



Senior Week/ Grandparent's Day: News you can use

**Perkins Computer
Center**

Special Newsletter for
those Young at Heart

Family in the New Millennium: How to bond in the Internet Age

In the 1968 article "Forty Years into the Future," James R. Berry posits that by 2008, self-driving cars will bring you safely to-and-from work, while automatic food utilities take care of mealtimes and a typical vacation will be either under the sea or on a satellite moon resort. While sadly that has yet to happen, he also presciently predicted that, "The single most important item in 2008 households is the computer. These electronic brains govern everything from meal preparation and waking up the household to assembling shopping lists and keeping track of the bank balance." As we also know, computers in the new millennium not only ease the tasks of daily living, they can also bridge the distances (physically and generationally) between our loved ones and ourselves.

In 2002, the AARP reported that about 50% of grandparents live more than 200 miles from their grandchildren. Whatever the reason for the distance, here are some tips on how to bridge that gap, whether your friends/family are across the universe or down the street.

Get Connected! Email, texting, and Skype (video chatting through the Internet) are the fastest ways to connect. Also, Facebook and Myspace are the most popular social networking sites for the younger generations. Most sites are 13+, but parents can help younger ones join. You can keep up with their daily lives, send them messages, and keep track of important days. Facebook is also very user-friendly and an excellent way to keep in touch with your friends (form pages

for book clubs or message your golf buddies).

Other ideas include: sharing recipes and cooking together on Skype, starting a book club discussion over e-mail, forwarding websites of their hobbies, or joining online gaming sites for Jeopardy!, Sudoku, or chess.

While we're not yet gliding around in flying cars or vacationing throughout the galaxy, we are certainly leaps and bounds closer to the technologically dazzling future that we dreamed of long ago. And the most exciting part of our present is the ease with which we can remain connected to each other. Let's get started! The future is only a mouse-click away.

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TheNanaBlogs.com: Grandmas take to the Internet!

According to ThirdAge.com, there's a new online community created expressly for grandmothers who want to participate in social networking with other grandmothers, as well as blog to stay connected with their families. Welcome to www.thenanablogs.com, the brainchild of Teresa Bell

Kindred, a retired high school history teacher, author, magazine columnist, 53-year-old mom of five and proud nana of one granddaughter (featured in her nanablog, www.NanaHood.com). "TheNanaBlogs.com is about making blogging safe

-- and fun -- for grandmothers," Kindred said. "The NanaHood neighborhood sounds like a place Mr. Rogers might have lived, but it's actually an online community for grandmothers and moms to log on and learn about technology, social networking, blogging, (cont.)

Check out what's on our website!

- Netiquette and You: A Basic Guide to Etiquette on the Internet
- LOL: Common Internet Slang decoded
- And more! To read these articles, go to www.perkinscomputer.com and click on Articles and Newsletters

Grandmas take to the Internet (continued)

arts and crafts, scrapbooking, making Barbie doll clothes, [health](#) tips, [recipes](#) and much, much more."

The idea for the site came in part from one of Kindred's magazine columns entitled NanaHood: The Second Half of the Motherhood Journey. "I noticed there were lots of quality blogs for moms but sites and blogs for grandmothers were few and

far between," she said. "At www.thenanablogs.com, moms and grandmas can create a blog at no cost and with zero effort." Those who don't consider themselves tech-savvy can turn to a simple step-by-step tutorial that walks them through the process. On the premise that all questions are good ones, free phone support is available at no extra cost.

"Kids like to text, tweet, and use social networks. If [parents](#) and grandparents want to stay in touch with their children and grandchildren, they need to be willing to communicate with them in the medium where they're most comfortable and that they understand best. The best part is that it's so much easier than people think."

For more info, visit thenanablogs.com

Buyer Beware: How to avoid Medicare Fraud

Check the list of Medicare-approved prescription drug plans. The list of approved plans and other information about the program are available at www.medicare.gov and by calling toll-free, 1-800-633-4227 (TTY users should call 1-877-486-2048.)

If someone says you must join or you'll lose your other Medicare benefits, it's a scam.

The Medicare prescription drug benefit is voluntary. It supplements your other Medicare benefits.

If someone claims to be calling from the Social

Security Administration (SSA) and asks for your bank account, credit card, or life insurance policy numbers, it's a scam. SSA will never ask for that information, and the only time someone calling from the SSA will ask for your Social Security number is if you applied for low-income assistance and the number you put on your application wasn't correct.

Don't be fooled by sales materials that look like they're from the government. Con artists often try to impress consumers with official-looking sales materials that look like they're from a government

agency. Since it is private companies who are offering the plans, be skeptical about promotional materials claiming to come from the government.

Don't confuse other types of drug coverage with Medicare prescription drug plans. Only plans approved by Medicare can be marketed as Medicare prescription drug plans. Approved plans will have a seal on their materials with "Medicare Rx" in large letters and "Prescription Drug Coverage" in smaller letters under that.

For more info, visit www.fraud.org

"I don't feel old. I don't feel anything until noon. Then it's time for my nap."
- Bob Hope

On the Lighter Side: Did you hear the one about the...

Two young businessmen in Florida were sitting down for a break in their soon-to-be new store in the shopping mall. As yet, the store wasn't ready, with only a few shelves and display racks set up. One said to the other, "I'll bet that any minute now some senior is going to walk by, put his face to the window, and ask what we're selling." Sure enough, just a moment later, a curious senior gentleman walked up to the window, looked around intensely and rapped on the glass, then in a loud voice asked, "What are you sellin' here?" One of the men replied sarcastically, "We're selling morons." Without skipping a beat, the old timer said, "You're doing well, only two left."

A distraught senior citizen called her doctor, "Is it true that the medicine you prescribed has to be taken for the rest of my life?" The Doctor answered, "Yes, I'm afraid so." There was a pause before the lady replied, "Well, how serious is my condition because the prescription is marked, 'NO REFILLS!'"