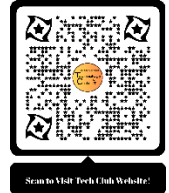




Bits & Bytes



PRESIDENT'S MESSAGE BY KATHRYN QUERRY

LCTC Board Election

Voting will take place in May. Stay tuned for details. Please plan to respond to the first request to vote, else you will receive another, and another, and... until we have a quorum. We'd rather not bug you multiple times. Thanks!

HOA Board Election - Reminder

Any homeowner who would like to use a Technology Center computer to cast their HOA digital ballot is welcome to come in Tuesday through Friday, 10:00am to 12:30pm, during the March 20 to April 22 voting window.

Temporary Technology Center Closure

The Tech Center anticipates a decorator fluff-up sometime between May and October. It won't be that entire time, just some portion of it. We'll let you know when we know. New paint, chairs, and a few functional and attractive additions! At last!



My Apple Watch May Have Saved My Life!

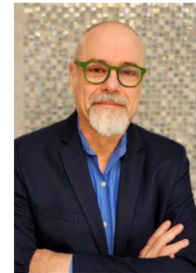
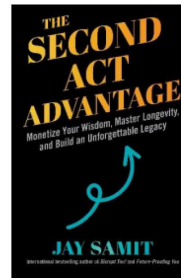
by Richard Ravich

Please do not consider this to be medical advice. Contact your physician if you have questions.

About 20 years ago I was diagnosed with a heart conduction problem. At that time, there was nothing that needed to be done about it other than to have 6-month checkups with my cardiologist.

Fast forward about 8 years when we had just moved to the Coachella Valley and I had my first visit with my new Eisenhower cardiologist. He explained that my conduction problem in my heart had now progressed to having a double conduction problem in my heart. He explained that there are three conduction paths in the heart and I now was down to only one. I asked him "what do we do about it"?

April General Meeting All SCPD Residents are invited!

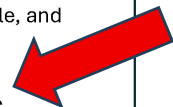


LET'S COMPUTE TECHNOLOGY CLUB

INVITES OUR MEMBERS AND ALL SCPD RESIDENTS
For an Informative presentation and Q&A session by
author and tech entrepreneur Jay Samit

The Second Act Advantage

The Second Act Advantage shatters the outdated retirement myth and reveals how to turn your post-career years into your most productive, profitable, and purpose-filled decades.



TUESDAY, APRIL 28, 2026

1:30 – 3:00 PM

Speakers Hall (SV Clubhouse)



Apple Watch continued...

His response was "We do regular checkups and watch to make sure it doesn't progress." I asked, "When will I know it's time to do something?" His response was, "You will faint and then we'll take care of it." I asked him, "How do we prevent this from happening? I certainly don't want to pass out while I'm driving." He reassured me that with careful monitoring by the doctors at Eisenhower, they will know when it's time to do something. I also asked him, "What are the signs that I might be able to monitor myself for this problem?" His response was to monitor my pulse/heart rate.

Normal pulse rate for a physically fit person should be between 60 and 80 Beats per Minute at rest. At night you might go 10 BpM lower, which is perfectly okay.

Apple Watch continued...

About five years ago, I wanted to be part of the in-crowd and purchased what was informally known as an iWatch. As part of a sleep study at UCLA three years later, I received a later model of the Apple Watch, and I was in heaven with the new technology. One of the features of both Apple Watches is to constantly monitor your heart rate. I enabled that feature, not because of my problem, but I thought it would be interesting.

I had major surgery in April 2024, and reading through the operative report I noticed that at one point my heart rate became very slow and I was given some medication to bring it back up. I really didn't link this with my heart conduction problem at all, but I should have.

In July 2024, one night I was awakened by my Apple Watch warning that my heart rate was below 40 BpM (it was 39 BpM) for 10 minutes. I dismissed it as nothing. Every night after that, the number of times that my heart rate sank below 40 BpM started to increase, and it finally was 5 or 6 times per night. Then it started to happen during the daytime as well, and finally in December it happened 17 to 20 times a day.

Why didn't I do something? It was probably due to fright knowing that I might need heart surgery. Knowing that I would see my cardiologist within a month, I figured I could wait until then. Also, since I had no symptoms, I didn't feel that it was necessarily urgent.

One day watching television it happened again, and my heart rate was only 34 BpM. My wife drove me to Urgent Care. My heart rate was only 38 and they took me right in. I was transported to the Eisenhower Emergency Department. After many tests, it was decided to keep me overnight to monitor my heart and heart rate. That night I had no issues and the cardiologist along with the electrophysiologist had me wear a heart monitor for 30 days just so they could get a picture of what my heart was doing over a period of time. I still had no symptoms other than what my Apple Watch was reporting. The decision after 30 days of monitoring was to implant two leadless pacemakers (Aveir by Abbott) to solve my problem.

The end of the story – I had two pacemakers implanted in my heart and now my minimum heart rate is 50 – perfectly okay. The pacemakers are the size of a medicine capsule and are attached to the heart wall. This is a fairly new technology as old pacemakers used to have leads and were implanted in the left chest just below the skin.

Did my Apple Watch possibly save my life? I think it did. I might have fainted while driving the car and possibly killed not only myself but others. I'm very thankful to Apple for their Apple Watch and I'm so glad that I wanted to be with the in-crowd. Hooray for technology!



How Californians can use a new state website to block hundreds of data brokers

Shared by Lynne Gordon

A tool called DROP lets California residents fill out a few forms to keep their personal data from being tracked or sold by data brokers. Here is the link to the article for details on how to use this new tool.

<https://calmatters.org/economy/technology/2026/01/californians-block-personal-data/>

The California Privacy Protection Agency kicked off 2026 by launching a tool that state residents can use to make data brokers delete and stop selling their personal information.

The system, known as the [Delete Request and Opt-out Platform](#), or DROP, has been in the works for years, mandated by a 2023 law known as [the Delete Act](#). Under it and previous laws, data brokers must register with the state and enable consumers to tell brokers to stop tracking them and selling their information.

Until now, those instructions had to be delivered to each data broker individually — not an easy feat, given that [more than 500](#) brokers were registered in the state as of the end of last year. Making things even more difficult, some brokers [obscured their opt-out forms](#) from search results, as The Markup and CalMatters revealed in August.

The [new system delivers privacy instructions](#) to every registered broker at once. Launched on January 1, it is open to all California residents. By law, the hundreds of data brokers registered with the state must begin processing those requests in August.



INSTRUCTOR CORNER

by Doug Graham, Director of Education

TECHNOLOGY CLUB MEMBERSHIP IS REQUIRED FOR ALL CLASSES AND TECH TUTOR EVENTS

Class dates/times and content details are in the monthly schedule emailed to members, available in the Technology Center, and on the [Education page on our website](#).

- **Please email instructors to reserve your spot in classes and remember to email if you cannot attend.**
- **Note: Classes are subject to revision.**

We Love Our Volunteers!

So we had a fun meeting to thank our volunteers for being totally awesome!



Here are just a few of our wonderful Instructors, Monitors, Class Aides, Board Members, and Friends.





Steve Washington



Gay France



Sohair Saad



Linda Schwartz



Randy Wright



Barbara Spagnola



Jay & Dava Samit



Let's Compute Officers 2025-2026

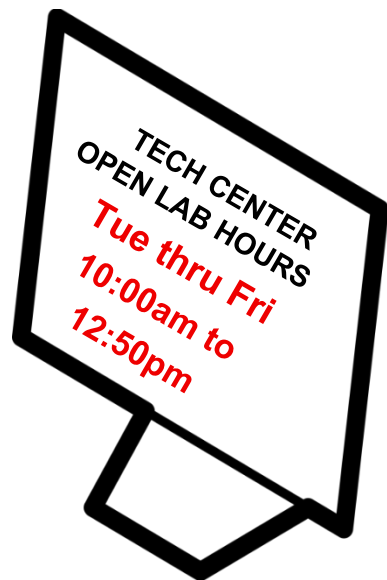
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Meeting Schedule

Board Meeting Third Monday 2:00 PM
 General Member Meeting When Announced



HOLIDAY	2025-2026 Tech Center Closures
MVC Closed for Renovations	SEPTEMBER
Labor Day	Mon, September 1
Columbus Day	Mon, October 13
Veterans Day	Tue, November 11
Thanksgiving	Thu/Fri, November 27/28
Christmas	Thu/Fri, December 25/26
New Year's Day	Thu, January 1, 2026
Martin Luther King Day	Mon, January 19
Presidents Day	Mon, February 16
Memorial Day	Mon, May 25

Scan this QR Code with your smartphone camera to visit the Let's Compute website, or click [here](#).

