



President's Jottings

Seniors Recreation Council of WA Inc.



Hugh Rogers State President

JUNE 2020

To all our friends and colleagues, we hope you all are keeping well and staying safe. SRCWA is still working from home as we slowly weave our way through the COVID-19 recovery period which will be conducted over the next few months. We are adhering to all the advice and regulations as we progress towards re-introducing our programs and events. Also a reminder that SRCWA is available to assist Seniors with advice or will attempt to locate answers to questions if we are able. During this time SRCWA continues to operate and serve WA Seniors, there may be delays in responding to your queries but if you call the office on 9492 9773 and leave a message we will return your call as quickly as possible.

TECH SAVVY SENIORS:- VIDEO CHAT TIPS

During isolation and distancing one of the more popular ways of staying in touch is via applications (platforms) which allow us to see a video of the other person at their location in real time. There are popular platforms you may have heard of in the media such as Face Time, Skype, Facebook Messenger and Zoom. Here are a few tips we can keep in mind when using the above platforms

1. Make sure your device and app is up to date as well as your antivirus software.
2. Be aware that others (scammers) may be able to join into your video call or listen in, if your privacy settings are not set correctly. Try to not give bank or personal details during a video conversation.
3. Make sure you have a good connection such as the NBN or a 4G mobile device (your mobile phone may be 4G ask your Telco). A fast internet connection makes for a better viewing experience.
4. This may seem funny, but wear clothes and remember to turn the camera off and close the app when you are finished the conversation. There have been many instances where people haven't realised the camera is running and because they are home they are seen in their underwear. If you are unsure if your camera is off use a Post-it Note to cover the camera lens.
5. Make sure you have plenty of light coming towards you not behind you (don't sit with your back to a window). Try to choose a wall or background that offers some contrast without being overly busy – but, more importantly, provide space between your body and the background.
6. Set up your device on a table or stand and check the angle of view, there's nothing more distracting than looking up someone's nose. Try to have the camera level with your face if not slightly above, then turn on your camera to set up the field of view to make sure everything you want seen is on screen.

7. Sit back and relax and enjoy the experience.

8. If you have problems ask for help from your Telco or a trusted friend or family member.

Remember: The only silly questions are the ones you never ask.”

SRCWA has a Tech Savvy Seniors contact list if you would like to be registered to receive Technology information and invitations to attend our Tech Savvy Seniors events please call Martin on 9492 9774 leave a message and we will return your call and make a note of your details.

HAVE A GO DAY 2020 a LiveLighter Event

Have a Go Day a LiveLighter Event, 11th November 2020 the event this year will focus on Remembrance Day, we are planning to have all the Remembrance Day observances as part of the event. Expression of Interest forms are now available to all clubs/groups, Not for Profit organisations and businesses who would like to attend as a site holder and promote everything they are involved in at this event. Of course whilst SRCWA is planning to hold the event as scheduled it will remain in the planning stages until the COVID-19 restrictions on mass gatherings are lifted. Please contact the office on 94929773 or email dawn.yates@srcwa.asn.au to request further information or an Expression of Interest form to be emailed to you.

For details of events and programs run by Seniors Recreation Council of WA visit our website www.srcwa.asn.au