

## Tech-Savvy Empowered Older Women Program

What a summer it has been!

We had to cancel our digital literacy classes because of the pandemic, but that didn't deter us. If senior women could not come to us, we would go to them.

Armed with data-enabled tablets and lots of PPE, our team set out to visit older women who were most isolated in their homes. We set up their new tablets and worked with them as they learned to use the new devices. We helped them create their first email account, attend their first Zoom workshop, and download apps. We looked on with pride as they began to navigate the new world that had just opened up to them.



Throughout July and August 2020, our team delivered **171 lessons to 43 home-bound senior women** who are now proud tablet owners. Once they were comfortable using the tablets independently, we could then check-in and provide them with support remotely. Our continuous efforts have allowed older women to use technology as a tool to make their lives easier and more enjoyable.

As our summer team heads back to school, the program will have to slow down, but it will not end. We remain committed to support current and new program participants in the upcoming months.

To learn more about the program, refer a client, or volunteer to be a tutor, contact Ana Maria Sanches at [ana@nywc.org](mailto:ana@nywc.org) or 416-781-0479.

*We have been really locked down here [as we] had some cases of COVID-19, so we had to stay in our rooms, no going outside at all, not even for Hallway events. Before that, when Mr. Ford banned gatherings of more than five, we lost our dining room, all meals are delivered to your door... they found some cases of the virus... who had no symptoms at all. Well, finally, all cases of the virus here were resolved! At last we could go outside again! We had been cooped up since the beginning of April! But we are not really free, we have to sign in and out and have our temperature taken on the way out, and we are issued a mask to wear and instruction to not go into any buildings or visit any friends in their houses, and to keep 6 feet away from people, etc. I have learned how to Zoom, and I now do exercises twice a week on Zoom with our instructors here, I see [my daughters] once a week on Zoom, I have plugged in to some webinars on Zoom and a few "social" occasions as well.*