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## GTA Hosts Second Elderly Workshop to Keep Manåmko' Connected

(Tamuning, Guam) Friday, March 23, 2023 - GTA held its second series of workshops called the Mobile Manåmko' aimed at keeping elderly residents connected and teaching them how to use their smartphones and tablets. The workshop was held at the Agana Heights Senior Citizen Center earlier this week, and approximately 15 seniors attended from all over Guam.

The workshop was part of the company's ongoing commitment to helping Manåmko' stay connected with their loved ones and communities. GTA recognizes that technology can be intimidating for some seniors, so it offers these workshops to teach them how to use their smartphones.

During the workshop, the Manåmko' learned to use various smartphone features, such as making phone calls, sending text messages, using social media, and accessing the internet. Members of the GTA Smart Center team and GTA volunteers also provided tips on how to stay safe online and avoid scams. The workshop was well-received by the Manåmko' who attended. Many expressed gratitude for the opportunity to learn about their smartphones and stay connected with their loved ones. GTA will continue offering these workshops in other villages across the island and will pay a visit to Inalahan on May 15.

Charlene Flores from the Agana Heights Senior Citizen Center says, "Some of the Manåmko' don't know how to operate their phones, and some of those are still learning. When they have questions, they ask us- How do you go into Whatsapp? Or How do you send a message on Facebook? We are glad GTA could assist them with these workshops because they're always willing to learn."

Gladys Cruz, MTM resident, says, "Most of the time, I don't understand. As we grow older, it's tough. So I'm very happy that GTA could come out to the community to serve our senior citizens. Thank you very much!"

GTA encourages Manâmkô' interested in attending future workshops to sign up here: [https://docs.google.com/forms/d/e/1FAIpQLSfuXIKomSpodwaliSekKtF63hHTZ\\_OHE1mfwUXj7wRikJupcw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfuXIKomSpodwaliSekKtF63hHTZ_OHE1mfwUXj7wRikJupcw/viewform) or email [prsquad@gta.net](mailto:prsquad@gta.net).





# Mobile Manamko'



## 2023 Schedule

### Agana Heights

Agana Heights Senior Center  
Monday, March 20  
10:00AM - 11:00AM

### Inalahan

Inalahan Senior Center  
Monday, May 15  
10:00AM - 11:00AM

### Tamuning

Tamuning Senior Center  
Monday, July 15  
10:00AM - 11:00AM

### Yigo

Yigo Senior Center  
Monday, September 18  
10:00AM - 11:00AM

### Mangilao

Mangilao Senior Center  
Monday, November 20  
10:00AM - 11:00AM

## How to Sign Up

Thank you for your interest in our 2023 Mobile Manamko Workshop Series! This one-hour workshop empowers seniors by introducing them to the latest technology in smartphones and help them stay connected with their loved ones.

- Workshops are limited to (1) per individual
- Age Requirement: Attendees must be 60 years old or older to attend. Proof of identification will be requested upon check in

If you need assistance, please email [prsquad@gta.net](mailto:prsquad@gta.net) or call the mayor's office of the village you are interested in attending a workshop in.



## ABOUT GTA

GTA provides complete communications services in Guam. These include local and long-distance telephone service, 3G and LTE mobility service, High Speed Internet Access, Dedicated Ethernet, Carrier-Class High Capacity Services over SONET and SDH networks, and advanced television, or IPTV. GTA operates a data center on Guam offering a secure, managed environment for customers who need an alternative site for business data storage. The company also runs Guam's first locally owned cable landing station and data center in Piti.

Based in Tamuning, Guam, GTA is a U.S. and locally owned company and locally managed. The company's website is [www.gta.net](http://www.gta.net).



GTA