



Getting Started

Age Page - Summer 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.

What is The Cloud?

Most of us use cloud computing all day long without realising it. When you sit at your computer and type a query into Google, the computer on your desk isn't playing much part in finding the answers you need: it's no more than a messenger. The words you type are swiftly sent over the internet to one of Google's hundreds of thousands of computers, which dig out your results and send them promptly back to you. When you do a Google search, the real work in finding your answers might be

done by a computer sitting in California, Dublin, Tokyo, or Beijing; you don't know—and most likely you don't care! These computers are in places called Data Centres which you might have heard of.

The same applies to Web-based email. Once upon a time, email was something you could only send and receive using a program running on your computer (sometimes called a mail client). But then Web-based services such as Hotmail, Gmail, Yahoo etc. came along and carried email off into the computers owned by Hotmail, Gmail and Yahoo etc. This means that you can use a computer anywhere and log into your email account whereas before you could only access your email from your own computer. This is very convenient for busy people on the move.

Preparing documents over the internet is a newer example of cloud computing. Simply log on to a web-based service such as Google Documents and you can create a document, spreadsheet, presentation, or whatever you like using Web-based software. Instead of typing your words into a program like Microsoft Word or OpenOffice and saving to your computer, you're using similar software running on a PC at one of Google's world-wide data centres. The document you produce is stored on a computer in a data centre instead of on your computer hard drive. This means you can access it from any Internet-connected computer, anywhere in the world, any time you like. How do Google or other companies pay to build these expensive data centres. They earn the money back through advertising and other services they supply that companies pay for.

So in simple terms Cloud Computing means that your information is not stored on your own computer but on a computer at a data centre. Of course you might have some security concerns about this but companies like Google spend lots of money to ensure your data is safe and secure.

Keep Forgetting Your Passwords?

If you use Gmail, Facebook, Skype, Amazon, Online Banking, etc. you will have a username and password for all of these services. For many of use it can be a challenge to remember them all. We are advised not to use the same password for each website because if someone discovers your password they can access all the sites you log into. There are some free online websites where you can store your username and passwords. KeePass is one of the most popular password managers out there; KeePass is free and available for Windows, Apple devices and even mobile devices. It keeps all your passwords in a secure database, so you only have to remember one master password <http://keepass.info/>

There are a number of others and you can read about them here www.lifehack.org/articles/featured/10-free-ways-to-track-all-your-passwords.html

But in the future you may not need a password as Google is testing a way to let users log into their Google accounts using their phones for identification and bypassing the step of entering a password.

Planning some summer holidays?

Be prepared before you go and see www.healthinaging.org/resources/resource:safe-travel-tips-for-older-adults/

Here is some advice on travel insurance www.irishtimes.com/news/consumer/travel-insurance-peace-of-mind-and-whether-to-buy-or-not-1.2539995

Census Night

Now that we have filled in our census form you might be interested in reading about the history of census taking in Ireland

Here is a short history

www.census.nationalarchives.ie/help/history.html

This article has some further information

www.libraryireland.com/articles/CensusIrelandDUM23-137/

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 and Leitrim

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

Good News! Experts found using a computer as you age may help keep memory intact

Scientists have linked numerous activities with preserving brain power in older people – but logging on seems particularly effective.

The American study found that those who used a computer at least once a week were 42% less likely than

those who didn't to develop mild cognitive impairment, which is often a warning sign for dementia.

To read more see www.dailymail.co.uk/health/article-3475888/Logging-reduce-dementia-risk-Elderly-use-computer-week-42-likely-develop-mild-impairment-warning-sign.html

How the Use of a Computer Display Screen Affects Older People

You are invited to participate in a short survey as part of a research study for IT Carlow, into how users interact with the screen display found on their physical devices such as phones, computers and the public self-service displays they may use.

This very simple survey of approximately 10 questions should take no more than 10 minutes of your time.

All answers are anonymous. Thank you very much for participating!

Survey Link: <http://goo.gl/forms/amF1EFETpS>

SIPTU presents historic DMP files to Garda and to UCD online library

SIPTU presented 'Prisoners Books' concerning over 30,000 people arrested by the Dublin Metropolitan Police (DMP) between 1905 and 1918 to the Garda Síochána. The files, which cover arrests related to such historic events as the Dublin Lockout of 1913, the outbreak of the First World War, the Easter Rising and its aftermath and the conscription crisis of 1918, have also been published

online by the University College Dublin (UCD) Digital Library.

These books provide invaluable information on life in Dublin during this turbulent period. All human life is here as they say, rebels, thieves, embezzlers, army deserters, a growing category as the First World War progressed, confidence tricksters and of course looters in 1916. Naturally, one of the periods of particular interest to trade unionists is the Lockout of 1913.

SIPTU Historical Consultant, Padraig Yeates, said the books provide new perspectives on the revolutionary period, "For instance, one thing that immediately jumps out is the presence of British army soldiers in these records and the absence of insurgents. Over a quarter of all men arrested in Dublin in 1916 were soldiers, mainly absentees and deserters."

The DMP Prisoners Books are among the most valuable new documents to come to light concerning the revolutionary decade. They include important information on social and political life in the capital during the last years of the Union. They will also be invaluable to those interested in criminology, genealogy and family history.

The Prisoner Books went missing when the DMP was abolished in 1924. They recently came into the possession of SIPTU after being discovered during a house refurbishment.

View the collection online
at <http://digital.ucd.ie/view/ucdlib:43945>

Remembering Your Loved Ones

If you thought about preserving the memories of your deceased loved ones or ancestors, this Irish website is dedicated to remembrance

Here all the bereaved can remember, pay tributes and share those precious memories with others. It is also a great resource for all interested in genealogy.

BMDnotices.com hosts a Remembrance Garden Book where each Page is dedicated to one person or a couple. New Pages can be added free of charge and the website offers great support in creating and editing pages of the book.

www.BMDnotices.com

Skydive for Age Action

This summer Age Action is organising a charity skydive to raise funds for our work.

It is a tandem jump (i.e. you are attached to an experienced skydiver who does all the technical stuff) from 10,000 feet, flying out of Skydive Ireland's premises just outside Kilkenny.

For more information see

www.ageaction.ie/how-you-can-help/fundraise/events/take-plunge-age-action

Websites of Interest

Google Treks

You can travel to exotic places and see places up close that you might never get a chance to visit for example you can climb a mountain in Yosemite National Park - without leaving the comfort of your chair!

www.google.ie/maps/about/treks/#/grid

Dublin.ie

The www.dublin.ie website has just been re-launched and it's full of interesting info about what's on in Dublin and stories of living, working and learning in the city.

At the moment the dublin.ie website is featuring a story about the Getting Started programme at www.dublin.ie/learning

History of Kilkenny

<https://touchthepastireland.com/>

Touch The Past Ireland History Walking Tours of Kilkenny run on Fridays and Saturdays at 11 am and 2 pm and at the same times on Sundays from The Parade.

To book phone 0872776107 or email pitcaira@tcd.ie

Free Gift

Dublin Bus have partnered with Royal Irish Academy to bring you a free eBook; "1916: Portraits and Lives."

Go to www.ireland.ie/portraits to download the book

Senior Times Holiday Newsletter

Home & Away is the online travel newsletter from the publishers of Senior Times, to subscribe see

<http://us11.campaign-archive2.com/?u=d807f225858c12940529bd86d&id=b504cc378f&e=3c059f1f5b>

Irish Genealogy Summer School, University College Cork

This genealogy summer school offers a complete course in the latest Irish genealogy research for those searching for their Irish roots

www.ucc.ie/en/ace-genealogy/

YouTube Videos

Why Does The UK Want To Leave The EU?
www.youtube.com/watch?v=ZbEZNhFY9TA

What happens when you leave a tetherball in the forest
www.youtube.com/watch?v=DLzDRge6P0U

Saving the Bees
www.youtube.com/watch?v=qZI6lGSq1gU

What would happen if people disappeared
www.youtube.com/watch?v=Wy7Q6wazD_E&feature=youtu.be

Ageing Matters

In the latest edition:

- As Age Action South keeps growing we've opened a new office in Cork, find out more on page 5
- Find out how you can help deliver a decent budget for older people on page 8
- After years of campaigning, some good news about the Travel Pass on page 13
- Find out how you can help celebrate 100 years of Irish Heritage on page 14
- Hundreds of people attended our series of election hustings. Turn to page 16 for more

For all of that and a lot more check out
www.ageaction.ie/sites/default/files/attachments/ageing_matters_april_2016.pdf
and please feel free to share this email with your friends
and family.

Age Action's Facebook – Help get us to 6,000 Likes

We have 5,632 likes on Facebook and we would love to reach 6,000 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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