [Stageit](#), is a streaming service for concerts and provides a platform for musicians from Jon Bon Jovi to Trey Songz.
- ▶ Ok this isn't Lady Gaga live at Coachella or Pavarotti and the Met, but it is a crisis, after all !
- ▶ The Social Distancing Festival
socialdistancingfestival.org



Expand Your Mind

- ▶ You've nothing else to do so there's no better time to educate yourself and learn more about...anything.
- ▶ MasterClass provides exclusive content from the World's Best.

Take a class with:



[Anne Leibovitz](#) on photography

[Doris Kerns Goodwin](#) on Presidential History

[Stephen Curry](#)-Shooting and Ball handling

[Margaret Atwood](#)-On creative writing

[Gordon Ramsey](#)-On cooking

[Daniel Negreanu](#)- On poker

[Neil DeGrasse Tyson](#)-On scientific thinking

[Gary Kasparov](#)- On Chess

Note: Masterclass Is Running a Special “Buy One, Give One Free” Deal: It Gives You & Family Member/Friend Access to Their Complete Course Catalog

<https://www.masterclass.com/>

LET THE GAMES BEGIN !

- ▶ Many of you have already started to play cards, mahjong and other standard games on chat apps but there are lots of options for playing games online right now. Google board games or party games you like and find decent versions of most of them hosted online. Some of these games are made for virtual play.
- ▶ Psych!
- ▶ Scrabble Go
- ▶ 8 Ball Pool
- ▶ UNO
- ▶ Heads Up! on Houseparty
- ▶ Yahtzee With Buddies
- ▶ Boggle With Friends
- ▶ Trivia on Houseparty
- ▶ Monopoly
- ▶ Drawful 2
- ▶ Chips & Guac on Houseparty
- ▶ Quick Draw on Houseparty
- ▶ Kahoot!
- ▶ Jackbox Party Games
- ▶ NEMO-NET
- ▶ GIRLS NIGHT NEWSLETTER



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Virtual Fitness

- ▶ Relaxing on the couch can be fun, but you might get restless after a while. There are dozens of virtual fitness programs to choose from that you can do at home, but it's ultimately about finding the one that you like and that fits your lifestyle.
- ▶ Some fitness apps are free, like FitOn, and are packed with features that other apps would charge for.
- ▶ Other apps, such as Pocket Yoga, have free features but require subscriptions for the full experience. You can also workout with your Google Home or on YouTube.

Virtual Fitness ...

Paid fitness subscription programs
(all have free trials)

- ▶ Daily Burn
- ▶ Core Power On Demand
- ▶ Glo
- ▶ Aaptiv
- ▶ Barre3
- ▶ Crunch Live
- ▶ Ta Online Studio
- ▶ Ladder
- ▶ Pocket Yoga

Live On Demand Fitness Classes

- ▶ Obe Fitness
- ▶ Jet Sweat
- ▶ Sky Ting Yoga

Free Fitness apps

- ▶ FitOn App
- ▶ 7 Minute Workout App (By J&J)
- ▶ Yoga With Andriene



Virtual Grooming

Didn't have to take a poll to know that the No. 1 worry and concern for everyone is not actually their health... but their HAIR and what to do about it! Am I right ?

Well the Survival Guide has you covered. Two suggestions:

My favorite is an oldie...

- ▶ **FlowBee** (Flowbee.com) What is it ? Well in a couple of words its simply a gizmo attached to the hose of a vacuum cleaner which clips hair by sucking it up to the cutter gizmo. What's not to love?



Virtual Grooming

OK tried that and it didn't work ... here's the real thing

You Probably Need A Haircut

- ▶ They pair you with a World Class hair stylist or barber via a live video chat. How cool is that!
- ▶ You are first instructed to purchase the right tools (scissors, razor, etc). Then you book an appointment with your stylist who will coach you through the haircut session. The costs are from \$18 for a men's clean up and women's bang trim to \$75 for a women's full cut.
- ▶ It's a win-win situation because you finally look presentable while supporting stylists and barbers that are currently not working !
- ▶ <https://www.youprobablyneedahaircut.com/>



Special Thank You for making this event happen:

- Walt Ellenberger (Production & Technical Assistance)
- Mark Moscowitz (Production & Technical Assistance)
- Andy Perrella (Art Direction ppt. Presentation)
- Eileen Walling–Event Series Distribution List

Please uninstall 2020 and reinstall.....It Has A Virus