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**THE VIBE**

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### Time to Change Your Password

Is your computer or e-mail password among the top 10 used? If so, it's time for a change. Each year, SplashData, a provider of password-management applications, posts a list of the most commonly used (and therefore easy to guess) passwords, but people, it seems, just aren't getting the message: the top five for 2012 are the same as 2011's top five (though Nos. 4 and 5 swapped places). Here are last year's top 10:

- 1) password
- 2) 123456
- 3) 12345678
- 4) abc123
- 5) qwerty
- 6) monkey
- 7) letmein
- 8) dragon
- 9) 111111
- 10) baseball

According to SplashData, a secure password has at least eight characters and contains numbers and symbols as well as letters. However, some research into how passwords are hacked suggests that long strings of seemingly random words are harder for others to hack and easier for users to remember, so setting your password to something like "BrownDogGingerCat" (which would make complete sense if those were your pets) might be the safest option.

### New Phone System Helps Seniors

VTech has launched a new phone system designed to help seniors stay in their homes independently for longer. The base unit has a corded phone and large buttons designed to hold photos of the people you call the most; there's also a cordless handset, along with a wearable pendant programmed with one-button dialing to connect you with the person you speak with the most. The CareLine system is intended to make communication a lot easier for those who may have problems with hearing, vision, or dexterity. The system retails at \$119.95 US. You can find out more at [vtechphones.com](http://vtechphones.com).



### Recognition for Canada's 5 Million+ Caregivers

Canada Cares, an organization dedicated to supporting caregivers, recognizes that this role is often a hard and thankless one. On its website, [canadacares.org](http://canadacares.org), you can upload stories, messages, poems, and images to honour both caregivers and those they look after, and these shared



experiences will be added to a virtual "appreciation" wall. Those who contribute in this way are eligible to win prizes (including accessible vehicles and spa treatments) and special awards, all of which will be announced to coincide with Family Caregiver Day on April 5. A series of tea parties will be held across the country, at which Canadians can share their caregiving stories and receive the support and recognition they deserve.

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