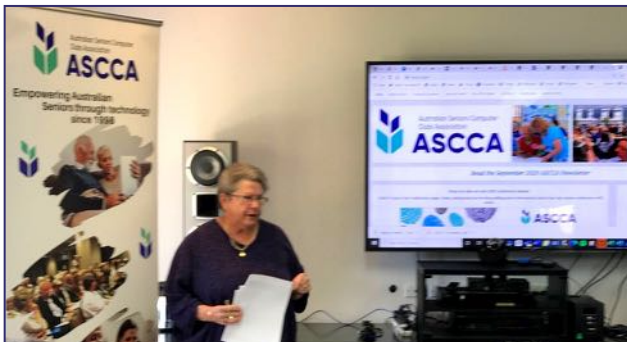




To use, peruse, amuse and enthuse

Health My Way

Health My Way is a Good Things Foundation program supported by the Australian Digital Health Agency.



Health My Way is a national digital health literacy program delivered by community organisations to support people aged over 18 years to gain essential skills and confidence in managing their health and wellbeing online.

An estimated 4 million people in Australia have limited digital skills and interest, but 22 million Australians now have an online summary of their health information on My Health Record.



ASCCA SWADE WA Lead Digital Mentors Jennifer Willcox and Natika Hawes-Wright are currently delivering workshops in Walpole and Kununurra respectively in the first roll out of the program.

This coming week will see the official launch of the Health My Way portal, making for greater ease of understanding the various



facets that go to assisting you to be involved in your own health and wellbeing.



ASCCA's SWADE WA and SWADE NT will celebrate Get on Line Week a little differently this year, by hosting virtual morning teas in WA on 21st October and NT on 22nd October. Natika, Ursula, Linda and Jenny will be in attendance to meet and greet the participants.

Thanks to Australia Post supplies of Twinings tea bags and Arnotts Tim Tams are on their way to all registered participants—Chocolate Chip Cookies to NT due to the melting factor! Sharing is caring and this will be a

wonderful opportunity to share stories where the benefits of getting on line have never been more relevant than at present, converse with participants across a huge geographical area and enjoy a cuppa together in what promise to be very social events.

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SOME MORE CONFERENCE SPEAKERS

Dr Kathryn L. Braun is a professor of public health and social work and the Barbara Cox Anthony Endowed Chair in Aging at the University of Hawai'i. She is an investigator on several federally funded grants to advance the health of indigenous and minority peoples. She also serves as the President of the Active Aging Consortium Asia-Pacific, a group of like-minded gerontologists across the region. For more information, visit <http://manoa.hawaii.edu/publichealth/directory/kathryn-braun> or email her at kbraun@hawaii.edu.

Social “Un-distancing” and humour via the Internet

While COVID-19 has required us to physically distance from each other, the Internet has become a lifeline for social un-distancing and sharing humour. As an older adult myself, I will share ways the pandemic has increased my digital literacy and has provided fertile grounds for humour. Sending cartoons and arranging “quarantinis” has deepened my relationships with friends near and far. Webinar technology has expanded my abilities to reach students and to share information and humour among colleagues in our Active Aging Consortium Asia Pacific. Join this session for insights and laughs!



Alex Zaharov-Reutt is an award-winning Australian technology journalist, whose father purchased him his first computer when he was four and a half years old in 1979. Since that time, Alex has been a very enthusiastic user of technology and regularly teaches everyone he knows about the benefits of tech. Alex appears on TV, radio, print and the web as a tech journalist. He is the Technology Editor of iTWire.com. He is a Director on the ASCCA Board

TecTop tech tips for your iPhone, iPad, Apple Watch and Androids

There are some great tips for better usage of your iPhone, iPad, Apple Watch and Androids that I share with people, and they're often blown away that they didn't know. Alex will share these tips and advice and will show you about some amazing new technologies.



At our November conference we have invited [Australian Traveller Magazine's](#) founder and editor Quentin Long to talk about what has changed in travel in the last six months and to entice us with some tantalising holiday ideas to start planning for.

Can you travel during a pandemic?

The answer is Yes! But travel has certainly changed in the last year. It's no mystery that overseas travel is out of the question. However, doesn't Australia have a lot to offer to the traveller? Quentin Long is the co-founder of Australian Traveller Media, Australia's largest independent travel media company. Quentin is a sought-after travel media commentator. He is Australia's most trusted source for travel news and insights, having held weekly radio segments across the country since 2006, and regularly appearing on Channel 9's Today and A Current Affair programs from 2010.



On 10 November Quentin will talk to us about – What changed in travel in 2020 and what did it mean for seniors? What are some of the great travel options now? And, what are do we need to think about in terms of travel in the COVID world and where can we go to keep ourselves informed?

Conference Housekeeping

Sam Isaacs will join the start of the conference to provide some housekeeping information. As we are enjoying the conference online this year housekeeping will be less about the layout of the conference centre and where the fire exits are and more about tips for enjoying the day and what to do if you have technical issues. Sam is a relatively new member of the ASCCA board, having only joined in February 2020. Sam joined the ASCCA Board as she has a passion for seeing technology embraced and adapted to fit people's lives and not the other way around. When ASCCA had to make the hard decision to move the 2020 conference online Sam put her hand up to be conference convenor.



A GREAT LEARNING OPPORTUNITY



Manly Computer Pals has installed a glass show-case in its Clubroom. Who hasn't noticed the proliferation of smart home devices in any number of stores and all at affordable prices? Who has only dreamt of enjoying the luxury of a home assistant? The smart home devices showcased are for demonstration purposes. Demos using these smart home devices are a way of introduction to members many items that are available and to help them to become a little more tech savvy before personal purchases. It is a great learning opportunity.

With the introduction of sessions and tutorials on the use of smart home devices Manly Club members have a new learning opportunity. There is an interesting list of devices readily available, easy to use and economical for family use.

Malcolm Raymond, MCP technical engineer consultant and Judy Elias, President MCP, won a Northern Beaches Council grant to demonstrate smart home devices.

A series of reference tutorials for all members has been compiled by Malcolm and made available on Manly Computer Pals YouTube channel for viewing after each session.

While the choices of technology out there can sometimes feel overwhelming it's clubs like Manly Computer Pals that are making it easier to 'try before you buy' and get a better idea of what a device or gadget can do for you.

In the weeks leading up to the conference the ASCCA team will be adding news stories to their conference website highlighting the many ways that our speakers, sponsors, partners, clubs and members have used technology to 'live their best online life'. So stay tuned and keep visiting the 2020 [conference page here](#) to get hints, tips and inspiration OR make sure that you buy a ticket for \$15 and hear from the experts on the day.

Keeping the grandkids safe online: a how-to guide for grandparents

The eSafety Commissioner has released a guide to help grandparents teach their grandchildren about online safety, as part of the Be Connected program. The guide, *Online safety for grandparents and carers*, comes as research reveals about a quarter of older Australians provide regular care for grandchildren, spending 12 hours per week on average with their grandchildren.



eSafety Commissioner, Julie Inman Grant, said grandparents played a crucial role caring for children in families but many did not have the knowledge or confidence to keep them safe online.

"We also know grandparents love to spoil their grandkids but that doesn't mean they need to be permissive – or lack knowledge - when it comes to online safety. More than half of people aged over 70 have low to no digital literacy," she said. "And with 81% of parents giving their preschooler access to an internet-enabled device, there is a real need for a resource to help for grandparents upskill in online safety."

Younger grandparents can also benefit from using the guide. Latest research from eSafety shows Australians aged 50 to 65 are less confident using online technology than those aged 18 to 34. They are also less confident managing online safety issues, such as knowing where to report a negative online incident (33% compared to 54%).

The guide will inform grandparents and carers on a range of issues such as online footprints, cyberbullying and the pressures of social media. It provides guidance on matters such as how to set up devices securely, share time online with grandchildren, and teach grandchildren when to ask for help.

Visit eSafety to download or order a copy of *Online safety for grandparents and carers*. esafety.gov.au/grandparents. Older Australians can also find a host of other engaging courses, online presentations and information to help them connect safely online on the **Be Connected** website <https://beconnected.esafety.gov.au/>. The **Be Connected** program is an Australian government initiative committed to improving the online confidence, skills and safety of older Australians.

Notice of Annual General Meeting

The nineteenth Annual General Meeting of voting Members of the
Australian Seniors Computer Clubs Association, ASCCA,
will be held virtually on

Tuesday, 10th November 2020 at 3.30pm AEDST

Vidyo Connect link details will be emailed directly to those who register to attend



Annual Reports
Election of Board Members
Winners of Digital Photography Competition will be announced

*If you plan to attend only the AGM you will need to register but the ticket will be free.
Go to **Registration and Payment** on the Conference website, then click **Get Ticket**,
then select **AGM & Photo Comp** and follow the instructions. Admission available after 3.00pm.*

If you have purchased a ticket to attend the Conference it will also be valid for the AGM.

Yoga at a conference? Yes! You got that right!

In the past six months we all have to admit we haven't 'gotten out' as much as we used to. We all know we have to keep moving, even a little bit, to keep the joints oiled and muscles limbered up. A little walk is good, gardening is great, but have you thought about online yoga classes?

Online yoga isn't a new thing, but it has certainly grown in popularity during the pandemic. The real question we all ask ourselves is – is it too late to take it up? Our conference is going to offer a 'taster' of a yoga session designed for seniors so that you can get a feel for it if this might be something for you.

Here are a couple of reasons why you should think about joining an online yoga class, or if you are lucky enough, one in person.

Seniors' yoga is designed to use a range of moves that takes into account the over sixty body. But that doesn't mean it is any less effective. It just means it will consider range of movement and provide suggestions on how to adapt it to your physical needs.



Stretching is great for maintaining muscle mass and bone density.

Going to a class online means you can do it in the comfort of your lounge room, rumpus room, or back yard.

Yoga is renowned for giving people a mental health boost. Most yoga isn't really 'Ohm's' and deep meditation. Just getting the blood flow moving releases dopamine's and encourages positive thoughts.

So, in this year of giving new things a go, have you thought of trying a yoga class?

An online Yoga session will be delivered during the Conference lunch break at noon on Tuesday 10th November. Pop in and test it out!

ASCCA's Sydney Office is currently closed to the Public and the phone has been diverted to Staff who are working from home, so your call will continue to be dealt with promptly.



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