

SENIORS



By Cookie Segelstein

Computer tips and helpful suggestions, especially for people who are not entirely comfortable using their computers.

Dear MacMama: I just got an iPhone XR. It's taking me a while to get used to the design of this phone, since I had an older iPhone 5, but I am determined to learn how to use it. I have already set up Face ID. What kinds of things can I do with it, besides of course making a phone call, texting and email?

Linda A., Oakland

Dear Linda: Where do I begin? First of all, congratulations on upgrading. There are so many apps available, for things from astronomy to apps that tell you the best light angles for photography depending on your location and time of day. But often overlooked are the apps and capabilities that come on your phone. Here are a few from www.bestproducts.com.

- 1. Add multiple faces to Face ID**
This is useful if you want to let a family member have access to your phone when locked. A good safety feature for sure. To do this tap **Settings/ Face ID & Passcode**, then type in your passcode and **Tap Set Up an Alternate Appearance**.
- 2. Measure App**
The new iOS (operating system for the iPhone) has an app called **Measure** that is not 100% accurate but useful when you need a ballpark figure in a pinch. Open **Measure**, and basically it will walk you through the instructions. Move your iPhone around so the app can analyze the area, hold your phone so the camera is pointing at the area or object you want to measure, move your phone around until you see a white circle with a dot, line the dot up with the edge of the item, press the white button with the + sign, drag to the opposite edge of the item, and press the button with the + sign again. Then the app will display the measurement. Amazing!
- 3. Scan with your iPhone**
There are apps you can down-

load that are for scanning, but you can do it directly from the **Notes** app. Open **Notes** and create a new note or open an existing one. Tap the + sign that is above the iPhone's keyboard. Tap **Scan Documents**. Use the camera shutter button, or one of the iPhone's volume buttons to snap a picture of your document. Adjust the corners of the document picture by tapping and dragging, then tap **Save**.

- 4. Check Flights**
Open **Safari** on your iPhone, in the address bar, type the flight number and airline, under the **Flight** tab, tap the flight you are checking. You will then see a map of the current location of the flight.
- 5. Do Not Disturb While Driving**
You can have your iPhone send an auto-reply message when you receive texts or calls while driving. To turn this on, tap **Settings/Do Not Disturb**/scroll down to **Do Not Disturb While Driving** and tap **Activate**/ Select either **Automatically, When Connected to Car Bluetooth or Manually**.
- 6. Teach Siri How to Correctly Pronounce Names**
This is one I had to use, since "Segelstein" doesn't exactly roll off the digital tongue! Hold the home button or say "Hey Siri" to trigger **Siri**. Say "That's not how you pronounce Cookie Segelstein (for example)". Siri will ask how to pronounce the first and then last name and offer up to 4 pronunciations. Select the one that comes the closest.
- 7. Use your iPhone as a level:**
Open the **Measure** app, tap **Level** at the bottom right, lay your iPhone flat against the surface of what you want to measure.

These are just a few of the many fun and useful features that come right on your phone. Enjoy!

Cookie Segelstein is the MacMama, an Apple Certified Service Professional that provides Apple computer consultation and trouble-shooting in your home and office. For more information, call 520-7760, email cookie@themacmama.com, or visit her website at www.themacmama.com

It's never too late Fill your calendar with Stagebridge activities

By Vicki Wong

One of life's best recipes for keeping young is creative exploration! Coming soon, Stagebridge offers ample opportunities for budding entertainers to blossom, as well as for the public to enjoy performances of song, dance, and more.

Registration opens on June 3 for summer classes, workshops and intensives from June through September, with *Singing, Tap, Scene Study, and Meisner Acting Technique*; baby boomers can get their nostalgic groove on in an energetic blast from the past with *Summer of the 70s Funk* hip hop dance; and storytellers' choices include a class with nationally renowned teller Mary Ducey or a workshop from *The Moth's* Corey Rosen, where students will learn how to transform life's mishaps into emotionally gripping, sometimes humorous true tales.

Join the fun June 10-14 for **Showcase Week**. Audiences can enjoy the culmination of Spring

session in free on-campus showcases all week at Stagebridge, including *Viewpoints*, various *Singing Theatre, Playback, Clowning, Harmony Ensemble, and Stand-up Comedy*.

For a little variety and a small donation, take *A View from the Bridge*, a sampler showcase from various classes on Wednesday, June 12 at Oakland's *Flight Deck*.

More entertainment awaits at the Piedmont Center for the Arts with a *Staged Reading Showcase* on Thursday, June 13 at 7 p.m. in an evening of four hilarious, sometimes poignant short performances.

It's Never Too Late for the Future

On Saturday, June 15, help Stagebridge end the fiscal year on a high note while enjoying light refreshments, prizes, and delight to a special performance from long running troupe *Never Too*

Late. Led by Artistic Director Joanne Grimm and Musical

Director Scrumby Koldewyn, this ensemble blends wisdom, harmony, and humor in a topical mix of skits and songs. This afternoon celebration takes place in Reidenbach Hall at Stagebridge.

In other events, the next Elder Salons (in co-sponsorship with the *Elders Action Network*) take place on Wednesday, June 5 and June 19; and Stagebridge's next free monthly online/phone Storytelling Concert happens on Tuesday, **June 18** through a partnership with *Covia Well Connected*—members call or log in to participate. For more details of any of the events listed above, visit Stagebridge's website at www.stagebridge.org/new-events.

Founded in 1978 by Dr. Stuart Kandell, Stagebridge is renowned for its award-winning creative aging programs, and is located at 2501 Harrison Street in the First Congregational Church of Oakland.

Taking care of your joints

By Johanna Leonard

How many of us experience stiffness and aches and pains in our hips, knees or back when we get out of bed in the morning? Perhaps we have to modify how we get in and out of a chair, or have given up activities we love because of joint pain? How can we cope with challenges to our mobility as we age? What can we do to live more active and enjoyable lives?

The public is welcome to attend a special free talk entitled "Getting Back to the Amazing Things You Love to Do." It is presented by The Lake Merritt – Independent Senior Living and Alta Bates Summit Medical Center. It will be held on Wednesday, June 5 at 6 p.m. It's a chance to get answers for yourself, friends or family members about arthritis, osteo-arthritis, and things one can do to maintain healthy knees, hips and shoulders.

Dr. Basil Alwattar, Chairman of the Alta Bates Summit Medical Center Department of Orthopedics, who also is on staff at Highland Hospital in Oakland, will speak. He will provide information on the general causes of joint pain and its treatment options – both non-operative and operative.

"The talk is intended for people who have joint pain," said Dr. Alwattar. "I'm talking about hips, knees and shoulders. It's a situation which is growing dramatically with our aging of the population. The presentation will be beneficial to anyone who has joint pain or who is considering surgery or who has questions about what other interventions would be indicated."

"Everyone knows someone who has a hip or knee replacement," Dr Alwattar continued. "I'll also cover some of the new things that are coming, including robotic assisted surgery, biologic injections for the treatment of joint pain and more."

A question and answer session with the audience will follow.

"This presentation is part of an ongoing series in joint pain management," said Lynda Burrell, Director of the Orthopedic and Neuroscience Services at Alta Bates Summit Medical Center. "The journey is long for those who have joint pain."

"It's a great chance to get questions answered about how joints function as we age," she explained. "Many older adults struggle with a variety of joint issues. Whether pain arises

through wear and tear, degenerative conditions, past injury, genetics, or lifestyle factors, many of us have questions about how to handle joint pain and mobility issues," she added.

Sutter's Alta Bates Summit Medical Center offers comprehensive services designed to meet the healthcare needs of the diverse communities of the greater East Bay Area. Their 100 year tradition of commitment and service to the community continues today. They provide care for those who cannot afford it, fund education and research that will improve lives, and contribute to programs and organizations that provide health-related services for those in need.

Admission to Dr. Alwattar's talk on June 5 is free, but advance reservations are suggested, as space is limited. Register online at: altabatesummit.org/joint-pain, or call 510-306-1019.

Johanna Leonard is Executive Director of The Lake Merritt and previously served as manager of The Lake Merritt Hotel. The Lake Merritt, Senior Independent Living, is located at 1800 Madison Street in Oakland. Call 903-3600 for details.

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