

July 2018



# Gizmoe

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This is the fourth edition of *Gizmoe* in 2018.

*Gizmoe* will also be posted on [www.seniornet.co.nz](http://www.seniornet.co.nz) from 26<sup>th</sup> July 2018.

As the year races on the pace at our Learning Centres Learning Centres also picks up during the winter months, perhaps as there is less to do in the garden people are looking to improve their digital skills and learn the new things as well. The move towards short workshop styled help sessions continues with almost 75% of Learning Centre activity based around this style of learning. I guess in many ways it is a reflection of learning techniques in general – people being too busy (so called) so they spend only the shortest time possible to find ways of doing things (has it always been like that anyway)! Regardless sometimes I get the feeling that if we could encourage our “students” to be a bit more holistic in learning technology rather than “just so me how to do.....” then they would have even greater confidence (sermon ends!)

Thanks to the Learning Centres who have hosted me in the past few weeks, I’ve been a little busy with presentations at Centres – its always great to see the work you are doing in your community and to share some thoughts on the next steps in the technology world. If you would like me to visit your centre to present an informative and entertaining session about emerging technologies simply ask and I will do my best to fit you in. These sessions can be claimed as learner hours by way of invoicing the Federation.

Work has commenced on the distant learning project using the free web based (Webinar) tool called Zoom. A team of four people, Nancy from Bream Bay, Alan from Rotorua, Bruce from Invercargill and myself have been working on a plan that will involve collecting information from Learning Centres’ so a start can be made to introduce the concept nationwide. We believe this will be a great help in providing additional topics for Centres to promote to their members.

If your Learning Centre has introduced a new topic I would be keen to hear about it so, please let me know so I can share it with other Centres.

Enjoy the read and.....  
Learn something new every day!

Grant Sidaway Executive Officer



### **Great deal from our Partner Suzuki**

If you think its about time for you to buy a new car, this is worth looking at! As you know we have a wonderful partnership in place with Suzuki New Zealand and at present they have a special offer on their Ignis model. I can certainly vouch for this car as I have been driving the Ignis for over a year now – all through the country! It’s remarkably comfortable on long journeys, takes a decent amount of luggage and really economical on petrol.

Here’s the offer from Suzuki.

#### **MAKING DRIVING FUN AGAIN**

A new breed of car is putting the fun back into driving. It’s the compact SUV called Suzuki Ignis. Style: Ignis combines the SUVs’ essence with a touch of cool retro. And you can make it even more unique with one of the four two-tone models (red, white, orange and blue) topped off with a classy super-black roof.

Interior: The elevated seating offers easy access and better driver visibility. Also, don’t think “compact” means cramped here. With its smaller engine and clever use of space, Ignis is surprisingly roomy for its very tidy footprint.

Performance: The real joy of this car is in the driving. The Ignis offers sure-footed agility and easy handling. Steering is light and responsive while its 1.2 litre DUALJET VVT engine is matched to a 5-speed manual or smooth CVT auto.

Safety & Economy: The Ignis range has all the latest mod-cons and safety features you’d expect – six airbags, cruise control, speed limiter, Sat Nav, reverse camera, Bluetooth, outstanding fuel efficiency (4.7-4.9L/100km) and a whole lot more.

As always, Suzuki treats SeniorNet members with free on road costs, plus until 31 August 2018, you can enjoy an extra \$1,000 off all Ignis models. Prices start from \$17,990, or just \$81 per week and a 3-year service plan on no deposit finance (terms, conditions and apply, see [suzuki.co.nz](http://suzuki.co.nz) for more information).

To book a test drive or to find out more, visit: <https://www.suzuki.co.nz/Overview/Ignis>



### **The Neuro Connection Foundation**

The Neuro Connection Foundation (NCF) was established in 1992. They are a not-for-profit charitable trust organisation located in Henderson, West Auckland. They provide long-term, community-based rehabilitation specialising in Conductive Education for adults and children with neurological conditions. Conditions include, post-Stroke, Parkinson's disease, multiple sclerosis, cerebral palsy and other brain injuries.

In December 2017, the organisation re-branded from the Integrated Neurological Rehabilitation Foundation (INRF) to the Neuro Connection Foundation and they have been working hard to raise the profile of the new name.

At present, the organisation operates with three full time rehabilitation specialists. Guided by a Ministry of Health contract, they care for around 100 active clients with neurological conditions. However, they have capacity to do a lot more and are on a mission to help more people in this vulnerable community.

New Zealand has an ageing population and Stroke numbers, one of the conditions NCF manage care for, paint some interesting statistics.

New research from the Department of Medicine at the University of Otago, Wellington, has found that **stroke volumes will grow by around 40 per cent over the next 10 years.**

Stroke is a leading cause of death and disability worldwide. In New Zealand it has been estimated that around 8–9,000 people have a stroke each year and that 50,000 people live with the consequences of stroke. The annual cost has been estimated to be at NZ\$700 million. (Retrieved from <https://www.otago.ac.nz/news/news/otago689300.htm> )

With stakeholders that include The Stroke Foundation, MS, CP and Parkinson's Societies, they understand that seniors in the community face many challenges today – isolation, mental health issues and in some cases, a lack of skills and knowledge around using technology. Neuro Connection are inclusive, committed, empowering and ethical, working to these values to ensure our services motivate clientele to achieve their highest level of independence; physically, emotionally and socially.

To learn more about the Neuro Connection Foundation, please visit their website

[www.neuroconnection.org.nz](http://www.neuroconnection.org.nz).



## Website Redesign

I'm in the process of re-vamping the SeniorNet website [www.seniornet.co.nz](http://www.seniornet.co.nz), a general re-fresh plus two new significant aspects will be included:

- Making the site responsive and adaptive – allowing easier navigation and reading on mobile devices
- Content Managed System (CMS) this will allow some aspects of the site to be updated by Learning Centres – like uploading their newsletters to share with other Centres and for Centres to update their contact details etc.



I would also like to include a wider range of photos – of SeniorNetters in the process of learning at Centres, so if you have some good shots please send them to me so we can include them. The types of photos that will work best are those that would entuse new people to

join SeniorNet – you know the ones – happy faces engaged in learning!

Also, if you have any ideas about how the site could be improved please let me know so we can include your thoughts in the mix.

## New National SeniorNet ID cards

All Learning Centres have been made aware of the new SeniorNet ID Cards. Centres with SNAP (SeniorNet Administration Program) can simple produce the cards directly from that system, other Centres can request a simple template from me which will enable them to be printed. The new cards have been introduced to provide a consistent identification process when members are making purchases from our nationwide partners. The cards have a barcode printed on the front which is unique to Noel Leeming Ltd. So, if you want to take advantage of the special SeniorNet discounts at all Noel Leeming Stores please be sure to take your ID card with you, flash the card when making a purchase, they will swipe the barcode that will positively identify you as a SeniorNet member which will mean you will obtain the proper discount.



Figure 1 : sample of ID Card

All the Noel Leeming stores have been instructed on the use of the card so hopefully the issues of identification at their stores will be solved from now on?

### **What3Words**

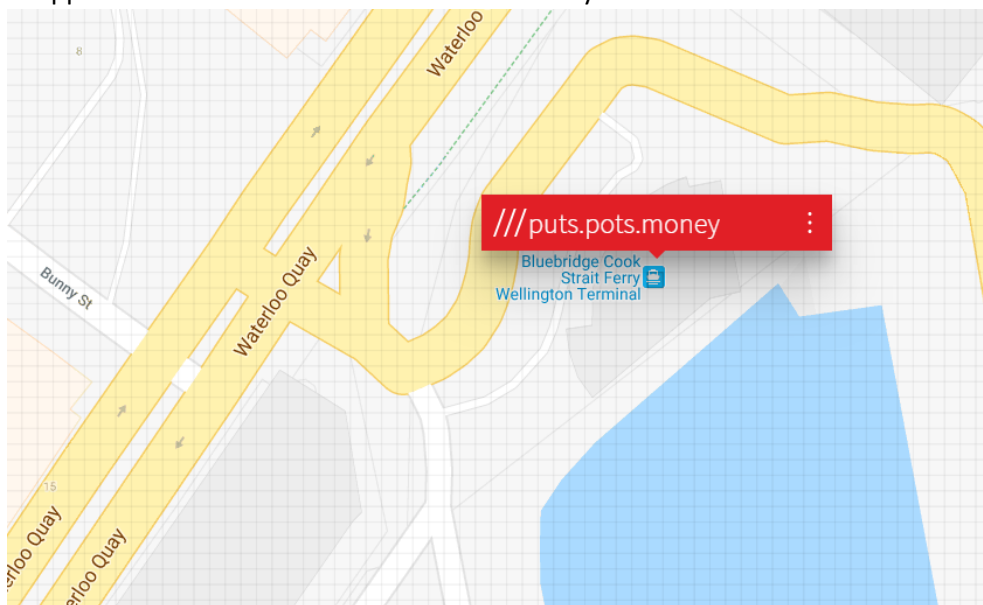
It's the name of a fascinating App that works as a navigation tool like no other I've seen before. The App cleverly divides the world into squares of 3 metres by 3 metres which means every square is recorded. In turn this means even vacant lots, pasture, paddocks and backyard gets a special address. It's not the normal street address or the precise longitude or latitude (which would be tedious and almost impossible to recite), the address is a really simple way to define a location. The developers have divided the world into a grid of 3m x 3m squares and assigned each one a unique 3 word address. It means anyone can accurately find any location and share it more quickly, easily and with less ambiguity than any other system.

The service can be used via the free mobile app or the online map. It can also be built into any other apps, platforms or websites, with just a few lines of code.

Recently a request from a doctor on the remote Scottish Island of Mull who was concerned that many residents lived in areas where street names are scarce and individual postcodes cover large areas of land, making it difficult for healthcare services to navigate around the island without intimate knowledge of its geography. What3words partnered with Land Rover to deliver unique three-word address plaques to more than 2,000 residents.

This means that locals and tourists can now quote their three-word address when in need of medical help, helping the island's medical team locate residents' homes more quickly in an emergency.

TomTom announced it would be integrating the system into its consumer navigation units and the systems it supplies to its automotive customers later this year.



TomTom has supplied or worked with Fiat Chrysler, Hyundai, Mazda, PSA (Citroen and Peugeot), Renault, SsangYong, Toyota and Volkswagen on various mapping, navigation and connected services over the years, so the spread of What3words across the car industry could happen rather quickly.

What3words is available as an app on both Android and Apple devices, as well as a website so you can find you very own three-word address.

Here's a short video that explains how What3Words works:

<https://www.youtube.com/watch?v=uF9O434ASIs>

### **Vodafone DreamLab**

DreamLab is a multi-award winning smartphone app that uses the collective power of smartphones to fast track cancer research. Cancer is one of the biggest causes of premature death worldwide, finding answers through medical research is extremely important. The DreamLab Smartphone App exists to help us get there sooner, the more people who use the app, the faster it works.

A lot of researchers need supercomputers (A supercomputer is a computer that performs at or near the currently highest operational

rate for computers) to scan DNA in immense detail and work with complex data. When you plug your smartphone in and power DreamLab, it downloads tiny parts of a huge research project from the cloud for it to calculate, then it sends the results back to the research team. Put simply the more people who power DreamLab, the faster the researchers can complete critical research. All you need to do is set up DreamLab and it will get to work each time you plug your phone in.

Download the App from your App store and help in some small way with the research.



### **DeedVault**



Your estate - sorted and safe.

How many times have we all heard stories from grieving friends trying to navigate their way through a complicated estate? Do you have regrets about your own parents' passing, and have questions you wish you'd asked? Are you certain that your children could find everything they needed should something happen to you?

As Benjamin Franklin told us, nothing in life is certain except death and taxes, which is why it makes sense to plan thoroughly for it, no matter how confronting a subject it might be. And when you do get things organised, the result is liberating and reassuring, both for yourself and your loved ones.

It was this observation about life (and death) that led East Auckland friends and business partners, Andrew and Sandra Holding and Bob and Jenny Rowsell, to develop DeedVault, a cloud-based software product that helps people keep their estate details sorted and safe.

The concept was demonstrated at the May SeniorNet meeting in Pakuranga where a few members volunteered to be the first users on the system. “The feedback from SeniorNet members has been invaluable. With their insights DeedVault have finalised the application and, after four years of development, are very excited to be going live from the 1st of August” says Andrew.



In simplest terms, DeedVault is *Figure 2 Jenny Roswell, from DeedVault talks to members of SeniorNet Pakuranga* a cloud-based filing cabinet designed to make estate administration easier. However, in reality, it is much more than that. DeedVault gives you the means to take control of your affairs, as well as to gift a simple, easy process to your loved ones. The super-secure online vault brings everything together into one organised place, so that when your estate needs to be accessed, it's tidy, complete and easy to work with. Your executor will know exactly where everything is, and will have accurate information about what you own, what you owe, and your final wishes.

The benefits of DeedVault extend beyond the purely practical organisation of official documents. It also provides a means to connect and share with loved ones – whether it's personal letters, memories, or your grandmother's scone recipe that is being passed down through the generations. The SeniorNet Federation is in the process of entering into a sponsorship agreement with DeedVault and are hoping to introduce members nationwide to the system. If you would like to know more, please visit their website [www.deedvault.com](http://www.deedvault.com) or feel free to contact DeedVault team directly [hello@deedvault.co.nz](mailto:hello@deedvault.co.nz)

### **Get to the side-line of every grandchild's sports game**

Ever wished you could be on the side-line of all your grandchildren's sports games without having to leave the comfort of your home?

Well wish no more as a new web App is about to take you there!

Cheering from the side-line has just become easier with the release of a ground-breaking new web app allowing grandparents, parents, friends and family to watch NZ-based grassroots sports games live, anywhere in the world.

The innovative kiwi-designed app is set to change the way New Zealanders engage with grassroots sport and has captured the interest of the country's leading digital services company, Spark. With Spark's support, SidelineApp has launched a pilot as part of the New Zealand Secondary Schools Super 8 Competition.

The launch is expected to mark a new era of grassroots sportscasting with the single platform offering a livestreaming service, live-scoring technology and a coaching and media channel.

For a small fee, supporters wanting to view secondary sports games online can pay for a game pass, which gives them access to a live stream of their chosen match, as well as on-demand access for the next seven days.

Twenty percent of every ticket purchased is donated back to the schools to reinvest in sport.

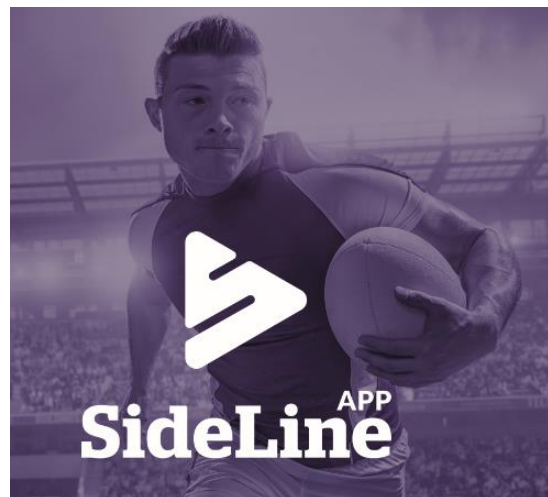
#### NO NEED TO VISIT THE APP STORE

SidelineApp is a web-based App, meaning the best way to access the games you want to watch is via a computer.

Once you're registered, you can download a SidelineApp icon to your computer, allowing you to return to the website in one easy click.

#### HOW TO WATCH A GAME

- REGISTER ONCE ON SIDELINEAPP.COM  
They'll remember you next time you visit
- CHOOSE YOUR TEAM  
From the 'Team Hub' tab
- PURCHASE YOUR PASS  
By clicking on the game you want to watch
- SIT BACK AND ENJOY!  
Live or on demand



Currently you can view:

Super 8 Rugby: Rotorua Boys' High School, Gisborne Boys' High School, Napier Boy's High School, New Plymouth Boys' High School, Tauranga Boys' College, Hamilton Boys' High School, Palmerston North Boys' High School, Hastings Boys' High School

Other rugby teams: Kelston Boys' High School, Westlake Boys' High School, Kings' College

Coming in August: Super 8 hockey, basketball and football

The Developers tell me its just the start, so perhaps something to keep an eye out for?

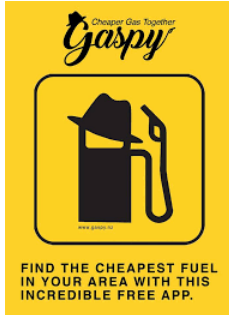


## Two helpful Apps

It seems there is an App for everything, and maybe there is?

Here's a couple to share with you that I have brought to my Smartphone you may find them find helpful too.

### **Gaspy**



A New Zealand produced App that works together with GPS to locate nearby petrol stations and display their current fuel prices, great if you are taking a road trip so you know the cheapest fuel stops to take. Now all we need is for the petrol stations to get a little more competitive with each other rather than as often is the case simply mimicking each other's rates!

### **Peel Remote**

Tired of being the person without the TV remote? The answer is download your own remote to your Smartphone. Use your smartphone to control your TV, Satellite box and many more devices! Peel app can control all popular brands of:

TVs - Samsung, LG, Sony, Toshiba etc.,

Streaming Media players - Apple TV, Roku, Xbox,

Chromecast

Home appliances (Air Conditioning Units and Heaters) - Samsung, LG, Panasonic etc.

Peel remote uses built-in IR hardware on phones. For phones without the IR, Peel uses WiFi to discover and control devices.



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