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Smartphones & Tablets Class

Wednesday, December 5th 5 - 7 PM
Western Technical College
36084 Walnut Street, Independence



TCC & Western Technical College are teaming up to offer a FREE class on Smartphones and Tablets. This class will focus on the basic use and features of smartphones including email, downloading apps, using the web and will include time for your specific questions. The class is FREE and open to anyone. Refreshments will be provided along with a free gift for all attendees! Contact Western Technical College at 715-985-3392 to sign up!!

TCC MAY BE CALLING ABOUT YOUR EMAIL PASSWORD

TCC will continue calling customers that have email passwords that need to be updated for better security. We are seeing an increasing number of email accounts being compromised and used to send spam. Those with a short password (6 characters or less) are the most likely targets. If your email is compromised, your contacts might also receive spam emails from your account and your account could even be blocked from sending any mail.

If we call you, we will only be changing the TCC email password (for tcc.coop and triwest.net accounts). Once it is changed, you will need to update your password on any devices that check mail for that address. We will help you as much as we can and we have a website offering instructions for updating the password on many common email programs and apps.

TCC OFFICE NOTICES

Our offices will be closed:

Monday, December 24th & Tuesday, December 25th for Christmas
Monday, December 31st we will close at Noon for New Year's Eve
Tuesday, January 1st we will be closed all day for New Year's Day



TRI-COUNTY COMMUNICATIONS COOPERATIVE

WWW.TCCPRO.NET 800.831.0610



Strum & Independence
Office Hours:
Monday-Friday
8 a.m. - 4:30 p.m.

Galesville Location
Wednesday Noon - 4 p.m.
Thursday 9 a.m. - 1 p.m.



Strum Office
417 5th Ave. N
P.O. Box 578
Strum, WI 54770

Independence Office
23669 Washington St.
Independence, WI 54747



We wish you a safe and happy Holiday Season!

NEED A GIFT IDEA?

Tech gifts like Amazon Echo and Google Home devices are expected to be very popular again along with more smart devices, streaming devices, and gift cards for Internet-based services like Netflix, Hulu, iTunes, Amazon Prime, etc.

If someone you are buying for has TCC services, you can pay toward their TCC bill. You can choose from putting money toward their bill as a general amount or you can pay for a specific service or feature like HBO/Cinemax or an extra DVR.

We'll fill out a certificate like the ones to the right for you to give to the person to let them know you've given them a gift on their TCC account.

You can also get TCC Gift Cards in \$5, \$10, \$25, \$50 and \$100 amounts!



TRI-COUNTY COMMUNICATIONS CO-OP
WWW.TCCPRO.NET 800.831.0610



SAVE THE DATE!
TCC Annual Meeting
Tuesday, April 2nd
Ss. Peter & Paul
Parochial School in
Independence

TCC BOARD OF DIRECTORS VOTING DISTRICTS FOR 2019

This year, we will be voting for Directors in the Eleva-Strum and Independence districts at the 2019 Annual Meeting on Tuesday, April 2nd. Individuals interested in running for the Board in the above mentioned districts should contact Cheryl Rue, CEO, at 715-695-2691 or crue@tccpro.net. All inquiries will be kept confidential.

SCHOLARSHIPS AVAILABLE TO 2019 HIGH SCHOOL SENIORS

Tri-County Communications Cooperative, Inc. will again offer scholarships to 2019 High School graduates who plan to further their education at a Technical College or University. The drawing will be conducted in February, scholarship recipients will be notified in writing and will be presented at our Annual Membership Meeting, which is scheduled for Tuesday, April 2, 2019 at Ss. Peter & Paul Parochial School, Independence. To be eligible to receive a scholarship, the following conditions must be met:

1. The parents, guardians, or foster parents of the recipients must reside in the Tri-County Communications Cooperative's service area and be a member of the Cooperative.
2. The recipients must complete the first semester of the 2019-2020 school year with a passing grade and commence the second semester before being eligible for payment from the Cooperative.
3. Applicant must provide a senior picture to be used in TCC Newsletter, if selected for scholarship.
4. Attendance at Annual Meeting is strongly encouraged. Recipients that attend TCC's Annual Membership Meeting on Tuesday, April 2, 2019 at Ss. Peter and Paul Parochial School in Independence will receive a special gift.

Applications for our scholarships are available online at www.tccpro.net/scholarships. Scholarship applications must be completed and returned to our office by Tuesday, February 12, 2019.

SUPPORT FOR TECH HOME FOR OLDER OPERATING SYSTEMS

At some point, companies like Windows and Apple end support for older operating systems and without regular patches those operating systems develop security flaws and cracks that leave customers vulnerable to infections. When Security Coverage and TCC can no longer ensure customer safety on an older, unsupported operating system, we need to end our support as well. Below are lists of operating systems that will continue to be supported and a list of operating systems that will no longer be supported by Security Coverage/TCC as of January 1, 2019. This means while the products may continue to work, they will not be tested, guaranteed or supported.

Supported Operating Systems

Windows: Windows 7 – Service Pack 1, and newer
Mac: 10.11 El Capitan and newer
Android: 6.0 Marshmallow and newer
iOS: iOS 9 and newer

Unsupported Operating Systems

Windows: Windows 7 – w/out Service Pack 1
Mac: 10.10 Snow Leopard and older
Android: 5.0 Lollipop and older
iOS: iOS 8 and older

USE TECHNOLOGY FOR BETTER HEALTH!

We hear about how our technology devices have detrimental affects on our health from staring at the glowing screens to spending more time sitting with our phones than being active outside. While those are legitimate concerns, technology can also be used to IMPROVE your health. Here are a few ways you can get started:

Food Evaluations on the Go - Get instant nutritional information on thousands of foods, both fresh and restaurant prepared, so you can make better choices for healthy eating.

Find Recipes - Whether you download a healthy-recipe app (Spark Recipes, Simply Organic) or just use your voice-search to ask for healthy recipes with the foods you have available. Then use your device in the kitchen like a cookbook to read the recipe while you cook!

"Techercise" - Use smart devices like Fitbit watches, Apple watch and other smart watches (which connect to your mobile devices) to help track your exercise, monitor your progress, motivate you to do more, and share your results with friends (for even more motivation!!)

Get Better Sleep - You can use a smartphone and other smart devices to track and regulate your breathing and track your sleep patterns. Some of these apps include soft music or white noise that can automatically turn on and off and automatically keep a "sleep diary." High-tech nightshirts embedded with a chip can process your breathing to track sleep cycles.

Exercise With Apps - There are dozens of apps available that give you access to exercise programs, reminders, training information, and more. [see a list of apps with descriptions on the Blog on our website]

Telehealth - More and more medical providers and insurance providers are offering "telehealth" where you connect to a medical professional for a video-appointment to get a professional medical advice.

Gadgets - Whether you are trying to stay fit or have a chronic condition, you might benefit from a gadget designed to help you monitor health. Some of the popular ones include:

- Air pollution monitor - Measures air temp and humidity and checks for gases/allergens
- EKG monitor - Touch a special pad with your fingers to get instant heart health info
- Germ travel wand - Use on your airplane seat, hotel bed, or other surface to kill bacteria
- Portable gluten tester - Check food before eating if you have a gluten allergy
- Fitness tracker - Monitor your steps, heartrate, and sleep with watch-style trackers
- Wireless BP monitor - Syncs with your smartphone to give you instant blood pressure measurements

These are just some of the ways you can use technology to improve your health. Do a search for "using your smartphone for fitness" to get more ideas!!

