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August—September 2009 Electronic Newsletter

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From the Editor:

Social issues—The aim of this newsletter is to provide seniors, and seniors peak bodies, with a brief overview of the most recent issues and perspectives raised and expressed on matters relevant to seniors.

Events—In addition, the newsletter will flag important events that will be taking place and we will also report to you on some of those events.

Technology—The electronic form of the newsletter allows us to point you to online resources which are likely to inspire you or make your life easier. Enjoy.

Other news, tips and your views—We always welcome your comments. Please send them to newsletter@senioreventscalendar.com.au. We will publish the most interesting posts.

Seniors in Headlines June—July

- **Health & Ageing Report (July 2009)** - COTA (Council on the Ageing) has welcomed the Final Report of the National Health and Hospitals Reform Commission. COTA is still to consider its recommendations in detail, but welcomes the Report's focus on greater health system integration; more and dedicated resources for planned surgery (previously and erroneously called "elective"); higher priority for health promotion, illness prevention and early intervention at all ages, and proposals for a national dental care scheme. ([Click to view the Report](#))
- **Older Australians the hidden unemployed** — A study commissioned by National Seniors Australia has found Australia is lagging behind countries including the US, Japan, the UK and New Zealand when it comes to employing older people. The study found mature workers are often overlooked in jobless figures because unemployment in their demographic is too often considered as early retirement ([View the Report](#)).
- **Conflict of interest in aged care accreditation**—"Few may know that the aged care watchdog, the Aged Care Accreditation and Standards Agency, is governed, in part, by aged care providers and their representatives" said Charmaine Crowe, CPSA Policy Coordinator. Members of the board are appointed by the Department of Health and Ageing. In CPSA's view inclusion of representatives and employees of aged care providers creates a clear conflict of interest. Minister for Ageing, Justine Elliot must reform the process of appointments to the Agency's board to ensure that members do not hold a conflict of interest." ([View the full press release](#))

Statistics and News



- **Caffeine helps reverse memory impairment in Alzheimer's**—When aged mice bred to develop symptoms of Alzheimer's disease were given caffeine - the equivalent of five cups of coffee a day - their memory impairment was reversed, report University of South Florida researchers at the Florida Alzheimer's Disease Research Center (7th July 2009). They became interested in caffeine's potential for treating Alzheimer's several years ago, after a Portuguese study reported that people with Alzheimer's had consumed less caffeine over the last 20 years than people without the disease. ([Click here to view the article](#))
- **Exercise & ageing brain**—Univ. of Queensland neuroscientists have, for the first time, been able to demonstrate that moderate exercise significantly increases the number of neural stem cells in the ageing brain. Despite the conventional wisdom that we only have a set number of neurons or brain cells, neuroscientists have known for some time that, in healthy brains, the creation of new neurons is an ongoing and lifelong mechanism. Dr Blackmore: "The brain's ability, even at an advanced age, to respond in a positive manner is very exciting as it extends the time-frame in which manipulation is possible." ([Click for more](#))
- **Exercise & cognition** - In another study, D. Barnes, of the University of California, San Francisco, followed more than 3,000 adults aged 70 to 79. Those who were sedentary had the lowest level of cognitive function at the start and higher rates of decline over the course of the seven-year study. It was also found moderate longterm exercise helped cognitive skills, but that strenuous longterm exercise might hamper older people. ([Click for the full article](#))
- **The latest on pension changes taking effect from 20th September 2009** — Increase to pension payments, Pension Supplement and Seniors Supplement, Changes to the Pension Income Test, Work Bonus ([Details in AIR July 2009 Newsletter, p.3](#))



Computer-based tasks aimed at increasing mental activity can improve cognition in patients with Alzheimer's disease

"Research shows that 'wellness' in older persons is improved or maintained with activity, exercise and social support." Salvation Army

[Click here for Cognitive Games on our broadband for seniors website](#)

Computer-based tasks aimed at increasing mental activity and enhancing mental function can improve cognition in patients with Alzheimer's disease.

"The interactive multimedia internet-based system, in combination with the standard pharmacological treatment of Alzheimer's disease, provides for better cognitive function in these patients, demonstrating that they are capable of benefiting from cognitive stimulation, even after the disease has advanced," said Mr. Lluís Tárraga, lead investigator of the study and developer of the IMIS tool.

Researchers found that the internet-accessible computer activities were even more successful than classic exercises of mental stimulation commonly used with dementia patients. The findings, from the Fundació ACE, Institut Català de Neurociències Aplicades in Barcelona, Spain, and the University of Pittsburgh School of Medicine, are published in the October issue of the *Journal of Neurology, Neurosurgery and Psychiatry*.

Source: *Science Daily*, Oct-2006

Our Technology Hints



If you need intellectual stimulation, entertain your grandchildren, or simply catch up on your favourite radio or TV programs, we invite you to explore <http://broadbandforseniors.com.au> . Visit the site and keep clicking.

Today we focus on:

Creating and publishing flashy websites for \$0

<http://wix.com> — We LOVE wix.com. [Click here for an example of a website](#) we have created for one of our friends. wix.com offers tools for creating and publishing your own free websites. You can do this easily yourself by following the steps below:

1. First, sign up for a free account with wix.com as requested (inserting a username, your email, etc)
2. Once logged in, choose from the top menu CREATE
3. Browse through different templates by clicking on them. Use arrows underneath the examples to go to the next page with examples.
4. Decide on the template. Touch it with the mouse and click on EDIT.
5. Click on individual items on the template, a menu will appear. Choose items from the menu and replace the content of those objects with your own.
6. Click on the links below to view wix.com tutorials we have prepared for you:
 - [Part 1](#) - Identifying the template and general editing hints (incl. adding photos)
 - [Part 2](#) - Working with pictures, previewing your website, saving the website
 - [Part 3](#) - Inserting a new text box, linking menu tabs with pages, changing pages, creating the Contact us form
 - [Part 4](#) - More on editing text boxes, publishing your site
 - [Part 5](#) - Viewing your site online

In our next newsletter we will show you how to create free websites with the Google Sites application and more.

Do join our Facebook Group ([Click here to view the group](#)). There you can mix with other seniors and our technology experts. They are there to answer your questions regarding technology and any assistance you may need. Also there you will find links to interesting Internet applications and tutorials. Once in facebook, you must sign up to facebook or login to join and participate in our Broadband for Seniors Group.

See you on Facebook—we have explained facebook in our [May Newsletter](#).



[Finding Events—Click for a demonstration](#)

<http://seniorsEVENTScalendar.com.au>

You insert your own Events directly into the Calendar

[Inserting Events - A demonstration Video](#)

- The Seniors Events Calendar is self-managing. This means that the Calendar offers a simple method for individuals to insert their own events.
- Your Events are protected by your password. This means nobody else can change them or delete them. This also means that **ONLY** you can change, edit or delete information in Events which you have inserted yourself.
- As an owner of your events, you enter the information yourself, determine the look of each entry and decide when an event is to be made public.
- The Calendar provides a central, universally-accessible place, uncluttered with ads. Ideally, they would list all seniors events in Australia, thus obviating the drudgery of having to search through the many community websites which exist.
- The Calendar also facilitate serendipitous discovery of seniors activities. The latter feature is very important, because, for instance, the Salvation Army is interested in pointing seniors to workshops around Australia supporting intellectual activities, but cannot provide them all.
- In addition, the calendar gives the local branches of community organisations an opportunity to be more visible, as often, these local offices have no websites and therefore have a limited exposure. **To assist in this process, add a link to the Calendar on your own website.**

Also, check our wider community calendar

<http://communityEVENTScalendar.com.au>

About the Seniors Events Calendar

- The Seniors Events Calendar is a **FREE SERVICE** for retrieving up-to-date information about seniors events anywhere in Australia—from local communities to capital cities.
- It was developed to inform and connect Australia's seniors.
- It provides individuals and organisations with a simple way to reach out to the community and, as a consequence, enable people to have a quick and clear way of identifying relevant events in their neighbourhood or around Australia.

What events can you find in the Calendar?

- The events may range from community conferences to local afternoon teas for seniors, to announcements of emergency meetings and so on.

What makes the Calendar unique and useful?

- The Calendar provides a central, universally-accessible, place which, ideally, would list all seniors events in Australia, thus obviating the drudgery of having to search through the many community websites which exist – and also to facilitate serendipitous discovery of community activities. The calendar is not intended to replace the current information channels, but is meant to enrich them.



[Click for details of our FaceBook Event](#)

29 August 10-11 AM on Skype

To participate,

Call: ania_lian (Canberra)

Contact us

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Critical Pedagogy & Technology Consultants

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- **Need assistance with the Calendar?** - Contact us, if you need help with our calendars. Our Team is always ready to help.
- Also, refer to the Help Files created on the Calendar website.
- **Reporting on your events** — If you would like to send a report about your events, we will be happy to publish it.