



SENIORS CARD

# TechnoSENIORS

[www.seniorcard.nsw.gov.au](http://www.seniorcard.nsw.gov.au)

#11 Autumn 04



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## Get active, stay active

The cyberworld is a great way to access the natural world and get physically active. Have a look at what's available for you at the website of the NSW Department of Sport and Recreation – [www.dsr.nsw.gov.au/index.asp](http://www.dsr.nsw.gov.au/index.asp)

### Feeling sporty

According to the Department of Sport and Recreation website, just 30 minutes of moderate physical activity a day will help keep you happy and healthy.

The Department of Sport and Recreation's website, through its 'active search' engine, allows you to enter an activity, sport, organisation or location and select an area in NSW to find what clubs and facilities are available to you in that area. Just click on 'getting active' to find the link. The website also promotes courses. It currently offers golf lessons in Sydney, Lifeball in the Hunter and swimming classes for adults.

### Lifeball?

Lifeball is a game designed for seniors to get active, stay healthy and meet new friends.

It is a game that incorporates activities such as walking, passing and throwing the ball with the aim of scoring a goal through a hoop. It encourages physical movement and teamwork, and is a thinking game designed for fun, fitness and developing skills.

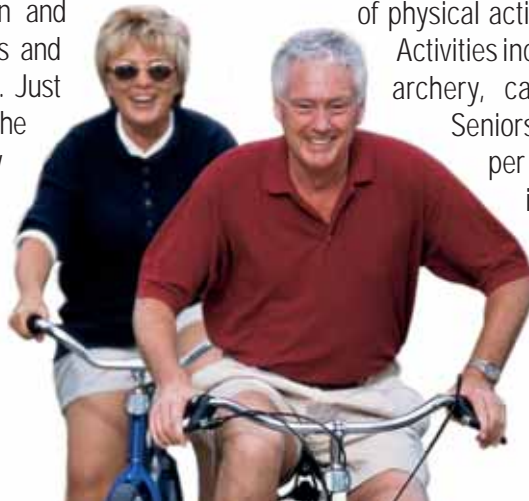
At the moment, it is only being taken up in the Hunter area. The Department of Sport and Recreation can help you get a Lifeball team together and start playing in your area. Email [info@dsr.nsw.gov.au](mailto:info@dsr.nsw.gov.au) or call 13 13 02 for more information.

### Getaways

NSW Department of Sport and Recreation's Active Seniors' Getaways are a great way to get active. They run throughout the year at locations across NSW and are led by an instructor who, in consultation with each group, coordinates a balanced program of physical activity and recreation.

Activities include bushwalking, tennis, archery, canoeing and swimming.

Seniors Card holders get a 10 per cent discount. For more information, click on the 'Active Seniors' Getaway' link on the homepage of the Department of Sport and Recreation website or call 13 13 02.



GET YOUR FREE  
TECHNOSENIORS  
SUBSCRIPTION

Stay connected to all the issues relating to seniors using computers and the Internet by subscribing to *TechnoSeniors* for FREE. Call 1300 364 758 (have your Seniors Card number handy) or email your Seniors Card number to [info@seniorcard.nsw.gov.au](mailto:info@seniorcard.nsw.gov.au)

# Net news

## Radio Yesteryear 94.9FM [www.radioyesteryear.org.au](http://www.radioyesteryear.org.au)

Anyone living near Gosford might know Radio Yesteryear, an independent radio station specialising in nostalgic music that has been broadcasting in that region for the past 12 years.

This station is dedicated to keeping the songs of the 1930's to the 1960's alive. Their playlist includes popular top 100 chart hits, ballads, country, early rock'n'roll, and old time radio serials, as well as flashbacks to some of the earliest recordings of the 1920's.

Thanks to the Internet, anyone, anywhere in Australia can listen to Radio Yesteryear via their Internet connection 24 hours a day.

Radio Yesteryear is also calling for volunteers to help out. Duties could include presenting programs on air, answering phones, fund-raising, technical support and public relations. Or you might just like to make a request by email to: [radioyesteryear@integritynet.com.au](mailto:radioyesteryear@integritynet.com.au)

For more information, contact Bruce Carty (President) on (02) 4340 1740 during office hours.

## Seniors Week, 14-21 March 2004

Seniors Week is the major community event aimed at older people in NSW, celebrating the valuable contribution of older people to community life in NSW.

Seniors Week 2004 will contain an extensive and entertaining calendar of events ranging from the chance to click on the Internet, to step out at local dances, tell stories to grandchildren, take in movies, concerts and hundreds of other community activities across regional NSW.

Seniors Card is sponsoring TechnoSeniors computer training during Seniors Week. Check the Seniors Card website at [www.seniorscard.nsw.gov.au](http://www.seniorscard.nsw.gov.au) and click on the Seniors Week button on the right to find the courses closest to you.



Seniors... Live it up at the

## 2004 Sydney Royal Easter Show

### NSW Seniors Card Days

Tuesday 6 & Wednesday 7 April 2004

**FREE:** Tea, coffee & promo bags for seniors

**Time:** Entertainment and sports activities from 9am to 6pm daily

**Cost:** \$20.50 Seniors Card Members  
\$26.00 adults • \$16.50 children

Sydney Royal Easter Show tickets include travel on major event buses and trains to Sydney Olympic Park

New undercover venue for 2004!  
Amphitheatre, Sydney Showground  
Sydney Olympic Park

Easter Show Infoline: **02 9704 1000** or [www.eastershow.com.au](http://www.eastershow.com.au)



## Have *TechnoSeniors* sent to your email

Save paper! Save money! Never miss an issue!

Let us know if you would like to receive *TechnoSeniors* via email by sending your name and Seniors Card number to [info@seniorscard.nsw.gov.au](mailto:info@seniorscard.nsw.gov.au) or phone 1300 364 758.

# Need help with computers?

## Join the club

There's no shortage of books to teach you about computers. But a book is no match for a buddy when it comes to showing you the ropes.

### Where to look

You may not be aware, but there is already a large number of computer clubs established throughout NSW that are run by seniors, for seniors.

The largest affiliated group of clubs is overseen by the Australian Seniors Computer Clubs Association (ASCCA), an independent, non-profit organisation that currently boasts 66 clubs throughout Australia, with 57 in NSW.

For a complete list of the clubs in NSW, visit ASCCA's homepage at [www.seniorcomputing.org](http://www.seniorcomputing.org) and click on 'List of Member Clubs', or call (02) 9286 3871.

### A little help from your friends

A great advantage of being part of an ASCCA club is that you can progress at your own pace, and can choose what you learn about.

The clubs meet regularly, and a member can expect tutoring ranging from one-on-one to small groups. The tutors are fellow club members who are volunteers, which makes the learning experience more comfortable for seniors as they are learning from people of a similar age.

### What to expect

First, a friendly, non-threatening environment where you are taught, at your own pace, about using computers, programs and the Internet on the computers provided by the club.

Clubs have software installed on their computers including word processing, spreadsheets, databases, desktop publishing and financial packages, as well as Internet access.

But it's not all about learning. You'll be meeting like-minded people and making new friends, or even collaborating on a project using your newfound knowledge.



*Nan Bosler, ASCCA President*

### A note from the President

Nan Bosler has been President of ASCCA since it began in 1998. She sees ASCCA as an umbrella organisation that links all the clubs together.

"My role may well be to enthuse and encourage and organise, but the real work is being done by the clubs," Nan says. "There are many, many seniors out there in clubs ready and willing to help [other seniors] use a computer."

She says just knowing that she's playing a small part in a large team of seniors all dedicated to helping other seniors is a reward in itself.

"It's magic to see the difference that adaptive technology can make to a person's ability to use a computer, leading to increased self-esteem and wellbeing," she says.

"If a senior is motivated to learn how to use a computer and seeks the assistance provided through a Seniors Computer Club, they are almost certainly going to succeed. It has also been shown that age is no excuse! Learning is a lifelong experience."

# Surf's up



## Active action

It's time to dust off the cobwebs. Take a look at these websites to inspire you to do some exercise or get yourself active in the community. Have fun!

[www.seniorcomputing.org](http://www.seniorcomputing.org)

Before signing up with a seniors' computer club near you, have a look at the information made available to you by ASCCA online. You'll find information about who ASCCA is, the aim of the clubs, what you can expect to be learning as well as important dates in the ASCCA calendar. The 'Contributions and Current Issues' section details more useful info, such as lodging a tax return online, while the 'Club Development Kits' section shows you how to set up a club in your area. Meanwhile, 'Life Stories' is a collection of seniors' experiences that makes for very interesting reading. Perhaps there's a story in you that needs telling . . .

[www.volunteering.com.au](http://www.volunteering.com.au)

Where would we be without volunteers? If you want to experience the satisfaction gained from helping the community or individuals, this website is your first port of call. Representing Volunteering NSW, the website offers a Volunteer Referral Service as well as a Retired and Senior Volunteer Program (RSVP). The site is regularly updated with events in need of volunteers. Search the GoVolunteer database to find volunteer opportunities near you that match your interests and the time you have available (found in the 'Volunteer now' section).



[www.visitnsw.com.au](http://www.visitnsw.com.au)

Planning to hit the road? This website is a great resource for driving itineraries. You can also download maps and details about the destinations and attractions you are planning to visit. For specials for seniors click through to the Seniors Holiday Club for exclusive holiday deals, competitions, tips and events throughout NSW.

<http://pages.britishlibrary.net/blwww3/deskexercises/>

This isn't so much a website, as a page from a website that could be of benefit to seniors seeking exercises to combat fatigue and strain from long periods working at the computer. It features examples from the British Library and includes animated exercises designed not only to reduce injury but to relax, with a combination of stretches and controlled breathing. Other pages with similar information closer to home are [www.southsidephysio.com.au/officeexs.html](http://www.southsidephysio.com.au/officeexs.html) and [www.usyd.edu.au/risk/ohs\\_manual/ergonomics/ERGO3.shtml](http://www.usyd.edu.au/risk/ohs_manual/ergonomics/ERGO3.shtml).

# Tips Using your computer safely

Long stints spent at a computer can cause you injuries such as a strained back, stiff neck and Repetitive Strain Injury (RSI). But if you take note of the tips below, you could save yourself a few trips to your GP or physio.

## Your posture

We weren't told to sit up straight at school for nothing. The healthiest posture to adopt turns out to be the easiest. The body should be in a symmetrical position when seen front-on. All the joints should be relaxed, and your back should be straight, but not rigid. Most importantly, your head and shoulders should squarely face your computer monitor – twisting to see your monitor causes neck strain. Ideally, your eyes should be level with the top of your monitor screen.

But even maintaining the best position can lead to discomfort. Changing your posture, having a break from your work or doing stretching exercises allows your body to recover from the strain of being motionless.

## Your desk

Your desk should be large enough to accommodate your computer monitor, keyboard, telephone and other peripherals (such as a scanner or printer). It is important to keep your keyboard, mouse, paper, pens and telephone within easy reach. If you have an adjustable chair, set it so that your feet are flat on the ground, and your arms slope slightly downward to the work area. The lumbar support should fit firmly in the small of your back.

## Time out

For every hour that you spend in front of your computer, you should be having a one - or two - minute break. Taking time out to perform gentle stretches, or even



going into the kitchen for a glass of water, are good ways to revive your body and improve circulation. See 'Surf's up' (page 4) for some helpful web pages containing exercise tips.

## Take it easy

Try to keep a light touch when you type, as the small muscles in the arms, hands and fingers are put under strain from long periods of typing. If you haven't done so already, consider learning to touch type to improve the efficiency of your typing as well as looking after your hand and finger muscles.

## THE THREE MAIN CAUSES OF INJURIES

**1** Being in a stationary position for too long. Causes muscle fatigue and decreased circulation, as well as increasing the strain on your lower back.

**2** Repeated movements. Causes friction, wear and tear to the soft tissues and irritation to the tendons and nerves. Small muscles (such as those in your wrists, hands and fingers) are more susceptible to these injuries because of poor circulation.

**3** Sudden movements involving over-stretching. Causes tears in the soft tissue, and occurs when there is a mismatch between the strength of the body part and the object being handled.

*Source: Chiropractors Care, Feeling Great With Office Work (2002)*

# Special offers and discounts

## Ezitree

Ezitree is a computer program that enables the recording and retrieval of information relevant to a person's life history. You can record births, baptisms, marriages, deaths and burials, as well as other life events, including education, immigration, convict links, housing and land records. This offer to Seniors Card Members is \$80, which is a discount of \$10. To place an order, either email ezitree@ram.net.au or phone (02) 9456 3320. More information is available on the website: [www.ezitree.com.au](http://www.ezitree.com.au)

## Thistle Cottage Software

This 100 per cent Australian, multi award-winning computer software is for anyone building a collection of digital photographs. It provides a complete package for easy-to-use image editing, viewing, sequencing, slideshows, printing, cataloguing and collection management. Seniors Card members get a 25 per cent discount (normally \$60 including GST). For more information, phone (02) 6732 1813 or visit: [www.DoNeatThingsWithYourStuff.com](http://www.DoNeatThingsWithYourStuff.com).

## TECH 2U

Free Internet dial-up account! The first 1,000 Seniors Card holders who ring and quote their membership number, will be provided with a free Internet dial-up account. This account runs for two months and provides 200 hours of online time or 300 megabytes of download, whichever comes first. Call 1300 363 641. Valid until 31 March 2004.

## Easy Everyday Cooking

Easy Everyday Cooking is full of hundreds of delicious and nutritious meals that are easy to make. Recipe cards feature ideas for poultry, meats, snacks, starters, soups and more.

For a limited time only, Seniors Card holders can take advantage of an obligation-free trial and receive a seven-piece knife set absolutely free! This offer is valid until 31 March 2004. See [www.seniorscard.nsw.gov.au/specialoffers/specialoffers.asp](http://www.seniorscard.nsw.gov.au/specialoffers/specialoffers.asp)

**Find out more about these and all other Seniors Card discounts at [www.seniorscard.nsw.gov.au](http://www.seniorscard.nsw.gov.au)**

## Dates to remember

MARCH

### 14 Lake Macquarie Seniors Festival

There will be displays along the foreshore at Warners Bay and in the Community Centre. 9.30am – 4.00pm Warners Bay. Sponsored by Seniors Card.

### 14–21 46th Annual Seniors Week

An extensive and entertaining calendar of events ranging from the chance to step out at local dances, tell stories to grandchildren, take in movies, concerts and hundreds of other community activities across regional NSW. Contact: Seniors Info Service: 13 12 44.

APRIL

### 6–7 Seniors Card Days at Sydney Royal Easter Show

Enjoy the Easter festivities at our new venue, the Amphitheatre, Olympic Park, Sydney Showground. We will be hosting an exciting entertainment program including live music, performance and dancing, free tea, coffee and promo bags. Phone (02) 9704 1000. [www.seniorscard.nsw.gov.au](http://www.seniorscard.nsw.gov.au)

### 17–25 Caravan and Camping Show

More than 400 displays will be featured at the 2004 Supershow. See the latest caravans, 4WD vehicles, camper trailers, motorhomes, campervans, tents and camping equipment, as well as a dazzling array of New South Wales and Australia-wide holiday destination displays. Plus a New South Wales Seniors Card booth. Rosehill Racecourse. Phone 1902 220 299. [www.supershow.com.au](http://www.supershow.com.au)



**For more information on upcoming events go to [www.seniorscard.nsw.gov.au](http://www.seniorscard.nsw.gov.au)**

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