

The Villages Computer Club

There will be **NO** meeting of The Villages Computer Club on Friday May 25th.

For more information on the VCC please reference the clubs web site at:
<http://thevillagescomputerclub.com/>

Meetings will resume on June 1 at the La Hacienda Recreation Center with a presentation by Bob Petrilak on Picasa.

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Outlook Express emails with links don't work

Make sure that Internet Explorer is the default browser. Some other browsers don't work well with Outlook Express. If it isn't, go to Tools, Internet options. On the program tab, check the box that says, Check to see whether IE is the default browser. Then close IE and reopen it. Select IE as the default browser.

Display Properties Tabs Missing in XP

Missing tabs seem to be a registry problem. I suggest that you create a new Restore Point before using, so if it doesn't work for you, you can do a System Restore and erase the changes made.

Question:

"I recently had a virus that among other things put it's own wallpaper on my desktop. I've been able to eradicate the virus, and even delete the wallpaper file. However, I had to do that manually through Explorer. When I bring up the Display Properties window, either from right-clicking my desktop or from Control Panel > Display, I'm missing the Desktop and Screen Saver tabs. I would expect there's a place in the registry to turn these on/off - just can't seem to find where. Suggestions?"

Answer:

I found these two options in Google. I've never used either. But the first one http://www.kellys-korner-xp.com/xp_tweaks.htm # 128 was used by a Jmax Bits subscriber to whom I sent it and it did replace all the tabs on her Display Properties screen successfully.

The 1st and 2nd links below found in Google have also been recommended by Microsoft.

Courtesy of Kelly Theriot, MS-MVP
Line 128, right hand column, Restore Desktop and Screensaver Tabs
Line 285, right hand column, Restore All Display Tabs
http://www.kellys-korner-xp.com/xp_tweaks.htm # 128

[Click here: Troubleshooting Windows XP, Tweaks and Fixes for Windows XP #285](#)

<http://www.computing.net/windowsxp/...rum/132440.html>

Monitor Display

The displayed page on my monitor is larger than my monitor screen, so I have to continually be scrolling right and left to see all of the words. What can I do to adjust the display to fit the monitor.

Give this a try to reduce the overall size of your monitor's active screen.

1. Rightclick on the desktop and click Properties and then Settings.
2. Increase the resolution(number) a bit at a time until the screen just fits your monitor space....

Note: Be sure to write down the settings number as they were before you starting monkeying around with the resolutions. Larger numbers makes the screen smaller.

3. If you can't see to click the Apply button, just press Enter to make it change.

Revised 11/10/2009 JMM

Win 7 tutorial re desktop and screens

[Click here: Accessibility Tutorials for Windows XP: Adjust Display and Appearance](#)

ZoomIt

ZoomIt is one of the utilities in the Sysinternals Suite of Utilities, a free download.

Copy and paste this URL into your browsers' address bar and click GO

<http://technet.microsoft.com/en-us/sysinternals/bb842062>

A free download program to enlarge item on your screen.

1. Click CTRL + 4 key and it Zooms in. The Zoom can then be increased with the mouse.
2. Once zoomed in, one can draw on it in colors either freehand, arrow, rectangle, circle.
3. Once installed a popup comes up on screen to explain it's features.

File changes using CTRL Rightclick

Rightclick on a file presents a dropdown menu. Normally, when you right-click a file in Windows Explorer, a Dropdown menu appears with options to open, view, cut, copy, rename files and so forth. But if you hold the CTRL key while you right-click a file, you'll see an entirely different dropdown menu.

CTRL Rightclick dropdown

The CTRL right-click menu allows you to alter the file view (so you can see small or large icons, details, and so on), rearrange the icons, or create a new folder or file.

ADD TO An Existing FILE

1. Highlight item you wish to save,(e.g. a portion of Jmax Bits) click CTRL+C or EDIT and COPY to copy that item to the computer's invisible clipboard.
2. Click FILE, OPEN, select the drive on which the file already exists(e.g. click down arrow and doubleclick C:). The C: drive should now be listed in the SAVE IN box.
3. Scroll down until you locate the FOLDER the file is in, doubleclick the folder to get a list of the files in that folder.
4. Scroll to find the particular file to which you wish to add and doubleclick it to open it.
5. Click CTRL and END to take you to the bottom of what is already in the file.
6. Place cursor at the bottom and click CTRL+P or EDIT and PASTE to paste the item from step #1.
7. Click FILE and SAVE.

ALZHEIMER THERAPIES

While [Alzheimer's](#) remains an incurable illness, researchers are making strides towards [therapies](#) that can lessen symptoms, increase function and improve quality of life. These drug-free therapies, which are being explored in many [memory care](#) communities, range from high-tech [iPads](#) to no-tech chocolates. Here's a sampling of innovative and promising new therapies to help enhance the lives of the memory impaired:

1. **iPad:** Some memory care communities have reported success providing customized [iPads](#) (lightweight, touchscreen, notepad computers) to their residents. The devices include puzzles to exercise resident's minds, activities that improve dexterity and even apps (programs) that provide prompting to those who need reminders. Simple, yet engrossing, games also promote a sense of mastery; the satisfying feeling you get when you accomplish a task that is neither too easy, nor too hard.

2. Light therapy: Simply brightening room lights during the day may benefit elders with Alzheimer's and other kinds of dementia. A study published in the Journal of the American Medical Association found that bright lighting improves mood and cognition in older people with memory disorders. More intensive light therapy, or UV therapy, involves sessions sitting by a special, full-spectrum lamp. A study by Wayne State University suggested this kind of light therapy may be beneficial, as well. Light therapy may be particularly helpful for mitigating [sundowning](#) behavior.

3. Art Therapy: Art therapy, which involves both viewing and creating art, is not a new concept. But in the 21st century, art therapy has become increasingly utilized for Alzheimer's and dementia care. In 2005, under the guidance of Dr. John Ziesel from [Arists for Alzheimer's](#), the Museum of Modern Art in New York instituted an after-hours program for people with Alzheimer's and other dementias called, "Meet Me at MoMA". Dozens of other museums have recently implemented similar programs, which proponents claim have benefits that last well beyond therapy sessions. Dr. Ziesel says art therapy brings out the best in dementia sufferers, "If you met these people back where they lived on an ordinary day, you simply would not see them being this articulate and this assured."

4. Favorite food therapy: Some memory care providers have found that a "comfort centered approach", makes for more contented, peaceful residents who need less [medication](#). A recent newspaper article describes a memory care community in [Arizona](#) where residents are allowed "practically anything that brings comfort"— from chocolates to a small bedtime drink.

5. Storytelling: A new dementia therapy program called [TimeSlips](#) involves showing a photo to a therapy group, and asking members to make up a story based on the image. The program aims to "inspire people with dementia to hone and share the gifts of their imaginations," and gives memory impaired people an opportunity to socialize and be creative without pressure to remember.

No known therapies can permanently reverse the course of Alzheimer's disease and related dementias, but the medical and caregiving community is learning more and more about strategies to improve the lives of the memory impaired. Each person is unique, so what benefits one person might not benefit another, but with a diverse repertoire of therapeutic approaches, [caregivers](#) (professional and family) are likely to find the right techniques for their situation.

Ask the Expert

Want to learn more? Read some common questions and answers about Alzheimer's disease from expert, [Megan Carnarius—a sought-after national speaker on Alzheimer's](#).

Need Help? Find Memory Care and Senior Living

Finding the best care for a loved one can be difficult, but we can help. And it's completely free. [Talk to a Senior Living Advisor today](#).



Jmax's Website <http://www.jmaxbits.com/>

Jmax Bits Newsletter is now posted each Monday & Thursday on the website.
You have the option for a .pdf or a .rtf file.

1.For help with a computer problem, put [HELP](#) in the subject line and give me info about the computer you're using, if you know it.

2. To view or print [Jmax Bits Good Services List in the Villages area](http://www.jmaxbits.com), click link www.jmaxbits.com

3. To sign up for the non-computer newsletter, send an email to VLGSClassifieds@aol.com. Put SUBSCRIBE in the subject line. To send an Ad, place AD in the subject line.

4. The Villages Computer Club's web page: [Click here: Welcome To The Villages Computer Club](#)

To add your name to the VCC announcements list, send email to TheVCC-subscribe@yahoogroups.com

5. Fred Benson's website www.thevillagescomputerbasics.com