

November 2020



Gizmoe



Greetings, SeniorNet Members, from Harvey's Desk Reflections on 2020

Greetings to all SeniorNet members and the Learning Centres to which you are associated with.

This year, 2020, has been unique in many respects. Covid has necessitated changes in our personal lives and to the ways in which Learning Centres were able to continue making their services available to members.

Accounts of the innovative ways in which Learning Centres have responded to the changing environment and the resilience shown, are shared during our committee meetings. That challenges have been met with courage, and considerable time and effort, is admirable - it is inspirational.

Your Federation Committee too, has had to adjust the way it operates, with regular on-line meetings replacing some of the usual face to face meetings, and adapting the AGM in a similar way.

Currently, I find myself reflecting on the year to date, both on what has been and what is yet to come.

The most troubling feature for me, has been witnessing the closure of two Learning Centres, and the loss of those members who, over the years, have been great supporters of their Centres, and of the Federation and its activities.

I am troubled that despite every encouragement, personal visits and discussions, during which numerous proposals to improve their situation were explored, efforts to prevent closure were to no avail. In neither instance was a lack of funds an issue.

I question, what else might we as a Federation, or I in my role as the Regional Representative, have done to halt the slide.

How well are we equipped to support any Centre struggling and talking of closure? What are the tell-tale signs?

Indeed, how well are we prepared to support the re-establishment of Learning Centres in those areas, sometime in the future, should the opportunity arise?

Harvey Porteous

Chairperson

SeniorNet Federation



From Heather's Desk

Welcome to the many new members we have recruited to our ranks this year. Thanks to a significant promotional campaign initiated by our sponsors AMI – many seniors have suddenly realised that we can't turn the clock back, and unless they embrace the online world it will be very hard to be part of our communities in future.

At the beginning of October I was fortunate to leave home for the first time since the lockdown (like many of you, I felt a nervousness about leaving my bubble) and was hosted by Regional Rep for our Northern area, Marilyn Goodwin, and the wonderful Bream Bay Learning Centre. Not only was the northern hospitality overwhelming, so was the learning, the hosting, and the views. Both Warkworth and Bream Bay are very active and resourceful Learning Centres with very enthusiastic team. The Regional Meeting was attended by members from all the Northern regional Learning Centres, and their active participation in the meeting was helpful to all.

Regards Heather

Executive Officer

SeniorNet Federation

2021 AGM Venue

Please pencil into your 2021 diary that the AGM and Symposium will be held in Dunedin in 5-6 May 2021. Symposium programme is being developed. Please contact me on heather@seniornet.co.nz if you need quotes or information for grant funding applications.

Online banking update – courses from Westpac



Our friends at Westpac have been working hard over the lockdown to help people to access their bank accounts online. It's a hard task if people are lacking in confidence, fearful of scams or rip offs and nervous about loss of control of their finances. This month we are jointly presenting 'Fraud Awareness Week' with Westpac. In November Westpac announced the termination of cheques by mid-year 2021 so SeniorNet is anticipating a demand for our membership services in the months to come.

Look out at your local Learning Centre for online banking workshops with Westpac.

New Sponsor – AMI



We are thrilled to be signing up a new sponsor this year with – AMI.

AMI handle around about half of New Zealanders insurance and about 200,000 of their customers are seniors.

Our new relationship sees us helping their customers to be able to conduct their insurance needs online and they are offering a free one-year membership to all AMI customers who wish to join a Learning Centre.

New Minister for Seniors



Hon Dr Ayesha Verrall has been appointed as the Minister for Seniors.

Her responsibilities include advocating for the interests and issues of older people, overseeing the implementation of the New Zealand Positive Ageing Strategy, and advocating for policies that protect older people's rights and interests.

In her former life, Ayesha was an Infectious Diseases Physician at Capital and Coast District Health Board and taught Microbiology to medical students.

We are looking forward to having an early conversation with the new Minister.

The Office for Seniors, a unit in the Ministry of Social Development, provides the administrative support for this portfolio.

Google Project update



If you are not living close to a SeniorNet Learning Centre, you will soon be able to participate in online learning thanks to the support of Google.

In this joint project we are trialling a new way of supporting seniors who live outside our Learning Centre locations.

Check out our website to find the locations of your nearest Learning Centres and register your interest in participating in our new venture if you are unable to find an existing learning centre near you.

In our pilot project we have invited Learning Centre members to become buddies or participants. If you have a 30-minute presentation/talk or discussion on a particular topic we invite you to submit your idea. We would love to share your presentation. Contact Heather@seniornet.co.nz

SeniorNet introduction of Retirement Commissioner Jane Wrightson



It's with great pleasure I introduce myself to SeniorNet members through this newsletter. I hope you and your friends and family have stayed well through COVID-19, and life is getting back to some form of normal.

I was previously at public media funding body NZ On Air, where I spent 12 years as chief executive. Diversity and inclusion were central to my work there, so I understand that New Zealanders come from many different backgrounds and have many different needs as they prepare for retirement. I'm looking forward to working with my team at the Commission for Financial Capability (CFFC) to help improve New Zealanders' retirement through information, advocacy and collaboration.

There are three main pillars to my role: advising the Government on retirement income policy (such as NZ Superannuation) so that the system serves New Zealanders in all their diversity; overseeing the regulatory framework of retirement villages, including dispute resolution and sorting out issues with the industry collaboratively; and helping New Zealanders become more financially capable so they arrive at retirement in good financial shape.

Ultimately our vision is that New Zealanders retire with confidence.

A month after I started work in this role we went into lockdown, so I had time at home in Wellington to think about what I wanted to prioritise. As a country, we are faced with an ageing population and we need the right policies in place across all of government to support each of us as we age. I've started work on actioning some of the recommendations from our [2019 Review of Retirement Income Policies](#), and we're rebooting the [National Strategy for Financial Capability](#) so that all the organisations within it feel connected, and work together better to help New Zealanders become more financially capable.

As you know, technology helps to connect not only organisations but also individuals, and it's vital that people of all ages have equitable access to it. Digital inclusion for seniors means all of us are able to access and obtain technology, can afford it, and receive training in how to use it. When so much of the world runs online these days, being confident in using technology will enable us to remain independent, be socially connected with friends, family and the services we need, and participate in society.

I'm very interested in learning how you are faring in this technological world, and how it might be improved for you.

Don't hesitate to contact me about this or any other issue via office@cffc.govt.nz

Live with better balance and be falls free

As part of ACCs 'Live Stronger for Longer' program we are trialing a free balance training app called NymbL.



Balance is about the body and mind

NymbL is based on 'dual tasking' which combines simple body movements with fun brain games, like trivia, to challenge both brain and body. Research shows us that balance is about body and mind, you need the strength to stop yourself from falling, but you also need your reflexes to sense and react quickly to help prevent a fall.

All you need is a smartphone or tablet

NymbL is used overseas by thousands of people wanting to improve their balance in the comfort of their own home, all you need is a smartphone or tablet. You don't need any special clothing, just wear your everyday clothing that you're comfortable and have flat shoes like trainers or running shoes.

Improve, test or maintain your balance – you choose

The daily routine takes just 10 minutes and you can choose to improve your balance, test or maintain it. The more you use it, the more it helps you progress, keeping you balanced but also challenged. Plus being able to do the simple body movements in the comfort of your own home makes you more likely to fit them into your day.

Consider NymbL as another option to keep you balanced and on your feet so you can continue to do the things you love. The trial is fully funded by ACC. Register to get NymbL free at www.fallsfree.co.nz

Live Stronger for Longer is brought to you by ACC, MOH and HQSC.

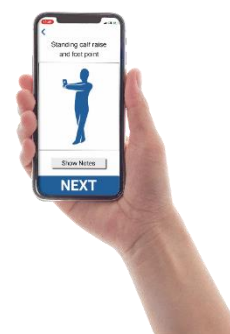
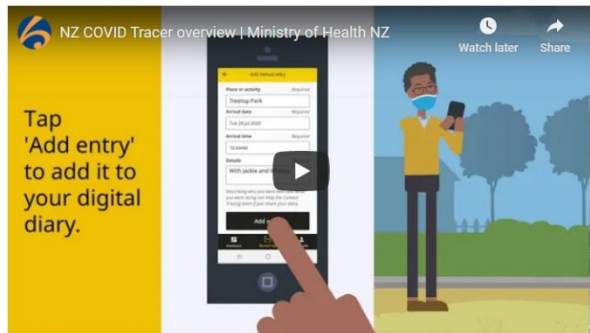


Image supplied by ACC's 'Live Stronger for Longer' programme

The NZ COVID Tracer app

As we write this Gizmoe, the government is considering making it compulsory to use the COVID App. You may need to help people around you to download and register for the App.

On the Ministry of Health website there is a useful YouTube video and Transcript which explains the process.



<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-resources-and-tools/nz-covid-tracer-app>

Sign up and register your details

The first time you open NZ COVID Tracer, you will be asked to enter your email address and create a password. You will then receive an email with a 6-digit code that will allow you to complete the sign-up process.

NZ COVID Tracer works with your phone's password manager, which means you can choose to save the password securely on your phone, so you don't have to remember it every time you log in.

Once you've signed-up to the app, you will be prompted to register your personal information and contact details. All registration information is optional, other than your email address.

Visit the Dashboard

Visit the Dashboard to:

- Keep track of where you've been (Record a visit).
- enable or disable contact alerts.
- update your details or address information.
- invite friends and whānau to download the app.
- access selected information and resources.
- register your interest in potential new features.

Create your digital diary

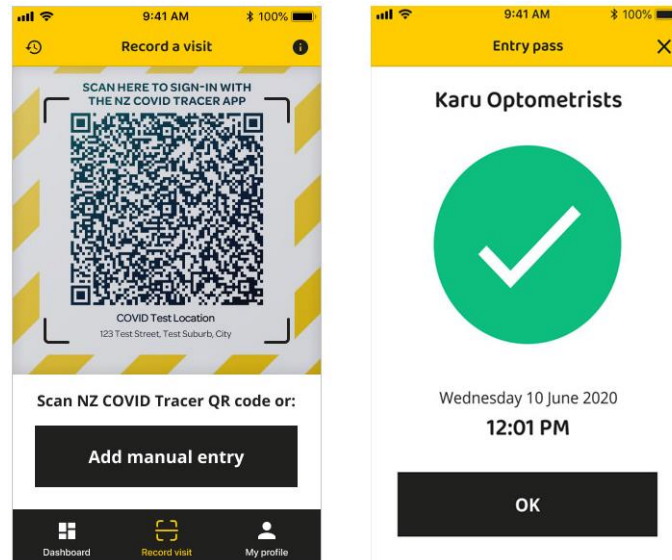
Use NZ COVID Tracer to create a digital diary of the locations you visit.

Select the '**Record a visit**' option if it isn't already selected. You can then either scan any Ministry of Health QR code or add a manual entry to your digital diary:

- **To scan a QR code**, simply point your camera at the code so it fits within the target area on the display of your phone. Your phone will vibrate, and a green tick will appear to show that you have successfully scanned the code. You can then choose to add any further important details such as who you were with or what you were doing. Then tap 'Done' to add the location to your digital diary.

- **To add a manual entry**, tap the ‘Add manual entry’ option and fill in the form on the next page. You can enter the place or activity, the arrival date and time, and any further important details.

Note: you can open the ‘Record a visit’ screen directly from the log in screen for the app. This may be helpful if you have been prompted to log back into the app but don’t have time to immediately look up or reset your password.



Viewing and editing your digital diary

You can view your digital diary at any time by tapping the icon on the top-left of the ‘Record a visit’ screen or by selecting 'View my diary' on the 'My profile' screen.

You can also edit or delete diary entries if you make a mistake or need to add some extra details. First, tap on the entry to see its details. Then tap either ‘Edit’ or ‘Delete entry’. If you choose to edit the entry:

- **For QR code entries**, you can add any details that might help with contact tracing, such as the names of the people you were with.
- **For manual entries**, you can also edit the place, activity, time and date information for the entry.

What happens if I have been in close contact with an infected person?

Once you are signed up for contact alerts, NZ COVID Tracer will let you know if you have checked into a location at the same time as a confirmed or probable case of COVID-19, so you can be on the watch for any symptoms and take appropriate steps to protect your friends and whānau.

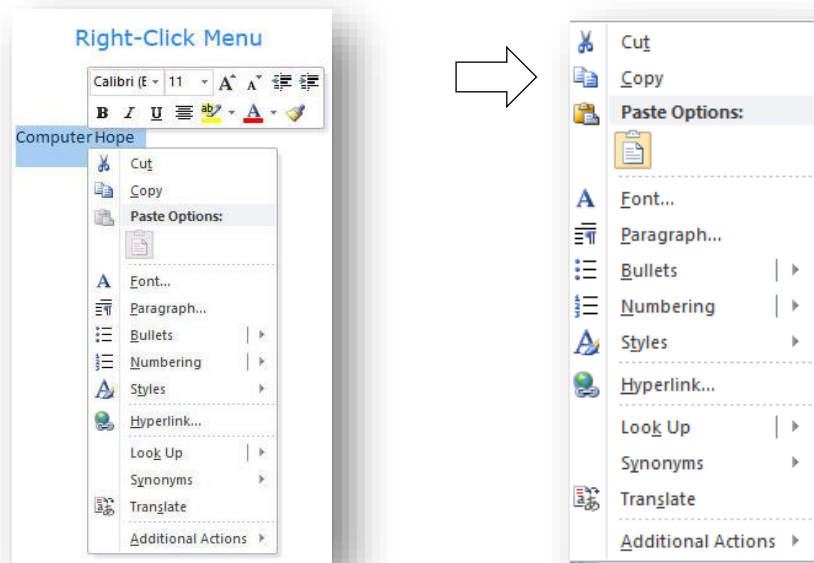
Contact alerts work through ‘push notifications’ to your phone. Notifications will include information about the locations and timeframes where people may have been exposed to COVID-19. If there is a match with the information stored in your digital diary, you’ll receive a contact alert. This does not involve transmitting any location information from your phone to the Ministry of Health.

From the Resources Team

Mouse Tricks

Use the right-click

Take full advantage of the right-click any time you highlight text or want to view the properties of an object. For example, if you highlight a file or text, you can right-click that highlighted item, copy it, and then right-click anywhere else to paste it.



Types of Right Click

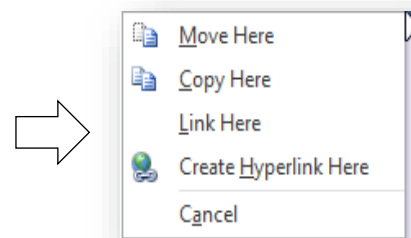
There are two types of right click.

- A fast Right Click
- A Slow Right Click.

The normal right click should just be a quick click on the button. This brings up the Right Click Menu as above.

However, if you are a bit slow with the right click may get a different menu.

So, if you can't get the copy and paste menu you are after then try giving the right key a quick tap instead of a slow press.



Select with double and triple click

Any word can be selected by double-clicking the word.

If you want to highlight the whole paragraph or sentence, click the mouse button three times on any word. Try it by clicking three times fast on any word in a paragraph.

The Many Things You Can Do with A Middle Click On Your Mouse



That wheel in the middle of your mouse is good for more than just scrolling — in fact, the button can do quite a bit. Here are some of the often-ignored shortcuts built into the middle mouse button.

If you're on a laptop and don't have a middle mouse button, you can still perform many of these actions. Many laptops will simulate a middle click if you press the left and right buttons simultaneously. Most of these things are also easily accessible from other places — they're just quicker if you have a middle mouse button.

Your browser — whether it's Firefox, Chrome, or Microsoft Edge — makes better use of the middle mouse button than anything else.

With it, you can:

- Close a tab by middle-clicking on the tab.
- Open a link in a new tab by middle-clicking on the link.
- Enable auto-scroll by middle-clicking on a web page.
- Zoom In and Out on a web page, word document, excel spreadsheet, etc. by holding down the Ctrl key and scrolling up to zoom in and down to zoom out.

The middle mouse button doesn't get nearly as much attention as its right and left brethren, but it's still a useful tool if you can remember what it does.

Hopefully, this gives that button a bit more play in your productivity routine.