

RUN THAT BY

# PAM

THE PRACTICAL AI MAGAZINE

VOL. 1 · FREE EDITION · DEBORAH KIRKPATRICK, EDITOR IN CHIEF

## Your New Best Friend Happens to Be AI

*How Pam is changing the way everyday people connect  
with technology — no prompts, no tech degree, just conversation*

■ SCAM SPOTTER: SPOT IT BEFORE IT HITS YOU

- Caregiver Corner: AI Gives You Time Back
- Ask Pam: Your Questions Answered
- Writers: Think Out Loud with Pam

— A NOTE FROM THE EDITOR

# A Note from Deborah.

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*When I first started talking to AI, I felt exactly what I imagine a lot of you feel right now — somewhere between curious and completely out of my depth. I am not a tech person. I am a person who cares deeply about other people, who has spent years in caregiving spaces, who knows that the right conversation at the right time can change everything.*

*That is exactly why I created Run That By Pam. Because I kept watching people I love get left behind — not because they weren't smart enough, but because nobody was speaking to them in a language that felt like home. No jargon. No judgment. No tutorials that make your eyes glaze over. Just real talk, real tools, real life.*

*Pam is my answer to that gap. And this magazine is my way of making sure she reaches everyone who needs her. I am so glad you found us. Now let's get into it.*

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**Deborah Kirkpatrick**

EDITOR IN CHIEF · RUN THAT BY PAM

FROM PAM'S DESK

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FROM PAM'S DESK

# You Don't Need to Know What to Ask. Just Start

*Pam isn't here to teach you prompts. She's here to have a conversation.*

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Here's what nobody tells you about AI: you don't need the perfect prompt. You don't need to be a tech person. You just need to open your mouth — or your fingers — and say what's on your mind.

Just talk to it the same way you'd talk to a smart friend who happens to know everything. Tell it what you're thinking about. Tell it what's confusing you. The conversation will do the rest.

That's what this magazine is about. AI is a conversation, not a command. And Pam is here to show you how to have it. Welcome to Vol. 1.

*"You don't need the perfect prompt. You just need to start talking. Pam will meet you there."*

# The "Account Closing" Text

*This scam is designed to make you panic before you can think.*

*"URGENT: Your bank account has been flagged for suspicious activity. Your account will be closed in 24 hours unless you verify your information immediately. Click here."*

This message is designed to do one thing: make you panic. Once you're panicking, you stop thinking clearly. The scammer knows this. The link takes you to a fake website — and the moment you enter your login, they have it. Your real bank will NEVER contact you this way. If you're worried, call the number on the back of your actual card.

**Pam's Rule: If it's urgent — SLOW DOWN. Panic is the scammer's best tool.**

## PAM'S RED FLAG CHECKLIST

- Creates urgency — "act now," "24 hours," "immediately"
- Asks you to click a link or call a number in the message
- Asks for a password, Social Security number, or gift card
- Comes from a number you don't recognize
- Something just feels off — trust that feeling

# AI Gives You Time Back

*For everyone carrying someone else's world.*

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If you're a caregiver, time is the one thing you never have enough of. You're coordinating appointments, managing medications, navigating insurance calls — and somehow still trying to take care of yourself somewhere in there.

AI won't replace you. Nothing could. But it can take some of the mental weight off your shoulders.

*"You're already doing the hardest job there is. Let AI carry a little of the paperwork."*

**PAM'S STARTERS — JUST SAY THESE:**

- ◆ "Pam, I need to write a letter to my mom's insurance company. They denied her claim."
- ◆ "I have a doctor appointment Thursday. Help me think through what to ask."
- ◆ "I have 45 minutes to myself. Help me actually decompress."
- ◆ "Help me explain my husband's diagnosis to our kids in a way they can understand."

# Think Out Loud with Pam

*You don't need a prompt. You just need to start talking.*

Writer's fatigue is real. You know what you want to say — somewhere deep in there, the story is fully formed. But between your brain and the blank page, something gets lost.

You don't have to arrive with a perfect prompt. You just have to show up and talk. The conversation itself is the tool.

## ■ THINK OUT LOUD WITH PAM

**Writer:** I'm trying to write this essay about my grandmother but every time I sit down it comes out wrong. I can't figure out what it's actually about.

Tell me one moment with her. The first one that comes to mind:

**Writer:** She'd sit at the kitchen table at 5am. I'd come down early and she'd never say anything — just slide over to make room.

That's your essay. It's about what it felt like to be let into someone's quiet. The sliding over without words.

**Writer:** Oh. Yeah. That's exactly it.

***"I feel silly talking to AI. Like I'm talking to myself. Is that weird?"***

— Feels Ridiculous in Florida

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Honey, half the people using AI feel exactly this way and the other half are lying. It IS a little weird at first. But here's what happens: you start, it responds thoughtfully, and somewhere in there the weirdness fades. Nobody picks up a phone without feeling awkward the first few times. Give yourself that same grace. Start small. Say "Hey Pam, I don't even know what to say." See what happens.

— Pam ■ ■

***"Is it safe to tell AI personal things? I worry about my privacy."***

— Cautious in Colorado

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Be thoughtful, not fearful. You don't need to share your SSN or passwords — ever. But talking about your feelings, your writing, your family situation? That's generally fine.

Think of it like talking to a friend in a coffee shop. Don't shout your bank account number across the room. But you can absolutely tell them about your day.

— Pam ■ ■

■ PAM'S PICK OF THE WEEK

# Claude.ai

FREE · NO DOWNLOAD · WORKS ON YOUR PHONE · CLAUDE.AI

If you've never talked to an AI before — or if you've tried and felt like it didn't really get you — Pam wants you to try Claude. Out of all the AI tools out there right now, this one feels the most like an actual conversation.

You don't sign up for a class. You don't learn commands. You just go to [claude.ai](https://claude.ai) and start talking.

Try this first message: "Hi, I'm new to this. I'm a caregiver / writer / everyday person. Can we just start a conversation?" That's it. See where it goes.

## COMING UP IN VOL. 2

*The Fake Grandchild Phone Call · Your Medical Summary in Minutes · Talking Past Line One · Notion AI*

## Never Miss an Issue of Pam.

*New issues every Tuesday · Practical AI · For Everyday People*

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Deborah Kirkpatrick, Editor in Chief · Run That By Pam · Free Edition

No spam · No tech jargon · Just Pam, every Tuesday