



Getting Started

Age Page - Spring 2016

Welcome to the *Getting Started* Age Page.

This newsletter will keep you up to date on the activities of the Getting Started Programme and provide information on interesting websites, new technology and news.

Getting Started is a programme for older people to help them gain confidence and basic skills in computers and the internet. Training is provided by volunteer tutors in small classes, with an emphasis on encouragement and support for older learners.

Should I Upgrade to Windows 10?

If you have Windows 7, Windows 8 or Windows 8.1 you might have noticed a message popping up asking you to upgrade to Windows 10. Many people are unsure what to do.

Microsoft is offering this free upgrade until 29 July 2016, exactly a year after its initial release.

If you are running Windows XP or Vista you won't get this free upgrade but the chances are your computer will not have the capacity to run Windows 10.

What are the pros and cons?

The pros are that;
It is a free upgrade
It has many new features and improvements on Windows 8

If you don't like it you can go back to the your previous version of Windows

While Windows 8 was an unpleasant surprise for a lot of people, Windows 10 does go a long way to putting that right.

The main cons are;
If you are running Windows 7, you will find it a very big change to move to Windows 10 as it looks very different
If you have older printers, scanners or other devices connected to your computer they might not work with Windows 10

To read more about this see
www.pcadvisor.co.uk/feature/windows/should-i-upgrade-windows-10-advice-win7-win8-3618139/

Strategies for Successful Ageing – Free Course

Trinity College Dublin is offering a free online course called Strategies for Successful Ageing.

It's a 5 week course and over 11,000 people have already signed up from all over the world aged between 18 and 80+

You can log in any time to take part and each week the course features videos, articles and discussions.

- Week 1 explores perceptions and attitudes about ageing

- Week 2 focusses on improving happiness and wellbeing, by defining what quality of life means to you
- Week 3 places a spotlight on health and presents tips for increasing physical fitness, improving nutrition, and maintaining brain health through the years
- Week 4 celebrates opportunities for staying connected by investigating the expectations you have set for yourself and by sharing your personal strategies for staying involved
- Week 5 is all about creative ageing, and explores the talents and contributions of older adults

To sign up you just need an email address and you create a password

www.futurelearn.com/courses/successful-ageing

Trinity College will launch another course in March called **Irish Lives in War and Revolution**

www.futurelearn.com/courses/irish-history

You can see courses from universities worldwide at

www.futurelearn.com

New Location for Age Action's Cork Office

We have moved offices from Mahon and are now located at

Unit 14, Melbourne Business Park, Model Farm Road, Cork
Tel: 021 2067399

Election

If you are interested in the election you can keep up to date online

The main newspaper has section on the election which you can follow at

Irish Independent www.independent.ie/irish-news/election-2016/

Examiner www.irishexaminer.com/election2016/

Irish Times www.irishtimes.com/election-2016

There are also a number of websites
www.politics.ie

<https://adriankavanaghelections.org/>

Do you know someone who is over 55 who would like to learn to use a computer?

We run computer classes in Dublin, Wicklow, Kildare, Louth, Monaghan, Cork, Waterford, Galway, Mayo, Leitrim and Roscommon.

- **Dublin, Wicklow, Kildare, Monaghan & Louth** -
01 475 6989
- **Cork & Waterford** – 021 2067399
- **Galway, Mayo, Roscommon and Leitrim** -
091 527831

Research Request

Adrian Smyth is a post-graduate researcher at Dublin Institute of Technology. He is currently looking at how older people are managing new technologies such as computers and the internet, mobile phones, and digital television in their daily lives.

Adrian is looking to recruit volunteer research participants in Dun Laoghaire, Co. Dublin and Tullamore, Co. Offaly. If you live in these areas and you think you might be interested in helping with this project, you can contact Adrian by phone at 087-7986262 or by email at adriansmyth@me.com

1916 Rising

There are lots of events planned for the 1916 commemoration; here are some sites where you can keep up to date on these

www.ireland.ie – very information government website

www.nli.ie/1916/ - National Library of Ireland

www.taoiseach.gov.ie/eng/Historical_Information/1916_Commemorations/1916_Easter_Rising.html - Website set up by Dept. of the Taoiseach

www.irishtimes.com/culture/heritage/century - Irish Times website

www.museum.ie/Decorative-Arts-History/Exhibitions/Future-Exhibitions/Proclaiming-a-Republic-The-1916-Rising - National Museum of Ireland

Websites of Interest

Under the Weather?

Practical advice on on how to mind yourself or your family
when you're sick

<http://undertheweather.ie/>

Euro 2016

Keep up to date on news for this football championship

www.uefa.com/uefaeuro/index.html

Gardening

What to do with your garden in February and March

www.garden.ie/gardencare.aspx

Ireland's Own

You can now get the digital edition

www.irelandsown.ie

Tax for the over 65's

This is a guide to the tax credits and reliefs available to
people aged 65 or over

www.revenue.ie/en/tax/it/leaflets/it45.html

Top 10 Irish apps (in terms of downloads and usage)

Done Deal

The Journal.ie

AIB Mobile

Daft.ie

RTÉ News Now

RTÉ Player

Bank of Ireland Mobile Banking

Adverts.ie

Dublin Bus

Aldi Ireland

YouTube Videos

The Speed of Life

Why does time appear to speed up as we get older? Can we slow it down?

www.youtube.com/watch?v=aIx2N-viNwY

When your Dad is a Twin – confusing?

www.youtube.com/watch?v=y2004Xaz2HU

The History of Photography in 5 Minutes

www.youtube.com/watch?v=JoxGEymA8ro

Zika Virus: What We Know (And What We Don't)

www.youtube.com/watch?v=JUIGN5XJ5dc

Irish Mammies on Facebook

www.youtube.com/watch?v=CubemkD9cjg

Robot Golfer has a hole-in-one

www.youtube.com/watch?v=2CVURQdFILk

The Oscar for Best Movies from 1927 onwards – how many have you seen?

www.youtube.com/watch?v=N2rLoEmDmoo

Research request – hearing, memory and attention

We are looking for volunteers to help with our research

NEIL researchers, in conjunction with DeafHear, are happy to announce a new project investigating the impact of hearing on cognition in older adults. Good hearing is important for getting involved in everyday activities and for socialising, which is associated with healthier brains.

What's involved?

To conduct our study, we are recruiting volunteers aged over 50. You **don't need** to have a hearing loss to take part as we need older adults with different levels of hearing. Volunteers will be asked to attend DeafHear on 35 North Frederick Street, Dublin 1 (just off Parnell Square) for a brief testing session. In this testing session you will be asked to complete a small number of tasks of memory and attention and a hearing test. It will take no longer than 2 hours and refreshments will be provided.

Contact us for more information;

If you are interested in finding out more about becoming a research volunteer for this project, please email us with your contact details at loughred@tcd.ie or contact us at 087-4327986.

Ageing Matters

The latest issue of Ageing Matters is now out and there is a special focus on the general election.

You can find out more online about our election campaign and take action to ensure the political parties don't ignore older voters

- Read about our election priorities on page 4
- **Age Action has joined a new campaign for healthcare reform – more details on page 8**
- There are some tips on how to keep warm and save money on page 10
- **Find out how you can help reform the State Pension on page 12**
- And we report how prescription charges are putting lives at risk on page 15

For all of that and a lot more check out www.ageaction.ie/sites/default/files/ageing_matters_february_2016.pdf and please feel free to share this email with your friends and family.

Age Action's Facebook – Help get us to 5,500 Likes

We have 5,179 likes on Facebook and we would love to reach 5,500 soon. It's a great way to follow what's going on in the charity so if you are on Facebook please find the Age Action page click "Like" and "Share" the page with your friends and ask them to "Like" us too. If you "Like" and "Share" our postings you can greatly help us to spread our message far and wide.

www.facebook.com/AgeActionIreland

Thanks.



You can also follow us on Twitter

<https://twitter.com/ageaction>

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Attention Volunteer Tutors

If your students would like to receive this monthly email newsletter just ask them to email gettingstarted@ageaction.ie and we will include them in the mailing. Please could you also ask students to include their location in the email. Thanks

Contribute to this Newsletter

If you know of an interesting website or have information on technology that you would like to share, or if you would like to write a short story about your experience as a learner or tutor please contact Pauline Power at gettingstarted@ageaction.ie

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