

Introduction to the Internet

10 USEFUL WEBSITES (in no particular order):

1) Google

www.google.com

-Simple web search website

TIPS:

- no capitalization necessary
- keep it simple
- type in topics, not thoughts or sentences (for instance “headache, not “my head hurts”)
- use as few terms as possible- “cambridge, ma weather”, not “what is the weather tomorrow in cambridge?”
- use descriptive words, and leave out generic words
- to search for a phrase, put that phrase in quotes. Do NOT do this unless you want to find all of those words in that exact order.

2) Google Maps

maps.google.com

-Great for getting directions [CAUTION: not always 100% accurate!], and easy to print-out maps- even of each turn

TIPS:

- qualify your addresses with full street numbers
- if you don't have a street number, you can also type in an intersection- “Massachusetts Avenue and Sacramento Street, Cambridge MA”
- Use the zoom slider (the + and – images on the left-hand side of the map) to see more details, such as places of business and street names

3) Web MD

www.webmd.com

-Good for general medical advice and descriptions

-NOT a substitute for a trip to the doctor!

4) Wikipedia

www.wikipedia.org

-“Open source” encyclopedia, which means anyone can enter and correct information

-Information is, in theory, self-correcting and constantly evolving to become as accurate and comprehensive as possible

-Unlike an encyclopedia, it contains information on the most current of events, people, and subjects

5) Blogger, or Wordpress

www.blogger.com or www.wordpress.com

- Free, simple, straightforward blog-creating websites
- A great way to share pictures, tell stories

6) Dynamic Living

www.dynamic-living.com

- A shopping website of products for seniors
- Praised for its simplicity, readability, and the responsiveness of customer service

7) Elder Law Answers

www.elderlawanswers.com

- Legal advice on Medicaid, Medicare, nursing home rights, and estate planning. in simple terms and a simple website layout

8) Facebook

- Social networking website
- See what family and friends are up to on one web page
- Post pictures and videos

9) CNN

- News website with up-to-date headlines
- Good for breaking news, but not great for in-depth analysis (this goes for almost all national news websites)

10) Epicurious, or Food Network

www.epicurious.com or www.foodnetwork.com

- Great websites for finding recipes

OTHER USEFUL WEBSITES:

Lwn09.wordpress.com (Living Well Network blog)

-I will use this to share news of upcoming events and volunteering opportunities

-You can post comments, questions, concerns

www.weather.gov

-A simple weather forecast site with NO advertising!

www.craigslist.org

-Free, online classified advertisements with job listings, apartment listings, sales, trades, community forums

www.skype.com

-A website that allows you to “Instant Message” chat with other users, or video chat using a built-in or external video camera for your computer

answers.com or **dictionary.com**

-Online information resources

www.agassiz.org

-Our website!

www.amazon.com

-Enormous online shopping site, where you can buy virtually anything

-Very safe and easy to use

-CAUTION: Amazon occasionally sells items from independent vendors, who may or may not be as reliable or easy-to-contact as Amazon themselves

eldercare.org (Somerville-Cambridge Elder Services)

-The website for Somerville-Cambridge Elder Services

-offers resources, information, advice, and services to seniors, caregivers and disabled people.

GENERAL: messageboards, yahoo groups, blogs

GENERAL INTERNET TIPS:

Websites can be difficult to read, with pervasive advertisements. It is easy to click on an advertisement by mistake, OR to think that text on the page is NOT an advertisement when it is. Here are some things to look out for:

- All ads will say “Advertisement” above or next to them
- Ignore “Sponsored Links”

Purchasing items online can be perfectly safe! Simply make sure the website says https:// and not http:// in the address field

BROWSER TIPS:

Web Addresses:

-You do not need to enter “http://”, and you often do not need to type in “www.” either! The CNN website, for instance, can be typed in simply as “cnn.com”.

Tabs:

- A “tab” is basically a new window within your current window
- Tabs can greatly reduce clutter and make it easy to access multiple websites at the same time

Bookmarks:

- So you don’t have to remember a website you’d like to come back to, bookmark it!
- Find yourself with a giant list of bookmarks? Organize them by category! The ways to do this differ between web browsers, but for Firefox:
 - Click on “Bookmarks” at the top of the screen”
 - From the window that pops up, click on “bookmark toolbar”
 - Then click on the asterisk (*) shape and select “New Folder”
 - Type in a name for the folder, such as “news” or “shopping” or “finance” or “recipes”, etc.
- Now, when you go to a website that you want to put in a folder you’ve created, you can drag the icon to the LEFT of the web address to the folder you’ve created and it will put a bookmark into that folder

Increase Text Size

-Go to the "View" menu. Look for something called "Text Zoom", "Text Size", "Increase Font", "Make Text Bigger" or similar.

Reduce website “clutter” by blocking advertisements

-Go to this website <https://addons.mozilla.org/en-US/firefox/addon/1865> and click on “Download Now”, then follow the on-screen instructions