

Bytes

March 2017 news bulletin



Going
global

Meagan Bignell

I firmly believe that connection and human interaction have a serious hand in obtaining longevity (and delight) in life. I have spoken to hundreds and hundreds of seniors in my time as a BFS officer and

the one resounding thing I get from them is how much they enjoy going to a Broadband for Seniors kiosk; interacting with the tutors or their peers, and the sense of happiness it provides them.

Editorial

Welcome to the March edition of **Bytes**.

According to the *Financial Review*, the role of humans and what they do in the workplace are rapidly changing with new technology. Employees of any age need to reskill or upskill but this is particularly important for older Australians.

Many older employees face the additional 'challenge of social bias and stereotyping, as well as potentially deteriorating health'. But most stereotypes about older workers are baseless though tragically even some of the older worker have the same stereotypes about themselves.

The Australian Human Rights Commission found that over 'a quarter of Australians over the age of 50 experienced some form of age discrimination in the previous two years'. Even worse 1 in 4 organisations indicated 'they wouldn't employ someone over the age of 65.

We all need to do more to recognise and value the skill, knowledge and experience of older people not just in our workplaces but in the wider community.

Catherine Devlin

Editor

BFS on Facebook

Have you joined our Broadband for Seniors Facebook page yet.

It is a growing community of seniors, tutors and interested parties sharing information and having some fun!

We'd love it if you would Like our BFS Page and participate our community for a chat, to collaborate, to share or just to have a laugh every now and then:

<https://www.facebook.com/BFSeniors/>



What's new in the BFS online lessons

There are so many new modules available now on the Broadband for Seniors online lessons.

Absolute beginner series:

- Getting started
- Using a Windows Computer
- Operating an Android Tablet
- Operating an Apple iPad

Mobile photography

Introduction to the Internet

Keyboard basics

Take a look at the new modules or explore what else is on offer:

www.bfseniorsonline.com.au

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On my visit to the Middle Park Community Centre in Melbourne, the two seniors I met with – Darryl and Keith – drove this point home again.

Darryl has been attending classes at the centre for a few months now – she rides into the centre on her motorised scooter – unless it is raining, in which case she makes a booking for the next available time slot. Darryl heard of BFS through her local newspaper and thought it was the perfect thing for her as she didn't live too far away and was really keen to learn some new skills and have contact with new people.

One button and my words go global

“If I am housebound I don't get any interaction, so this is why I wanted to come and have a computer class, it helps me to not feel so isolated, I can press one button and my words go global,” explains Darryl.

In the few short months since she has been visiting the Middle Park Community Centre, Darryl, who previously couldn't even turn a computer on, has gained the skills to not only turn the computer on, but now she can successfully browse the Internet, send emails and she even jumps on Facebook and chats to friends in America.

The patience of a saint

Darryl speaks fondly of her tutor Jane.

“She is as patient as a saint and has a great sense of humour, which is perfect for me as I can find it difficult to learn sometimes.”

Darryl said she makes the most of her visit to the centre, she does her hair and makeup and heads off to the centre for her one hour with Jane. Then she grabs a coffee at a local café on the way home.

“It gets me out the door, it's my outing for the day, it is really enjoyable.”



Darryl makes the most of her visit to the centre.

Fellow senior Keith was also keen for a chat. Keith had some experience with computers before he retired.

“I only knew the basics of Microsoft Excel and I was always doing things the ‘long way’ around. If I needed help, I’d call on my daughter and son who would “spruce up” the document up and send it back to me.”

But Keith wanted the skills to be able to do these things himself.

“Now I’m finding I can do everything myself, my son has become obsolete!” he jests.

Keith told me how much he loves the online lessons. His tutor Kevin introduced him to them and now he accesses them from home.

“If I find myself bored, I jump onto my computer and work through the online tutorials”.

Keith expressed how, although he loves having the ability to do the tutorials at home, he

really enjoys going through them with Kevin by his side in their tutoring sessions as he gets a better understanding of them and gets through them quicker.

Just before we wrapped up, Keith said to me:

“Not having to ring someone and ask them to do things for me has made me feel much more independent.”

Sometimes it is easy for younger generations to take independence and social interactions for granted, but it really is something everyone should be able to have. Broadband for Seniors really helps people to feel connected and independent, two very important things for everyone to have.

Not bad work if you can get it, even if you need to wrangle crocs – sometimes.



Darryl and Keith with their tutor Kevin

Building skills & knowledge

Just in case you've been living under a rock and didn't realise – we run online professional development every fortnight for the tutors in the Broadband for Seniors program. Here is our pick of the best for 2016.

Windows 10 Tips and Tricks.

This session explored the steps needed to make sure Windows 10 isn't chewing through unnecessary data and causing large Internet bills. It also covered other handy information such as:

- How to upgrade and install Windows 10
- How to minimise your internet usage
- Why it is the most secure operating system Microsoft have released
- How to install your devices

Facebook for Seniors

Facebook has developed over the years into one of the most popular social media forums. In this session Junita Lyon, explored with us:

- Why Facebook is so popular
- How we can protect our privacy
- What's new with Facebook.

MyGov – An Introduction

This session provided a brief introduction to myGov including the inbox, the update your details service, the other member services and the process for creating a myGov account and linking a service.

It's all fun and games.

This session explored various ways to engage older people of all abilities into games, social fun and ways to keep their minds active. It also looked at the various ways you can have fun together with different sized groups and/or individually.

Zinio – the worlds largest newsstand.

Zinio library has access to over 400 digital magazine titles, many of which are Australian. You can use Zinio to download popular titles and there is no limit to the number of issues that you can borrow. This session offered advice on how to gain access to this wonderful resource.

Recordings of all our webinars can be found on the BFS website: www.bfseniors.com.au Webinars -> Past Events

If you have not been to a webinar before, you will have to first download the launcher via: <http://tinyurl.com/bfslearn>



Mysteries

of modern communication

Rolf Rekort from U3A Online explains modern communication in a simple and straightforward way

Communication between devices

There is still the need for humans to invent and produce devices that communicate with each other; create the technical environment for devices to communicate with each other and set up initially, or later change, the value or parameters which govern the operation of such devices.

The whole purpose of device to device communication is to benefit us humans.

Let's look at some examples, so it makes better sense. Air-conditioning systems (or the 'reverse' type which also allows for heating) are familiar to all of us. The thermostat, located in a strategic position on a room wall and set by a human to the preferred room temperature, controls via a cable connection the operation of the external air-conditioning unit. Depending on the room temperature reached, the thermostat sends electric signals to the air-conditioning unit to switch its operation On or Off. In this example the distance between the two devices is moderate, that is, within the confines of a house environment.

In the following example the devices are so closely co-located that they appear to be one device. Nevertheless, there are two distinct device components. I am referring to a hearing aid. Here we have the sound sensor and the sound amplifier. Nowadays sophisticated hearing aids can be customised/pre-set by the audiologist professional with the help of a computer program to adapt to a person's particular hearing difficulties and in particular to reduce background noise. The desired sound volume is initially set and can be changed by the user of a hearing aid to the desired level. Nevertheless, the controls do not need to be touched by a human if the initial settings are satisfactory. The only human intervention required is to change from time to time batteries.

The next example is the extreme opposite in terms of the distance between the two communicating devices. What could this be? Many of us are





using in our car a device which allows us to find our way from Point A to Point B without using the traditional road map, it is the Global Positioning System (GPS) device; for example, a TomTom, Garmin or Navman device. An alternative description for such a device expresses even more clearly its purpose, that is, Satellite Navigation (SatNav). This latter term gives an indication where the second device is located and what it is, a satellite high up in the sky, actually approximately 2,200 km in a medium earth orbit.

Satellite navigation system

The satellite navigation system was initially developed around 1970 by the US military. In 1989 this technology was made available for commercial applications and during the next decade saw the entry of several companies in this market, for example, Garmin in 1990 and TomTom in 2000. Again, a human enters the initial parameters into the GPS device, that is, the starting and destination location for a car journey, and then just needs to listen, without any further intervention, to visual and audio instructions provided by the GPS device. The type of software incorporated in a GPS device can also be downloaded as an 'App' (meaning: application software)

to a smart mobile phone from one of the 'App Stores', for example, Google Play, Windows Store or Apple's App Store iTunes. This means, we don't need a paper map when walking or cycling through an unknown area, be it city or country site. We can rely on the display and instructions provided by a smart phone which communicates with mobile phone towers or a satellite high above us.

And finally, three more examples related to the security of our home and indeed the well-being of its inhabitants. Firstly, the internally or/and externally installed movement/heat sensor, which activates a floodlight or/and an audible alarm to deter intruders. Such a system may also send a message via the phone land line to a security company for immediate intervention. Even more advanced is the additional use of security cameras, which monitor the internal and external house spaces and feature a video recording function. Such a system may even dial up the house owner's mobile smart phone upon movement detection and displays the images being captured in real time on the mobile phone screen. In other words, the home owner may be watching from the other side of the world his house being burgled. Hopefully the house owner can identify the intruders!

The most important use of device to device communication and its benefits for us humans relates to 'life or death' situations. A fire alarm system is nowadays required by law to be in-

stalled in every home. When the sensor device, installed in strategic places under the ceiling, detects smoke particles an audible alarm is sounded and the device may even automatically alert the fire department via phone. Then there is the medical alarm system. An advanced system of this nature measures heartbeat and blood pressure via a monitor device attached to a person's body. Once the values fall outside preset parameters or a physical fall is detected, the device immediately and automatically communicates via the mobile phone network with a dedicated support organisation to activate urgent medical help, for example, an ambulance. Under nor-

mal circumstances the person being monitored is expected to be in the home environment, but an even more advanced version of this medical alert system can determine the exact position, shown on Google Maps, where the person is currently located, for example, when shopping, visiting friends or walking in the neighbourhood.

The common denominator of all above examples is this: Two devices communicate with each other and we humans 'just sit back' and let them do their job for our benefit, that is, having a safe and comfortable home environment, guiding us from location A to B or to ensure quick medical intervention when needed.

Tutor profile

Kevin English – Middle Park Community Centre

Kevin has been volunteer tutoring for about 4 years now. Kevin was previously an electrical engineer, and his career came to a sudden halt when he suffered a cerebral aneurism and left him in hospital for months. Since then, unable to return to his previous field, Kevin turned to volunteering, as it was something close to his heart. Aside from volunteering, Kevin is also an ambassador for the Stroke Foundation and is the treasurer of Port Philip U3A.

Kevin talks highly of his students and mentions one of them, Keith, he expresses how when he first arrived Keith had some great knowledge of computers and their functionality but he just needed a little tuition to get him into the full swing of things and learning all that current technology has to offer.

In answering the question of what inspires Kevin to be a volunteer tutor he talks about how much value being able to use a computer has brought to his life and how he thinks everyone should be able to have this essential skill. Kevin talks about the joy of seeing the things he has taught the seniors stick with them.

"It is rewarding to see them develop skills over the weeks they come to you, and you sometimes bump into someone down the track and they have kept and improved those skills that you have taught them, it's a great feeling".



ANZAC

Something to be proud of

Do you have someone in your family tree who fought during World War I?

The Great War of 1914–1918 is a vast subject. But there are so many online resources available for research on this subject including online archives, libraries, military records, maps and records that will help you trace World War I family history.

AIF personnel records

Details of approximately 330,000 AIF personnel, recorded as they embarked from Australia for overseas service during the First World War can be located at:

www.awm.gov.au/research/people/nominal_rolls/first_world_war_embarkation/

Gallipoli and the ANZACs

The Gallipoli and the ANZACs website has been created by the Department of Veterans Affairs.

To learn more about the ANZACs in



World War One, visit:

<http://www.anzacsite.gov.au/>

Discovering ANZACs

There are opportunities to research and also for you to share your own information and photos if you click on the “Discovering Anzacs” link:

<http://discoveringanzacs.naa.gov.au/>

The possibilities for family reunions and the joy of claiming your own Anzac and giving him back to his extended family are very exciting.

War graves

The Commonwealth War Graves Commission must not be forgotten:

<http://www.cwgc.org/find-war-dead.aspx>

This easily searchable website gives details and photos of cemeteries as well as providing the basic information about those in the database whose name you have searched.

Nan Bosler
www.ascca.org.au

Noticeboard

Upcoming BFS webinars 2017

What's new with Facebook

Date: 20 April 2017 at 1.00 pm AEST

Presenter: Junita Lyon

Armchair travel with Google Earth

Date: 5 May 2017 at 1.00 pm AEST

Presenter: Vivian Evans

Engaging volunteers from different backgrounds

Date: 25 May 2017 at 1.00 pm AEST

Presenter: Emma Sharp

To register and for more full event details, go to <http://bfseniors.com.au/events/>

Get the help you need

Helpful resources

We are adding to these resources regularly. In particular:

<http://bfseniors.com.au/for-kiosks/training-resources/>

Upcoming and recorded webinars

<http://bfseniors.com.au/events/>

http://bfseniors.com.au/events/?tribe_event_display=past

BFS Google Group and wikispace

<http://groups.google.com.au/group/bfsvolunteer/>

<http://bfsv.wikispaces.com/>

BFS support

<http://bfseniors.com.au/for-kiosks/support/>

We'd love your feedback!

Are your tutors keen for professional development webinars on a particular topic? If so, feel free to let us know. We are happy to tailor our webinar events to meet the needs of your volunteers tutors or seniors in your communities. Call us on 1300 795 897 or email infobfs@ala.asn.au.

Self-paced tutorials

Did you know?

There are self-paced online tutorials for seniors freely available at:

<http://bfseniors.com.au/online-training>

GEMs **for enquiring minds**

If you are looking for ways to encourage seniors to surf the Net then look no further. GEMs includes interesting health and lifestyle snippets; fun links and technical bits and pieces. Here is a small selection from the free U3AOnline GEMs newsletter which is mailed directly to subscribers' in-boxes on the first of every month. Read previous editions and subscribe here for your free personalised edition – <http://www.u3aonline.org.au/content/gems>

Research

** Blueberry concentrate improves brain function in older people

<https://www.sciencedaily.com/releases/2017/03/170307100356.htm>

** Eight servings of veggies a day is clearly best for the heart

<https://www.sciencedaily.com/releases/2017/02/170223114807.htm>

** Daily consumption of tea protects the elderly from cognitive decline

<https://www.sciencedaily.com/releases/2017/03/170316093412.htm>

** Women less likely to have their heart health checked

<https://www.sciencedaily.com/releases/2017/03/170301105517.htm>

Caffeine boosts enzyme that could protect against dementia

<https://www.sciencedaily.com/releases/2017/03/170307130903.htm>

How exercise -- interval training in particular -- helps your mitochondria stave off old age

<https://www.sciencedaily.com/releases/2017/03/170307155214.htm>

Weight-bearing exercises promote bone formation in men

<https://www.sciencedaily.com/releases/2017/03/170322143135.htm>

High number of deaths from heart disease, stroke and diabetes linked to diet

<https://www.sciencedaily.com/releases/2017/03/170307141210.htm>

Night-time urination reduced by cutting salt in diet

<https://www.sciencedaily.com/releases/2017/03/170327083711.htm>

Information

* Sodium Intake High, Rising Among People with High Blood Pressure

<https://www.sciencedaily.com/releases/2017/03/170308150034.htm>

How To Eliminate 94% of Windows Vulnerabilities Easily

http://askbobrankin.com/how_to_eliminate_94_of_windows_vulnerabilities_easily.html?awt

Most common computer mistakes are caused by users. TEN Common Computing Mistakes (and How to Avoid Them)

http://askbobrankin.com/ten_common_computing_mistakes_and_how_to_avoid_them.html?awt_

Fun

The good times roll with Zorba and Anthony Quinn (Thanks Phil McBride, Australia)

http://www.dailymotion.com/video/x2wcbsx_zorba-the-greek-zorbas-dance-anthony-quinn_webcam

An oldie but goodie. Laughter at the White House

<https://www.youtube.com/watch?v=n6mbW-jMtrY&list=PLIkaOefa0OGhWYTcqP1Pi93ykerl1W8K6&index=1>

Technical

Thanks Gizmos Best Freeware for the following GEM

Sheet Music. Loads Of It. For Free Download

<http://www.techsupportalert.com/content/sheet-music-loads-it-free-download.htm>

Thanks Bob Rankin for the following 3 GEMs (scroll down Bob's articles for reader comments)

Fix Chrome Annoyances

http://askbobrankin.com/howto_fix_chrome_annoyances.html?awt_l=DpMUM&awt_m=Jryfet.iAeP6SL

Copy Old Hard Drive to New PC

http://askbobrankin.com/howto_copy_old_hard_drive_to_new_pc.html?awt_l=DpMUM&awt_

Spammers Hijacked Your Email?

http://askbobrankin.com/spammers_hijacked_your_email.html?awt_l=DpMUM&awt_

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