

Electronic Medical Records

In a few years all medical records in NY will be electronic — or EMR for those of us who like to use acronyms. What does this mean to us?

MVPCUG member, Dee Pfohl, will supply some answers as she shows us how doctors and hospitals use these records.

When you visit your doctor or are hospitalized, information is entered into their records. Your health history, the medications you take, and your vital statistics, among other things are entered into your file. Most, if not all, physicians and institutions use a digital method of collecting this data. If you signed a document allowing it, these records can be shared with others in the system.

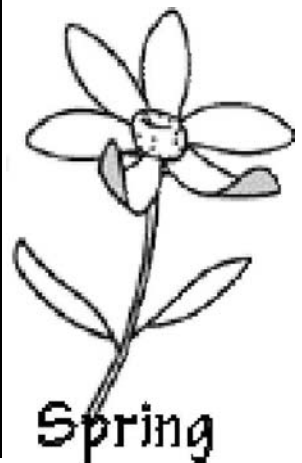
Dee is a Clinical Analyst at one of the local hospitals. She was previously Nurse Manager of the Surgical Dept and has over thirty years experience in nursing.

SPECIAL WEBSITE DRAWING

Each month the webmaster, Lisa, and the editor, Donna, will pose a question the answer of which will be found on our website [www.mvpcug.com]. See page 3 for details.

The main page will change about a week prior to the next meeting and this is where a clue to the answer will be found. You have until the day before the next meeting to send in your answer. Type the answer and your name into an email and send it to mvpcug@mvpcug.com. A drawing will be held at the main meeting. You need not be present to enter but will be responsible for picking up your prize if your name is drawn.

All members except Lisa and Donna will be eligible for this prize.



Tuesday, March 6th — 6 - 8:30PM
New Hartford Library
Meeting Open to the Public - Free



explorer

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The MVPCUG was founded in 1981 by individuals interested in IBM compatible computers. This non-profit organization consists of volunteers whose expertise range from novice to professional.

Regular meetings are held on the first Tuesday of the month at 6pm, usually at the New Hartford Library, 2 Library Lane, New Hartford. A typical agenda consists of discussion of business affairs and a demonstration of computer related products. Meetings are open to the public.

Membership fee for an individual is \$25.

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Meeting Agenda

- 5:30. Meet and Greet
- 6:00. Business Meeting
- 6:30. Program, Part 1
- 7:10. Break
- 7:20. Program, Part 2
- 8:15. Drawing for Prizes
- 8:30. Adjournment

Editorial notes . . .

March is the month when Spring starts.

One of the things we should be looking forward to is the release of Windows8. Some say it will be this Spring — others are not so sure. However, I wonder how many are willing to give up Windows7. As most of you know, I am still using XP. It works just fine for me and I like knowing that I don't have to worry about my favorite programs not working on a new system.

Some of us are happy with the tried and true while others of us like to try the new and untested. Recently I talked with a friend who had an iPad. It seems so convenient to carry around and use wherever you might be that I've been tempted to purchase one — until I learned that you can't really save any files to it. It works for my friend for the way she wants to use it and she is happy. She says it's a glorified iPod without phone use.

Guess I'll just sit here with my laptop running XP and watch the rest of the world from my window — the real glass one that looks out to my backyard!



Stay connected . . . to the MVPCUG
Mohawk Valley PC User Group, Inc.
\$25 for initial sign-up - or renewal

Name _____
 Address _____
 City _____ NY
 Zip _____ Phone _____
 E-mail _____

Please mail this application with a check payable to MVPCUG to
M V P C U G
PO Box 586
Marcy NY 13403-0586

Minutes of January 31, 2011
—Joe Penabad, Secretary

BUSINESS MEETING

The MVPCUG General Meeting, with 36 members in attendance, was called to order by President Jerry Finkelstein at 6:05 PM in the SAMMON Room of the New Hartford Library on 1/31/2012.

Bill Gorrell’s Treasurers report for the period 01/01/2012 to 01/31/2012 included income of 10 membership renewals and door prize tickets and expenses for newsletter printing, receipt book and newsletter stamps for two months, for a net expense of \$15.65, was accepted.

The prize for the proposed Newsletter Quiz will be a T-shirt with the club logo. Details are still being decided.

A vigorous Q & A period followed a diversity of member problems discussed, including: (1) the proper connection between a desktop computer and a TV monitor when connector terminals do not match, (2) the merits of installing CCleaner were divided between the “for free” and the “for fee” versions, (3) reputable resources for free credit reports.

All discussions concluded with the sage caution: always follow the old adage . . . ”when in doubt, don’t give out your pass words.”

PROGRAM

Mr. Bernard Hyman, Oneida County Assistant District Attorney, presented an enlightening, humorous, but sobering talk on cyber crime in general and specifically about cyber crime activity in our area. The Assistant DA brought along his students from his Criminology class at UC and it was a pleasure to have youth attend our meeting.

Mr. Hyman addressed his topic from the point of view of what criminals are doing, crime trends, and how the computer/internet has made the problem much more challenging. The objective of law enforcement is to prevent crime rather than catching perpetrators; however, a major concern in pursuing a perpetrator of cyber crime is how to investigate and/or obtain a search warrant for a suspect who resides overseas. An interesting trend in cyber crimes pointed out by Mr. Hyman is the extensive involvement of women. Mr. Hyman advised: (1) Avoid revealing your

address. Probably, your S/S, credit card numbers and birth date are already out there on the internet. The criminal can alter an address to make himself the recipient of money or account information. (2) Employers must be alert that their computer-savvy employees’ on-the-job activity is legal. (3) If you are a victim of identity theft inform your local police department and request a free credit report from a reputable service.

The MVPCUG applauded Mr. Bernard Hyman for his informative, interesting and engaging presentation on cyber crime and the precautions we all can take.

The meeting was adjourned at 8:15 PM by Jerry F., who reminded us that the March meeting will be held in March as regularly scheduled. ♦

DOOR PRIZES
[furnished with club funds]

- 8 GB Flash Drive..... Ed Sajdzikowski
 - HP 5x7 photo paper. Donna Gorrell
 - Memo Paper. Dick Eades
 - Copy Paper. Hart Anway
 - Pens. Bill Brunnett
- [Donated by Jerry Finkelstein]
- Post It Notes. Steve Gorrell
- [Donated by Rod St. Clair]
- 10 slim cases. Jerry Finkelstein
- [Donated by Bill Brunnett]
- Staples photo paper..... Lisa Britt

March 6th marks two important dates in history - can you give a reason for one or both?

The answer to this question can be found in a link from our website— www.mvpcug.com. Hint: check out the main page.

To enter the drawing, find the answer to the question and submit it along with your name in an email to mvpcug@mvpcug.com

All members are eligible to enter, drawing will be held at the March meeting. You do not need to be present to win, but you will have to make arrangements to pick up the prize if you win.

Sites to Visit on the 'Net

— by John Hunter

Spring Is Coming

For many the first sign of spring arrives with the first seed catalogue. For those who plan gardens, several sites offer heirloom seeds in addition to the regular supply of popular seed types. Organic gardeners should visit www.fedcoseeds.com/. This colorful site originates from a coop operation in Maine that specializes in organic and cold hearty seeds, trees and bulbs.

This company is an Internet-only supplier of plant products. A downloadable catalogue provides colorful pictures as well as a cold climate shipping schedule.

Www.seedsavers.org specializes in saving and sharing heirloom seeds. The company mission statement says “[their] mission is to save North America’s diverse, but endangered, garden heritage for future generations . . .” This company maintains one of the largest seed banks in the world. So, if growing the kind of tomatoes that grandma grew is important, visit this site.

For gardeners needing extra information and support, visit www.johnnyseeds.com, another Maine-based company. The company mission supports, “helping families, friends and communities feed one another by providing tools, seeds, information and service.” In addition to seeds, the site provides record keeping software for the small farmer. Available for purchase are seed types that support local or ethnic varieties as well as the most popular seed varieties. Useful information includes data about optimum soil temperature for starting plants. In addition, the site is regarded as the homestead gardener’s bible.

For those with wide window ledges and the urge to plant right now, have at it.

Useful Business Site

Social network sites invade the business world. This benign intrusion now allows business people as well as investors to network, redefine a company vision through social networking and integrate social and collaborative technologies into business strategies. For an intimate view of this new process click on www.BrainYard.com.

At my visit the lead headline read “3 Things to Remember Before Investing in Facebook.” Another article featured, “Facebook: The Database for Wealth and Power.” This seems to be a very useful site for

coupon clippers and for the general investor’s stock research.

Another Business Site

News barrages us daily with stories about rapacious banks, corrupt corporations and venal business leaders. For all things, good and bad, that are business related, click on www.247wallst.com. This site aggregates business linked news from online sources such as: **AOL Finance, BloggingStocks.com, Marketwatch.com, MSNmoney.com and the Wall Street Journal**, among others.

At my most recent visit, I found a story titled “The 10 Most Hated Companies in America.” The list includes some of the usual suspects such as: Bank of America, AT & T and Goldman Sachs. But it includes some surprises as well. Facebook, American Airlines, Nokia, Best Buy, Johnson & Johnson, Sears and Netflix made the list also.

The article describes the faults of each corporation such as Johnson & Johnson’s series of recent product recalls. Many of the business lapses affect stock prices, and these failings may affect investors more than consumers. Hence the list on a business site rather than a site sympathetic to Occupy Wall St..

For those interested in digging up business dirt, click on www.247wallst.com/2012/13/the-10-most-hated-companies-in-america.

Travel Dish

Planning a trip and want to know what the insiders know? Click on www.truth.travel. **Conde’ Nast Traveler** maintains this site that offers monthly magazine content and much more. On the homepage click on deal of the day and find “Two ways to get free miles and points.” At my visit, another deal included another travel bargain, a Cinco De Mayo flash sale for Los Cabos Villas. This promises significant savings, but accommodations may only be booked on Thursday, May 5 from 7am to 6pm Pacific Time. The savings that drop the rental prices by more than half require much advance planning. Good Luck.

Click on the Perrin Post button and Wendy Perrin’s blog provides travel tips and deals. One blog entry titled, “Costa Concordia Disaster-Why I’m Not Panicking” argues that cruise ships are safer than car travel. Perrin continues that pilot error by the ship captain does not make the cruise industry scarier. I hope she is right because my wife and I are cruising at the end of this month.

Until next time . . .



Did You Know . . . — Donna Gorrell

. . . that you could change laptop power settings in Windows 7? Laptops loaded with Win7 already have some power settings in place, but if you don't like the default settings, there is an easy way to customize them to better fit your needs.

First, click Start and open the Control Panel. Select *Hardware And Sound* and then click *Power Options*. In the Power Options menu, you'll see that there are a few preset plans that you can use to automatically manage power usage. Select *Balanced* and then click *Change Plan Settings* to the right. Here, you can set when to dim your display, turn off your display, or put your computer to sleep, and you can change settings depending on whether your computer is plugged in or running on battery. You can also select *Create A Power Plan* in the Power Options menu to make your own or select options to determine what happens when you close your laptop's lid or press the Power button.

. . . that you could turn off the windows startup sound? It can be annoying to have the Windows Startup sound emanate loudly from your computer. To prevent this from happening, right-click anywhere on your Desktop and select *Personalize* from the context menu. Click *Sounds* and you'll see a window that shows a variety of sounds that you can turn on or off, including a *Critical Battery Alarm*, *Close Program* sound, and many more. From this menu, you can select a Sound Scheme and assign sounds to specific events, or you can turn off all sounds. This is also where you can uncheck the box near the bottom that says *Play Windows Startup sound* and click *Apply*.

. . . that you could assign file types to the same program? Sometimes, when you try to open a file, you'll be prompted to select a program in which to open it. There's a simple way to assign file types to automatically open in specific programs, so you won't have to see that prompt as often.

Right-click any file and then click *Open With*. There may be a list of possible programs with an option at the bottom that says *Choose Default Program*. Click that and a window will pop up that shows a list of Recommended Programs that support that type of file. With some files, there are only one or two programs you can use, but with music, photos, and other types of files, it's common to have as many as five or more options. The key is to find the program you want to use with a certain file type and check the box next to *Always Use The Selected Program To Open This Kind Of File*. Click *OK*. If the program you want to use isn't listed, click *Browse* to find and assign it. ♦

Byting Remarks — Jerry Finkelstein

The news media, the print kind and online, have recently been very busy reporting on the social media's strong role in shaking up world events. Opponents to the Syrian government talk about their use of Facebook in organizing the initial demonstrations. Their continued opposition, the Syrian Spring, continues to make heavy use of the social media. News reports and editorials gave much consideration to the upset at Komen, the nation's multi-million dollar leading breast cancer advocacy organization. Its decision to end its partnership with Planned Parenthood brought on a "fierce outcry" and "roiling anger on the Internet showing the power of social media to harness protest." A few weeks after Komen faced the "deluge of criticism" on Facebook, Twitter and Tumblr, online protests stopped Congress dead in its tracks in its efforts to pass anti-piracy legislation, something about the legislation being a threat to online freedom. Everybody notices how social media can change the conversation with head-snapping speed and change courses of action with the click of a key.



In the midst of the use of the social media as a tool for dramatic government/social/cultural change, for the fight for women's health issues, for figuring out public expectations of privacy, we also pass our time online trading pictures of our kids across the country, nothing national security would be interested in.






We also let all of our 256 virtual friends know what we had for a snack this morning at 10:00 AM. ♦

Editor's Note: We are not on Facebook or any other social site. Find us at www.mvpcug.com.

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Tuesday ♦ March 6 ♦ 6:00 PM ♦ New Hartford Library



what's.com/ing ~ Women's History Month ~ March 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	March 17 - St. Patrick's Day March 20 - First Day of Spring			1	2	3
4	5	6 Monthly General Meeting 6 PM N Hartford Library	7	8	9	10
11	12	13 Board of Directors Meeting 6:30 PM	14	15	16	17 
18	19	20 	21	22	23	24
25	26	27	28	29	30	31