



SWITCHED - ON SENIORS

Email : contact@computerpals.org.au

President

Barry Keen



Dates to Remember

Next morning tea
Monday 16th
September

AI Webinar
Thursday 12th
September

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PRESIDENT’S REPORT – August 2024

Hi everyone
 We held our Annual General Meeting at Cardiff RSL Club on Friday 23 August.
 No new nominations for Committee positions were received. All past Committee and Executive were available for re-election. Returning Officer, Marjorie Stanton declared all positions filled for the coming year 2024-2025 without change.
 President Barry responded thanking Marjorie for her role as Returning Officer and welcomed the new committee for 2024-25:

President: Barry Keen
 Secretary: Wendy Smith
 Treasurer: Grahame King
 Vice-President: Jackie Lampe
 Committee members: Brenton Elsey, Mitzi Gordon, Denise Hayes, Ray Hinton, Carolyn Keane, Sandra Keen, Fred Neal, Margie Olsen, Merv Pope, Carmel Smith, Lindsay Threadgate, Judy Wallace.
 Wendy Smith was appointed for another term as Public Officer
 Keith Hole was appointed as auditor for 2025

A motion was moved/seconded and passed confirming present Membership fee of \$25 and current class fees \$5 per 1½ hours and \$15 per hour home visit. Treasurer Grahame reported that as at 30/6/2024 the club had total funds of \$32,499.78



This Thursday 12th September there is a webinar on Artificial Intelligence. See Member Info page for details. The usual Special Interest Group meeting has been cancelled for you to attend this webinar. As AI is going to invade all aspects of our lives, it is important to get an understanding of what it means. **All are welcome** to attend the webinar. This will add a lot to the introduction to AI in the last newsletter.

Members Morning Tea is on Monday 16th September. The speaker will be Scott Holding—Driving School Owner and Instructor who will enlighten us on the driving tests for senior drivers.

Get Online Week Starts Monday 14th October
 The speaker from Newcastle Permanent Bank will present at our Get Online Event on Monday 14th October. Stay tuned.

I hope to see you at these events. Barry Keen (President)

Contact Us



To contact the Roster Team or the Treasurer

regarding class rosters or payments use:

islingtonpals@gmail.com

Committee

Carolyn Keane



Wendy Smith
Secretary

Mervyn Pope



Brenton Eley
Social

Margie Olsen



Member Information

Membership is now due

Payment Details:

Our bank account details are

Account Name **Computerpals**

BSB **650 000** (Newcastle Permanent Building Society)

Account **962205402**

in the reference section put your SURNAME and INITIAL, plus Membership (for membership payment)

Remember: *please book in for the classes you want to attend..*

Note: BeConnected classes are free, but afternoon Assistance classes on Mondays are not (cost \$5 per 1½ hours) and are available only to ComputerPals financial members. Don't just drop in—we are restricted to the booked in numbers we can help.

How do I book in: **Phone: 0478 219 220** leave your name & phone number and the reason for your call— someone will get back to you.

See [club website](#) for more information

Memorypals, Writerpals and Digipals have now combined meetings on the 2nd Thursday each month at 1pm at Club Lambton.

The regular monthly meeting for the combined Special Interest Groups has been cancelled this Thursday 12th September due to a clash with a special webinar on AI (Artificial Intelligence). This will be a Zoom webinar you can join from home.

Exploring Artificial Intelligence (AI)

Join **Deborah Martin, The Hills Computer Pals** who will be presenting 'Exploring Artificial Intelligence' via a Zoom webinar hosted by **ASCCA**.

Deborah proposes to cover the following topics:

Terminology, General AI – text-based, General AI – image-based General AI – music, General AI – characters, Issues and ethics discussion.

When: Thu 12 Sep 2024

Time: 1pm to 3pm

Zoom link:

<https://us02web.zoom.us/j/81208700905>

****Meeting ID:** 812 0870 0905**

EVERYONE IS WELCOME

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Committee

Sandra Keen



Judy Wallace

Jackie Lampe

Vice President



Lindsay Threadgate

Ray Hinton



Member Story Denise Hayes

I want to continue my foray into Artificial Intelligence. This week we have the added bonus of a webinar by **Deborah Martin, The Hills Computer Pals** who will be presenting this topic ‘Exploring Artificial Intelligence’ via a Zoom webinar hosted by **ASCCA**. I hope many of you are able to attend.

I’m particularly interested in how AI will help the elderly. Multiple industries see compelling opportunities in AI, including healthcare providers, senior living, customer service providers, training and remote monitoring service offerings. Government organizations are investing in AI and aging startups and programs. Although there are a number of barriers to adoption, in the not-so-distant future, machine learning, chatbots, and AI in the home are likely to become part of a wellbeing infrastructure in new and remodeled homes for older adults. (See <https://www.ageinplacetech.com/page/future-ai-and-older-adults-2023>)

Computers are increasingly guiding decisions about elder care – and tracking everything from toilet visits to whether someone has bathed. One way of determining this is by installing motion sensors on top of doors and in some rooms to monitor movement. Alerts will be sent to caregivers when there is movement out of a room, into the bathroom, no exit from the bathroom after a period of time etc. Some facilities use video surveillance but this creates a whole lot of privacy invasion issues. The elderly who are being monitored often change habits so that alerts do not go to family and caregivers and this can be detrimental. For example, they may stay in bed longer than they should to avoid an alert, or rush a visit to the bathroom.

Regardless of the above issues, AI can be a positive in the lives of the elderly in the following areas:

Better Health Monitoring and Personalised Care

Wearable devices with AI algorithms can continuously track vital signs and detect abnormalities, alerting caregivers or medical professionals in real-time. AI-powered virtual assistants can remind seniors to take medications, schedule appointments, and offer helpful advice on managing chronic conditions.

Enabling Independent Living

Voice-activated assistants like Amazon's Alexa or Google Assistant can assist with various tasks such as turning on lights, adjusting room temperature, or ordering groceries. AI-powered home monitoring systems can ensure safety by detecting falls or accidents and notifying emergency services if needed.

Cognitive Assistance and Social Engagement

Virtual reality (VR) and augmented reality (AR) technologies offer immersive experiences that can improve cognitive function and memory recall. AI chatbots and virtual companions provide companionship, engage in conversations, and play cognitive games to stimulate mental agility.

Age-Friendly Transportation and Mobility Issues

SA perfect example is elf-driving cars equipped with AI systems that can help seniors travel independently, especially those who are unable to drive due to physical limitations or cognitive impairments.

ComputerPals Mission

Our mission is to educate seniors in the use of computers as a way of enriching their lives and making them more self-reliant. We bridge the generation gap and assist seniors to find ways to benefit the community through their collective experience and knowledge.

Social News Brenton Elsey

Fort Scratchley outing

On Friday 16th August and under somewhat threatening skies, some 17 members assembled at Fort Scratchley to embark on a Tunnel Tour highlighting the maize of underground tunnels and rooms constructed to enable fortification of Newcastle harbour and immediate coastline.

With basic ‘do’s and dont’s’ out of the way, Tour Guide Bob then led us into the first of many underground tunnels, leading us to various openings and rooms where the guns were placed, ammunition and gunpowder stored, along with accommodation and rest areas. Without any of the mechanical and electrical aids available today, the efforts of those who built all this infrastructure are to be commended. It was a most informative and interesting tour, with Bob even highlighting a few of his ghost stories – lighting briefly turned off adding to the mystery and intrigue. However, all managed to exit without any problem, and we were then able to explore at our leisure the rest of the buildings, guns and other interesting items located on a prime piece of city land. Extensive views over the city, harbour and out to sea are also an excuse to visit this place, full of history.



Coming Up:

YOU ARE INVITED TO

MORNING TEA



MONDAY 16TH SEPTEMBER

10:00 am

CLUB LAMBTON
(Bowling Club in Lambton Park)

Join us and bring a friend for ...

Guest speaker-
Scott Holding - Driving School Owner
and Instructor who will enlighten us on
the Driving Tests for senior drivers.

Morning Tea is provided so please
book in -

RSVP by Wednesday, 11th September
for catering purposes

Please reply to this Email

OR Phone 0478 219 220 and leave a message



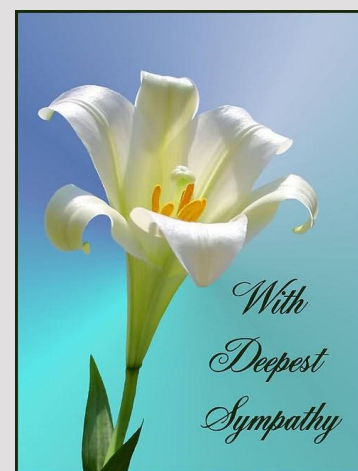
Best Wishes

*For all our members
who are celebrating
birthdays and
anniversaries - hearty
congratulations !*



*To those who are ill we
send our best wishes
for a speedy recovery.*

Condolences



*To those of our
members who have lost
loved ones recently,
please accept our
sincere condolences.
You are in our
thoughts.*



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Committee



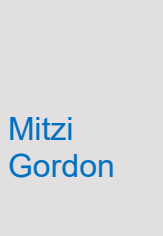
Fred Neal

Graham King

Treasurer



Denise Hayes



Mitzi Gordon



Carmel Smith

These people are all volunteers and most also teach classes at Computerpals. We ask that you take this into consideration when your phone call is not answered immediately.

Scam Watch

<https://www.scamwatch.gov.au/>



Here is the latest item from ScamWatch:

The last week in August was [Scams Awareness Week](#) (26 to 30 August) the National Anti-Scam Centre is encouraging Australians to speak up, share their experiences with others and to report scams to Scamwatch.

“We all have a part to play in shutting down criminal scammers. By talking to each other, we can make sure no one is alone in the fight against scams. We are not powerless, and people who’ve had money stolen should not feel shame when they’ve been targeted by sophisticated criminals,” ACCC Deputy Chair Catriona Lowe said.

People often feel ashamed about being scammed and can’t bring themselves tell their friends or family. Around 30% of people don’t report the most serious scams.

Share your story

We’re asking people to share their scam stories with friends, colleagues and loved ones to show that, given the right circumstances, anyone can become a victim of a scam. Scammers create and take advantage of different situations, such as when people are distracted, busy, fearful, anxious, or stressed. Use the hashtag #ShareAScamStory if you’re sharing on social media.

Report a scam

Your reports help the National Anti-Scam Centre to identify the scams that are causing the most harm to Australians. We use scam reports to understand how scammers work, who they harm and who we need to work with to disrupt and stop them.

We also share scam reports with Australian and international law enforcement and regulators to help them investigate and prosecute scammers. From 1 January to 30 June 2024, Scamwatch received a total of 143,106 reports. Of these total reports, 92.9% of people who reported to Scamwatch didn’t suffer a financial loss at all and still provided vital information to support scam disruption activities and scam warnings.

[Report a scam](#) on Scamwatch.

Steps to take if you've been scammed

- ✦ If a scammer has stolen your money or personal details, contact your bank or card provider immediately to report the scam. Ask them to stop any transactions.
- ✦ IDCARE is Australia and New Zealand’s national identity and cyber support service. They can help make a plan (for free) to limit the damage caused by identify theft. Call them on 1800 595 160 or visit idcare.org to find out more.
- ✦ If a scam is causing problems with debt, talk to a financial counsellor. Moneysmart provides a list of free and confidential services to help you get your finances back on track.
- ✦ If you need someone to talk to, reach out to family and friends or you can contact Lifeline (13 11 14) or Beyond Blue (1300 22 4636).

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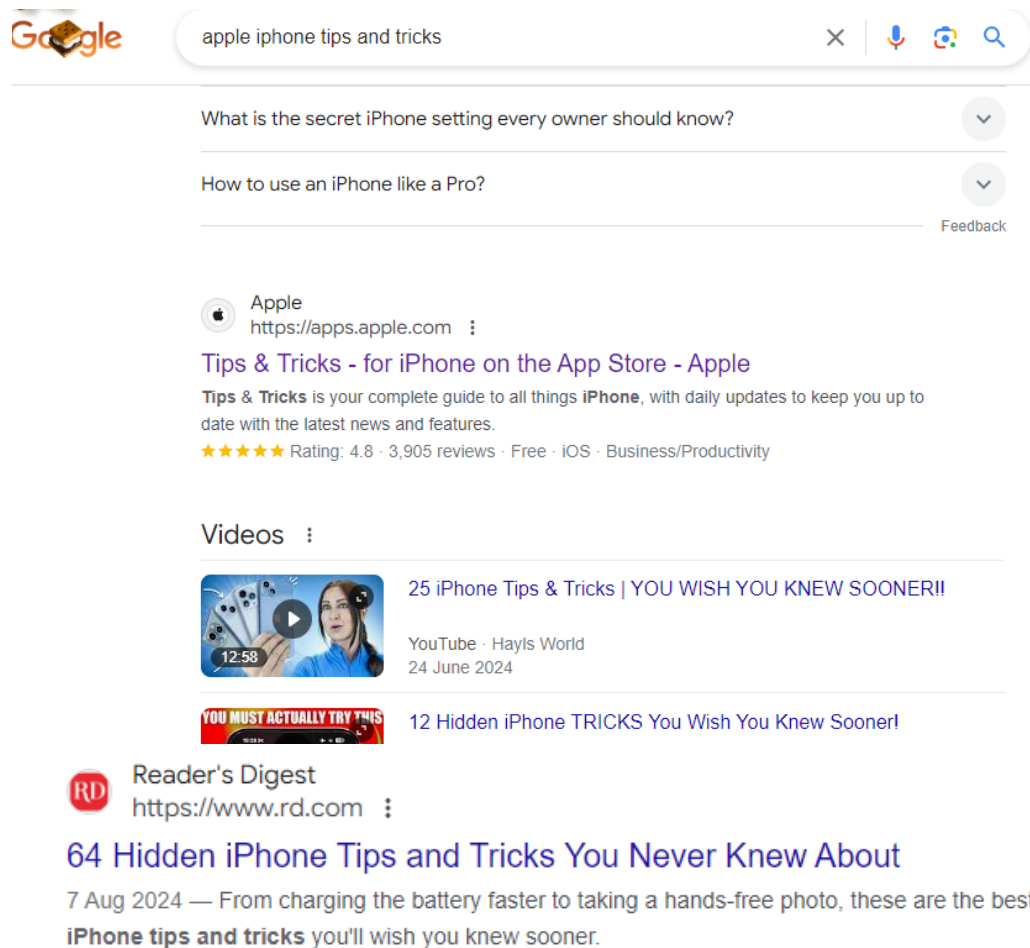
Tips & Tricks (Apple this month)

There are a number of ways to find tips and tricks on your iPhone.

Go to your search engine on your phone—Safari or Google Chrome for instance.

Put “Apple iPhone tips and tricks” into the search.

You will get a number of results, including websites and videos.



The screenshot shows a Google search interface with the query "apple iphone tips and tricks". Below the search bar, there are two suggested questions: "What is the secret iPhone setting every owner should know?" and "How to use an iPhone like a Pro?". The first search result is from Apple, titled "Tips & Tricks - for iPhone on the App Store - Apple". The description states it's a complete guide to all things iPhone, updated daily. It has a 4.8-star rating from 3,905 reviews and is free on the iOS App Store. Below this, there are two video results. The first is "25 iPhone Tips & Tricks | YOU WISH YOU KNEW SOONER!!" by Hayls World, posted on June 24, 2024, with a 12:58 duration. The second is "12 Hidden iPhone TRICKS You Wish You Knew Sooner!" from Reader's Digest, dated August 7, 2024. The description for this article says it covers various tips from charging the battery to taking hands-free photos.

Choose any of the results that you think will give you the information you want in the best format for you.

The Readers Digest site says:

“Chances are, you’ve only scratched the surface of the amazing things your iPhone can do. Your trusty companion boasts dozens of iPhone hacks that will make using your smartphone faster, easier and more effective. With new features being added with each iOS release, it’s important to stay up-to-date—or you risk falling behind on all the best iPhone tips and tricks, like how to tell if someone blocked your number, delete apps, screen record, forward or unsend a text message and even unlock your iPhone without a passcode.”

Have a go with this search text and enjoy browsing the results.



2024 Term 3 - 22nd July to 26th September Ph: 0478 219 220 (updated 26/06/24)

Term 3 topics are - Back to Basics BeConnected classes are free. #75. Zoom Classes - register \$10 (covers all ZOOM Term 3 sessions on Thur).

Computerpals Club Assistance classes are cost at \$5 per 1½ hours

Wk	Monday Morning Club Lambton	Monday Afternoon for ComputerPals Members Club Lambton	Tuesday Wallsend Library	Wednesday Afternoon Adamstown Library	Thursday Zoom session (see your email for the link)
1	22/7 10:00 to 11:30 am BeConnected (free) Using Our Website Enrolment Day	22/7 12:30 to 2:00 pm No class COMMITTEE MEETING	23/7 10:00 to 11:30 am BeConnected (free) Using Our Website	24/7 1:00 to 2:30 pm BeConnected (free) Using Our Website	25/7 10:00 to 11:30 am Online ZOOM class #75 Zoom fee \$10 is now due (covers all sessions for Term 3)
2	29/7 10:00 to 11:30 am BeConnected (free) On Screen Keyboard & Quick Settings-Android	29/7 12:30 to 2:00 pm #85 Assistance session Cost \$5	30/7 10:00 to 11:30 am BeConnected (free) On Screen Keyboard & Quick Settings-Android	31/7 1:00 to 2:30 pm BeConnected (free) On Screen Keyboard & Quick Settings-Android	1/8 10:00 to 11:30 am Online ZOOM class
3	5/8 10:00 to 11:30 am BeConnected (free) On Screen Keyboard & Quick Settings-Apple	5/8 12:30 to 2:00 pm #86 Assistance session Cost \$5	6/8 10:00 to 11:30 am BeConnected (free) On Screen Keyboard & Quick Settings-Apple	7/8 1:00 to 2:30 pm BeConnected (free) On Screen Keyboard & Quick Settings-Apple	8/8 10:00 to 11:30 am Online ZOOM class 1:00 to 2:30 pm Combined Writerpals,Memorypals & Digipals At Club Lambton
4	12/8 10:00 to 11:30 am BeConnected (free) What is an App	12/8 12:30 to 2:00 pm #87 Assistance session Cost \$5	13/8 10:00 to 11:30 am BeConnected (free) What is an App	14/8 1:00 to 2:30 pm BeConnected (free) What is an App	15/8 10:00 to 11:30 am Online ZOOM class
5	19/8 10:00 to 11:30 am BeConnected (free) Privacy & Security	19/8 12:30 to 2:00 pm #88 Assistance session Cost \$5	20/8 10:00 to 11:30 am BeConnected (free) Privacy & Security	21/8 1:00 to 2:30 pm BeConnected (free) Privacy & Security	22/8 10:00 to 11:30 am Online ZOOM class

Wk	Monday Morning Club Lambton	Monday Afternoon for ComputerPals Members Club Lambton	Tuesday Wallsend Library	Wednesday Afternoon Adamstown Library	Thursday Zoom session (see your email for the link)
6	26/8 10:00 to 11:30 am BeConnected (free)	26/8 12:30 to 2:00 pm #89 Assistance session Cost \$5	27/8 10:00 to 11:30 am BeConnected (free)	28/8 1:00 to 2:30 pm BeConnected (free)	29/8 10:00 to 11:30 am Online ZOOM class
7	2/9 10:00 to 11:30 am BeConnected (free)	2/9 12:30 to 2:00 pm #90 Assistance session Cost \$5	3/9 10:00 to 11:30 am BeConnected (free)	4/9 1:00 to 2:30 pm BeConnected (free)	5/9 10:00 to 11:30 am Online ZOOM class
	9/9 10:00 to 11:30 am BeConnected (free)	9/9 12:30 to 2:00 pm #91 Assistance session Cost \$5	10/9 10:00 to 11:30 am BeConnected (free)	11/9 10:00 to 11:30 am BeConnected (free)	12/9 10:00 to 11:30 am Online ZOOM class 1:00 to 2:30 pm Combined Writerpals,Memorypals & Digipals At Club Lambton
8	16/9 10:00 to 11:30 am MEMBERS MORNING TEA	16/9 12:30 to 2:00 pm #92 Assistance session Cost \$5	17/9 10:00 to 11:30 am BeConnected (free)	18/9 1:00 to 2:30 pm BeConnected (free)	19/9 10:00 to 11:30 am Online ZOOM class
9	23/9 10:00 to 11:30 am BeConnected (free)	23/9 12:30 to 2:00 pm No class COMMITTEE MEETING	24/9 10:00 to 11:30 am BeConnected (free)	25/9 1:00 to 2:30 pm BeConnected (free)	26/9 10:00 to 11:30 am Online ZOOM class