



How I Use AI

Augmented Intelligence, Thinking Architecture,
and the Work of Wisdom

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The Central Thesis

AI is most useful not as a replacement for human thought, but as augmented intelligence that strengthens judgment, organizes complexity, accelerates analysis, and expands the reach of thoughtful individuals.

Three corollaries:

- Responsibility stays with the human — AI cannot be delegated ethics or judgment
- Quality input determines quality output — GIGO still applies
- AI is infrastructure, not intelligence — it supports thinking; it does not replace it



I. Opening: My Entry Into AI

I did not come to AI as an engineer. I came as a writer, advocate, and practitioner.

Who I Am

- 78-year-old healthcare policy analyst
- PhD, Social Welfare Administration, Brandeis
- 40+ years in nonprofit healthcare leadership
- National CARF surveyor
- Writer: NPQ, Boston Globe, CommonWealth

What Drew Me In

- Usefulness — not the technology itself
- Managing multiple complex long-term projects
- AI as compensatory intelligence, not crutch

II. First Principle: Augmented, Not Artificial

The language is not semantic preference — it shapes how we govern, use, and evaluate AI.

ARTIFICIAL Intelligence

- Simulates intelligence from outside
- Suggests replacement and substitution
- Used passively, accepted without critique
- Treated as authority, not tool
- Diffuses human accountability

AUGMENTED Intelligence

- Extends what the human mind does
- Strengthens judgment and reach
- Requires active human engagement
- User remains responsible and accountable
- Human judgment is the governing authority

III. AI as Conversation — The Socratic Model

The quality of the output depends on the quality of the questions. This is not a limitation of AI — it is the central truth of all inquiry.

Practical principles for productive AI dialogue:

- **Provide context generously**

AI doesn't know your history, audience, or purpose unless you tell it

- **Specify constraints**

Word count, tone, audience, framing — all shape output quality

- **Push back and probe**

If an answer is inadequate, say so specifically and ask again

- **Iterate toward precision; name the genre**

Treat initial outputs as drafts; distinguish analysis from advocacy from journalism



IV. How I Use AI — Six Primary Functions

1. Search & Synthesis

Rapid survey of fields; mapping evidence landscapes in hours, not weeks

2. Editing & Refinement

Structural critique; surfacing weak arguments; stress-testing claims

3. Organizing Nonlinear Thought

Imposing structure on notes accumulated over months or years

4. Data Analysis

Pattern identification in large policy datasets; MA nursing home data

5. Drafting Responses

Advocacy correspondence; public comments; media backgrounders

6. Document Summarization

Legislation, regulations, CARF standards — identify where to read deeply

IV. In Practice — Editing, Data, Oversight

When I Edit with AI, I Ask:

- Where is the argument weakest?
- What assumptions am I not naming?
- Where does structure obscure meaning?
- What would a hostile reader seize on?
- Is my voice still present throughout?

The Data Behind the Work -Example:

- 31.3% of MA facilities below minimum staffing
- 92% of violations: for-profit facilities
- 63% of nursing home profits via related-party deals
- OPCO/PROPCO splits obscure accountability
- Management fees paid while care is rationed

AI removes friction — not the deep creative friction of genuine thinking, but the mechanical friction of information management and first-draft production.

V. AI as Cognitive Infrastructure

AI becomes part of thinking architecture — the external scaffolding for complex intellectual projects.

- **Externalizing memory**

Detailed project briefings accessible on demand — compensatory intelligence for complex long-duration work

- **Structured workspace for complex projects**

Think out loud, test arguments, explore implications before committing to public positions

- **Managing multiple simultaneous projects**

Dignity Alliance policy work, nursing home data analysis, PRAXIS framework, Campania heritage series

- **Connecting distributed knowledge across years of work**

AI surfaces links across work streams that no single mind can hold simultaneously

The originating intelligence is still yours. AI does not generate ideas from nowhere — it extends what you bring to it.



VI. AI and Wisdom

What Experienced Practitioners Bring

- Judgment: what matters vs. what appears to matter
- Pattern recognition across decades of practice
- Human dimensions of structural problems
- Ethical weight that comes from lived consequence
- Knowing when data doesn't tell the whole story

What AI Brings

- Speed and processing capacity
- Access to vast bodies of information
- Rapid synthesis across large document sets
- Tireless availability for iteration and revision
- Cannot supply wisdom — it can only extend it

Together: wisdom workers become MORE capable — not obsolete — when AI is in their hands.



VII. AI and Writing — The Voice Test

The measure I use: Does it still sound like me?

What AI Does for Writing

- Organizes accumulated ideas into argument
- Surfaces assumptions not yet examined
- Connects ideas across disparate projects
- Rapid first drafts — I rewrite aggressively
- Stress-tests arguments against objections
- Calibrates length/density for each venue

What AI Cannot Do

- Generate prophetic anger driving advocacy
- Produce biographical grounding for analysis
- Supply theological imagination about dignity
- Decide what to write, argue, or risk saying
- Replace the writer with something to say
- Produce courage — only conviction does that

VIII. Risks and Oversight — Being Direct

AI is an assistant, not an authority. The day I forget that distinction is the day my work becomes unreliable.

AI Makes Significant Mistakes:

- Fabricates plausible-sounding citations
- Conflates distinct entities and cases
- Confidently states things that are wrong
- Reflects bias of its training data
- Underrepresents advocacy perspectives
- Treats status quo as neutral baseline

My Oversight Practices:

- Verify all citations against primary sources
- Cross-check data against original filings
- Read with active skepticism throughout
- Bring your own frame — tell AI the power analysis
- Never publish without full review and revision
- You must know enough to know when AI is wrong



IX. AI in Advocacy — Democratizing Analytical Capacity

Tools once limited to well-resourced institutions are now in advocates' hands.

Policy Analysis

Rapid assessment of legislation, regulatory filings, budget documents

Research Synthesis

Integrating academic literature with advocacy data and investigative findings

Public Comment

Substantive responses to regulatory proposals within compressed timelines

Media Preparation

Pitches, backgrounders, talking points for press outreach

Coalition Communication

Materials reaching 200+ member organizations efficiently and consistently

Caution: AI also serves industry lobbying and regulatory capture. Advocates must be skilled, critical users — or the power asymmetry worsens.

X. AI in Healthcare — A Critical Framework

The question that matters most:

AUGMENTS Clinical Judgment

Provides additional information
Flags anomalies for human review
Surfaces considerations the clinician weighs
Human remains the deciding authority

REPLACES Clinical Judgment

Autonomous determinations without oversight
No meaningful human review in the loop
Dangerous when error has catastrophic consequences
This is where governance failures occur

In nursing homes specifically:

- AI that helps direct care workers do their jobs better — genuinely valuable
- AI used to justify lower staffing ratios — a moral failure
- No algorithm produces the therapeutic benefit of a nurse who knows a resident

The goal is not AI in healthcare. The goal is better healthcare. AI is valuable when it serves human care — dangerous when it substitutes for it.

XI. Ethics: Extraction vs. Generation

EXTRACTION

- Optimize systems to capture more value
- PE algorithmic staffing tools cut labor costs
- Automated billing maximizes reimbursement
- Analytics identify facilities to strip and divest
- Technology in service of organized harm

GENERATION

- Create new value; expand access
- Analytics exposing extraction mechanisms
- Policy tools for under-resourced coalitions
- Writing tools extending experienced voices
- Technology in service of human flourishing

Optimization without ethics is exploitation. Governance is not a technical problem — it is a moral practice.



XI. AI Governance as Moral Practice

Who is best positioned to provide governance? Those who have exercised consequential judgment over decades.

- 1 Define purpose before deploying tools**
What is this for — and whose interests does it serve?
- 2 Measure what matters**
Resident dignity, staff adequacy, care quality — not only what is technically quantifiable
- 3 Ensure accountability is human and specific**
Not diffused through algorithmic systems where no one is responsible
- 4 Require transparency about consequential determinations**
How does the system make decisions that affect vulnerable people?
- 5 Protect the most vulnerable from being optimized rather than served**
Nursing home residents are not portfolio assets



XII. Conclusion

What AI will — and will not — do:

- AI will not make us wiser
 - AI will not supply moral vision or direction
 - AI will not generate the courage to say hard things
 - AI cannot sustain advocacy across years of resistance
- AI can make thoughtful people more capable
 - AI extends reach and compresses time
 - AI gives individuals institutional-scale analytical power
 - AI enables experienced practitioners to sustain their work

The essential condition: do not surrender judgment to AI. Use it without losing the accountability that gives the work its meaning.



A Personal Statement

I came to AI as a writer and advocate committed to exposing the mechanisms by which vulnerable people are harmed by those entrusted with their care.

AI has not changed that commitment. It has amplified my capacity to act on it.

Use AI without surrendering judgment.

Remain accountable for everything it produces in your name.

The moral work — the prophetic work, the work that changes things — begins and ends with you.