

Vista Royale Computer Club
Meeting Minutes April 5, 2018

Members:

This week our presenter was Abby Walters, an Associate State Director and a AARP Field Representative for 13 years, now covering 7 Florida counties, including Indian River County. She conducted a very interesting and informative discussion of the common problems of being a Caregiver. A poll of members showed how many of attendees identified as current or previous caregivers and might very well be needing help with their own care in the future. Several of her hints included carrying a list of your medications and contacts in your wallet, purse and car; something we can do now. She recommended that you might want to have a professional geriatric assessment done on a loved one to insure that you can get an idea of how to proceed with someone's care if you notice your loved one having difficulty. Statistics on caregivers say that caregivers have compromised immune systems for up to three years after the person they are caring for passes. Something to think about.

Other AARP programs that might be of value to our members are their Tax Preparation program and their Safe Driver one. She also told us of the Fraud Watch Network at AARP and reminded us that as seniors we seem to be wearing a target on our back in regard to scams and fraud. She gave us several actual examples of them.

Consult <https://www.aarp.org/caregiving/basics/?intcmp=AE-CAR-SUBNAV-BAS> to read or download vital information and booklets on this and many more subjects. There is even a video you can watch "Starting a Family Caregiving Conversation". You might suggest that your children watch it.

She mentioned *Five Wishes* and here is the URL: <https://www.agingwithdignity.org/five-wishes/about-five-wishes> She also talked about finding help and suggested 211 and other local senior resources.

She had great handouts and has sent along a copy of the Florida 'living will' or advance directives. I will print a few copies for the next meeting for those of you who are Florida residents. The booklet 'Prepare to Care' that she gave us is downloadable at <https://www.aarp.org/caregiving/prepare-to-care-planning-guide/?intcmp=AE-CAR-BAS-BB> if you need copies of the great forms in the back. This page also has lots of links on the menu bar that you might want to explore.

This following link has some very practical suggestions:
<https://www.aarp.org/caregiving/basics/info-2017/new-caregivers-rules.html?intcmp=AE-CAR-LRS-BB-LL4>

We are happy that Abby was able to rescheduled and it is probable that we all are either going to be a caregiver or have one. Caregiving and end of life conversations are what we all should be having with our family while we still are able. It is essential to give your children or a trusted friend **permission** to care for you if you are not able to function at full capacity.

Don Hromy found a book that he thought many of us might want to read. It is 'The Art of Invisibility' by Kevin Mitnick [A world famous hacker reveals unsettling truths about information vulnerability, while outlining affordable online and offline strategies for maximizing privacy and computer security.]

You can find it at Amazon here: https://www.amazon.com/dp/B01GZY28CW/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

April 12 will be our last program of the season with coffee and donuts provided by the officers. Mike Johnson will review <http://www.everplans.com/> and show several amusing videos. A good close to the winter. See you at 9:30 Thursday morning April 12th in the Pine Arbor Kitchen.

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