



SPECIAL EDITION

Latest News from SeniorNet Cambridge

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Chairman's Note:



Our Social Meeting on May 20th was well attended with quite a lot of non-members turning up. Guest speaker was Dr Jannion Heyward, a retired Te Awamutu GP with a special interest in brain health. She spoke for over an hour to a rapt audience, and we learned many new facts about how the brain works, and perhaps more importantly how factors including diet, breathing and sleep can improve brain health and avoid dementia. Rather than

attempt to précis her talk, I'll list the resources she gave us on a handout sheet.

Books: **'Why We Sleep'**; the new science of sleep and dreams; Mathew Walker, published by Allen Lane. 2017

'Memory Rescue' ; Supercharge your brain, reverse memory loss and remember what matters most. This is about the **Bright Minds** programme. Bright minds is an acronym for Blood flow, Retirement, Inflammation, Genetics, Head injury, Toxins, Mental Health, Infection, Neurohormones, Dopamine and Sleep.—Daniel Amen published by Tyndale Momentum, 2017.

'Square One': A simple guide to a balanced life. Dr Joseph Maroon. Pythia Publishing.2017.

'100 Simple Things': you can do to prevent Alzheimers and age-related memory loss; Jean Carper, 2012.

On Line sites: brainhq.com mybraintest.org lumosity.com MOCA test

MMSE test (mini-mental test) foodforthebrain.org futurelearn.com
Vitality757.com greenmedinfo.com youtube.com/watch?v=jtqnW)alDrl

New Members:

A warm welcome to Ken and Jillian Reakes and also to returning member-Shirley Stormont.

A few Giggles:

There was a young monarch called Ed

Who took Mrs Simpson to bed.

As they bounced up and down

He said “Bugger the crown.

I’ll give it to Bertie instead”

A computer once beat me at chess, but it was no match for me at Kick-boxing.—Emo Philips

Wouldn’t you know it.....Brain cells come and go. But fat cells live forever.

Lexophillia:

- **Jokes about German sausage are the wurst**
- **Why were the Indians here first? They had reservations**
- **Broken pencils are pointless**
- **What do you call a dinosaur with an extensive vocabulary? A thesaurus**

Muriel recently attended the AGM of the SeniorNet Fderation, held in Palmerston North. Her report follows:

Federation AGM 2019 Report

The 2019 Federation AGM and Symposium was held on May 8 and 9 in Palmerston North at the Coachman Hotel. Approximately 78 members attended from 33 SeniorNet clubs.

Ray MacDonald stepped down as Chairman and the new chairman is Harvey Porteous who is also Central North Island delegate.

Following the AGM, a session of networking with other SN club members was held, followed by a very nice meal.

Thursday Symposium highlights:

Tracey Martin gave a really informative talk about her work. She has worked hard to get a 'standalone' ministry for seniors. 25% of the population are seniors and therefore deserve more recognition than they get. She is very enthusiastic about SeniorNet but let's see if this translates into something of benefit to our SeniorNet clubs.

Cert NZ (www.cert.govt.nz) gave a very useful talk – There are tools on the website to use for reporting problems. There have been heavy losses by phishing scams and other scams mostly on the older age group. There is a need to be careful when surfing the web, and keep passwords secure. They suggest that a good password can be 3 or 4 words that you will remember – keep a record of passwords and store it away from your computer.

Office of the Privacy Commission – www.privacy.org.nz. Visit the site and ask questions or click on www.privacy.org.nz/e-learning or **Ask**, the online FAQ's. Online training modules are available. It is important to know your rights when it comes to information gathering, who can gather information, what they can gather and how it can be used.

Massey University Research Project – Dr Juliana Mansvelt gave a very interesting talk with some interesting statistics on the use of the internet. Older people didn't totally trust shopping for groceries online and preferred to go out themselves as this gave them a chance to be out and about. Only 1 in 20 would use the internet for that. Older users were mostly concerned about scams, reliability and the pace of change.

Vodafone demonstrated Vodafone TV. This is a set top box which turns your TV into something similar to Sky including Netflix. Different packages at different prices. Anything saved is all cloud based. If you are interested contact Vodafone to find out about it.

Noel Leaming also gave a talk and showed a number of items such as **Chromecast** and a new gadget - **Smart Vu** which needs to go into an HDMI connection and should help turn your TV into a smart TV.

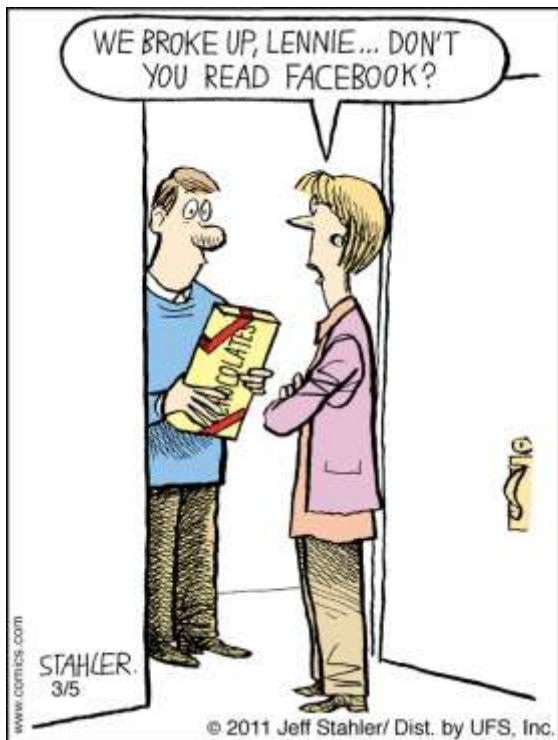
Pat and Duncan Fuller from Nelson. This club has doubled their income in the last year by having about 8 special interest groups. **Seniornet.nelson.org.nz**

The interest groups they have set up are as follows:

Digital imagery – photos; Mac group; a Technical group named Media group; iPad group; Android; Coffee and learn together group; Coffee and learn apple together group. Windows 10 interest group.

This has proved to be a very successful formula for the Nelson club.

The program ended at about 3 pm. The opinion was that it had been a very enjoyable, useful and informative AGM and Symposium. *Muriel*



More on Federation AGM:

The presentations from the AGM are available on the website. Go to seniornet.co.nz and click on 'Useful Information' in the heading, then '2019 AGM', then 'Symposium' and scroll down the list of presentations to select what you want.

Meetings for June:

Committee: Monday 10th June, Learning Centre, 9.30am

Social Meeting: 3rd Monday, 20th June at the Community Centre lounge, 22a Taylor St. at 9.30 am. Speaker to be announced

Note that the Memories and PEG groups have been abandoned due to declining interest. We may set up further special interest groups in the future along the lines of the Nelson model.



Some Federation support partners

