



BITS AND BYTES

**ANGLICARE RETIREMENT VILLAGES
COMPUTER CLUB
NEWSLETTER - FEBRUARY 2023**



BACK TO THE FUTURE!

WELCOME TO OUR MONTHLY NEWSLETTERS for 2023

I recently watched an old ABC video broadcast from 1974. The interviewer and a 'computer expert' stood by a computer taking up half a room.

'In the very near future', the interviewer was told, '**all our homes will fit a computer on a desk table smaller than a TV set**'.

'What sort of life will it be with the computer?' the interviewer asked. 'It will enrich all our lives because people will live anywhere in the world and use the computer to work.'

Now here in 2023, we see most of the major corporations in Australia entering into 4-day week trials and many workers choosing to have REMOTE or HYBRID employment.

So what can we older Australians now do to enrich our lives, using a computer or other digital device?

- ◆ Online shopping
- ◆ Checking emails from family/friends
- ◆ Online banking
- ◆ Research
- ◆ Watch a movie
- ◆ Listen to music/concerts
- ◆ Read the news
- ◆ Call family/friends
- ◆ Check the weather
- ◆ Use social media websites
- ◆ Take an online class

- ◆ Pay bills
- ◆ Book a vacation
- ◆ Travel to other lands
- ◆ Fill in your tax
- ◆ Listen to a speaker
- ◆ Read a book/listen to a podcast
- ◆ Check test results
- ◆ Attend a telehealth appointment.
- ◆ Schedule a doctors visit
- ◆ Buy entertainment tickets
- ◆ Take photos
- ◆ Schedule transport action

The digital world is exciting but like all new frontiers (as per the 4 day week), we have to negotiate our way safely. As the expert predicted in the 1974 video, the digital world has enriched our lives; improved the quality of life so much it is impossible to think of a world without it!

Our Computer Club aims to help members improve their lives by using digital devices and computers. We work alongside the Federal Govs BE CONNECTED PROGRAMS (over 100) & GOOD THINGS LEARNING which does not require a personal log in. **In discussion with our Techmates or Technicians you decide on your focus and your digital needs. Book in** for a 1 hour session. Research has shown older adults learn better in a one-to-one situation rather than a course of several people. We are ready for you. We hope you are ready to BOOK in & receive help from our wonderful volunteers.

What is your digital goal for 2023?



YOUR DIGITAL PRACTISE ACTIVITY

Activity 15 of 15

Find a phone number

Use Google to search for a business you know in your area. You may need to type in the name and suburb to find the right one. Open their website and find their phone number.

+

Save the number to your phone so you can find it again quickly.

Learn more good things you can do online
learning.goodthingsfoundation.org.au

Multifactor-authentication

Scan (MFA) Watch

Since has been on all our minds. If you've been wondering how to protect your confidential information online from people who aren't authorised to see it, a **good method is multi-factor authentication.**

What is MFA?

It sounds complicated, but the concept is fairly simple. Instead of typing in one password to open your important online accounts, you need extra things or 'factors', to confirm it's really you!

Whether you call it multi-factor authentication, MFA, two-factor authentication or 2FA, it helps to prevent access by cybercriminals— even if they have your password. Having your password stolen is one of the biggest threats to someone being able to hack into your accounts.

*(Don't have your passwords accessible on your **lost phone!**)*

A simple Trojan horse email or leaving your password written down on your desk, or even saved in your computer, can leave your personal details wide open to attack.

Multi-factor authentication is a sure way to keep your secrets safe.

Where and how would I use multi-factor authentication?

MFA can be used to secure accounts from email and banking to Facebook and Instagram.

Sometimes you set it up yourself, other times such as **myGov**, or **your bank** it's required by the account provider.

If you are confused by MFA or want help in setting it up, phone 88531810 for an appointment to have a Techmate or Technician come and assist you.

To sign in to **myGov** you'll be asked to enter your username, password and then either a code or it will be sent by SMS to your phone. When the tech giant Google enrolled 150-million users into two-factor authentication at the end of 2021, it coincided with a reduction of 50% in compromised accounts. It makes sense to protect yourself this way.



**ARVCC President's Report
December 22/January 23**

***ARVCC Volunteer Grant**

Online grant application for \$5000 lodged
Dec 2/22 with Federal Govt Grants Hub

***Receptionists Needed**

Advert placed with Anglicare Volunteers
Dept & Friday Night Updates

***Techmates**

New Techmates Caitlan and Elsie
Another 2 in reserve

***Lober House Storeroom**

ARVCC now has access to a new store
room in Lober House

***New ARVCC IP (Internet Profile)**

Phone & Extensions delivered & installed

TED TALKS

**for members to enjoy at their
own leisure/in their own time.**

TED is a non-profit organisation devoted to spreading ideas, usually in the form of short, sharp talks (18 mins or less). TED began in 1984 and fuels our need to become educated and connected, often about an issue or problem we know little about. Each month we will be indicating a specific TED talk we feel may interest our members.

We recommend you grab a cuppa, find your favourite chair, grab your laptop, ipad, sit at your computer, or even use your iphone and enjoy 18 mins or so of stimulation and interest.



Mowll: Barbara Spencer, Bev Gibbeson, Pamela Farmer, Peter Salter.

Hopetoun: Marilyn Stokes.

Warrina: Margaret Parris, Ken Drummond, Madelaine Howell

Glenhaven Green: Lesley Pope

**Our *recommended*
TED TALK for February**

**How your memory works and
why forgetting is totally OK.**

Have you ever misplaced something you were just holding? Completely blanked on a famous actor's name?

Neuroscientist Lisa Genova digs into two types of memory failures we regularly experience...and reassures us that forgetting is totally normal. A conversation with TED science curator David Biello, describes the difference between common moments of forgetting and possible signs of Alzheimer's we learn what you can do to keep your brain healthy and your memory sharp. **Duration** 22:25

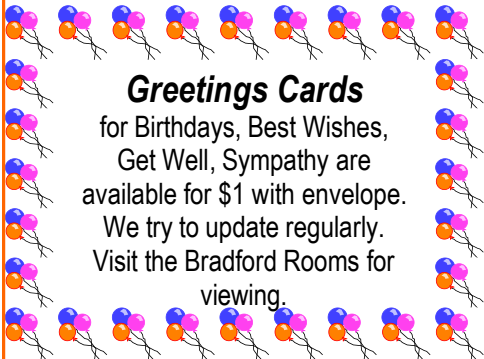
Click the link below

<https://youtu.be/lrx0tC92fdE>



THANK YOU

to Club members who send us emails, cards or visit our Bradford Rooms to express thanks and appreciation for various Club efforts, activities and happenings. We appreciate your commendations and visibly share with members on our reception notice board.



Greetings Cards

for Birthdays, Best Wishes, Get Well, Sympathy are available for \$1 with envelope. We try to update regularly. Visit the Bradford Rooms for viewing.

2023 CALENDARS

4 still available !

If you didn't order last year or fell short of the number you required, here is your chance to purchase the last of our batch.

\$18.00 — a bargain!

(as you would have missed January).



**Unit #7 5 Hudson Ave
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 to our Club for pickup. Payment is to be made to Cartridge World at time of ordering.

Phone: 9659 5366

VILLAGE REPRESENTATIVES

Mowll

Neil Davidson (President & Virtual Speakers)
Trevor Arnett (Village Rep)
Geoff Litchfield (Membership)

Warrina

Lynton Bradford (Vice President)
Melanie Rankine (Sec)
Clare Hamilton (Training)
Rod Roberts (Welfare)
Chris Keay (Village Rep)

Nullfield

Elizabeth Pedersen (Treasurer)
John Gaffey (Genealogy)

Hopetoun

Jeanette Westley (Village Rep)
June Murray (Village Rep)

Glenhaven Green

Jan Andrews (Village Rep)

**Bradford Rooms
Ground Floor, Lober House.**

Phone 8853-1810

e-mail: computer.club@anglicare.org.au

Visit us on our website: avrcc.org

The Club is OPEN -

Tuesdays 9.00-12.00 noon

Thursdays 9.00-12.00 noon

For technical help please phone for an appointment

**For sales of
Cards, badges & other
items just
come in.**



Editor: Marilyn Davidson

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