



To use, peruse and amuse

Welcome to the second edition of **ASCCA NEWS**, to use, peruse and amuse!

The world had changed around us and many of us are getting used to isolation. We sincerely hope that the newsletters and other information we are sharing with you will help you to keep in touch with other club members. Many clubs are organising online training with their students, and projects that they can participate in. We are hearing about innovative and successful ideas. It is actually quite exciting to see the energy being shared. Well done to all of those clubs, their trainers/mentors and students. I joined in a club meeting, held via Zoom, during the week and shared a conversation with some 28 members and their local Mayor. Questions, answers, general information plus a touch of humour. How good was that!

Now that you have a little more time on your hands you can begin to do some of those things that you have previously been just too busy to do. Dust off those books you never got around to reading. Perhaps some of those stories swirling around in your mind will get written – are they for your grandchildren?

Share a chat with them online or via email. Exciting for you all. We can be close to our families even if it is via technology. Yes we may be alone but there is no need for us to be lonely. There are ways for us to share family joys even though the miles separate us. It has been absolutely joyful for me to meet a new great grandson online. He was born on 23 March 2020 and I have not been able to cuddle little Ollie yet. His parents have been sending me lots of photographs, let me share one with you of Ollie at just 2 weeks. My imagination enabled me to reach out and put my finger near his little hand and I am sure he held onto it. Yes, there's a bear in there!



Take care, stay safe, fond regards Nan



Coronavirus Australia ⓘ
Official Government Info
Australian Department of Health
#1 in Health & Fitness
★★★★★ 4.4 (521 ratings)
Free

The Government **Coronavirus Australia App** is a very comprehensive tool available for both Apple and Android, containing factual information in regard to essential information, symptom checker, general advice, registration of isolation, news and media, current status, Australian States and Territories information, Contact details, updated statistics, etc.



Easy to download and instal on all devices. Have the most reliable and current information right at our fingertips.

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Socialising the digital way ...

How do you keep in contact with friends and extended family, especially for social settings, rather than logging into your work environment using a VPN and work collaboration apps?

Modern technology and apps come to the rescue!

Houseparty <http://www.houseparty.com>

This app lets up to 8 people join the same video call on iPhones, iPads and Androids, and text chat, but where it different is that it offers some games that can be played in group. **Quick draw** tells you what you are supposed to draw, which your friends must try to guess. **Trivia** asks a series of trivia questions based on different categories, such as Harry Potter, entertainment, general knowledge, slang terms and more.



Netflix Party <http://www.netflixparty.com>

This is a free extension for the Google Chrome browser on Windows PC, Macs and computers running Linux . Watch on your laptop, desktop or connect your computer to your TV with an HDMI cable to suit how you prefer to watch, and then watch Netflix movies with your friends online. Netflix Party synchronises video playback and adds group chat to your favourite Netflix shows.



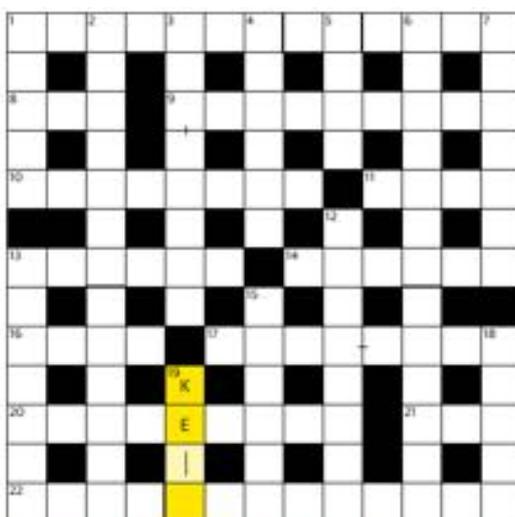
What if you don't want to use an app?

If absolute synchronicity isn't important, you don't actually need to use one of these apps if you can simply agree on which Netflix, ABC iView, YouTube or other show to watch, because you might enjoy watching the TV show or movie if you actually focus on watching it.

There are also all kinds of videos on YouTube - perhaps you and your friends want to watch a workout video together and all work out at the same time, and then talk about how exhilarating or exhausting the workout was afterwards, because you definitely shouldn't be trying to text while working out or you might find that your thumbs are getting a better workout than your body!

Whatever you choose to do, enjoy it !

Alex Zaharov-Reutt, ASCCA Director



Online crosswords are available using only your web-browser, without the need to create an account or sign in.

www.theguardian.com/crosswords

This page offers both quick and cryptic crosswords. Click on the crossword type you prefer, then onto a white square. The white squares become yellow and its clue becomes highlighted. Type your answer onto the yellow squares.

A wonderful feature to lessen frustration is the pink button options below: 'Check this' removes the incorrect letters you've typed; 'Reveal this' gives you the answer to the clue.

If you bookmark this web address, you'll have the new editions each day.

For the super-clever among us, there is a 'Genius' version that only provides the solution in the newspaper. A big pat on the back to anyone who can solve one.

Jean Martin, ASCCA Trainer

Need help with this, or ?? - call Jean (02) 9922 5408 Tuesday or Thursday, 9am—4.30pm AEST

Online Grocery Shopping

Woolworths woolworths.com.au and Coles shop.coles.com.au are the main online stores for groceries. Their trucks are often seen in the city. Food can also be purchased from IGA, Amazon, Harris Farm and others.

You will need to register for the store's account, providing your email, home address and creating a password. You only enter your credit card when you place your first order.

Some stores are currently offering standard boxes of grocery staples at a flat price including delivery. These are for the elderly and health workers. A couple of clicks and your grocery shopping is done.

For customised orders, the stores have their products categorised, e.g. 'Fruit & Veg'. After choosing each item and quantity, click 'Add to Cart'. You can also agree to substitutions.

Stores also have pre-set recipes where with one click, you add all the necessary ingredients to your shopping cart. For your own bespoke recipes at Woolworths, click 'Lists' then 'Create new list' and name your recipe. Select the ingredients and quantities for it. This information will be ready for a future order.

The stores keep automatic lists for every order you've made. This means you can check your last order and quickly tick off the items you need this time.

When you're ready to place your order, go to 'Checkout'. You'll be prompted with a screen listing other items it thinks you may have forgotten. Then you pick a delivery time-slot, confirm your delivery address and pay. You'll get a confirmation email of your order. Most stores provide a phone number for any complications.

If something is out-of-stock, you'll get an email *before* you get the delivery, naming the item and the amount refunded. If there are items missing when you receive your delivery, you just 'Reply' to the order confirmation email, stating which items were absent and they refund you.

Stores have their own apps for smartphones:   Just like scribbling your shopping list, you can use the app to add items as you run out. You can also just use the web-browser on your phone, log in and add an item. With the account details, more than one person can add items.

Shortly before the delivery, you'll receive up to the minute texts, seemingly from the driver. Deliveries are now 'contactless'.

Jean Martin, ASCCA Trainer



flybuys is an Australian loyalty program owned and operated by Coles, with the main participating retail outlets being Coles Supermarkets, Coles Express, Kmart, Liquorland, First Choice Liquor and Target stores.



The Woolworths **Rewards** loyalty program can help you get money off your shopping, earn Qantas points and enter competitions. Joining is free.

Online shopping portals can store your loyalty card, so that all orders transacted will count towards your points tally.

STOCARD—The wallet of the future.

Turn your phone into your wallet and redefine your everyday shopping experience!

Add all your loyalty cards to the app in seconds, get your favourite offers and never miss rewards again - for free!

This app is available for download for both Apple and Android devices.

Saves room in your wallet and you always have your cards with you.



I met a guy from Australia who works in IT.

I asked : “Do you come from a LAN down under?”

FACT SHEET: FOR OLDER AUSTRALIANS ON COVID-19

Coronavirus
(COVID-19)

This Fact Sheet is for the information and advice of older Australians. It outlines the COVID-19 facts and the measures you, your family and friends can take to protect older Australians. The spread of COVID-19 and Australia's response is evolving.

Click [here](#) for the latest information for seniors from the Australian Government

For information on the COVID-19 Virus go to :

<https://www.health.gov.au>

Messenger Morning Tea

The world has gone slightly awry in the current pandemic, homes are full of middle aged children turning the tables on their parents, demanding they stay home for their own safety, when they once were being grounded by their baby boomer parents now we're struggling to 'ground' them to keep them safe!

With this dilemma in mind, the fact that I live 4,000km from my parents, and my sister, who lives in the same town as them but works in health care, tearing her hair out at our inability to press upon Mum and Dad the importance of staying home, I concocted a plan!

I know that Mum has a weekly lunch date with friends, I know that she knows how to FaceTime, I know that she knows how to use Facebook Messenger for text-based group chats.

My goal was to give her an opportunity to maintain some semblance of her normal routines-particularly the social connections that are so important!

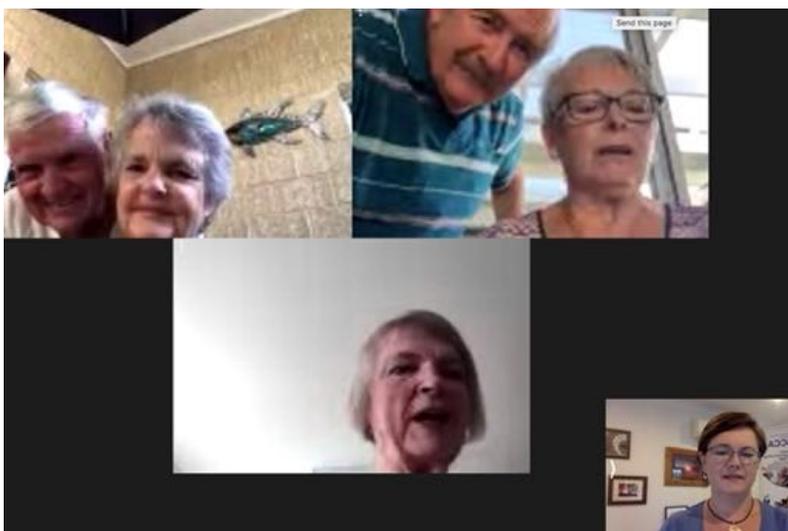
There are a few challenges in getting a group of people 'virtually' together. Some of the factors to consider are devices, (what's everyone using?), internet connections, do they have data? Do they have cameras and mics? What level of skill do they have? What's their tolerance level like to try new things? Their resilience when things don't go quite to plan? Just a few considerations! So, with all of that in mind I asked my Aunties and Mum for an hour of their morning through a Facebook messenger group chat and invited them to have a cuppa with me.

By picking FB messenger (they all have tablets of some description) we were able to place a group video call on a platform they were all reasonably comfortable with to start the group video chat idea. My Uncles popped in for a quick G'day too—and now mum's happy to show her 'Lunchalot Ladies' how they can keep their Tuesday lunch dates and order their contactless delivery takeaway lunches to help their local cafes and keep some of their local business going all while still managing to catch up and keep connected while physically distancing.



Facebook

Messenger



My tips are to keep it simple, focus on getting the tech right first, then when that's working focus on the etiquette, when to talk, when to just listen, how to minimise distractions, getting the lighting, sound, framing right and being able to fix the connection if something don't quite work!

Natika Hawes-Wright,
SWADE Project Officer

