

# Gizmoe



**A newsletter for members of SeniorNet Federation**

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## **Profile: - Marilyn Goodwin, Chair**

Marilyn Goodwin was elected chair following the retirement of Harvey Porteous who had served as regional representative for Central Region. Marilyn has been the Northern Regional Representative for two years with responsibility for managing our learning resources. An Upper Hutt old girl, Marilyn is now well ensconced in Warkworth and is a regular tutor there.



*Marilyn Goodwin with Vinay Karanam*

“My SeniorNet journey started just over 10 years ago as a student at SeniorNet Warkworth”, she says. “They were such a happy, friendly, helpful group of people that I decided to stay and became a volunteer. I am still a Tutor, mainly tutoring courses with Microsoft and Libre Office programs, Windows courses as they have changed over the years, and running the Westpac Banking workshops. Demand is such for these courses that I am kept busy with students most weeks throughout the year. We have a very good team of tutors here at Warkworth, and great students, so it’s like going for a day out when I go into the Centre. It’s also my job to keep the notes that I tutor up to date, which keeps me on my toes.

I am involved with administration as well at our Learning Centre, having been on the committee for 9 of the 10 years – originally treasurer and membership secretary for 5 years, and still involved with membership.

In 2019 I stood for the Northern Region Representative position on the Federation management committee, and this year graduated to chair of that committee. There are 8 regional representatives on the management committee, all there with one aim in mind – to see SeniorNet flourish into the future. We have been kept busy over the last 12 months assisting Heather Newell, the Executive Officer updating Federation policy documents. As you know, the IT world does not stand still, so anything to do with it needs to be

updated on a reasonably regular basis. The documents mostly relate to the management of the learning centres, so your committee will start to receive these updated documents over the next few months.

There are a number of challenges ahead for learning centres, not least having enough volunteers to keep them viable. Committee members – chair, secretary, treasurer, membership secretary, and communications, marketing, and resources etc. all need to be considered. The old saying ‘many hands make light work’ makes management of a learning centre easier for those few who sometimes seem to be trying to do everything. Sometimes those workers are getting older, and have perhaps found shouldering the load not quite so easy anymore – new volunteers offering to help can really make a difference. It’s not all about work! I personally found volunteering for SeniorNet helped me make a lot of new friends at the time when I first retired and had more time on my hands.

Tutoring is also a lot of fun. You do not need to know a lot before you start – a willingness to learn is what’s most needed. I have found that it’s very rare indeed not to learn something from the people I tutor. One of the catchphrases of SeniorNet is ‘Learning technology together’. Seniors helping seniors with their IT requirements, whether that be how to use a computer or mobile device or how to use different software apps. Getting help with technical aspects may all be offered by your local learning centre, and once you have learned it, it is a very short step to helping others learn as well.

That is my challenge to you: be prepared to share what you know with others, and you will never regret it!

## **New branding**

At the AGM in May, the Federation adopted an updated branding which was greeted with enthusiasm from the Federation Committee and the learning centres attending. The new font ‘Open Sans’ is a clean and modern sans-serif typeface and is especially designed for legibility across print, web, and mobile interfaces. The brand guidelines can be found on the Resources page on our website. There is no requirement for Learning Centres to rush to change their branding unless they would like to, however; if you are using a SeniorNet logo, please use the new one from now on.



## AudioCardio

These days there is an App for everything. Your hearing is no exception. With hearing aids being so costly and not all hearing difficulties solved by wearing hearing aids, shouldn't it be possible to reverse the deterioration and improve your hearing? We have sourced access to a tried and tested methodology that can improve your hearing: an audio workout, just like a cardio workout!

See below how to register for a free trial and you can listen to a SeniorHangouts recording explaining it all [on this link](#).

AudioCardio is a mobile app that assesses your hearing to generate a personalised and to you, an inaudible sound therapy designed to maintain and strengthen your hearing. You can think of it as "physical therapy for your hearing"

More than 78% of the participants in a Stanford University study had a significant change of more than double the volume within three weeks. The level of evidence, an indicator of reliability evaluation of the research, was evaluated as '1a', the highest level of Centre for Evidence-based Medicine classification by the University of Oxford.

We have negotiated a special benefit for SeniorNet members.

Scan the QR code to access a one year

FREE licence  
worth \$150,  
compliments of  
AudioCardio™



## Suzuki benefits



Thanks to some local promotions in the Otago region, Suzuki's on-road costs promotion has resulted in four new members for SeniorNet. One new recruit said the cost of the membership, versus the value of the benefits - over \$1000 for the on-road costs associated with a new car and the AMI membership fee paid - was an excellent reason to join SeniorNet.

The Suzuki offer for free on-road costs continues - see our website for details.

## Minister launches SeniorHangouts

The SeniorHangouts app was officially launched by Minister for Seniors Dr Ayesha Verrall at May's AGM in Dunedin. Dr Verrall joined us for lunch and had time to chat to members before her official speech. She commended us on our development of the SeniorHangouts app and our work in combatting digital exclusion.



*Incoming chair Marilyn Goodwin, Alice Clewes assistant to the Minister, Ross Young, Government Relations Manager, Google New Zealand, Minister for Seniors, Dr Ayesha Verrall, Heather Newell, Executive Officer SeniorNet Federation, Dr Vinay Karanam, Project Manager SeniorHangouts.*

## Stash the Cash

Just like SeniorNet, Westpac is keen to create some fun out of some serious technology topics. It is soon to launch a 'Stash the Cash' game suitable for all ages to play. The game will be made available to learning centres to inject a little fun into the serious business of online banking.



Financial scams cause New Zealanders to lose millions of dollars each year, so we want to help educate Kiwis to guard against financial crime. The educational game 'Stash the Cash' is a fun, family-friendly card game designed to help everyone in the fight against scams.

This is a [link to a short video](#) that you can share with your learning centres about the pending 'Stash the Cash' game.



## Kitcal - designed specifically for seniors

The “Kitcal” is simple to use and is remotely managed by a family using the free Kitcal Companion app. Stay socially connected to Mum or Grandma through messages, photos and videos, voice and video calling and the handy check-in feature.

“Mum is really enjoying Kitcal – lots of pictures being sent, responds to the messages and has learnt to request a call” – Steve (Mum, 88 years old)

Add the ability to personalise the tablet, send responses without a tricky keyboard and operate wi-fi free with monthly data subscription, and you have a tablet that really has answered the needs of seniors. Find out more at [www.kitcal.nz](http://www.kitcal.nz), [watch the video on this link](#) or buy yours today.

### Is there an age limit for membership?



*Norma and her friends*

On Monday, at the monthly members’ meeting of SeniorNet Motueka, we celebrated the coming 100th birthday of our oldest member, Norma Westrupp.

Norma joined SeniorNet 20 years ago when she was eighty years of age.

Over the years she has been a helper in the iPad and iPhone group and many of the courses run by the club, as well as serving for a while on the committee, and acting as a ‘buddy’ for newly joined members. She has

also spent many years assisting in the kitchen, serving tea and coffee at various classes and meetings and doing the washing up.

Towards the end of her active life in the club she sat at the front desk greeting members as they came to the monthly meetings.

At the age of 94, Norma moved from a Windows PC and bought herself an Apple iMac just so she could learn something new to keep her mind active. She is a great inspiration to all of us.

*Clive Dyson, Chair, SeniorNet Motueka*

## Chorus

We recently attended a community road show hosted by Chorus in Upper Hutt and realised that many of the public were asking questions about fibre installation and also were potential SeniorNet recruits. Chorus are now asking us to help with answering questions about fibre installation, what this means and what's required.

In discussions with Chorus, they have offered to come on board as a supporter and in return, the Federation Office will answer any telephone queries and direct people to their local learning centre.

Our first job was to assist Chorus with a community technology challenge called "Challenge Accepted". Our very own tutor Shane Boyle from Otago volunteered to participate and was the friendly face of SeniorNet.

### Chorus - Challenge Accepted

In this multi-part web series called "Challenge Accepted", Chorus partnered with MediaWorks' Newshub to persuade technophobic or sceptic Kiwis to overcome their technology fears and experience the extraordinary benefits it offers in 2021.

According to BNZ's Digital Skills report, approximately 700,000 adult Kiwis lack the essential know-how to use the internet safely and effectively.

Kiwis like Georgie and Ted Grant from Mosgiel, both in their early 70's and who by their own admission, have 'very limited' engagement when it comes to online life.

Chorus challenged Ted and Georgie to put on an evening for their family, with one cooking and one providing the entertainment. To give them a leg up into the online world, Chorus provided Ted and Georgie with ultra-fast fibre, New Zealand's reliable and speediest broadband, along with some brand-new devices and the support of our own Shane Boyle from SeniorNet Otago.



Shane recalls, *"It was a full-on day from 11:30 – 4:45 PM. We had a few "challenges" with the challenges, mostly with forgotten passwords! I was a bit nervous before it started but it came right pretty quickly once it started. It was all unscripted, so I had to make up some stuff on the fly which was at times rather*

*difficult. Ted and Georgie were a great couple, but at times were a little overwhelmed with it all. The film crew were really happy with the day's filming when they had finished which was great. They thought we had done well with showcasing Chorus in the challenges. They have 4-5 hours of material for a 5-minute YouTube slot so there should be plenty of footage. All in all, it was quite a surreal experience and very tiring but I believe I showed SeniorNet in a positive light."*

According to Chorus Consumer Marketing Lead Kate Murchison, helping people overcome their technophobia, or improve in any other kind of area, is really about helping them to help themselves.

"If you've ever tried to help a family member with their devices, you often get a bit frustrated after a while and you end up just doing it for them, which doesn't help them learn," she said.

"And so what we tried to do is highlight the fact that there's a bunch of organisations and support available."

Organisations like SeniorNet, who provide older Kiwis with a helping hand in learning tech basics and helped Chorus to make sure Ted and Georgie's night went off without a hitch.

Shane Boyle says the good-natured frustration we can feel when teaching older friends and whanau how to use their tech is understandable, but counterproductive.

"Seniors typically come along to us and say, 'I'm dumb, I don't understand this stuff'. But they're not. You just have to start at the basics and give them a step by step approach."

You can follow Ted and Georgie's journey by heading to the [Chorus YouTube channel](#). Or visit [chorus.co.nz/digital-support-directory](https://chorus.co.nz/digital-support-directory) to find a list of digital support resources available to help get you started.

## **111 emergency services – Vulnerable Consumer Register**

Without a landline, what happens to customers when the power goes off?

If you or someone in your family relies on a Fibre or wireless landline for health, disability or safety reasons and you don't have a mobile phone or any other way of calling 111 in the event of a power cut, you can apply to be on Spark's Vulnerable Consumer Register.

If you do have a mobile phone, you will need to ensure it has enough battery power during a power cut. Keep it charged. Alternatively, you may source an Uninterrupted Power Supply device (USP), which will keep you connected for a

short period few minutes. If you are reliant on your landline, then Spark will give you a way to call 111 in the event of a power cut, at no expense to you.

If you or a family member is vulnerable, call 126 to be listed on the register or go to [spark.co.nz/vulnerable](https://spark.co.nz/vulnerable).

## What are they saying about us?

We have recently featured in Google's NZ Community Engagement Report 2020 (Helping All Kiwis Thrive in a Digital World) as a case study. Google contacted us during the first pandemic lockdown in 2020 and offered to support us to develop an online virtual learning centre which you now know as SeniorHangouts. We have developed a wonderful relationship with Google representatives here and in Australia and we are thrilled to be featured in their report.

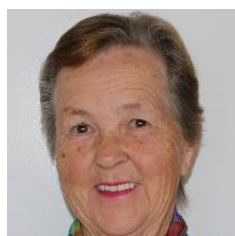
Here is a [link to that report](#) and foreword by Ross Young.



**Ross Young**  
Head of Government Affairs and  
Public Policy, Google New Zealand

## How do we share our resources?

SeniorNet is often asked about our resources. What resources do we have, how do we keep them updated, do we share them and where do we keep them?



Nancy Edge, a founding member of Bream Bay SeniorNet, is our current Resource Portfolio Chair.

Nancy reports that recently the resources pages on the website have been updated. The new look listing is divided into groups and searchable by key word. Each item includes a brief indication of the contents, name of the submitter, and date it was added. Also recorded are the number of views indicating how many people have looked at an item. Each learning centre has access through the Federation's website logon and password to download the material. The majority of the items are in an



editable form such as MS Word or Apple Pages for example. The resources are only available to our learning centres.

This is a valuable resource for smaller learning centres with limited volunteers and time to help them not only gain new skills, but add new training opportunities for their members.

## A Safe Way to Install Applications in Windows.

### Thanks to Doug Turner, Glenfield Learning Centre

The application “Ninite” is an easy-to-use online service that allows users to install and update single or multiple applications to a Windows computer. The applications are open source and hence no payment is made, but the applications on offer are often alternatives to high cost proprietary applications.



The website displays the available software in organised groups. The display allows the user to select all the applications required.

Go to the Ninite website: <http://ninite.com>.

Select all the applications you would like to install.

The screenshot shows the Ninite website interface. On the left, a window titled "Ninite" displays the installation progress for various applications. A progress bar is visible for "Installing Dropbox...". Below the progress bar is a table with columns for "Application" and "Status".

Application	Status
Chrome	Skipped (up to date)
Skype	OK
Spotify	OK
Dropbox	Installing
LibreOffice	Downloading
Malwarebytes	Waiting to download

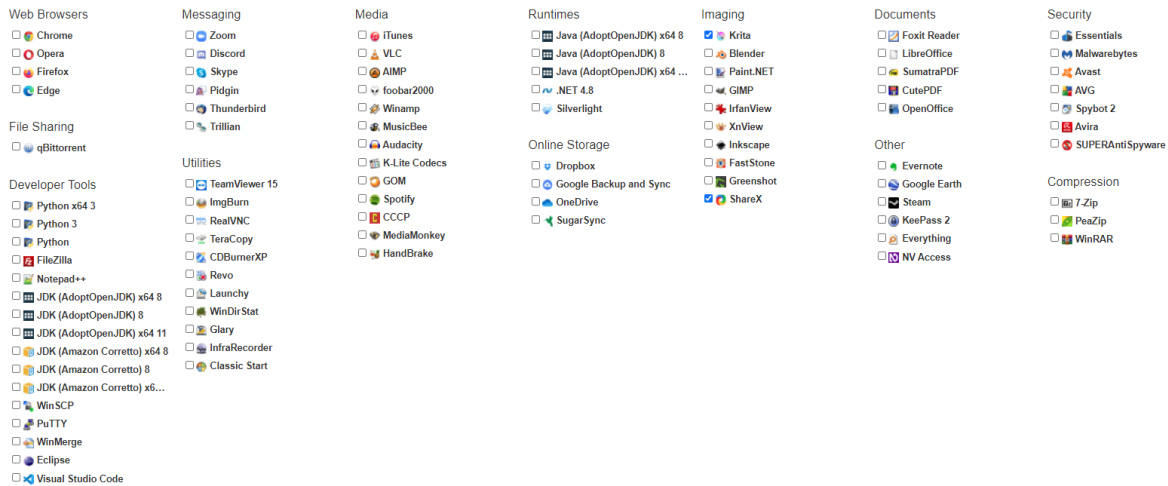
On the right side of the screenshot, there are three columns of text. The first column is titled "Always Up-to-date" and lists updates for Thunderbird, Visual Studio Code, Firefox, NVDA, and Spotify. The second column is titled "Trusted by Millions" and contains testimonials from PCWorld, The Christian Science Monitor, and Lifehacker.

When the selection is made, a click on “Get Your Ninite” starts an application called the Ninite (App) Installer. This might have to be saved and then once saved it has to be run and the link is usually shown on the current screen.

You will have to approve the User Account Control and the installer takes over. Applications are installed from their respective websites, ensuring that you receive the latest official versions.

Any adware that is optional on downloading is ignored and blocked by Ninite, using the option to deselect the adware or suspicious extensions during the installation process.

## 1. Pick the apps you want



## 2. Download and run your custom installer/updater

[Get Your Ninite](#)

Ninite also applies any software updates in a timely and efficient manner; no more updating installed programs one at a time. It is only the free applications that are available to install via Ninite, but it's worth checking out to see if any meet your needs.

Select **Get your Ninite** to download a customized installer.

Once your applications are installed, Ninite can be set to automatically update your installed applications at regular intervals as long as you have an internet connection. Thus, making sure that your system's applications are always the latest available version without you having to make any effort at all.

Ninite installers, regardless of when or where they were created:

- Say "No" to toolbars or other junk
- Always install the latest version of an app
- Install the right 32-bit or 64-bit version for a PC
- Install apps in the PC's language
- Skip apps that are already up-to-date
- Upgrade an app if it's out of date

If your computer is running Windows S this system is not required, as all applications that you install can only come through the App Store.