

November/December 2019



# Gizmoe

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This is the sixth and final edition of *Gizmoe* in 2019.

*Gizmoe* will also be posted on [www.seniornet.co.nz](http://www.seniornet.co.nz) from 17<sup>th</sup> November 2019.

The Federation is pleased to announce the appointment of Heather Newell to the position of Executive Officer, my replacement. Heather will commence on 1 January; in the meantime, I will do my best to ensure Heather is provided with all information possible to make the transition as seamless as possible. There is a short article in this edition of *Gizmoe* to introduce Heather. I am sure Heather will be a fabulous Executive Officer for the Federation and that you will welcome her into the SeniorNet environment.

When I hand over the keys on the 31<sup>st</sup> December my long-time wingman (wingwoman!) Jude Mitchener will also leave SeniorNet. Jude has worked with me, part time, for approximately 12 years, providing Learning Centres with significant administration support whilst helping me with all those tricky office functions. Thanks, Jude, for all your hard work and for putting up with me!

I am sure many SeniorNet people are well honed experts at being retired, such skills I need training in so I would welcome any tips you may have on offer! The common phrase often mentioned is "I've never been busier – how did I find time to work". Blimey I was hoping to be less busy!

I take this opportunity to thank everyone involved in SeniorNet, a finer bunch of people could not be found elsewhere. The people I have met and the friends that I have made provided me with enthusiasm in 27 years of involvement. Keep up the great work you are doing in your communities to help your neighbours grasp the ongoing changes in technology so they too can participate in the age in which we live – the technology age.

Learn something new every day!  
Grant Sidaway Executive Officer



### **Introducing Your New Executive Officer**

I'm pleased to introduce you to Heather Newell our new Executive Officer from January. Heather tells me she is very excited about meeting as many of you as possible in the New Year. Heather has had previous experience in how technology can be used in the community sector, having been chair of Wellington ICT and on the committee of the Wellington 2020 Communications Trust for many years. Heather is a specialist in fundraising, and we are looking forward to her sharing her knowledge to ensure the sustainability of the SeniorNet movement. Until her official start date in January Heather has been getting to know the Upper Hutt SeniorNet group and learning about their challenges. Outside of working hours Heather is a city councillor in Upper Hutt and enjoys owning three horses with her son.



### **Extra Special Discount at Noel Leeming for SeniorNet Members**

A couple of times each year we are fortunate that our partner Noel Leeming can offer SeniorNet members an extra special discount. This time the offer commences on the 20<sup>th</sup> November through until 3<sup>rd</sup> December which of course is great timing for many of us to make purchases in time Christmas presents – either for yourselves or friends and family!

The discounts on offer for this period are quite spectacular and are over and above the normal discount SeniorNet members enjoy, so get into a Noel Leeming store and enjoy the savings.

To get the extra special discount you will need to print and present the flyer or show it on your device in store. Pricing is available in store only. Please remember to also present your SeniorNet ID card.



Click the link below to obtain the flyer:

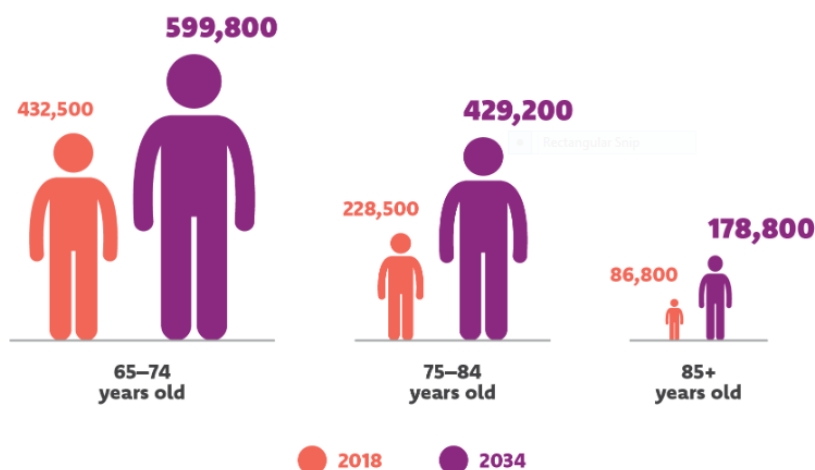
[Noel Leeming Extra Special Discount Flyer](#)

### **Better Later Life He Oranga Kaumatua**

The government has just launched its new strategy for making the future better for New Zealanders as we age, it is called Better Later Life.

By the year 2034 it is expected that approximately 1.2 million people living in New Zealand will be aged 65 and over which will be approximately 20% of our population, further to that nearly 180,000 people will be aged 85 and over.

This new strategy is positioned as taking a “fresh look” at preparing for the aging population and it is intended to serve as a guiding document from 2019 – 2034.



The SeniorNet Federation provided input to the strategy and it was pleasing to see that technology is featured in the final document.

Clearly our SeniorNet learning Centres are well placed to support significant elements for the Better Later Life strategy.

Please click the link below to find out more:

[Better Later Life document](#)

### **Vodafone TV. Your TV apps and channels are now all in one place!**

No longer do you have to go looking for your favourite shows – now they come to you.

Vodafone TV simply plugs into your TV giving you access to your favourite apps and free-to-air channels all in one place.

You can easily switch from your recorded shows, to your TV guide, to your TV apps and back again all within the same menu screen using the same remote. You can even choose to add Sky channels.

With features like 3day rewind and 500 hours of cloud recording, Vodafone TV is the only device you need for your TV.

### **Features**

- Works with **any** Unlimited Fibre Broadband connection from any provider - you don't have to be on Vodafone to get it!
- Takes less than 5 mins to get set up (can connect to your internet via Ethernet cable or Wifi)
- 3day rewind – watch shows that have aired up to 3 days ago. You can also restart a show from the beginning
- 500 hours of cloud recording – record as many channels as you like at the same time
- Comes loaded with all the free to air channels (1,2, three, Prime, Bravo, Duke, Maori TV , HGTV etc) and also your favourite TV apps – Netflix, YouTube, Lightbox, Neon, Play Stuff, with new apps coming all the time (e.g.: Amazon Prime is coming very soon).

- You can add or remove Sky channels at any time using a handy customer portal and your credit card. With no contract periods!
- 4K capable - providing 4x the quality of HD
- Comes with everything you need in the box (power, Ethernet cable, HDMI cable, remote, batteries)
- Costs \$179 as a one-off cost and there are **no on-going costs** after that (just the normal costs to any off the apps you may choose to subscribe to – e.g.: Netflix, Lightbox, Sky etc)
- Can buy it at any TV retailer (e.g.: Noel Leeming, The Warehouse, Harvey Norman etc) and also from Vodafone stores or on [Vodafone.co.nz](http://Vodafone.co.nz)
- Note: Spark sport isn't supported by VodafoneTV
- Makes a great Christmas gift for anyone who loves TV!



#### **Things to know**

- Vodafone TV requires an Unlimited Fibre Broadband connection
- Broadband connection can be with any provider
- Netflix, Sky and some channels and apps require additional subscription
- Content, features and functionality vary according to subscription types.
- \*3day rewind and recording available on 90% of the content and recordings stored for a limited time.
- Requires TV with HDMI input. see [vodafone.co.nz/tv](http://vodafone.co.nz/tv) for more info.

Vodafone TV works with **any** unlimited Fibre Broadband connection from **any** provider, you don't have to be with Vodafone. No on-going costs for free channels and apps. Netflix, Sky and some other channels and apps require a subscription.

## **Competition**

Here's how to go in the draw to **win Vodafone TV**

1. Correctly answer these two questions
  - a) Do customers need Vodafone Fibre to use Vodafone TV?
  - b) How many hours of recording can you get with Vodafone TV?
2. Send you answers to [grant@seniornet.co.nz](mailto:grant@seniornet.co.nz)
  - a) Make the subject title of your email: Vodafone TV Draw
  - b) Competition closes on Thursday 12<sup>th</sup> December 2019



### **The winner of the Photo Walk Competition is.....**

Pauline Woodcock from Bream Bay SeniorNet. Pauline entitled her photo "Around the edges".

As the winner Pauline has been sent a \$150 Noel Leeming gift voucher – well done Pauline.

I think we all agree Pauline's photo is simply magnificent.





### **The speed of your internet connection**

We recently installed fibre to our home in Brooklyn, Wellington. The installation went well, the Chorus Installer was on-time, efficient and we were given options on where to have the “box” installed.

The new Wi-Fi router was set-up in no time, so I rolled my sleeves up to give it a whirl! Well it did seem a bit faster, but not as fast as I had thought so I downloaded a speed test only to find it was operating at approximately 10% of what the advert said (900Mbps.).

## **Test Your Broadband Speed with [InternetSpeedTest.co.nz](https://www.InternetSpeedTest.co.nz)**

I made a call to my provider to enquire (polite way of saying rant!). Turns out that providers quote maximum speeds and that to get anywhere close to the maximum transfer speed I needed to be directly connected to the router by cable – not via Wi-Fi. It’s in the small print apparently!

Thinking Blah! I decided to investigate further as I didn’t want cables flopping about and we had got use to the convenience of Wi-Fi. Going back to cables seemed such a backward step.

It turns out that the new Wi-Fi router is “Duel Band” – no its not two orchestras playing at the same time, it is two different frequencies the wireless system can operate on, 2.4 GHz or 5.0 GHz.

### **Here’s the detail.**

5GHz provides faster data transfer rates at a shorter distance.

2.4GHz offers coverage for greater distances, but it will likely be slower

In most cases, the higher the frequency of a wireless signal, the shorter its range.

The biggest reason for this is that higher frequency signals cannot penetrate solid objects like walls and floors as well as lower frequency signals. So, the 2.4 GHz setting has a greater range than the 5 GHz frequency.

Higher frequencies allow faster transmission, also known as bandwidth. Therefore, the 5GHz with its higher bandwidth will provide much faster data connections than 2.4 GHz. So high-bandwidth applications such as streaming video will perform much smoother and faster with 5GHz.

There is a catch though. Many devices only use the 2.4 GHz frequency, and these devices are all attempting to use the same “radio space” which can cause overcrowding of the channels. The 5GHz band has 23 available channels for devices to use vs the 3 available on the 2.4 GHz band.

So, which should you choose, 2.4 GHz or 5 GHz?

- If faster speeds are most important to you, 5GHz is usually a better choice than 2.4 GHz.
- If the wireless range is more important to you, 2.4 GHz is usually a better choice than 5 GHz.
- If you have a lot of devices that use 2.4 GHz and you are experiencing interference or intermittent connection issues, then 5 GHz is probably a better option.



A dual band Wi-Fi router connection will display on your available network connections on your device. I had selected the 2.4GHz connection hence I got a slower speed. When I then selected the 5.0GHz option the transfer speed test showed much closer to 900Mbps though still not as fast as the direct cable connect – I was happy enough!

Here is a good place to test the speed of your internet: <http://www.internetspeedtest.co.nz/>

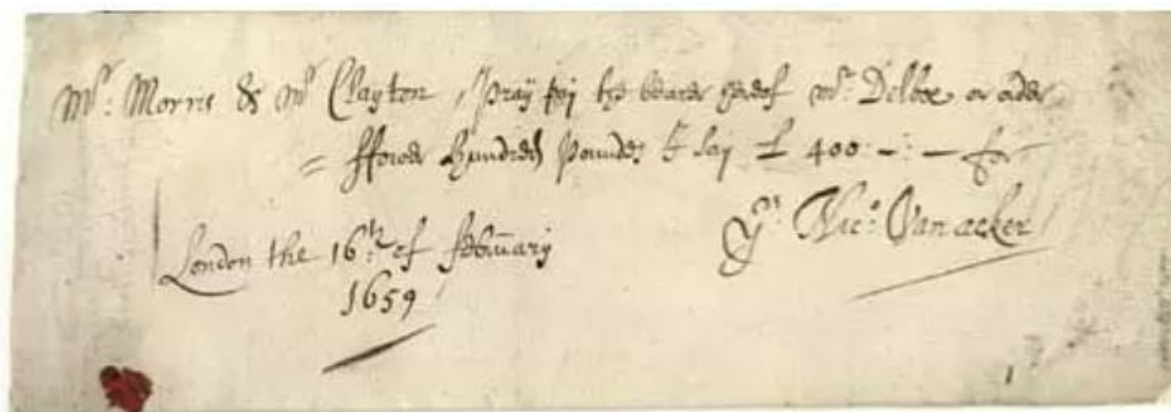
### **Checking out!**

It's been well announced that Kiwi Bank is going cheque-free from 28 February 2020. From this date, Kiwibank will no longer accept cheque deposits and will stop providing bank cheques. For many people this will represent a huge hurdle in paying bills and daily money transactions. Other banks are likely to follow Kiwibank, though they have been reticent on the matter to date.



Fortunately, the SeniorNet Federation has just signed another 12-month agreement with Westpac Bank which will help our Learning Centres team up with local Westpac branches to run internet banking workshops at our Learning Centres. We want to provide as much assistance as possible to help older people have the confidence to use internet banking and to give opportunity for them to be prepared for the day when cheques disappear from the landscape entirely.

If you or your friends have not experienced internet banking and would like to get better prepared for a cheque-less society then I give you full encouragement to take part in the Westpac/SeniorNet "Confidence with Internet Banking" workshops being run at our Learning Centres. You don't have to have an account at Westpac as the workshops are designed for people to learn how to use internet banking at all banks. We are grateful for the support of Westpac Bank to help us run these sessions in our Learning Centres.



Apparently the first Cheque issued was in England on 16 February 1659, it was for £400 written by Nicholas Vanacker. In 1717 the bank of England started to print the first cheques with the first known personalised cheques commencing in 1811. In 1990 cheque volumes peaked and every year thereafter the volumes declined.

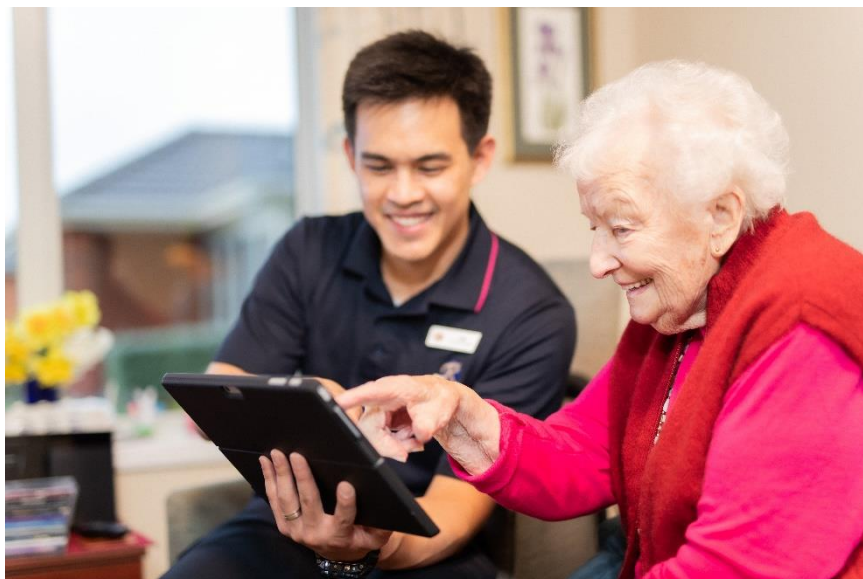
**Ryman Healthcare technology wins international award.**

Ryman Healthcare's three-year quest to build an app that eliminated paperwork and improved quality of life for residents has won a top international award.

myRyman won the top prize in the Innovation of the Year Residential Care Model category at the Asia Pacific Eldercare Innovation Awards in Singapore on May 15.

myRyman was a finalist in two other categories at the awards for the best innovations in aged care in the Asia Pacific region. The awards attract more than 200 entries from 17 countries.

The myRyman app runs on tablets in each of Ryman's 3,500 care rooms. It is intuitive and easy to use and means that nurses and care staff can update care records in the room with the resident, in real time.



Chief Executive Gordon MacLeod said the win was great recognition for a large team who had turned an idea into reality.

"It has been a massive team effort to build our own app from scratch and turn it into something that has made a real improvement to the care of our residents.

"Team members from across all of Ryman came to work on it – from IT and software development through to our clinical teams – and it was a stunning team effort.

"Not only has it done what it set out to do – get rid of paperwork – but the data we're collecting from it means we better understand care outcomes and allow us to lift our standards of care even higher.

myRyman started out as an idea back in 2015 when Chief Operations Officer Barbara Reynen-Rose went looking for an off-the-shelf electronic system for care in the United States but couldn't find one she liked.

The decision was taken to build Ryman's own version, and three years of hard work began.

myRyman was a revolution for care, Barbara said.

"When you've been used to filling out a lot of paper work all of your career it is a big thing to go electronic. But everyone involved in the pilot loved it because the team did a great job at making the app easy to understand.

"The hard thing is developing these apps in a way that is user-friendly and intuitive – and the team created something that everyone can use."



“It’s a bit like moving from a landline to using a smart phone. Once you’ve done it you never look back.”

Barbara said residents and their families could be assured that care plans were being read and updated and everything staff needed to be aware of was there.

Care staff no longer had to spend time at the nurses’ station entering what they’d written down.

“It’s all about people – improving care for our residents and making the job more satisfying for our care staff. No one signs up to sit behind a desk.”

Chief People and Technology Officer Nicole Forster said she was proud of the achievement.

Ryman Healthcare is a major partner with the SeniorNet Federation, they have just signed a two year sponsorship agreement with us after having a successful 12 month agreement in 2018/19. We are most grateful for the financial support which will help us run SeniorNet in New Zealand.

**SeniorNet is grateful for the support we receive from our sponsors:**

