Social media: Connecting to people, places, and resources

L’Don Sawyer
St. Luke’s Home
An Eden Alternative Community
Eden Alternative Community

Eden Alternative is an Elder-centered model that commits to creating a “human habitat,” where life revolves around close and continuing contact with plants, animals, and children. It is those relationships that provide a meaningful life to old and young alike.
Today’s Talk

• Connecting to People
  • Social Networking
  • Video conferencing

• Connecting to Places
  • Support Groups
  • Organizations

• Connecting to Resources
  • Where to go for help
How many people in the audience use Social Media?
• Daily?
• Weekly?
Social Media

- Social media
  noun
  websites and applications that enable users to create and share content or to participate in social networking.

Translations, word origin, and more definitions

Social Media | Definition of Social media by Merriam-Webster
www.merriam-webster.com/dictionary/social%20media
Definition of social media : forms of electronic communication (as Web sites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (as videos)

Social media | Define Social media at Dictionary.com
dictionary.reference.com/browse/social-media
Social media definition, websites and other online means of communication that are used by large groups of people to share information and to develop social ...

What is social media? - Definition from WhatIs.com
whatis.techtarget.com › ... › Consumer Technology › Personal computing › Social media is the collective of online communications channels dedicated to community-based input, interaction, content-sharing and collaboration. Websites and applications dedicated to forums, microblogging, social networking, social bookmarking, social curation, and wikis are ...
Social Networking

About 34,100,000 results (0.40 seconds)

so·cial net·work·ing

noun
the use of dedicated websites and applications to interact with other users, or to find people with similar interests to oneself.

Translations, word origin, and more definitions

Social network | Define Social network at Dictionary.com
dictionary.reference.com/browse/social-network | Dictionary.com
Social network definition, a network of friends, colleagues, and other personal contacts. Strong social networks can encourage healthy behaviors. See more.

What is social networking? | Definition from WhatIs.com
whats.techtarget.com » » internet applications » »
Social networking is the practice of expanding the number of one's business and/or social contacts by making connections through individuals.

Social Network | Definition of Social network by Merriam ...
www.merriam-webster.com/.../social%20network | Merriam–Webster »
1: a network of individuals (such as friends, acquaintances, and coworkers) connected by interpersonal relationships <This seems to make sense: partners of ...
Connecting to People

• Text Messaging
  • Must have a cell phone that has the text messaging feature
  • Costs: check your cell phone plan for fees
  • Useful for:
    • Sending a short message that doesn’t require a full conversation
    • Communicating information when you cannot converse via phone/in-person
• Learn basic textiquette (text etiquette). Here are a few of my favorites:
  • Avoid texting while eating or drinking with others
  • Avoid texting while another person is speaking - if you have to offer a brief explanation immediately to avoid
  • Don’t use text slang unless you know and the text recipient knows what it means, LOL – “laugh out loud” or “lots of love” or “loser of love” or “living on Lipitor”
  • All Caps = shouting
  • **DO NOT TEXT AND DRIVE OR WALK**
    • Don’t text somebody you know if driving
Connecting to People

Facebook

• Must have an email account
• Create a profile page – fill in information to create the page and set privacy settings
• Connect with your family, friends and organizations that interest you
• Share pictures and videos (but only use content that you want others to see)
Barbara: A Facebook Super User
Through Facebook, Barbara:

- Keeps close tabs on her close family whether they are in town and one out-of-state
- Reconnects with her hospital roommate from 47 years ago when they both had their kids
- Keeps “memories alive” of loved ones
- Gets support as her older dog has a decline in health
- Shares things that make her laugh

“A great way to remember your past...get your fix and then move on”
June: A different user

Through Facebook, June:

- Checks a few times a month to see what family and close friends are doing
- Knows birthdays of friends and family
- Gets recipes from other fb pages

Why doesn’t she use fb more?

- People post too much – almost everyday with every little thing going on
- Seeing people that I don’t even know pop up
- Doesn’t like all the world seeing what is going on
Facebook: tips for privacy and safety

• Learn about privacy settings that help you control what people see on your profile page at www.facebook.com/help
• Only become friends with people you know
• Do not list your home address or phone number
• Use “messages” for private notes and “posts” for information that is visible to others
• Click at your own risk; if it seems suspicious don’t click it.
• Be sensible about the amount of time you spend on facebook
Face-to-Face Communication in Real Time

The Difference:
- Skype – Microsoft product
- FaceTime-Apple product

Benefits:
- Face to face interaction allows for non-verbal communication
- Great way to not only stay in contact but also to get acquainted with someone new
- Multiple uses: education, healthcare, trades, etc.
Face-to-Face Communication: Tips for Success

• Know your settings and symbols

• Keep in mind where you are and what you are doing
Learn from Don’s Experience

Do NOT ANSWER Facetime from the SHOWER!
Connecting to Support through Social Media
Social network dedicated to helping family and friends communicate with and support loved ones during a health journey through personal websites.

• Can “author” site for yourself or someone else
• Send site link out to family and friends
• Share Updates
  • Journal Entries
  • Photos/Videos
• Words of Encouragement
• Coordinate Everyday Help through Calendar Planner
ALZConnected® (alzconnected.org), powered by the Alzheimer's Association®, is a free online community for everyone affected by Alzheimer's or another dementia, including:

- People with the disease.
- Caregivers.
- Family members.
- Friends.
- Individuals who have lost someone to Alzheimer's.
Congratulations on you 24+ days of freedom. I am so happy for you! I hope that you are rewarding yourself with something special.

Best to you.

Carol

Day 2581

Posted: 7/10/2015 4:54:24 AM

I quit smoking on June 16, 2008.

[Links and forms on the page]
Doc, can you take a look at this?
We are for neighbors.

About Nextdoor

Nextdoor is the private social network for you, your neighbors and your community. It’s the easiest way for you and your neighbors to talk online and make all of your lives better in the real world. And it’s free.

Thousands of neighborhoods are already using Nextdoor to build happier, safer places to call home.

People are using Nextdoor to:
- Quickly get the word out about a break-in
- Organize a Neighborhood Watch Group
- Track down a wayward baby in the neighborhood
Resources for Getting Connected - Computer Classes

• Interfaith Community Services  www.icstucson.org  520-297-6049
• Pima Community College  www.pima.edu  520-206-4500
• Pima County Public Library  www.library.pima.gov  520-791-4010
• Tucson Adult Learning Adventures  www.tucsonadultlearningadventures.com  520-795-1584
• Free Online Computer Classes  http://digitallearn.org
• Don’t forget...your family and friends

• Pima Council on Aging Helpline  help@pcoa.org
  www.pcoa.org  520-790-7262
Be safe and sensible

• Protect your Identity
  • Know and use privacy account settings
  • Limit the amount of person information
• Accept and friend people you know
• Think before you like, share and follow

Don’t forget to look up and around...
Social media should not be a replacement for human contact
Reporting suspicious activity/filing a complaint

Contact Us
602-542-2124
844-894-4735 (Toll Free)
602-542-7918 (Español)
seniorabuse@azag.gov
Three suggestions integrating social media into your life:

• 1. Social media a great tool for keeping in touch with kids, grandkids, great-grandkids, friends and family!

• 2. Tired of being on hold waiting to speak to your healthcare provider? Speak to your provider about using email and text as a way to efficiently and effectively communicate with her/him.

• 3. Consider learning on the buddy system – pair up with a friend and take a class from the library or local community college – once you get started, you will be glad you did.
Thank You!

Contact info:
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520-207-0849
Thank You Supporters!