

**Senior CompuCare helps overcome techno-phobia**  
**by By Nikki Namdar, Correspondent The Sanford Herald**  
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Senior CompuCare's Shirley Mayor (right) helps Karla Troseth with her computer skills during a training session in her own home.

Senior CompuCare, a local company that teaches seniors how to better use their computers, is trying to reach out to Sanford seniors. Didier Nicholas, CEO of the business, said the company has been successful in other areas and hopes Sanford seniors will contact them.

"It's an established community; an older community," he said. "Sanford is basically who we want to target—seniors." Nicholas said it's important not only for the youth to be adept in using computers, but seniors as well. He jump-started the company in February 2010 to help seniors with their everyday needs—without having to leave their homes.

"Senior CompuCare is providing a needed service in Sanford," Nicholas said.

"Seniors, our customers, need not only our training services, but our repair services. And we bring a different twist to that market in Sanford, to the senior population."

He said seniors can research online any health-related issues they may be experiencing, or they can communicate with their family via email or Skype, with assistance from Senior CompuCare.

The trainers help clients with anything computer-related, from organizing desktop files to scanning documents, and how to use the Internet.

"Computer training for seniors taught by seniors" is the company motto because the mentors are older folks who, while no longer employed in their field, remain technologically proficient.

Shirley Mayor, vice president of operations, is confident the company can help senior clients in Sanford. She said the unique thing about Senior CompuCare is that they train in the comfort of their client's own home with their own computers.

"It's always important to me and the company to make sure the person is comfortable," she said. "They have that comfort level to where it's like, I trust them."

One of her customers, Karla Troseth, an Orlando resident, said she is pleased with the services Mayor rendered. "She's a great teacher. She's patient." Troseth said. "My husband is amazed because he's relying on her to teach me so I can help him with his laptop." Troseth contacted the company to provide the support she needs to manage files for three businesses owned by her and her husband.

"That's the beauty of Senior CompuCare. The way we've designed it is that we can cover 10 things in one session if we want to," Mayor said.

Nicholas explained that many seniors are afraid to even touch their computers. "I would say to them, 'Don't be afraid of technology. Use it to your advantage. Don't get so focused on the past as to why you shouldn't do it. Figure out why you should, and how it can help you,'" said Nicholas.

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Meanwhile, Mayor has her own method to guide seniors through the learning process. She calls her bullet points “Shirleyisms,” which are the three W’s she asks herself every day and shares with her clients. The three principles are: Where am I on the computer? What do I want to do? Where do I want to go? “I found in the course of years working with computers that if I asked those three questions, then it would automatically take your brain to whatever program you’re in,” she said.

Mayor said she is empowering people to feel good about themselves and what they do, and that makes her life complete. “To know that the things I have accumulated in my life of professional business is now helping individuals make their lives better on a day-to-day basis, it’s wonderful. When I pass from this earth, I know that I’ve made a difference in somebody’s life,” said Mayor.

A Senior CompuCare sitting costs \$35 per hour with a mandatory minimum of two hours. For more information or to request services, visit [seniorcompucare.com](http://seniorcompucare.com) or call 407-925-3630.

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