

# Pinterest

by Nora Gaskin

You've just found a great recipe on the internet. You'd like to make it some time in the future, but you don't want to print it, and your browser bookmarks list is huge, unwieldy and difficult to keep organized. Pinterest to the rescue!

Pinterest, which bills itself as "the world's catalogue of ideas", is one of the fastest-growing social networks, with 97% growth in 2016, and about 100 million active users. Using Pinterest, you can "pin" pictures to "boards" that you can share with others or keep private. The pictures serve both as an organized catalogue of images, and as a set of bookmarks linking back to the web pages they originally came from.



Soups



Cauliflower Soup with  
Garlic Scapes # 651

Having your pins organized into topical boards makes it easy to refer back to them. When you visit Pinterest, you'll have the opportunity to "follow" people and boards that have content you're interested in, to search Pinterest by keyword, or to browse by topic. It is a visual discovery tool like no other, currently at 30 billion images, and counting.

Of course, Pinterest isn't just for recipes. You'll find travel ideas, how-to videos, home décor and organization, crafts, DIY projects, gardening, fitness, art and architecture, humour, car maintenance, computer software tutorials, fashion, photography – and much more.

And it can be very addictive! When I first started using it three years ago I couldn't get enough of the beautiful images of landscapes, gardens, architecture, travel destinations, art, home décor, and more, and spent many happy hours there. My enthusiasm has moderated over the years, but I still use it regularly as a filing system and discovery tool.

To use it, register for a free account. It's useful to install the "Pin it" task bar button in your browser so you can easily pin things from the web. Pinterest is available on desktop via any web browser, and has apps for Android and iOS.

Web site: <http://www.pinterest.com/>

Pinterest help: <http://help.pinterest.com>

## Lager Lecture *Brain Health and Aging*

How does our brain change as we age? What consequences do these changes have on our mental functioning?

Dr. Jennifer Heisz, of the Dept. of Kinesiology at McMaster.

**Wednesday, May 10th** at 2 p.m.  
**McMaster Innovation Park, Room 1ABC,**  
175 Longwood Rd., South, Hamilton

Lecture is FREE. Please register to ensure your seat.

### Contact Information

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## What's New on the Optimal Aging Portal?

Over the past few months, new material has been added to McMaster's Optimal Aging Portal. Topics covered on the Portal's blog since the beginning of 2017 include:

- ! Exercises and manoeuvres that help with vertigo
- ! Tips to stay healthy at home
- ! Do sleeping pills help people with dementia?
- ! The benefits of progressive resistance training
- ! Living with heart failure

To see the latest evidence-based information on how to manage health conditions and to stay healthy, active and engaged as you grow older, visit <https://www.mcmasteroptimalaging.org/blog>.