



Personalized Computing The Next Generation: Wearable Computing

SeniorNet keeps members informed of new directions and advances in technology. We take a special interest in technology where it intersects with everyday life and allows everyone to personalize its use.

Reprinted with permission MIT Media Lab (<http://www.media.mit.edu/>).

The Media Laboratory at the Massachusetts Institute of Technology (MIT) provides a unique environment for exploring basic research and applications at the intersection of computation and the arts.

Research at the Media Lab comprises interconnected developments in an unusual range of disciplines, such as software agents; machine understanding; how children learn; human and machine vision; audition; speech interfaces; wearable computers; affective computing; advanced interface design; tangible media; object-oriented video; interactive

cinema; digital expression—from text, to graphics, to sound; and new approaches to spatial imaging and related issues.

MITHril is a next-generation wearables research platform developed by researchers at the MIT Media Lab (www.media.mit.edu/wearables/mithril/index.html). The goal of the MITHril project is the development and prototyping of new techniques of human-computer interaction for body-worn applications. Through the application of human factors, machine learning, hardware engineering and software engineering, the MITHril team is constructing a new kind of computing environment and developing prototype applications for health, communications and just-in-time information delivery.

The MITHril hardware platform combines body-worn computation, sensing and networking in a clothing-integrated design. The MITHril software *continued on page 15*

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INSIDE SENIORNET

by Langley Spurlock, SeniorNet Board Chair

This issue of Newsline highlights various ways that we can personalize and customize our computers to work more

efficiently and effectively for us.

SeniorNet is very proud of our position in the forefront of addressing the special technology needs of adults as we age. This issue includes descriptions of programs that enable those with various disabilities to use computers and the Internet. Age related disabilities may range from the relatively minor annoyance of stiffer joints that make using a mouse more difficult to the progressive loss of sight caused by macular degeneration. I'm an artist and I'm encouraged to know that there are many ways that I can continue to produce art on my computer including using a stylus on a digital tablet as our member Gordon Obie of the Eugene, Oregon, Learning Center does. (See Gordon at work on page 9.)

The Web Adaptation Technology (WAT) software for use with Internet Explorer that is available free for SeniorNet members from our web site is a project on which we collaborated with IBM. Through the valuable feedback that was provided by SeniorNet Learning Center volunteers

and members on early versions of WAT, IBM has been able to develop the WAT program for use by people with a wide range of physical limitations. And the program is useful for anyone who may just want to turn off animations or customize the way they see web pages.

Our feature story is about work being done at the MIT Media Lab to develop wearable computers that can enhance various aspects of our lives as we grow older. The Lab is exploring how technologies can lead to healthier and more independent living, particularly technologies that can adapt to the changing lifestyles of older persons.

When SeniorNet first started teaching computer skills to older adults almost 20 years ago, many seniors were interested primarily in acquiring the ability to format and edit documents using a computer as a glorified typewriter.

Now, along with the basics for beginners, SeniorNet Learning Center students take a wide variety of specialized courses that permit them to pursue their own interests. Topics include how to manage personal finances, enhance photographs, build a family tree and buy and sell on eBay to add to a collection or sell items no longer wanted or needed.

Stay tuned! There is no end in sight to the ways in which computer technology will enable each of us to enrich our lives in ways that match our own personal styles and interests. ☑

Thank you!

Thanks to each of you who made additional financial contributions to the ongoing support of SeniorNet's community. SeniorNet's programs can flourish only with your help. Many of you responded when asked to contribute toward the future of SeniorNet. Your contributions provide the resources we need to offer additional services and learning opportunities, including expansion of our online courses. All gifts to SeniorNet are tax-deductible as allowed by law. You can contribute on our web site or by mail or phone. ☑

New Legacy Society Created

SeniorNet has created a Legacy Society to honor those individuals who have decided to support SeniorNet's mission and programs through a planned gift. Such gifts can include a bequest through a Will or trust, a beneficiary designation for a life insurance policy or retirement plan (IRA, 401k, 403b) or other planned giving vehicle.



The new SeniorNet Legacy Society allows us to say "Thank you!"

"We want to honor and celebrate the commitment and support of these dedicated and generous individuals while they are still with us. The new SeniorNet Legacy Society allows us to say "Thank you!" said Francine Lester, SeniorNet Interim President and CEO.

Members of the Legacy Society will be listed in the SeniorNet Annual Report (anonymity will be respected upon request). They will be invited to the SeniorNet Board of Directors annual dinner, which is held in a different city each year. They will receive a specially created Membership Certificate and each year they will receive a SeniorNet educational gift, such as a book or software.

Membership in the Legacy Society is open to anyone, as individuals or as a couple, who includes SeniorNet in a planned bequest. To join, simply contact Francine Lester at SeniorNet to request the SeniorNet Legacy Society brochure and membership form. ☑

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Cyber Granny

by Barbara Rolek, Reprinted with permission, the South Lake Post-Tribune

When Ruth Warren says she has to check her cookies, she isn't referring to the kind that come out of an oven, she's talking about the ones you pick up on the information highway.

Totally conversant in computerese, her Internet journey began in 1964 when her son

gave her his old computer. "I started by looking for recipes and now I play canasta online and in real-time with my daughter and grandson."

It doesn't stop there. "Cybergranny" and "Herblady," as she is known online, belongs to three chat communities, monitors the bread-machine and herb-garden discussions on SeniorNet and has her own

web site at www.geocities.com/grammaw.geo.

"I learned how to create it through SeniorNet. They offer online courses and tutorials to teach older adults how to use computers and they also have hundreds of Learning Centers around the country," Ruth says.

In addition to her own web site, Ruth helped design the original Lake County Extension Homemakers' page, the first county organization in the state to have one. "I did all that after the age of 55. Not bad, eh?" Ruth beams with pride and her belief in the potential of all seniors.

Herblady is a multi-tasker producing greeting cards while she wheels and deals on eBay to add to her collection of 700 thimbles from as far away as Fiji. When she's not using the computer for bidding, she uses it to pay bills, manage her husband's business accounts and track legislative bills.

She wheels and deals on eBay to add to her collection of 700 thimbles



Ruth Warren, Cyber Granny

When fellow seniors ask her for advice about becoming computer literate, she says, "Don't be afraid. It's just a machine and it won't blow up. If it freezes, just give it the three-fingered salute — Control, Alt, Delete."

Ruth advises people to start with the basics and buy printers,

scanners and other peripheral equipment only when it is on sale. "You don't need all the bells and whistles when you're just starting out. If you don't know how to use it, why have it?" she asks sagely.

Ruth is so excited about the opportunities the Internet opens up to seniors and those not able to venture out of doors that she tutors them in their own homes on their own systems. "I've had six students in the past year. You can learn so much about the world through armchair travel, it makes getting online worth it. Just jump in." ☺

eBay for Seniors



The eBay Foundation sponsors a web site on SeniorNet's site (www.seniornet.org/eBay) that puts all in one place resources for seniors who want to learn to buy or sell on eBay. If you already are active on eBay, you can find expert tips and communities of buyers and sellers. If you are downsizing because of a move or want to find a one-of-a-kind gift, eBay may be the place for you.

Learn how to use eBay in step-by-step instructions. Find out how to display photos using a digital camera or scanner to enhance your eBay offerings. Read eBay users stories and suggestions and get your questions answered.

There's a buyer for anything you don't want and, no matter how unusual your collection may be, you'll be able to add to it on eBay.

Top 10 reasons for using eBay

10. You are moving into a smaller home and need to sell stuff
9. You wish to downsize your possessions
8. You have heirlooms your children don't have room for
7. You want to sell things quickly, at good prices, anonymously
6. You create crafts or other wares that you want to sell
5. You are searching for a hard-to-find item or a one-of-a-kind gift
4. You own a collection for which you want to sell or purchase items
3. You want a fun way to raise funds for your organization
2. You have a hobby that requires unique tools or parts
1. You want to purchase items at reasonable prices, safely, without leaving home ☺

NEWSLINE WINS!

Thanks to all our members who contributed ideas for a new name for Newslines.

We announced in the Fall '03 issue that we were searching for a new name for our newsletter to complement our new design. Well, Newslines won! The name is a familiar and popular old friend that denotes our goals for communicating with the SeniorNet community—like an old-fashioned telephone party line, Newslines disseminates information about SeniorNet programs and projects and news by and about our Learning Center and online community members.

Couldn't Keep it to Myself

by Ginny Anderson, SeniorNet web volunteer

Wally Lamb, prize winning author whose two best selling books, *She's Come Undone* and *I Know This Much is True* (both optioned for movies), took time from his busy schedule to join our online discussion and answer our questions on his latest book, *Couldn't Keep it to Myself: Wally Lamb and the Women of York Correctional Institution: Testimonies From Our Imprisoned Sisters*.

SeniorNet first met Wally Lamb at the 2003 National Book Festival, since SeniorNet participates as a Partner in the Library of Congress Center for the Book, organizer of the Book Fest. In the midst of the excited screams of one of the volunteers, Books Discussion Leader Andrea Flannery, seizing the moment, interjected, "Don't mind her: *She's Come Undone*." Wally roared appreciatively and SeniorNet Books began a cordial relationship that led to the discussion of his new book.

Adding to the virtual feast in the book discussion, the participants were electrified when, by arrangement of Gina Garza, at publisher Harper Collins, other authors featured in the book began to appear in the discussion and answered our questions with great generosity and good will. Nancy Birkla, who is Wally Lamb's cousin and one of the authors, took a leadership role in the discussion and Dale Griffith, teacher at York Correctional Institution, also joined the discussion and offered valuable and moving perspectives on the women's holidays and living conditions. It was an incredible experience.

The discussion ran over the course of five weeks and Wally Lamb, who still volunteers teaching writing at the York Correctional Institution, printed the discussion comments from the web pages for the book's authors in his workshop who are still incarcerated.

Mr. Lamb wrote, "Inmate writers are shut

off from the outside world in so many ways, and they're so often given the message that they don't matter, that they were shocked and thrilled by the volume and depth of responses to the book. "That many people read our writing?" one of them asked. She was incredulous.

"Getting the message that others care and are interested in them is particularly significant for Brenda Medina, Barbara Lane and Michelle Jessamy. Others, too, whose work you don't know. Dale Griffith put the printouts of the discussion in a binder to leave in the library."

In addition, the discussions are being distributed in several other educational venues. Nancy Birkla reports that the discussion of CKITM has caught the attention of the Humanities and Behavioral/Social Science Departments at West Georgia State University, where several of the faculty have expressed interest in using SeniorNet links in their classes.

Nancy reports, "I've received several other emails from

professors there since, indicating great interest in SeniorNet too. See, what all of you have to say really is important!"

Wally Lamb said "A book discussion is like a pot luck dinner. Bring whatever you have to the table. Don't come empty-handed and expect to eat for free. Together, we make a feast!"

The feast goes on. As one participant said, it was not just a book discussion, it was a "Happening." Join us in all

of our book discussions and help make it happen again.

As a result of this lively author-participation discussion, a new discussion on SeniorNet, The Prison Education Initiative, offers participants information and opportunities to become more informed about and involved with prison issues.

In an exclusive interview with SeniorNet, Wally
Continued on pg. 5

"A book discussion . . . is like a pot luck dinner. Bring whatever you have to the table. Don't come empty-handed and expect to eat for free. Together, we make a feast!"
— Wally Lamb



Andrea Flannery & Ginny Anderson, discussion leaders; Wally Lamb & his wife, Chris

Wally Lamb continued from pg. 4

Lamb remarked on such wide ranging and diverse issues as writing and editing, the Son of Sam Statutes, pending legislation in Connecticut, what he hoped the book would do, what the title means, the role of an editor and anthologist, work on his new book and his screenplay, the “ingredients

of a dramatic scene,” exposition techniques, the present lawsuit against the women contributors and suggestions for prison reform.

To read the full interview with Wally Lamb, click Books on any SeniorNet page and click Author Interviews. 

Excerpts from the interview with Wally Lamb

[Does] writing talent run in [your] family or [are you] and Nancy Birkla the only two writers?

“My cousin Nancy and I are the only two scribes in our family, far as I know, but I come from a great line of storytellers. My dad doesn’t so much tell a joke as perform it. My late mother was one of 11 children in a big Italian family. When I was a kid, the extended family gathered every Saturday night at my grandmother’s house for supper . . . On holidays . . . after the big meal, out would come the . . . tins of loose photos and the family stories that went with them. I used to like to hide under the table, amongst all those adult legs and table legs, eavesdropping . . .

My fiction is usually first-person: a character telling his or her story to the unseen reader. I love writing dialogue. Maybe the seeds for my life as a fiction writer—which didn’t take root until I was 30—were planted during those holidays when I’d sit on the floor, undetected, listening in. That’s typical for writers, I think: more often than not, we’re on the periphery of the action, rather than in it, observing quietly.”

*What do you hope the title *Couldn’t Keep it to Myself* will convey to the reader?*

“Hopefully, the title implies the necessity and the triumph of not only writing but of sharing, too. These writers told some very painful truths.”

What is the difference between memoir and autobiography?

“Hmmm, good question. The writers’ group I’m in met today and I posed that one to several of the professional writers. To me, it’s like a film’s long shot as opposed to a close-up. Autobiography usually takes on an entire life; memoir offers vivid slice(s) of life. One of the



“The brave writers whose work is represented in this volume have acted in good faith, faced their demons, stayed the course, and revised relentlessly. And in taking on the subject of themselves—making themselves vulnerable to the unseen reader—they have exchanged powerlessness for the power that comes with self-awareness.”

—Wally Lamb

members of the group said she thought of autobiography as facts, people, places and memoir as an exploration of emotional terrain. The more objective external, as opposed to the more subjective internal. I guess it’s probably all of those. I think of the essays in CKITM as more memoir than autobiography.”

Do you think your experiences in teaching these women have had a profound effect on your life and if so how?

“For sure, the effect on me—and on my fictional work—has been significant. Having for the last four and a half years seen the tip of the iceberg of incarcerated life, I can’t now unsee it. For instance, why are we imprisoning the sons and daughters of slaves in such disproportionate numbers? Why are we using prisons as dumping grounds for the mentally ill? Why have we more or less gone backwards from the past, abandoning so much of the rehabilitative piece of prison in favor of the more cost-efficient and society-defeating punishment?”


How long did it take for all of the stories to be in their final appearance, how many hours of editing and revising would you say were spent?

“I’d estimate it took hundreds and hundreds—maybe thousands—of hours. I’m at least a year or two behind on my new novel (otherwise known as my paying job!) because of this project, but . . . I feel the book’s message—that prisoners are not throwaway lives—is an important and useful one.”

Are the women in the book able to benefit financially from it . . . ?

“None of the incarcerated writers has received any money from the book. The writers who had served their sentences and been released when the book was published each received an equal portion of the book sale money.”

What did you hope to achieve with the publication of this book?

“I guess [writer] Bonnie Foreshaw says it best when she writes: ‘What I hope is that people reading this book will bear in mind that we are human beings first, prisoners second.’” 

COLLABORATION

PBS Program Club discussions

SeniorNet is pioneering the presentation of PBS Program Club discussions on the Internet by hosting discussions on our web site about television programs that are nationally broadcast on the Public Broadcast Service. See www.seniornet.org/pbs.

Watch for

Alan Alda in Scientific American Frontiers "Future Car" (5/25)
www.pbs.org/saf/future.htm#future

Past discussions

SECRETS OF THE DEAD: KILLER FLU — Scientists in a race to determine why the 1918 flu pandemic spread so quickly and with such virulence, throughout the world.



WHAT I WANT MY WORDS TO DO TO YOU —

A ground-breaking discussion about the writings of incarcerated women that we conducted in

conjunction with our discussion of a related book, *Couldn't Keep it to Myself: Wally Lamb and the Women of York Correctional Institution: Testimonies From Our Imprisoned Sisters*.



PBS PROGRAM CLUB

HORATIO'S DRIVE —

America's first cross country auto trip.

"Isn't it true that so many of our happy family memories are tied together somehow with the automobile?" — Lorrie



THE KENNEDYS —

Four decades in the life of the Massachusetts clan whose saga of public service, personal ambition, family loyalty and recurring tragedy is unlike any other.

"The PBS show certainly brought back memories of the Kennedys, my country at the time, and my own personal life." — Malryn

IN SEARCH OF SHAKESPEARE —

This is the story of one Elizabethan, his life, family, and friendships, his triumphs and disasters, the books he read, the places he visited, his loves, his marriage and his losses.

"The plays are so rich that I can read them over and over and always see new things" — Maryal

THE FORGETTING: A PORTRAIT OF ALZHEIMER'S —

This documentary is a dramatic, compassionate, all-encompassing look at Alzheimer's that weaves together the history and biology of the disease, the intense real-world experiences of Alzheimer's patients and caregivers, and the race to find a cure.

"This has been a wonderful discussion. What a great thing to be able to share . . . our life experiences. Thanks to SeniorNet we are able to do that." — Judy



By the People partnership

SeniorNet was recently invited to become a national alliance partner with By the People: America in the World, an initiative of MacNeil/Lehrer Productions that aims to energize and enhance the national conversation on America's role in

the world through a series of national and local broadcasts and events that demonstrate the relevance of foreign policy issues to local concerns. To a

large degree the success of the program hinges on how well we collectively can answer two questions citizens implicitly pose to any civic engagement project: "Why should I care?" and "Who cares what I think?"

Last Fall SeniorNet opened a forum on our web site where participants discussed topics based on questions and materials provided by the By the People project. Seniors can provide a wealth of perspectives as well as personal

histories and a long view of issues regarding the US and its role in foreign affairs. We will make available additional discussions of By the People forums

this Spring.

Two volunteers on SeniorNet's web site, Barbara St. Aubrey and Harold Arnold, attended a workshop on the deliberation method in January.



By the People

America in the World

"The discussion brings together people with very different viewpoints. The purpose is not to convince others that one viewpoint is 'right,' or 'best.' Rather, the purpose is to consider the many different ideas."

U.N. Declaration on Accessible Information

SeniorNet is associated with the United Nations Committee on Non-Governmental Organizations (NGOs) of the Department of Public Information (DPI). SeniorNet promotes the work of the UN in the areas of aging and technology to advocate for access to technology for elders around the world because it mirrors our mission.

The first phase of The World Summit on the Information Society was hosted by the Government of Switzerland in December 2003. The second phase will take place in Tunis in November 2005. The Summit adopted a resolution on access to information and communications as a fundamental right for everyone.

Adopted by the Global Forum on Disability in the Information Society

Recognizing that the Information Society will determine the direction and development of human civilization throughout the 21st century and beyond;

Stating, with firm belief in the Information Society, that access to information and communications is a fundamental human right;

Bearing in mind that persons with disabilities, especially those in developing countries, are the poorest of the poor, leading to isolation from information and communication and exclusion from the benefits of new and emerging ICTs [information and communication technologies];

Realizing the importance of existing tools such as Braille, sign languages, tactile sign languages, easy-to-read materials in local languages including those without written scripts, symbol systems and other assistive devices as vital for persons with disabilities to meet their information and communication needs;

Noting with concern that several key issues which can help determine

the inclusiveness and sustainability of the information society, such as open source software and open hardware development, are not receiving enough commitment and support from governments and private sectors;

We, participants of the Global Forum on Disability in the Information Society declare that:

1. Persons with disabilities have the right to full participation in all aspects of the information society, free from all types of barriers, prejudice and discrimination;
2. Legislation and policies at all levels of government must ensure the fundamental human right of access to information, communication and ICTs for persons with disabilities in formats that meets their needs and their rights;

3. As content of information, communications and ICTs play a crucial role in shaping the information society, Governments, Businesses, and Civil Society must make them accessible to persons with all types of disabilities, using Universal Design and assistive and augmentative technologies;

4. Access to information and knowledge through ICTs must be available at the same time and at no additional cost for those with disabilities as compared to those without disabilities;

5. Any social norms, rules, legislation/policies including intellectual property rights protection and copyright laws or Digital Rights Management (DRM) system must not compromise the fundamental right of access to information and communications for persons with disabilities;

6. The information society should adopt and follow information, communications and ICT standards that are universal, open, non-proprietary, platform independent with a proven track record of accessibility for persons with disabilities;

7. Consistent with the millennium goals for poverty alleviation, initiatives must be undertaken that result in the inclusion of people lacking resources in the information society;

8. Assistive technologies, documentation, training and technical support should be made available in easy to understand local languages for persons with disabilities;

9. The information society must take into account many barriers associated with age, gender, indigenous peoples, geographic isolation, economic barriers, lack of access to education and social prejudice associated with disability;


10. In preparation for the second WSIS in Tunis, the organizers should include persons with disabilities and their organizations in the preparation;

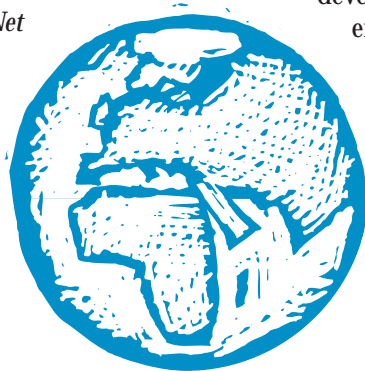
11. Programs and content should reflect the needs of more than 600 million persons with disabilities in the world, and that deliberation should

provide for communication needs of this population such as sign languages, Braille, alternate formats, etc.

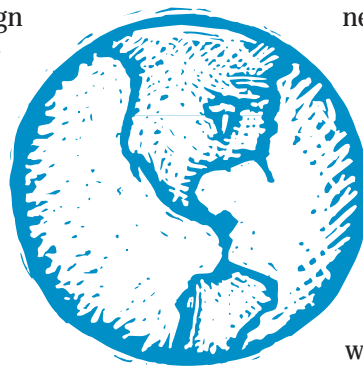
12. In all WSIS processes from Geneva through Tunis, facilities should be made available for the full participation of persons with disabilities, including

resource centers with materials in alternate formats, computers with accessible input and output devices such as synthetic

speech capacity, accessible keyboards, Braille printers, sign language interpreters and other resources to address and eliminate the variety of communication barriers. 



Access to information and communications is a fundamental human right.



Persons with disabilities have the right to full participation in all aspects of the information society.

LEARNING

Build your own computer

Russ Hatfield and Ted Kubitz, volunteers at the Fallbrook, CA Learning Center, conduct a class called PCBuild where the two instructors provide two sessions on design and configuration of personal computers and then help each student build a computer. They found they could build a first-class computer for \$500 to \$700. They submitted an announcement to the

The group was like a bunch of kids at Christmas, they wanted to build their machines.

popular local paper and were deluged with applicants the day the paper hit the streets. Before Russ and Ted could get their breath nine students signed up in front of a long waiting list.

The Center's sponsor, Fallbrook Healthcare Foundation, provided a large secure room for the PCBuild project.

On the first two days of class each student tells their wants and desires such as high speed video cards so they can

edit movies/digital images, a large supply of RAM or 200GB hard drives. They compile a list of needs and go as a class to the huge electronic store, Fry's, where each student turns into a large child rushing around grabbing everything the cart will hold.

Six weeks after the first class, 82-year old Jim Kearney emerged as the winner of the race to be the first to have an image on the screen. Some students preferred large monitors so that images would be easier to see and they bought expensive 19" displays to solve the vision problem.

Another feature the Fallbrook Center offers to members is computer house calls. If a member wants a new computer, volunteers at the Center order it, set it up and transfer data to the new hard drive. A local group called The Angel Society provides the computer upgrade funds. The Center has arranged with the local ISP to give full access to their members for \$15 per month.

Several veterans from the first class are acting as coaches enabling the next class to have one coach for each student. ☑



Standing, left to right: Coaches Pete Peterson and Glenn Patterson and Instructor, Ted Kubitz



Shopping baskets of components will transform into computers.



Students and coaches hard at work.



Gentlemen, start your engines.



Instructor Ted Kubitz, a retired IBM engineer, center, offers a bit of advice

Welcome to the New Learning Centers

★ CONNECTICUT

Enfield Senior Center

299 Elm St.

Enfield, CT 06082

Contact: Mike Arnone

860-763-7426

Sponsors: SNET/SBC, Enfield Senior Center

★ NEW YORK

The Jewish Center of Jackson Heights

37-06 77th St.

Flushing, NY 11372

Contact: Louise Licht

718-429-1150

Sponsor: The Jewish Center of Jackson Heights

★ TEXAS

The Center

1115 Columbus Ave.

Waco, TX 76703

Contact: Michele Toon

254-855-0600

Sponsors: Christian Mission Concerns, Columbus Avenue Baptist Church Family Life Center

Computing for everyone

SeniorNet Learning Centers meet the needs of computer users with many types of physical limitations.

Computer training for the deaf

In 2003, the Springfield, Massachusetts Department of Elder Affairs sponsored the first computer fundamentals course in the area for the hearing impaired at the SeniorNet Learning Center. The coaches were specially trained in how to communicate with those who are deaf and scheduled as much time as the students needed to cover the course material. The Center used a Telex sound enhancement device that sends signals to individual student earphones as well as using the services of a signer.



Fran Cote and signer at the Springfield Learning Center

Learning Centers in Tucson, Arizona, and San Jose, California, also have conducted special classes for the deaf that have been highly praised by the students.

All in the family

Tom Norwood teaches the Internet class at the Norfolk, Virginia Learning Center. Tom's daughter, Joyce, knows American Sign Language because she lost most of her hearing at

a young age, and Tom also can sign. Joyce recruited her friend, who also is hearing impaired and who reads lips, to take the Introduction to

Computers class where Joyce, who can read lips, signed and acted as the communication link for her friend. Their success inspired them to take the Internet class where Tom was able to sign as he taught. Both women benefited from their subsequent Internet class where they learned how to go online

"When novice users sign up for an email service and start to receive and send emails, it's not long before greeting cards are flying back and forth."

and talk to others via chat rooms. Joyce said, "It's a whole new world!"

Accessibility options

The Open House Senior Center in El Cerrito, California, with help from the Accessibility Connections Project of the City of El Cerrito, provides tools to enhance the accessibility of the computers for all users and to demonstrate assistive technologies.

Some of the tools that have been incorporated into the Open House SeniorNet computer lab include:

- Workstation hardware to adjust tables and monitors for users in wheelchairs.

- Screen magnifier hardware and software.

- Audible screen reader to read text, icons and menu bars aloud from Windows-based applications, email and the Internet.

- Mouse and keyboard alternatives, such as trackballs instead of the mouse, keyboard templates that emulate keyboard and mouse functions, and keyguards added to the keyboard that make it easier to target the intended key when typing.



Gordon Obie using a digital tablet

"We hope the computer program and the social events planned around it will bring people out of their homes into a friendly environment."

Have laptops, will travel

JCA SeniorNet Without Walls is an outreach program created by the Jewish Council for

the Aging in partnership with the Montgomery County, Maryland Aging and Disability Services that brings SeniorNet computer training to seniors unable to attend regular established classrooms.

The Springfield Learning Center was given four laptop computers and

one printer to use in response to requests from senior residential facilities and communities. Learning Center volunteers take the computers and printer to the residence and teach Introduction to

Computing and Word Processing to individuals who are unable to travel.

Painting with a stylus

Gordon Obie is a well-known artist in both the Northwest and Southwestern United

States. Gordon's lifelong ability to change and adapt has led him to find ways to accommodate his painting technique to the restrictions of Parkinson's

Disease. Gordon explains, "I am too shaky with Parkinson's to draw and paint with oils as I originally did. The computer is the answer. I can rest my hand on a digital tablet and

use a stylus much the same as I did with a brush or pencil. There is no wet paint to smear with my hand."



Using Intellikeys at the El Cerrito Learning Center

Zooming text

Doris Pritchard and Ray Watkins, who both have macular degeneration, credit the Oklahoma City Learning Center with introducing them to ZoomText which enlarges text up to 16 times in size and also provides speech for menus, controls, window titles and message boxes. ☑

IBM Web Adaptation Technology for everyone

SeniorNet contributed to the development of IBM's Web Adaptation Technology (WAT) software when members shared suggestions as they tested early versions. This software makes the Web accessible to everyone, including people who have visual limitations that make it difficult or impossible to see a Web page, or motor impairments, such as tremors, that make it difficult to type or use a mouse.

Since the software permits the user, among other things, to eliminate the busy background on some web pages, change the colors you see on pages, hide large graphics that may add to the time it takes for pages to load and have selected text read aloud, WAT is really a Web personalization tool for everyone.

The latest version of this software is available at no cost to all SeniorNet members. For more information and to download the software, go to www.seniornet.org/ibm

WAT panes



Mouse Keys Panel



Settings Panel



Magnify Panel



Text Size Panel

Built-in accessibility options

Both Macintosh and Windows operating systems come with accessibility options.

Windows

Font enlargement and other accessibility options for sight, hearing and hand movement are available in the Windows operating system. Dee Strickland at our Lewisville, Texas, Learning Center has macular degeneration. Dee shares the instructions she used for making the font larger or for zooming in on parts of the screen. You also can set other options to make your computer easier to use.

1. Click the **Start** button on the taskbar.
2. Point to **All Programs** (Programs in Windows 98).
3. Point to **Accessories**.
4. Point to **Accessibility**.
5. Click **Accessibility wizard**.

The first of a series of wizard windows opens. Follow the instructions to select the settings for the type of help you need. You can set options for sight, hearing and hand problems.

6. Click **Next** after you select the settings you wish in each window.
7. When you have finished selecting the settings you want, click **Finish** or

click **Cancel** if you don't want to apply any of the settings.

Note: In Windows XP, you may directly access these options without using the Wizard by going to Start/All Programs/Accessibility/[select the area you wish].

Macintosh operating system tools (7.x, 8.x and 9.x)

If you did not install these features as part of the Macintosh's system software, you may download the Easy Access and CloseView utilities. Go to: www.apple.com/disability/vision/easy_access.html.

In Macintosh OS 10.3 these features are built in.

CloseView can magnify all screen images up to 16 times.

1. Open the **Control Panel**.
2. Open **CloseView**.
3. Click the **On** button.
4. Click the arrows in the Magnification box to select the degree of magnification you want.
5. When you have the degree of magnification you want, click the **On** button. You can use the arrows to change the degree of magnification again.

Easy Access assists those users who have difficulties using the keyboard or the mouse. Included as part of Easy Access are:

- **Mouse Keys** lets you control all mouse movements by typing on the numeric keypad.
- **Sticky Keys** helps you hold down keys when you must press two or three keys simultaneously such as when you need to type a capital letter or a question mark.
- **Slow Keys** enables the user to change the length of time it takes for a keystroke to be registered on the screen.
- **Text-to-Speech** allows your computer to speak the alert messages that appear on the screen.

Internet Explorer

Many features make Internet Explorer more accessible for people with disabilities.

To enlarge the text on a Web page you are viewing, click the **View** menu, point to **Text Size** and click the **size** you want.

You can add or remove buttons, change the size of icons and show or hide the text on labels if you right-click the toolbar and click **Customize** and make your choices.

Advanced options make Internet Explorer even more accessible. Click the **Tools** menu>**Internet Options**>**Advanced** tab and select the settings you want to allow you to read the screen better, play sounds, eliminate background colors and images and more.

Create your own desktop icons

by Vic Laurie, Volunteer, SeniorNet Learning Center, Ewing, NJ

Did you know you can make your own icons? Why not put your own picture on the My Computer folder icon—it's your computer, after all.

Where to find new icons

Windows computers have a wide range of icon choices—you just need to know where to find them. Standard Windows files with names such as cool.dll, moricons.dll, and shell32.dll contain icon collections and may be found using Windows Explorer. The DLL files are usually in the folders Windows, Windows\System or, in XP, in the folder Windows\System32.

If you find the supply of icons that comes with Windows too limited, you can download collections of icons from many places on the Internet—some free, some not (see the sidebar).

Create your own icons


There is software designed for creating icons. If you like to draw, it's easy to make new icons using the Paint program that comes with Windows. Just open Paint, draw a picture and save it as a 32x32 bitmap (.BMP) file with 256 colors.

Digital photos or other graphics can be converted into icon files, too. You need to know, however, that icon files have a format of their own and must have the extension ICO.



Change the BMP format to ICO

A free graphics program called IrfanView makes converting to the ICO format very easy. Download IrfanView at www.irfanview.com.

Use IrfanView to open bitmap files you create in Paint, then save the file in ICO format. Presto, you have an icon file. You also can use IrfanView to edit digital graphic and photo files. Here's how: open a photo using IrfanView, then crop it or edit it and save it as an icon file with the extension ICO. The file can then be made into an icon. See How to create Windows icons on the sidebar to find step-by-step instructions, or go to SeniorNet's Personal Computing Center at www.seniornet.org/computers. 

Icon editors and other icon tools

<http://downloads-zdnet.com.com/3150-2195-0.html>
http://www.pcworld.com/downloads/file_description/0,fid,7028,00.asp

How to create Windows icons

<http://download.com.com/1200-2023-959974.html>

Customize folders with desktop ini

<http://tinyurl.com/mqfb>

Free and shareware

<http://iconlibrary.com/>
www.iconarchive.com/
www.iconbazaar.com/
www.debidawn.com/
www.cursorarts.com/ca_ai.html

Commercial software Icon Forge

www.cursorarts.com/ca_if.html

Put a personal photo on your desktop

Download stock photos

Worldwall.com is one of the most popular web sites for downloading to your desktop stunning free photos from all corners of the world. The photos are organized in categories such as Amazing Architecture, Village Life, Paintings & Drawings. Go to <http://worldwall.com> and click on a category. A page opens showing thumbnails, photo credits and download specifications.

In the Download column, click the 800x600 link and click How to set this wallpaper for detailed instructions for determining your screen resolution and for downloading.

Themeworld.com is another site where you can find ways to customize your computer with themes, fonts, screen savers and wallpaper. Go to <http://themeworld.com> and have fun.

You may want to move to your desktop the image you chose to display as wallpaper; that makes it easier to locate when you start to set it as your desktop display.



WINDOWS XP

1. Open the Control panel and click Appearance and Themes.
2. In the Pick a Task list, click Change the desktop.
3. Click the Desktop. Tab then click the Browse button.
4. Click the arrow on the Look in list box at the top of the dialog box and locate the image you've chosen.
5. Click the Open button. You will see a preview of your desktop. If you change your mind, you can select another image in the Look in list box.
6. When you are satisfied with your choice, click Apply and click OK.

WINDOWS 95/98

To determine your screen resolution:

1. Click the Start button and click Settings> Control Panel.
2. Click the Display menu and click Settings: the Screen Area is your screen resolution



Set wallpaper:

1. Download your wallpaper in the resolution you determined to be correct
2. When the image has loaded, right-click on it and select Set as wallpaper.
3. Check if the wallpaper has been properly set.


has been properly set.

MACINTOSH

To determine your screen resolution:

1. Open Control Panels and select Monitors or Monitors and Sound
2. Click Options to view your screen resolution

Set wallpaper:

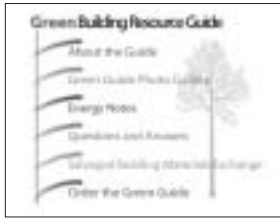
1. Download your wallpaper in this or approximate resolution.
2. When the image has fully loaded, move your mouse over it and press down the button until a pop-up menu appears.
3. Click Save image to disk.
4. Go to Appearance Control Panel and load the image as Desktop picture.
5. Check if the paper has been properly set. 

Green up desktops: an environmental web site

by Samuel Frank

The web site [greenguide.com](http://www.thegreenguide.com) has a lot of useful information about things you can do to help the environment. Here are a couple of things you need to know about environmental issues and your computer.

As noted in the Green Guide 99 article at www.thegreenguide.com/doc.mhtml?i=99&s=computers, the United States lags behind the European Union and Japan in requiring manufacturer “take-back” of old computers and in banning certain hazardous substances from computer manufacture entirely. European computers (and other electrical goods) by July 2006, will have no lead, cadmium, mercury, hexavalent chromium or the brominated fire retardants PBDE and PBB. By August 2005, European manufacturers will be required to take back, treat, recycle or recover and dispose of their electrical and electronic goods for free. Japan is also



progressive in requiring take-back and disclosure of chemicals used in manufacture. Take action. You can exert pressure on your favorite computer company to

bring its practices up to European, Japanese and other international standards. Go to www.thegreenguide.com/doc.mhtml?i=int&s=computers for a list of computer companies and their contact people.

Spent Cartridges? Take 'em back.

Printer cartridges are one of the biggest, most wasteful expenses for a computer user—inkjet cartridges, priced around \$40, cost less than \$3 to manufacture. Further, they send plastic (2.5 pounds for a laser cartridge) and ink into landfills, are difficult to clean and separate into base materials in recycling, and are predictably environmentally unfriendly in their manufacture (3 quarts of oil to

make one laser cartridge). Recycled (or, more accurately, refilled or remanufactured) cartridges are increasingly available, with a 15 percent market share, but demand now exceeds supply—only 20 percent of used cartridges are currently remanufactured, and 375,000,000 go to landfills each year. OfficeMax and some other printer supply stores offer a program for customers to return their cartridges. Simply stop by any OfficeMax retail location and pick up a prepaid mailer to return your empty inkjet cartridge. Recycle your inkjet cartridge in three easy steps:

1. Place the empty inkjet cartridges in the original packaging.
2. Put the cartridges into the postage paid envelope (available at all OfficeMax retail locations).
3. Drop the envelope into the mail.

For more on the topic of green computing go to: www.thegreenguide.com/doc.mhtml?i=int&s=printer ☑

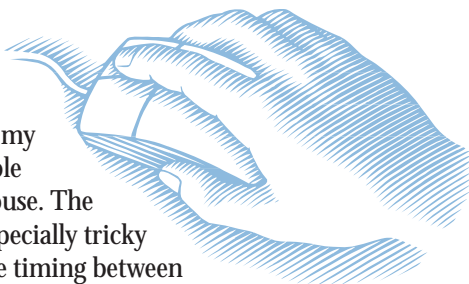
Mouse tip

by Vic Laurie, volunteer, SeniorNet Learning Center, Ewing, NJ

Not everybody is adept at manipulating things with their hands and I often have students in my classes who have trouble with the computer mouse. The double-click can be especially tricky since it involves precise timing between clicks as well as accurate and steady placement of the mouse pointer. I often suggest replacing the double-click with one of the two following alternatives.

Instead of double-clicking an icon, file or other object, highlight or select the object with a single left-click. The object will become highlighted indicating that it has been selected for further action. Then press the Enter key on the keyboard. The result will be the same as double-clicking. This method works for files listed in Explorer as well as for icons.

Another method for opening programs or folders uses the right mouse button instead of the left. *Right-click* once on an icon. A menu will open that lists a group of possible actions. Click (right or left) on the menu option Open and the result is the same as a double-click with the left mouse button. ☑



Typefaces for dyslexics

by Amit Asaravala

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The Read Regular project, supported by the Audi Design Foundation and the Helen Hamlyn Research Center at the Royal College of Art in London, has developed a possible solution for better typography for dyslexics, who have trouble reading words online and in print. According to UK-based Dyslexia Trust, as many as 10 percent of English readers have some form of dyslexia. [ed. note: The figures in the U.S. are similar.]

The Read Regular typeface makes each letter significantly unique unlike those typefaces that use the same forms for multiple letters, such as b and d, or p and q. Additionally the Read Regular simplifies features and extends openings in letters such as c and e. These enhancements will decrease letter-reversal errors and other problems associated with visual dyslexia. “Developing a solution for some symptoms and creating awareness regarding dyslexia and typography are two important things for me,” said Read Regular’s Dutch designer Natascha Frensch, who is dyslexic.

Currently, many dyslexia-friendly web sites use the sans-serif Arial typeface, but like other problematic typefaces, Arial uses similar forms of letters like p and q. The Comic Sans typeface has also been used, but often this typeface is considered too whimsical for professional use. Frensch hopes the Read Regular typeface will be a suitable alternative. ☑

Estate planning is not just for the rich

by Curtis C. Deane, CAE, CFRE

Estate Planning Information is a new feature from SeniorNet. "Estate Planning is for Everyone" is the first in a series of articles that SeniorNet will be providing for our members.

I am no Rockefeller or Carnegie. I am not rich. I do not need to worry about estate planning!" Is this what you think? Then think again, because estate planning is for everyone, not just the rich.

You have worked hard for everything you have. So it makes sense to protect your assets in the event something should happen to you. An estate plan can help preserve, protect and manage your estate at the time that unexpected life events occur and after your death.

No matter what your age or economic circumstance, there are four documents you and everyone should have. These four documents will ensure that you and your affairs will be dealt with the way you want. Without these documents, the government will make your decisions for you. Simply stated, you need a durable power of attorney, a healthcare proxy, a letter to your survivors and a Will.

You may think death presents the only need for estate planning. But with the miracle of modern medicine, the most likely scenario that faces us all is a prolonged life in old age, when our physical and mental capacities may be reduced. If we can no longer take care of ourselves, we most likely can no longer manage our finances.

DURABLE POWER OF ATTORNEY allows someone you designate and trust to manage your financial affairs if you are alive but incapacitated. The person you name will keep your financial and legal life from falling apart. Bills will be paid, investments managed and taxes filed.

HEALTHCARE PROXY allows the person you name to make healthcare decisions for you if you become mentally incapacitated. It allows you to decide in advance which life prolonging procedures you want administered or foregone. It is sometimes called a "living Will" or a "durable medical power of attorney."

LETTER TO YOUR SURVIVORS is the most commonly omitted document. You may know that your life insurance and other important documents are at the bottom of your fourth bureau drawer, but does anyone else know that? You need to list as


much as you can, such as social security and veterans information, location of your Will and other estate planning documents, car and land title certificates, where you keep the key to the safety deposit box, and so forth.

A WILL is the one document we all know we should have, but frankly, most of us do not have one. The government decides what to do with your assets if you don't have a Will. Writing your Will is a lot easier than preparing your annual income tax return. You know you must do it. So do it!

Beyond these four basic documents are a couple more estate planning elements you will want to consider. **LONG TERM CARE INSURANCE** is a wise investment. If you become unable to perform routine daily functions, such as dressing yourself, then long term care insurance will pay the expense of having someone help you, whether in your own home or elsewhere. If you are working and your employer offers it, then sign up for it. Increasingly employers are offering it to employees.

It is also available to individuals from many insurance companies. It will protect your assets, so that you will have something left for your Will to direct to your heirs. **BENEFICIARY DESIGNATIONS** are often forgotten. Your life insurance policy, your retirement accounts (IRA, 401k, 403b) and even your mutual funds and brokerage accounts allow you to designate a beneficiary(s). Review these designations to make sure they reflect your wishes. If you wish to include charitable giving in your estate plan, it is easy to designate a charity(s) as the beneficiary of your assets.

The size and complexity of your estate may dictate the need for some sophisticated estate planning techniques and tools. Do not hesitate to contact an experienced estate planning attorney, financial planner or accountant. The fees you pay for their professional services will be well invested as ultimately they will save you more than the costs.

Most people procrastinate over preparing an estate plan because it seems like such an enormous task to undertake. Consider the incremental approach. Every month or two, pick one element to work on. Perhaps you will start with having your Will prepared then later write a letter to your survivors. Step-by-step, you can put an entire estate plan in place. 

An estate plan can help preserve, protect and manage your estate at the time that unexpected life events occur and beyond.

A will is the one document we all know we should have but most of us do not have one.


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Family Tree Maker has a special offer that is available only to SeniorNet members. For more than 10 years, Family Tree Maker has been America's #1-selling and top-rated family tree program. It is the easiest and most complete resource for building your family tree. Now for only \$29.99, you can start building your family tree.

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★ **SEARCH FOR MORE ANCESTORS.** Family Tree Maker uses the information you've entered and automatically searches for more of your ancestors.

★ **SHARE YOUR FAMILY TREE.** Instantly create a variety of trees, reports and more with a click of your mouse.



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Information you can live with®

Peoplechart/SeniorNet Medical Records Center

A survey conducted by the American Society of Health-System Pharmacists reported that Americans are very concerned about being given the wrong medicine (61%); being given two or more medicines that interact negatively (58%); and having complications from a medical procedure that could have been prevented had there been information available from their health history (56%). Yet, over 80 percent of patients' information are stored in paper files, scattered across labs, physician offices, and other health care offices, and in most cases, poorly maintained, and difficult to access.

Start collecting your medical records now so that you have them readily available when you need them. Check out the SeniorNet Medical Records Center developed exclusively for SeniorNet members, and enjoy an exclusive 20 percent discount from Peoplechart for the first year. ☑

eBay™ University

EBay University gives SeniorNet members a two-for-one offer! The eBay University is a series of classes that offer tips from eBay experts on selling and buying on their auction site. Bring a friend! Enter the special SeniorNet registration code HALF (all upper case letters) in the registration form online so the discount will be applied automatically. To find out when eBay University will be in your neighborhood, go to our web site at www.seniornet.org and click Sponsors & Specials and click the eBay two-for-one offer link to go to SeniorNet's eBay University page where you will find the link to eBay's courses at the bottom of the page. On the eBay page, click Attend Classes in the left column and find a class in your city. ☑

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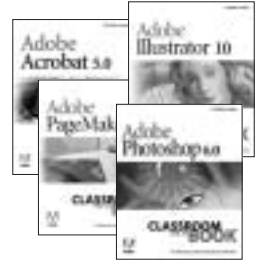
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Continued from pg. 1

platform is a combination of user interface elements and machine learning tools built on the Linux operating system.

What's a wearable?

To date, personal computers have not lived up to their name. Most machines sit on the desk and interact with their owners for only a small fraction of the day. Smaller and faster notebook computers have made mobility less of an issue, but the same

staid user paradigm persists. Wearable computing hopes to shatter this myth of how a computer should be used. A person's computer should be worn, much as eyeglasses or clothing are worn, and interact with the user based on the context of the situation. With heads-up displays, unobtrusive input devices, personal wireless local area networks and a host of other context sensing and communication tools, the wearable computer can act as an intelligent assistant, whether it be through a Remembrance Agent, augmented reality or intellectual collectives. ☑

Gray Matters

Walter Bender and Sandy Pentland, www.media.mit.edu/graymatters. Reprinted with permission

In Gray Matters, a special interest group at the MIT Media Lab, we explore how computation and communication can enrich the lives of older persons now and in the decades ahead. Gray Matters focuses on making the "third age" more fun, more energized and more connected than ever before. Longer life spans and better technologies mean more opportunities for new experiences, from wearable computing to online communities.

We aim to discover how future technologies can lead to healthier and more independent living and how these same technologies can help us realize more fulfillment in our lives. Rather than targeting the specific needs of a particular demographic, we are exploring technologies and applications that are applicable to and adaptive to the variety and change of lifestyles of older persons. We are focusing on technologies that bridge the gaps between active and sedentary, and individual and community. An epistemological guideline for the program is constructionism, i.e., we are interested in providing environments that encourage and facilitate learning through doing.

Silver Wearable Computer

While there is little doubt that wearable computing is on the horizon, most of the development is centered around satisfying industrial or biomedical needs. In addition, there are academic and amateur enthusiasts who are exploring the theoretical and practical edges of an emerging industry. We propose to develop a wearable computer for the elderly. It will not be a device for the infirm, rather it will be useful at all stages of life, but designed in such a way as to adapt to changing needs over time. At the core of the device will be interpersonal communications, both in the form of the spoken and written word. Ancillary applications will include biomedical sensing and enhanced

environmental control.

In the spirit of constructionism, the Silver Wearable Computer will employ technologies such as E-Embroidery, constructed entirely from textiles and including sensors that conform to any surface or shape and are mechanically strong and versatile. It will be possible to literally craft the Silver Wearable Computer with knitting needles.

Within the context of the Silver Wearable Computer we will explore technologies such as Remembrance Agents, a set of applications that watch over a user's shoulder and suggest information relevant to the current situation, Automated Collaborative Filtering, a technique to leverage knowledge from a community when solving problems and Deep Charts, a means whereby medical research and clinical data can both "explain themselves" to lay persons and "personalize themselves" with respect to particular individual cases or populations.

Particular emphasis will be placed upon the Silver Wearable's ability to continuously monitor a wide range of biosignals together with the user's activity and context. These data will be used to develop a personalized, data-rich health profile of the user. The availability of such comprehensive, personal and contextualized data has the potential to revolutionize health care: instead of the current data-poor circumstance of medical research today, we could move to a data-rich health system founded on validated predictive measurements and continuous behavioral feedback.

By augmenting the user's memory, community connections and information resources, the Silver Wearable Computer will serve to keep seniors active, knowledgeable and involved. The Silver Wearable will thus provide the support and cushioning need to service the changing health-related needs of an aging population. ☑

Maxims for the internet age!

Home is where you hang your @

A journey of a thousand sites begins with a single click.

You can't teach a new mouse old clicks.

Great groups from little icons grow.

Speak softly and carry a cellular phone.

C:\ is the root of all directories.

Don't put all your hypes in one home page.

Pentium wise; pen and paper foolish.

The modem is the message.

Too many clicks spoil the browse.

The geek shall inherit the earth.

A chat has nine lives.

Don't byte off more than you can view.

Fax is stranger than fiction.

What boots up must come down.

Windows will never cease.

Virtual reality is its own reward.

Modulation in all things.

A user and his leisure time are soon parted.

Know what to expect before you connect.

Oh, what a tangled web site we weave when first we practice html.

Give a person a fish and you feed him for a day; teach a person to use the Net and he won't bother you for weeks.

Did you know?

New look, new tools



SeniorNet.org has a new navigation bar at the top of each page that offers more choices. Here's a tour of the new site navigation:

Top Line, Top Choices

The top line of the new navigation bar is similar to the old bar; it offers you a path to our main categories of information but there have been some changes:

We've added:

WEB COURSES—find our newest online Workshops.
PUBLIC POLICY—our board of directors has identified taking a more active part in shaping Public Policy about seniors and computers as a goal over the next 10 years.

We've moved:

DISCOUNTS AND SPECIALS is located on the bottom of every page.
GALLERIES are found in related areas on the site.

For instance, the Travel Gallery is in the Recreations area under "Travel."

Second bar makes it easy

Now the Enrichment Centers have their own navigation bar with direct links to:

- BOOKS
- HEALTH
- LIVING ARCHIVES
- MONEY
- RECREATIONS (includes: Art Galleries, Boot's Tidbits, Crafts & Collectibles, Pets, Travel and more)
- TECHNOLOGY
- VOLUNTEERING

We also have links to helpful and popular features of our site at the bottom of all pages.

Visit www.seniornet.org and click the "Contact the Webmaster" link at the bottom of the page to let us know what you think. ☑

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