



4 / 8 Victoria Avenue, Castle Hill. 2154.

Just a reminder that our Club has an arrangement with **Cartridge World** for our members to order ink cartridges or toners, either by **phone** or **online**. These are then delivered and available at our Club for pickup. Payment is to be made to Cartridge World at time of ordering. **Phone: 9659 5366**

Talk to Us Before You Buy!

As helpful as family members often are, they may not be familiar with the

Needs of Seniors

when purchasing a new device.

Residents when buying a **tablet, ipad** or **mobile** are often encouraged to also purchase a number of add-ons! When they start to operate their new device, major issues can occur! At the Computer Club, we often have to assist members to rectify new device issues. Most of these issues could have been avoided if assistance had been sought before purchase.

Do come and speak to us before you buy

BE AWARE OF SCAMS

An outcome of lockdowns has been an increase in *phishing* for **everyone** but especially vulnerable seniors

-Install security software on your devices

Use the auto-updates (See Settings) on your devices.

Whether you use Apple, Microsoft, Samsung or another platform, we recommend enabling auto-updates on your devices.

-Use multi-factor authentication

a password(1st factor) followed by a texted no. to your mobile is recommended for sensitive banking accounts.

VILLAGE REPRESENTATIVES

2021 –2022

Mowil

Neil Davidson (Pres. & Guest Speakers)
Trevor Arnett (Village Rep)
Elaine Barker (Village Rep)

Warrina

Lynton Bradford (Vice Pres. & Membership)
Gwen Bradford (Membership)
Rod Roberts (Village Rep)
Clare Hamilton (Training)

Nuffield

Elizabeth Pedersen (Treasurer)
John Gaffey (Genealogy)

Hopetoun

June Murray (Village Rep)
Jeannette Westley (Village Rep)

Glenhaven Green

Anne Anderson (Village Rep)
Jan Andrews (Village Rep)
Norm Connellan (Sec. & Public Officer)

Club Rooms

Ground Floor, Lober House, 1 Lober Drive
Phone—9899-7551

Email: computer.club@anglicare.org.au
Website: arvrcc.org

Club Rooms Open Tues. 9am-12pm
 Thurs 9am-12pm

Please Observe Covid Rules.
Members must bring
proof of full vaccination & use QR code
to enter Club Rooms.

For help, please phone or email
for an appointment.

Editors : Marilyn & Neil Davidson

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BITS AND BYTES
ANGLICARE RETIREMENT VILLAGES
COMPUTER CLUB INC.
NEWSLETTER - NOVEMBER 2021



HELPING YOU IN YOUR DIGITAL JOURNEY

Our October *Bit and Bytes* focussed on **FREE**
BE CONNECTED Courses

offered by the Federal Government, which are aimed at Senior Australians. These can be completed from the comfort of your own home if you are **online** **OR** if you are not online, you can book into our 'internet café' at the COMPUTER ROOMS for volunteer help. A Computer is available to start you on your way.

Suggestions for suitable courses to get you **LAUNCHED!**

- The Absolute Basics**
- Getting to Know YOUR Device**
- Getting Started on-line**
- Safety First**
- Connecting To Others**
- All About Data**
- Wi-fi and Mobile Networks**
- On-line Hobbies**
- All About Apps**
- Games Centre**

DO YOU HAVE A MyGov ACCOUNT?

Your MyGov Account is your link to Federal Government policies and benefits. It offers linked access to Aged Care, Medicare, Centre Link pensions, Vet Affairs and now your published Covid Vaccination Certificate through Medicare. The Computer Club strongly recommends **if you are on-line**, a My-Gov Account be opened *with the help of a trusted close friend, family member or the Computer Club*. Even if you have no need of one now, you may in the future!

AN AGED CARE NUMBER

An Aged Care Number can take up to 10-12 months to secure—we strongly recommend you get it NOW! An Aged Care No. activated by **phone** 1800 200 422 or **on-line** through **Aged Care**. Do it sooner rather than later if you are over 65.

RELIABLE HEALTH & WELLBEING

We've all done it! Gone to DR Google to find out something related to a health issue. To increase confidence with using the internet & to find information on health and well-being topics, we suggest some recommended websites.

- www.healthdirect.gov.au**
- My hospitals –**www.MyHospitals.gov.au**
- Eat For Health-**www.eatforhealth.gov.au**
- Head to Health-**www.headtohealth.gov.au**
- Government websites are more reliable than a 'freewheeling' corporate after your patronage. Your own Dr is your most reliable asset but not always available due to time issues.

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www.glasbergen.com



"More and more patients are going to the Internet for medical advice. To keep my practice going, I changed my name to Dr. Google."

If you wish to buy Cards or arrange for personalised cards, purchase a stylus or lanyard for a friend or arrange for VHS tapes to be converted to DVDs **YOU DO NOT NEED AN APPOINTMENT. Come on down to the Club Rooms 9-12 Tues or Thurs. WE ARE OPEN!**



BE PATIENT

Patience is key when showing someone anything new for the first time and using a device and the internet is no different. People learn in different ways and at different speeds. Some will pick it up straight away while others like to go over things a few times to make sure they've got it right. Appreciating this and congratulating them on little milestones will help keep them on track and confidence increasing.

DON'T EXPECT TOO MUCH TOO QUICKLY

If someone has not used a device on the internet before, they won't become confident using it on their own straight away. As with any new skill, it takes time to develop the knowledge needed to feel good about using the internet. Managing their expectations will help prevent them from feeling like they're not understanding it quick enough or that it's too much to learn.

BE AWARE OF TOOLS TO HELP YOU WITH THEM

Use [BE CONNECTED](http://beconnected.esafety.gov.au) Courses (beconnected.esafety.gov.au) contains 100+ free courses for people to work their way through if they're new to using a device or the internet. Bookmark it to help them get to the courses.

HELPING OTHERS AT THE CLUB
 In 2022 we would like to offer 1-1 help to members in **getting them online**. This would involve sitting with a resident for 1 hour on a Tues or Thurs and taking them through some basic BE CONNECTED courses.
Please phone if you can assist.

*A GREAT GIFT TO GIVE
 a friend
 Get them on-line!*

TIPS TO HELP OTHERS GET ONLINE.

Now more than ever, it's important that every Australian feels confident to use technology and the internet. If you feel confident navigating the internet and using your device, *why not show a friend or loved one how to do it too!*. There are several things you can do to show someone the benefits of getting online and help them to learn new skills.

DON'T DO IT FOR THEM.

People retain knowledge and skills better if they put into practice what they're learning. *Taking a hands-off approach when you're showing someone how to use a device or navigating the internet will help them* feel more confident at picking up their device and giving things a go when you are not around.

USE THEIR HOBBIES AND INTERESTS TO MOTIVATE THEM.

The person you're sitting with will be more motivated to learn how to use their device if you show them how it will have a positive effect on their everyday life. Are they a Gardener? Show them a gardening website. Cooking? Show them cooking tutorials on YouTube.

**PRÉCIS OF COMMITTEE MEETING
 OCTOBER 11, 2021**



President's Report

1. Committee members phone numbers

Privacy issues prevent Committee members Phone Nos appearing in Bits and Bytes. Last year it was noted **57,000** people had accessed our CC Website and some Bits and Bytes publications *can be sighted on Google*. There are privacy issues.

2. Bits and Bytes

-November 2021 issue ready for conversion to Publisher when back in CC Rooms.
 -Future distribution via email- 80% indicated email & 20% hardcopy in recent Survey responses.

3. Preliminary Survey Results

Deferred to next meeting

4. Roster at Re-Opening

- Physical setup of corridor & entrance?
- Initial Roster
- Updated Membership list for checking
- Vaccination recording
- Electronic check-in with Service NSW Covid Card or QR code
- Anglicare Directives will apply
- New Reception staff

5. Be Connected Website

-Use of mass emails to promote

6. BeConnected Internet Café

- Set one tablet and one desktop in Internet Caferoom tables
- Bookings via Reception

**OUR NEXT GUEST SPEAKER
 MENZIES ROOM**

Tues December 7, 1.30pm

Michelle Gosewinckel
 WILLS, POWER OF ATTORNEYS,
 ENDURING GUARDIANSHIP
 & Elder Abuse.



We extend a warm welcome to new members —

Jan Baldwin, Bruce Smyth Mowll Village
Christine Murray Glenhaven Green

**AVAILABLE AT THE
 COMPUTER CLUB**

Greeting Cards: . \$1.00
Special cards can be made to order.

Logitech mouse pads \$4.00
Converting VHS Tapes to DVDs. \$10.00.

Pocket magnifiers 2 for \$1.00
Stylus for texting with your phone or tablet. Colours to match your phone case or perhaps black or silver. **\$2.00**

Colourful Rhinestone lanyards. Useful for a name card holder, key holder or your USB flash drive. **\$5.00**

Great Christmas Thoughts!