

February 2015



Gizmoe

This is the first edition of *Gizmoe* in 2015.

Gizmoe will also be posted on www.seniornet.co.nz from 27th February.

Exciting year ahead

What new technology challenges will face us in 2015? It seems for sure that our desire to have information at our fingertips in the way of smartphones will not diminish and that more applications (apps) will come our way to enhance the experience. Finding tutors willing and able to teach the new technologies will be a challenge – hey, it always has been. SeniorNet was founded on the simple principle of “helping your mates”. None of us claim to be experts and the best SeniorNet tutors are those one or two pages ahead of their students, so effectively we all learn together. Make 2015 the year you volunteer to help at your Learning Centre as a tutor; more than likely you will be buddied up with an existing tutor to learn the ropes, you’ll not be tossed in the deep end. I have often heard it said that tutors learn something new from each session they take, supporting our tag line “Learning Technology Together”.

Federation Annual Symposium and AGM

Invitations for the Federation Annual Symposium and AGM, being held in Havelock North on the 11th and 12th May, have been sent to all our Learning Centres and we are hoping for a good turnout. Thanks to the hard working pair of Val Fear and Ann Hill from SeniorNet Hawkes Bay for their help with organising what will be another terrific gathering and opportunity to share ideas. The venue is limited to 150 people so make sure you register via your Learning Centre as soon as possible.

Release dates for Gizmoe in 2015

Planned dates for Gizmoe in 2015 – 24th April, 26th June, 28th August, 30th October, 11th December.

NB: Click onto the Yellow pages ebook link, it’s a terrific example of how something as traditional as printed information has been successfully migrated into the on-line world.

Have fun and learn something new every day!

Grant Sidaway – Executive Officer SeniorNet Federation



The Yellow Pages® eBook

As many of you may know, we partnered with Yellow at the end of last year to help launch their new Yellow Pages® eBook www.yellowpages.co.nz/ebook

The Yellow Pages® eBook is an electronic replica of the Yellow Pages Book laid out exactly like the print version of the Yellow Pages. The eBook is in a handy electronic format meaning you can access it from any computer or tablet, including your iPad.

More New Zealanders are using their computers and tablets daily to get information, yet many still prefer the layout of the Yellow Pages® over a search engine. That's why Yellow added an eBook version of the Yellow Pages®.

If you own a business, Yellow will be hosting a free webinar that will cover how to download and view the eBook, and how Yellow Pages® eBook can add value to your company. The webinar will be similar to a seminar, but instead of attending in person you can take part online using your computer or tablet. The presentation is seen on the screen and the speaker engages with you through computer or tablet, and you will be able to ask questions by simply typing them.

The webinar is on Thursday 16 April 2015 at 1pm and will last about 30 minutes, and you don't even need to leave home. [Register here](#) and book your spot if you're interested in taking part.

To start using the eBook now visit www.yellow.co.nz/ebook

Even if you don't own a business, lessons on how to use the Yellow Pages® eBook are part of the *Introduction to Internet* and *Downloading Apps to Portable Devices* courses.

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- Search by category, business name or keyword (e.g. dentist)
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- Click straight through to businesses' websites and email them directly from the listing
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- Download the Yellow Pages eBook to your iPad so you can use it even when you can't access the internet.



What to do with you old mobile phone?

Most of us have them....redundant old mobile phones cluttering up cupboards, left in the belief that perhaps one day “we may just need it” – we never do of course. So dig them out and rather than slinging in the rubbish, do the right thing and recycle.



The Starship Mobile Phone Appeal has reached the momentous milestone of collecting over 1 million unwanted phones and has raised over \$2.4 million for the Starship National Air Ambulance Service.

It is incredible to think about how far the Starship Mobile Phone Appeal has come! Just over five years ago the appeal began in a shed and significant scepticism surrounded the business model of recycling mobile phones with a share of the profit going to charity being sustainable. Swapkit NZ in partnership with the Starship Foundation has proven that this business model is extremely successful.

1 million phones translates into about 150 tons of waste material that hasn't gone into landfills. The Starship Mobile Phone Appeal is the only government accredited phone recycling programme in the country. It is also the first e-waste product stewardship scheme in New Zealand.

Those phones that can still be used are sold by tender to off-shore businesses that specialise in the resale of second hand mobile phones. They are refurbished and sold as low cost handsets to places like Africa and Asia. Phones that have reached their end of life are broken down and recycled in an environmentally friendly way.

Regardless of condition, make or model all mobile phones are accepted by the Starship Mobile Phone Appeal. Phones can be dropped into any Spark, Vodafone or 2degrees store or can be placed in the Freepost envelope provided and dropped to any NZ Post store free of charge. Freepost envelopes sent to all our Learning Centres.

Radio Microphones

Many of our Learning Centres use radio microphones in their Learning Centres; you may also know of other organisations using them, so the information below may be useful to you.

The Ministry of Business, Innovation and Employment (MBIE) advises that in March 2015 changes are taking place that will affect some Radio Microphone users. From 11 March 2015 radio microphone users will not be permitted to operate their radio microphones in the 698—806 Mhz range.

Users of radio microphones need to check to see if their microphones can be used in the permitted frequency ranges of 502—606 Mhz and 622—698 Mhz.

Visit www.retune.co.nz for more information

Protect Your Future with an Enduring Power of Attorney

Preparing for the future and protecting ourselves and our families is important. Having an Enduring Power of Attorney (or EPA) is one of the most important ways we can plan for the future. Recent research shows that while most people have heard of an EPA there is some confusion about them, and that only 17% of people have one.



An EPA is a legal document that allows a person or people of your choice to make decisions about your property and care and welfare when you can no longer do so yourself. That is important because any of us can lose our ability to make decisions at any time due to injury or illness. When you set up an EPA, you can choose people (called attorneys) that you trust to make decisions about your future life and/or your finances and assets.

Setting up an EPA is a wise investment. Many people do not know that without an EPA if something happens to you, your family will have to go to Court in order to choose someone to make decisions on your behalf. Not only can this be a long and stressful process, but the person appointed may not be who you would choose to make decisions for you.

The Office for Senior Citizens has a range of relevant information, including brochures to help guide you through the process. These can be accessed online www.msd.govt.nz/epa or you can phone 0800-273 674. Information and advice is also available at your local Citizens Advice Bureau, Public Library, Community Law Centre, Age Concern, and through your legal professional.

Social Media – more useful to older age groups than youngsters



It's perhaps not the most popular workshop in our Learning Centres – but it should be! A report issued late in 2014 might suggest participating in social media activity is something all our Learning Centres should be promoting.

Training older people in the use of social media improves cognitive capacity, increases a sense of self-competence and could have a beneficial overall impact on mental health and well-being, according to a Landmark study carried out in the UK.

A two-year project funded by the European Union and led by the University of Exeter in partnership with Somerset Care Ltd and Torbay & Southern Devon Health and Care NHS Trust gave a group of vulnerable older adults a specially-designed computer, broadband connection and training in how to use them.

Those who received training became more positive about computers over time, with the participants particularly enjoying connecting with friends and relatives via Skype and email.

The ageing population is one of the major challenges facing our society. It is expected that between 2010 and 2060, the number of people aged 65 and over across Europe will grow from 17.4% to 29.5% of the total population. The project, called Ages 2.0, aimed to assess the extent to which the internet and social media offer a tool for promoting active ageing and addressing the social isolation that is too often a feature of older age.

It found that those trained, and therefore learnt to use social media, had heightened feelings of self-competence, engaged more in social activity, had a stronger sense of personal identity and showed improved cognitive capacity. These factors indirectly led to overall better mental health and well-being.

Dr Thomas Morton of Psychology at the University of Exeter, who led the project in the UK said: "Human beings are social animals, and it's no surprise that we tend to do better when we have the capacity to connect with others. But what can be surprising is just how important social connections are to cognitive and physical health. People who are socially isolated or who experience loneliness are more vulnerable to disease and decline. For these reasons finding ways to support people's social connections is a really important goal. This study shows how technology can be a useful tool for enabling social connections, and that supporting older people in our community to use technology effectively can have important benefits for their health and well-being."

Participants in the study were all vulnerable older adults between the ages of 60 and 95 years of age who were receiving support from Somerset Care Ltd. The 76 volunteers were drawn both from those receiving care in the community and those living in any of the not-for-profit organization's 31 residential care homes.

Half of the participants were randomly assigned to receive training and the other half to a control group who received care as usual. The training involved the installation of an 'Easy PC package' consisting of a touch screen computer and keyboard, and a broadband internet connection. They were able to keep the computer for 12 months, including a three-month training period.

One of the study's participants, Margaret Keohone, said: "Having this training changes people's lives and opens up their worlds, invigorates their minds and for lots of us gives us a completely different way of recognising our worth as we age. I was just slipping away into a slower way of life."

Emma Green, the Care Technologist from Somerset Care who delivered training to Margaret and others in the study, said: "As the training programme developed with my participants their confidence grew and they were keen to tell me how family members had emailed back, Skyped or 'liked' a comment or a picture on Facebook. Seeing the smiles on my participant's faces when they Skyped a family member in the UK or abroad was such a special moment.

“One of the best Skype calls was during a visit to my caravan in Cornwall when I Skyped a client who used to enjoy camping. We were around the camp fire and he was able to be a part of our group from the laptop, looking at the fire and joining in. They all know that I am only an email or Skype call away and it has been fabulous being a part of the Ages 2.0 project.”

Those behind the Ages 2.0 study hope its findings will help inform future policy on digital inclusion and the delivery of tele-health and tele-care strategies.

Torbay and Southern Devon Health and Care NHS Trust (TSDHCT) was selected to participate in Ages 2.0 due to its forwarding-thinking and innovative way of working. TSDHCT pioneered the integrated approach to providing health and social care. In order to provide the best care possible for local people, particularly the area’s high population of older residents, the trust developed health and social services which worked far more closely together and were able to respond to the whole care needs of an individual, rather than operating in isolation.

The project team sought the Trust’s views on how the project could work in practice in the community.

Mandy Seymour, Chief Executive at Torbay and Southern Devon Health and Care NHS Trust, said: “As a nationally acclaimed pioneer, Torbay has a long history of innovation and of the successful integration of health and social care. The Trust firmly believes that by bringing services together, and through participation in innovative projects, the needs of individuals who require care and support are better met.

“We’re always keen to build upon and ensure continuity of our integration success and Ages 2.0 has provided the perfect research mechanism to help promote discussions around future models of care.

“The challenges of supporting an aging population in the community are well documented – we encourage active aging with our local population by giving people opportunities to be independent and to enable them to be living well at home for longer.

“The positive results of the project are interesting and the healthcare community will look at how this could help to influence strategies for supporting the increasing number of vulnerable and ageing people in local communities.”

The researchers were interested in comparing results across different cultural contexts; therefore a parallel study took place in Italy. For more information visit: www.ages2.eu/en

Older people embracing technology

If you click onto this link:

<http://www.npr.org/player/v2/mediaPlayer.html?action=1&t=1&islist=false&id=378409662&m=378409663> sorry it's a hideously long address but if you simply click onto it will take you straight to the page. It's a recent interview (audio only) where it is predicted by 2020 the annual spend in the US by older people on technology will likely exceed \$20 billion.

Gone are the days our age group simply accepted "hand-me-downs" from our kids!

"Where's my keys" – "Have you seen my bag" ?

Such cries are common in every household throughout the land.

Here's the solution and no points for guessing, yes it's a smartphone app.

Pixie Points are new location trackers that use your smartphone's camera to locate tagged objects in an actual picture of your surroundings. The system is claimed capable of tracking down "pixified" objects, which are marked with a bold X, to within a few inches of their location.

Sticking on a teardrop-shaped sensor tag called a Pixie Point onto your gadget or pet pixifies it; they're added to a digital map of objects which your smartphone keeps track of via Bluetooth using an augmented reality application. Any pixified object communicates with both the app and each other, even through walls, to form a closely-knit private network. The free iOS/Android app is able to use a secure network to precisely triangulate an object's coordinates within a 10 metres - 45 metres range.



The app also creates an augmented reality map of every tagged object making it possible for you to see where everything is at a glance.

The app marks the location of the lost object with an X (Photo: Pixie)



With Pixie Points, all you need to do is look at an augmented reality image to see exactly where everything is.

If you've lost something beyond the system's 40 metre range, you'll be alerted to its last known location logged with the app. The company reportedly spent 2 years

developing the technology to achieve accuracy levels to within a few millimetres

Another great feature of Pixie Points is being able to create customized checklists of all the tagged items you need, for individual kits like travel kits and business kits. All you need to do before leaving

for office, for example, is view your computer bag with your smartphone to see if everything in your business kit is inside. The app alerts you if anything's missing.

Each Pixie Point tag has dimensions of 47 x 35 x 3.2 mm and a lifetime of 18 months. The developers say that in order to keep the Pixie Points as thin as possible, a non-replaceable battery is used. When the internal battery runs low, the app will inform the user and the tag can be disposed of and replaced.

Interested to learn more? Then click here: <https://www.getpixie.com/>

Can you help with this research?

Waikato University researcher, Dot Brown, is keen to hear from men who are battling prostate cancer and those who are prostate cancer survivors. Brown is a PhD student and wants to understand better how men use their social networks to help with their health. "We know lots about how women communicate but not much about men. So this study is about communication rather than the medical side of prostate cancer." The survey takes about 15 minutes and can be completed as a hard copy or online.

Contact Dot Brown at <mailto:drp8@students.waikato.ac.nz> or on 022-103-2702

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Two Great Suzuki Offers For SeniorNet Members

1. Suzuki Alto model runout. Seniornet members get in quick!

The wonderfully practical and economical Alto is on model runout and Suzuki dealers only have a few left. At this price, what more can be said...?

Okay, if you really need more reasons to buy a brand new Suzuki Alto, here they are:

- Electronic Stability Programme (ESP®)
- ABS with EBD and brake assist
- Six airbags and a 4 star ANCAP safety rating
- Alloy wheels
- Fog lamps
- Power steering
- Driver's seat height adjust



- 6-speaker stereo with USB input
- Air conditioning
- 5 speed manual or 4 stage automatic
- Super-economical 1.0 litre engine (4.5 Litres of fuel per 100 km)
- One of the lowest CO2 emission levels on New Zealand roads (107 grams per kilometre)
- Suzuki's Real Value 3 year/100,000 km comprehensive warranty
- 5 year/100,000 km powertrain warranty
- 5 year roadside assistance plan
- Limited to 150 units nationwide.

Alto Manual \$12,990 and Auto \$14,990 + on road costs for a very limited time.

<http://www.suzuki.co.nz/Alto-Enough-Said/>

2. Swift celebrates 10 years at the top with prices from \$18,990.



To celebrate ten years at the top, Suzuki has released a revised Swift line-up offering even better equipment levels at improved price levels. Prices for the least expensive 1.4-litre version have been cut by 5 per cent as the brand marks a decade of 'fun'.

The highly efficient entry-level 1.4-litre GL model now carries a recommended retail price of \$18,990 plus on-road costs for the manual version, and \$19,990 plus on-road costs for the automatic.

Standard features of the RSX include a Garmin satellite navigation system, Bluetooth, climate control air conditioning, keyless start and entry, cruise control, 16-inch diameter alloy wheels, LED day time running lamps, fog lamps, four wheel disc brakes and 7 airbags. The RSX automatic is priced at \$24,990 plus on-road costs.

The popular and well equipped 1.6-litre Swift Sport 5-Door continues as a range-topping high performance version of the range, priced from \$27,500 + on road costs. The Sport is available with either a six-speed manual gearbox or CVT automatic, and is world renown as a leading hot hatch offering outstanding performance, handling, and styling.

Swift - <http://www.suzuki.co.nz/power-10/>

Find a Suzuki Dealer - <http://www.suzuki.co.nz/Find-A-Dealer/Automotive/>

End of February 2015 Gizmoe