

<http://www.staysmartonline.gov.au/>

**Stay Smart Online Awareness Week, 2-6 June, 2014**

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**Stay Smart Online Awareness Week**, (formerly National Cyber Security Awareness Week) is conducted by the Australian Government in partnership with industry, the community sector and all levels of government. ASCCA is pleased to be one of the 1,700 partners supporting this important initiative to help people of all ages and all levels of technical experience to understand the simple steps they can take to protect their personal and financial information online.

The theme for this year is - 'On The Go' and this theme was chosen to reflect the importance of staying safe and secure online while using

mobile devices when social networking, banking, shopping, and navigating the internet.

Among the many events arranged around Australia, seminars, industry events and community activities which you can attend or participate online are all included.

One of the most encouraging aspects Security Awareness Week this year, is the participation of 700 schools; bringing about the opportunity for children to understand the importance of online safety. This will also make it easier for those of us who are grandparents to follow up in discussions with those who are most vulnerable.

## ASCCA Stay Smart Online Forum in Sydney on Tuesday 10th June

After registration for the **ASCCA "Stay Smart Online Forum"** between 9.30 and 10.00 on Tuesday 10<sup>th</sup> June, there will be time to relax over an early morning cuppa as we greet old ASCCA friends from other clubs.

After Nan Bosler's welcome, the first speaker will be Tammy Wolffs who is the Director of Stay Smart Online, which is an initiative of the Australian Government, to help



people stay safe and secure online. She works with stakeholders across industry, community (including ASCCA) and government to increase individual and small business awareness of the initiative.

Next we will hear from an "old" ASCCA favourite, Paul Wallbank who is a technology writer and analyst on society and business evolution in the 21<sup>st</sup> Century. Paul has a very reassuring way



**Australia Wide Events Link**  
[http://www.staysmartonline.gov.au/data/assets/pdf\\_file/0009/43299/Stay-Smart-Online-Events-Calendar-Website-30-May-2014.pdf](http://www.staysmartonline.gov.au/data/assets/pdf_file/0009/43299/Stay-Smart-Online-Events-Calendar-Website-30-May-2014.pdf)

## ASCCA NOTICE BOARD

**2 - 6 June 2014 - Stay Safe Online Week - Watch out for details of ASCCA's Stay Smart Online Forum on: Tuesday 10 June, 2014 - <http://www.ascca.org.au/>**

**15 June, 2014 - World Elder Abuse Awareness Day <http://www.un.org/en/events/elderabuse/>**

**16 - 24 August, 2014 - Queensland Seniors Week - More information will be available soon on, <http://www.communities.qld.gov.au/communityservices/seniors/seniors-week>**

**1 September, 2014 - 4.00 pm Closing Date for all 2014 ASCCA Competition Entries**

**October, 2014 - Victorian Seniors Festival - 5-12 October there will be core program of events**

**12 - 18 October, 2014 - Carers Week**

**November, 2014 - Western Australia Seniors Week Festival**

**Wednesday 19 and Thursday 20 November, 2014 - 16<sup>th</sup> Annual ASCCA Computer Conference for Seniors in Sydney to be held at Rydges Hotel, World Square, Sydney.**

**Wednesday 19 November 3.30 pm - Australian Seniors Computer Clubs Association Annual General Meeting will be held at the conclusion of Day 1 of the ASCCA Conference at Rydges.**

The purpose of this forum is to give our senior internet users confidence so that they can enjoy all the benefits of the many programs and platforms available, while protecting the security of their data and maintaining their privacy and peace of mind.

**The advice of the Australian Federal Police advice is to:**

1. Install and update your security software; set it to scan regularly.
2. Turn on automatic updates on all your software, particularly your operating system and applications.
3. Use strong passwords and different passwords for different uses.
4. Stop and think before you click on links and attachments.
5. Take care when transacting online - research the supplier and use a safe payment method.
6. Only download "apps" from reputable publishers and read all permission requests.
7. Regularly check your privacy settings on social networking sites.
8. Stop and think before you post any photos or financial information online.
9. Talk with your child about staying safe online, including on their smartphone or mobile device.
10. Report or talk to someone if you feel uncomfortable or threatened online; download the Government's Cyber Safety Help Button.

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**ASCCA**  
Australian Seniors  
Computer Clubs Association

### STAY SMART ONLINE FORUM

Level 1, 280 Pitt Street, Sydney  
10 June 2014 - 9.30am ~ 2.00pm



- 9.30am Registration and early tea/coffee
- 10.00am Welcome, Nan Bosler, President ASCCA
- 10.05am Tammy Wolffs, Department of Communications
- 10.20am Paul Wallbank, speaker, broadcaster and writer on business and technology issues
- 10.50am Robyn Thompson, NSW Fair Trading
- 11.20am AFP Cyber Crime Prevention Team Member
- 11.50am Family History Security, prepared by Cora and David Num
- 12.10pm Allan Bell, Director Marketing, Asia Pacific, McAfee Australia,
- 12.40pm Panel to take your questions
- 1.00pm Light lunch

This event is free  
but bookings are required to help with catering;  
9286 3871 or [cdo@ascca.org.au](mailto:cdo@ascca.org.au)

**Continued from Page 1 - ASCCA Stay Smart Online Forum**

of sharing his considerable knowledge to give confidence to his listeners.

Our next speaker will be Robyn Thompson, who has been a Dispute Resolution Officer with NSW Fair Trading for several years. In this role Robyn deals with a wide range of enquiries and complaints - from scams to shopping rights and from cars to building matters. She looks at both sides of matters relating to consumer rights and warranties and provides information and assistance to consumers and traders on general consumer issues.



Because of the sensitive nature of the work done by our Australian Federal Police Cyber Crime Teams, we are unable to give you personal details on our AFP Presenter for the day. However those of you who have enjoyed previous informative talks will know that we are privileged to have the opportunity to listen to these dedicated people from the special branch who are working hard to eliminate cyber crime.

We are very fortunate that we will be able to show an expert presentation on Security when researching our family

history. This has been prepared by Cora and David Num. Cora is a Fellow of the Heraldry & Genealogy Society of Canberra and has worked as a professional family history researcher and lecturer for over twenty years and her husband David, who is an ASCCA Director, is a great support to her in her work. She established the internationally recognised CoraWeb in 1997 and has written a number of Family History books.



Allan Bell, who is the Director of Marketing, Asia Pacific, for McAfee Australia will be speaking about what we can do to make our computers safe as well as providing that all important cross-device protection for complete internet security.

There will be time for a panel of our speakers to take and answer your questions before lunch arrives at 1.00 pm. We do hope our members will take advantage of this opportunity to catch up with the latest security tips before enjoying the light lunch.

**Please RSVP to Phone: 9286 3871 or Email: [cdo@ascca.org.au](mailto:cdo@ascca.org.au)**

**Time is running out to help ASCCA to help your club!**

**Time is running out for you to help ASCCA to receive a share of the profits from Dick Smith Food Products which are all given to Charities.** With 74 charities to receive a share in the one million dollars to be given away during 2014 - the deadline of 11.59 pm 30<sup>th</sup> June is looming close.

**Please take the time to read about this charitable promotion on the Dick Smith website <http://www.dicksmithfoods.com.au/charity-breakthrough-eligible-charities> and submit a photo of yourself with one or more Dick Smith Food item.** This can be done either via text or email to [charity@dicksmithfoods.com.au](mailto:charity@dicksmithfoods.com.au) with the comment that the Australian Seniors Computer Clubs Association is your favourite Charity. If your family and friends would also like to support us by sending along a picture of themselves and explaining that ASCCA is their favourite charity this would also be a help.

**If you mention which computer club you belong to we are hoping to give a prize to the Club with the most entries in support of ASCCA.** So why not start "snapping" and join the fun while helping ASCCA - and helping to keep jobs in Australia?

**ASCCA** is a registered charity and **YOUR VOTE** could help us in our work to sustain and develop appropriate programs to help and encourage seniors to learn about and become comfortable with computers and information technology.

## Like it or not, the future is NOW!

At ASCCA we strive to keep abreast of all kinds of technology, with particular interests in those changes and developments that can improve and enrich the lives of seniors. For some time, we have been engaging in discussions and reading updates about eHealth, or telehealth and have even had several very well received presentations on these developments at our ASCCA Conferences.

Probably the biggest concerns come from the speed of these amazing technology developments which sometimes give rise to concerns that the laws and guidelines needed to protect the users of ground breaking services and programs, will not keep up - or be appropriately regulated.

In some ways there is a parallel here with developing telehealth programs and with the implementation and use of new drugs. All the natural enthusiasm for something which has the potential for so much good; must be tempered by careful checking of many areas, including ethical and legal ones and with reference to the ultimate benefits for the patient.

Dr Malcolm Fisk, who is CoDirector of the Age Research Centre, Health Design & Technology Institute, Coventry University Technology Park, has been in contact with Nan Bosler recently with important news about the implementation of the European Code of Practice for Telehealth Services.

This European Code will provide a quality benchmark and help to build trust and confidence among service users and carers; and help with service reforms. The Code has been developed through the TeleSCoPE Project that has been funded by the European Commission. It applies to all kinds of telehealth services and supports the perspective set out by the European Commission's eHealth Action Plan 2012-2020.

Dr. Fisk, who Nan met at the 11<sup>th</sup> Global Conference on Ageing in Prague in 2012, recently offered a definition of telehealth at an eHealth Forum in Athens:

**Telehealth is** ... the means by which technologies and related services that are

concerned with health and wellbeing are accessed by people or provided for them at a distance.

**Telehealth is** ...

- about empowering people to manage their own care
- about maintaining and changing lifestyles and behaviours
- about better mental health as well as physical health
- about public and preventative health (as well as clinical health)
- as relevant to a 26 year old managing her diabetes as it is to an 86 year old being helped with his dementia.

**ASCCA will continue to follow the progress of the European Code of Practice for Telehealth Services and embrace the idea of a World Code.**

It is very important that all our ASCCA member clubs continue their great work of involving and encouraging their members in becoming familiar with the kinds of technologies which will allow them to make good use of all the advantages of telehealth services as they are introduced.

**Like it or not, the future is NOW** - telehealth has so much to offer to individuals, health providers and governments!

The more familiar and comfortable seniors become with all kinds of devices which will



become a part of the delivery of convenient and appropriate care, the better will be their quality of life.

←—————→

**A thought worth remembering from the 2012 Prague Conference!** Baroness Sally Greengrass, British politician and Chief Executive of the International Longevity Centre - UK. encapsulated the ageing challenge in one simple acronym: **FREDA**. **"Fairness, Respect, Equality, Dignity, Autonomy should be built into training all who work with older people, so we can move forward with confidence."**

## ... and the future is full of promise!

**It is very exciting when we read about amazing new devices which sometimes start out looking "out there" and frivolous; soon being adopted for humanitarian and educational uses with great potential for good.**

In California, **UC Irvine School of Medicine** is once again leading the way in embracing new technology after having been one of the first medical schools to issue iPads to its students. Now they have announced that they intend to become the first medical school in the country to fully integrate **Google Glass** into its four year program. While their iPad scheme provided each new student with an iPad, this new scheme will have 30 – 40 Glass devices on hand, with 10 to be used by students from the senior years in the emergency department and the operating room and the remainder to be used in the classroom by students from the first two years.

*"I believe digital technology will let us bring a more impactful and relevant clinical learning experience to our students,"* Dr. Ralph V. Clayman, Dean of Medicine, said in a statement. *"Our use of Google Glass is in keeping with our pioneering efforts to enhance student education with digital technologies".*

Hospitals and medical schools have been experimenting with using Google Glass for surgery since last June and it is easy to understand the many benefits for having such a hands-free "computer" on your face both for the convenience of being able to give Glass instructions to obtain medical records and other information, or even to direct the device to record the operation from the perspective of the operating

doctor, to provide more meaningful instruction to students in class.

However perhaps as patients, we can even better appreciate the comments of Dr. Warren Wiechmann, assistant clinical professor of emergency medicine and Associate Dean of Instructional Technologies at the school. He said; *"The most promising part is having patients wear Glass so that our students can view themselves through the patients' eyes, experience patient care from the patients' perspective, and learn from that information to become more empathic and engaging physicians."* This sounds like a really good way to coach doctors in the adoption of an acceptable and thoughtful bedside-manner; not always the strong point of some of the cleverest specialists.

UC Irvine has already begun piloting Google Glass in *"operating rooms, intensive care units and the emergency department in order to assess its impact on physician efficiency and patient safety,"* a press release from the University reports.

In order to ensure Glass is Health Insurance Portability and Accountability Act (HIPAA) compliant, UC Irvine is working with Pristine, one of several Google Glass - focused startups. Compliance with HIPAA has seen the removal of some features, like Google+, Gmail, Maps, Search and some other apps from the Pristine modified Glass. Neither will it be connected to the internet. Encrypted video and audio will be streamed live to a receiver.

**Like the rest of us, doctors, nurses and health workers will be challenged to keep up with the plethora of rapidly accelerating technical developments.**

## University of Sydney CyberMate Program

<http://au.reachout.com/>

A revolutionary online tool to support young people living with depression or a mental health issue is being developed by **University of Sydney** software engineers. The team is adapting online tracking techniques used by marketing analysts in their internet-based tool.

**The CyberMate Project** has been supported by the **Inspire Foundation** and will be evaluated by mental health practitioners and researchers based at the University's Brain and Mind Research Institute before being trialled by 210 young people over a year-long period.

Website [www.ascca.org.au](http://www.ascca.org.au)

*Australian Seniors* **ASCCA**  
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ASCCA Newsletter  
Volume 16 No 5  
ISSN 1446-862X

Membership of **ASCCA** is open to all Seniors Computer Clubs, Organisations with a membership including Seniors, and organisations that recognise the value of computer technology for Seniors.

Cost of **ASCCA** membership Up to, and including, 40 members - \$110 Incl. GST  
Over 40 and up to 100 members - \$150 Incl. GST  
Over 100 members - \$250 Incl. GST  
Corporate Membership also welcome.

If you fit one of those categories and are interested in joining **ASCCA** please go to our website [www.ascca.org.au](http://www.ascca.org.au) or email [office@ascca.org.au](mailto:office@ascca.org.au) to find out how to start a club or read some of the advantages of joining **ASCCA** if you are an existing club. An Application Form is available on the website.

**DISCLAIMER:** This newsletter is provided "As Is" without warranty of any kind. Each reader of the **ASCCA** newsletter assumes complete risk as to the accuracy and subsequent use of its contents.

**Newsletter Editor:**  
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Contributions are welcome. Remember this is **YOUR NEWSLETTER**. Please take special note clubs outside Sydney and NSW. Please forward

**Pass on this issue of the ASCCA newsletter** by printing copies for distribution, or make a list of all your club members with email addresses and forward it to them. It is of interest to each member of every club, not just Committee members.

The newsletter can also be read and/or downloaded from our website: - [www.ascca.org.au](http://www.ascca.org.au) You are welcome to copy items from this newsletter but acknowledgment of **ASCCA** is required.

**WORLD TELECOMMUNICATION AND INFORMATION SOCIETY DAY** has been celebrated annually on 17<sup>th</sup> May since 1969, to mark the anniversary of the first **International Telegraph Convention** and the **Creation of the International Telecommunication Union** (ITU) in Paris on 17<sup>th</sup> May 1865.

On **16<sup>th</sup> May 2014 in Geneva** - ITU presented the **World Telecommunication and Information Society Award** to three laureates, **Mr Paul Kagame**, President of the Republic of Rwanda; **Ms Park Geun-hye**, President of the Republic of Korea; and **Mr Carlos Slim**, Chairman, Grupo Carso and President of the Carlos Slim Foundation. They were recognised for their leadership and dedication towards promoting ICTs and broadband connectivity as a means of achieving sustainable development.

**Nominations are open for the Victorian Senior of the Year Awards**

<http://www.seniorsonline.vic.gov.au/Home/Festival-and-Awards/Your-events/Seniors-Awards>

**The Victorian Senior of the Year Awards** have been running for over 20 years and each year the winners inspire us all with their stories of generous volunteering well into their 60s, 70s, 80s and 90s. If you know someone like these wonderful people who were recognised for their services last year, you have until **Friday 11<sup>th</sup> July** to nominate someone over 60 who makes a positive difference to their community. The categories for nominations are:

- **Premier's Award for Victorian Senior of the Year:** 2013 Winner was 80 years old
- **The Veteran Community Award:** 2013 Winner was just 92 years old
- **Healthy and Active Living Award:** 2013 Winner was also 80 years old
- **Promotion of Multiculturalism Award:** 2013 Winner was only 76 years old
- **Council on the Ageing (COTA) Victoria Senior Achiever Awards.** 10 of these Awards given in 2013

**Winners will be acknowledged at a special Government House reception on 2 October 2014, leading into this year's Victorian Seniors Festival.**