

SeniorNet®

Puget Sound Computer Learning Center

Where skilled volunteer seniors teach seniors to use, enjoy computers

November, 2007 Vol. 8 Issue # 11 Mail: PMB 705, 15600 NE 8th, Suite B-1, Bellevue, WA 98008-3958
Voice Mail: 206-232-5892; Email: senior@seniornetps.org; Phantom Lake Elementary School, Bellevue



NOVEMBER MEMBERSHIP MEETING

NOVEMBER 20, 2007

**NEW HOPE MINISTRIES CHURCH
15760 NE 4TH STREET BELLEVUE**

The meeting will start at 9:30 AM

From our President

Lois Farris

Our November membership meeting will start **EARLY** this month. It is a packed morning so our formal meeting will start at **9:30 AM**.

At 8:45 AM Nurse Mary Jane Donaldson will be present to take your blood pressure and answer your questions. We should all know the following information, do you?

Understand & Control Our Blood Pressure

Why is blood pressure IMPORTANT?

What is blood pressure?

Can you tell when your blood pressure is high?

What can be done about high blood pressure?

THIS MONTH'S PROGRAM

We are fortunate to have **Detective Michael Chiu of the Bellevue Police Department** for our program. His presentation includes all commonly occurring opportunistic crimes that target seniors. These include: financial fraud, ID theft, senior abuse by family/caregivers and scams/cons through various mediums (e.g. e-mail, postal mail, in person, telephone, charitable solicitations). If you have seen him on TV you know that he has a wealth of information and experience. He will present actionable advice on detection, prevention and response/recovery. He will talk about resources for seniors to minimize their exposure to financial crime and which of these resources are available on line.

We will start the program about 10:15 AM to give Detective Chiu ample time for his presentation and have time for questions and answers at the end.

IN HONOR OF THE HOLIDAYS

We will have a drawing at the end of the program for **3 - \$50.00 gift certificates from QFC.**

Come and share the morning with fellow SeniorNetter's and learn how we can be more proactive in our daily lives. If you have a neighbor that you would like to introduce to SeniorNet, this would be a good meeting to do that.

AVAILABLE CLASSES

Digital Camera (DigCam-2)	Fri 11/30 & 12/7	1:15 - 3:15	\$20.00
Intermediate Word Processing (Word IM-1)	Thurs 11/08 – 12/13	10:00 - 12:00	\$30.00
Internet Explorer 7 (IE-7)	Mon 11/26	10:00 - 12:00	\$10.00 (see NOTE below)
Many Faces of Google (Google-2)	Mon 11/5 & 11/19	9:30 - 12:00	\$20.00
Photo Editing (Photo-2)	Wed 11/7 – 12/12	10:00 – 12:00	\$30.00
Tracking Investments with Quicken (Invest-1)	Tues 10/30 – 11/13	1:15 – 3:15	\$20.00
Travel Planning (Travel-1)	Thur 11/29 – 12/13	1:15 – 3:15	\$20.00
Using Windows XP (Using-3)	Wed 11/21 – 12/12	1:15 – 3:15	\$20.00
Utilities (Util-1)	Fri 11/16	10:00 – 12:00	\$10.00
Vista Overview (Vista-2)	Thur 11/8 & 11/15	1:15 – 3:15	\$20.00 (see NOTE below)
Where's My Stuff (File-2)	Tues 11/20 – 12/11	1:15 – 3:15	\$20.00

NOTE: Due to Bob Balsley's illness, two classes have been rescheduled:

- ◆ Students in Vista-1 who missed the second session on October 23 are scheduled for Vista-2 class on Thursday, November 8 & November 15, 1:15 - 3:15.
- ◆ Internet Explorer 7-1 class originally scheduled for October 31 has been cancelled. Students have been rescheduled for Monday, November 26, 10:00 - 12:00.

If you have any questions about these classes, please call the voice mail 206-232-5892.



WINTER/SPRING 2008 REGISTRATION

TUESDAY NOVEMBER 27, 2007

New Hope Ministries Church

15760 NE 4th Street Bellevue 9:30 AM – 12:00 NOON

Be sure to mark your calendars for this event

HOME SWEET HOME FAIR

The Home Sweet Home Fair will be held at Bellevue City Hall located at 450 - 110th Ave NE (NE 4th & 110th Ave NE) on Saturday November 3rd from 9:30 AM until 3:00 PM. The Fair is sponsored by the City of Bellevue, Overlake Hospital Medical Center, the Visiting Nurse Services of the NW, Providence Home Services, Bellevue Healthcare, and Elder and Adult Day Services. The event will provide seniors and their families with resources, ideas and inspiration for staying at home as they age.

There will be over 50 vendors at the fair throughout the day. Featured vendors include:

- Home care agencies
- Long term care insurance
- Reverse mortgage companies
- Emergency alert systems
- Durable medical equipment
- Respite care
- Home delivered meals

In addition, there will be interesting speakers throughout the day. A few of the topics are:

- a) Staying Healthy as You Age by Dr. John Addison
- b) Senior Scams-Don't Get Taken by Marcella Kallnman, BBB/AARP
- c) Living with Loss and Grief by Eileen Putter, counselor and member of the Bellevue Network on Aging
- d) Long Term Care Insurance: Is it for you? by Luke Gjurasic of the Gjurasic Story Group
- e) Home Adaptations for Independent Living: two presentations, one by Bill Morell of Adaptive and Installations and one by Lisa Blanchard of Adaptions

Other presentations include these topics:

- How to hire helpers
- Tips for care giving at home
- Simple meals you can prepare at home
- Activity demonstrations

The event is free, although a \$5.00 donation is suggested. There are only 94 spots of free parking at Bellevue City Hall so it might be wise to arrive early; however, other parking is available near City Hall. FOR QUESTIONS, CALL SENIOR CARE AT 425-688-5800.

RSVP Breakfast at Emerald Downs

Sharon Arthur

Once again our October membership meeting was replaced by an our attendance at Emerald Downs for RSVP's annual breakfast to honor volunteers in the King County area. This year our SeniorNet Learning Center nominated Bob Balsley as our Volunteer of the Year. Thirty-five of our SeniorNet members met at various locations to car pool down to Emerald Downs. Upon arriving at the door, we were given a bag of goodies and a raffle number for the door prizes. The breakfast and entertainment were held in the Turf Club on the 5th floor. We all enjoyed checking out the sponsor tables with all their goodies. The Federal Way Harmony Kings barbershop chorus entertained us as

we ate our wonderful breakfast. Then, the program went on to introduce the Community Service Volunteer of the year, the Organizational Service Volunteer of the year, RSVP Outstanding Volunteers, Recognition Event committee and, of course, all the Centers that make up the wonderful RSVP. It looked like our group had the largest representation. The keynote speaker was Bob Santos who shared, in an entertaining manner, tales of his life as an activist and community leader in the International District. Finally the last of the many large and small door prizes were raffled off. SeniorNet had five winners. Mary Jane Donaldson was a big winner coming home with a five foot tall Scarecrow made to stand by your door. It was a fun event and a good time was had by all who attended.

BITS & PIECES

An Effective "Oops" Strategy Have you ever had the experience of moving, copying, cutting, renaming, or deleting a file or other data, then, a second later, realized that you had made a horrendous mistake? If you're like me, you scream, collapse in a heap, and sob uncontrollably until the paramedics arrive or you lose consciousness, whichever comes first. The next time an "oops" situation presents itself, before the screaming begins, press the key-stroke combination CTRL-Z, which will reverse (undo) your last action. As simple as this tip is, it can be a lifesaver. Your family, neighbors, and paramedics will thank you. [From Joe Hesketh]

Another "Oops" [Correction to October's newsletter] This time it is from your editor. Last month we credited the article on converting your Word program to Word 2007 to Ken Crandall. It was written by Gordon Young. Sorry Gordon. Hopefully Ken benefited from the article as he claimed to know nothing about Word 2007!!

You will be happy to know! "While past studies have found obesity in middle age increases a person's risk for dementia or Alzheimer's disease, studies shows obesity in old age has *no effect on a person's memory*.

Save your vases Adella Granger would like to have your throw-away vases for next year's Brown Bag raffle. SeniorNet would appreciate your storing them until asked to bring them in to the classroom in June. We'll post a reminder.

Make an appointment for your Laptop We welcome all to our labs but please remember we are not set up for numerous laptops so we ask you to make an appointment. This way we can make it a good experience for all. The number to call is 425-822-8332 and arrange for experienced help with your problems.

No Lab Please note there will NOT be a lab on **November 27th**.
That is the date of registration for Fall 2008 classes at New Hope Ministries church 9:30-12:00.

VISIT OUR WEB SITE www.seniornetps.org

Constructed by Hal Mozer, Jay Schlechter and maintained by Hal, Jay, Chuck Goldstein and Bill Bumpas

Get information on our all-volunteer SeniorNet Computer Learning Center of Puget Sound.
Find information on our COURSES and SCHEDULES; see photos of our classroom and instructors.

- If you have changed your address, phone number or email address, please notify us of these changes. Please call the voice mail 206-232-5892 or email Senior@seniornetps.org and bring us up to date.
- If you wish to contribute articles, news items or comments, please contact Nancy Harsh at nbharsh@msn.com.
- To receive this free monthly newsletter, update your email address or unsubscribe, please send your full name, phone and email address to pugetsnet6@qwest.net.

- If you have friends who are online and who may be interested in taking classes to expand their skills, please forward this newsletter to them. To do so: click Forward when the email message with the newsletter is displayed; enter the email address of the person to whom you are sending it in the To box and click Send.

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