



Triad Newsletter

A Waldo County Joint Venture in Senior Safety

Volume 10, Issue 3

Fall 2012

New Offer From Waldo County Triad

The days are getting shorter and many of us are walking along the side of Waldo County roads or just crossing the road to a rural mail box. Some drivers are traveling fast and some are not paying full attention while driving. Help make yourself more visible by wearing a green fluorescent vest with reflective bands. These vests are valued at \$12 each. Triad is raising funds so the vests can be offered to Waldo County residents age 50 and older at a cost of \$2 per vest.

Vests will be available at Triad-sponsored events. You can get them at the Triad table at the Active Older Adult luncheons at the Belfast YMCA on Wednesdays, October 31, November 14, and December 19 from 10:30 to 12:30am.

The vests can also be ordered by mail. If mailed, we need to add our shipping costs of \$3. The vests are available in Medium, Large and Extra Large sizes. They close with a Velcro-type closure so don't really need to fit too exactly. To order by mail, send:

- your name, address, and size wanted, plus
- a check in the amount of \$5 per vest to:

Waldo County Triad,
PO Box 125
Belfast, ME 04915



Help keep yourself safer as a pedestrian by wearing a reflective vest from Waldo County Triad.

Medication Turn-In Day

Police, the Maine Drug Enforcement Agency, Triad and other organizations will participate in the next National Medication Turn-In Day on

**Saturday, September 29
10am to 2:00pm.**

Bring your unwanted prescription and non-prescription drugs to one of these locations for proper disposal:

- **Waldo County Sheriff's Office** - 4 Public Safety Way, Belfast (by Communications Ctr.)
- **Lincolville Central School** - 523 Hope Rd.
- **Searsport Public Safety Bldg** - 3 Union St.
- **Stockton Springs Town Office** - 217 Main St.

Wrap Seniors in Warmth

Again this year, Triad is collecting warm coats, sweaters and hats and blankets to distribute to older persons in need in Waldo County. Collection boxes for gently used items will be set up in October and November at the following locations:

- **Belfast Police Station**
- **First Church in Belfast**
- **Prospect Town Office**
- **Searsport Town Office**
- **YMCA in Belfast**

Current Scams begin on page 3.

Waldo County Triad is a partnership of citizens, law enforcement, and other local organizations dedicated to the improvement of the safety of older Waldo County residents through education and service.



Things to Know

Reading This Newsletter Online

As of the January issue, you will be able to access this newsletter online if you would prefer to get it that way. We can remove your name from the mailing list to receive a hard copy and let you know when an edition has been posted online. To do this, send us your e-mail address. Once a letter has been posted, we will send you a notice and the link. Contact Triad at:
waldocountytriad@yahoo.com

Do You Go Away for the Winter?

If you are on our mailing list and go away for the winter, the Postal Service charges Triad to learn that. The first year the policy went into effect, it cost us about \$100. If you are away and would like to get the newsletter at your winter address or to suspend your newsletter until you return, just let us know. Tell us when you are leaving, when you will return and your winter address if you want to continue to receive the mailing there. We will be pleased to do as you prefer. Contact Triad at:

1-866-426-7555

or

Triad, PO Box 125, Belfast, ME 04915

or

waldocountytriad@yahoo.com

Hannaford/Edwards Cards Help Triad

You can help support the work of Waldo County Triad if you purchase Hannaford gift cards through Triad. Triad is given 5% of the value of each card sold by the organization. Cards are available in a number of denominations, including \$10, \$25, \$50, and \$100, and can be redeemed for that amount of merchandise at any Hannaford or Edwards store. You can buy these gift cards that support Triad as follows:

Belfast: YMCA at the Active Older Adult Luncheons on Oct. 31, Nov. 14, Dec. 19

Unity: Pat Clark at **948-5610**

For more information, call Joyce at **338-2062**.

Thank You!

Triad wishes to thank all of the many businesses and individuals who contributed to the recent Triad auction. We want to recognize Donna Talarico for her tireless work in obtaining many of the items for sale and for serving as the auctioneer. Finally, we want to thank all of those people who purchased items at the auction. The event was very successful for Triad and will allow us to continue to help more older persons throughout Waldo County.

Telephone Collection

Triad is collecting used cell phones to be recycled into 911 phones for older people and domestic abuse victims to use in the event of an emergency. We are looking for volunteers who would be willing to place a collection box in the local school, town office, or other facility, to remove donated phones on a periodic basis, and get them to the project coordinator to be refurbished. If you can help, please call Paul Sheridan at **322-3961**.

Domestic Violence Awareness Month

During October, look for businesses displaying purple as a reminder that domestic violence is never acceptable. When you see the purple reminder, think about those who live with it every day. Don't be silent when you see abuse.

Memorial Donations

Waldo County Triad has been listed as a potential recipient of memorial gifts in a few obituaries. The Triad board of directors wishes to express sincere appreciation to the families and the donors for this support.

Triad Helpers

Every 3 months, volunteers give a half day to prepare this newsletter for mailing. The project consists of assembling the pages, folding, taping and applying the labels to the letters. The next edition will be prepared in late December. To get on the list of people willing to help with this mailing, if available on the date, call **722-3298**.



Look at How They Are Scamming Us Now!

Affordable Care Act Scam

With the July ruling by the Supreme Court on the legality of the Affordable Care Act, scam artists got busy right away. The Federal Trade Commission has issued a consumer alert regarding a scam that is sweeping the country. There have been many reports of people getting phone calls saying that the caller is from a government agency and due to the new health care law, your information needs to be updated and verified. Callers are asking for credit card numbers, bank account numbers, Medicare ID numbers, Social Security Numbers, or other personal information.

The caller can take the information learned and use it to commit identity theft, make charges on your credit card, make withdrawals from your checking or savings account, write fraudulent checks, open new credit cards in your name, take out a loan in your name and on and on. If anyone calls or sends an e-mail or knocks on your door and says he/she is from a government agency and needs your personal information, do not reply. It is a scam. The government already has all of the data required to ensure that you will be covered under the new health care laws.

If you do get such a call, be sure to report it. You can file online with the Federal Trade Commission at ftc.gov or phone toll-free at 1-877-382-4357. Reports go out to over 2,000 community and law enforcement agencies.

**Camden
National
Bank** 

17 Belmont Ave
& 156 Main Street
Belfast

800-860-8821 CamdenNational.com

Member FDIC

Theft of Medications From Cars

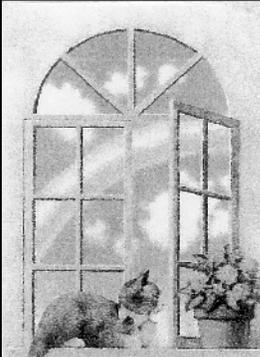
Mainers are reporting that they have gone into a pharmacy, gotten their medications in the little white bag, returned to the car and set the bag on a seat or otherwise in open view. Then, they moved on to do more errands. When they returned to the vehicle, the medication was missing. Certainly, leaving the bag out where you will see it will help you to remember to take it into the house but it also makes it visible to someone who wishes to steal it.

There are a few ways to prevent becoming a victim of this theft. You can make the stop at the pharmacy the last stop along your errand run. You can put the white bag out of sight in places such as the glove compartment, in the trunk, in your purse, or wherever it is not in plain sight for someone wanting to steal it. Know that it really does not matter what is in the bag - drugs, insulin needles, etc. It is all saleable for the thieves.

If you go to the veterinarian and get medication in bottles, it will be clear to a thief that it is some type of drug. Do not leave the pet medication in the car in clear view either. Protect all medication as if it were cash or a credit card.

Lost prescription medications are going to require time, effort, and money to replace. Keep all medication secure.





CAT HAVEN INN
958 SWAN LAKE AVENUE
SWANVILLE, MAINE 04915

SMALL IN SIZE...  ...BIG ON LOVE!

PAMPURRED CAT BOARDING
Donna Talarico Innkeeper
207-338-5806



Triad

Election Year Scams

Election years give scammers another opportunity to call. Even if your phone number is on the "Do Not Call" registry, Congress passed the legislation that lets some groups ignore the registry and that includes political campaigners. So from now through Election Day, there may be lots of calls asking for your opinion on issues or candidates.

Gifts for Completing Political Surveys

Right now, scammers can easily pose as being involved in the election process. The Better Business Bureau reports that scammers are using incentives like "hot topics" (health care, unemployment, economic recovery) to get people to talk to them. In one scam, the caller says that there will be a "free cruise" for answering a survey. When the person has completed the survey, the caller asks for a credit or debit card, saying that although the cruise is free, the "winner" needs to cover the cost of port fees and taxes. If the "winner" hesitates or says that he/she will need to call back, the caller will say that the offer is only good at the end of the survey and once the person hangs up, the offer is void. Of course, there is no cruise anyway and the caller only wants the credit or debit card details.

Know that no legitimate polling business offers prizes for participating. Pollsters do not ask for financial information or Social Security Numbers either. You can be sure that there is something wrong if prizes or personal information is involved in a survey call.

New Electricity Law Scam

People are getting phone, e-mail, social media, and text messages, plus personal visits saying that there is a new law that President Obama has signed that will give energy credits toward your power bill. You are asked for your Social Security number and bank account numbers. You get a phony routing number and are told that these credits will be applied toward your future electrical bills. Of course there is no such law and those who participate have given their personal information so someone can commit identity theft. The householders think the power bill has been paid when in reality it has not and they end up with disconnection notices from the electric company.

Fundraising for Political Parties and Campaigns

Fundraising calls in a Presidential or state election year are another potential source of fraud. If you are not sure if the calls are legitimate and you want to contribute to a political campaign or party, find the contact information yourself rather than giving financial information to a caller. Go to the official website of the campaign or party or go to the local headquarters for information on how to donate.

Some of the current callers are reported to be asking for Social Security Numbers saying that they need to check to be sure that a donor is eligible to vote. Voting eligibility has nothing to do with donating to a political party or campaign. If they mention this in relation to making a donation for a political purpose, you can be assured that it is a scam designed just to get your information.



Forrest W. Warren, President
Licensed Investment Advisor

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Belfast, Maine 04915
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E-mail: fwwarren@adelphia.net

"Creating Future Financial Options"

Thank you!

Waldo County Triad wishes to thank its partner **Univ. of ME Cooperative Extension** for helping to keep printing and mailing costs lower so Triad can serve more Waldo County seniors.



More Scams

Free Airline Tickets Scam

Around the country, people are receiving letters by mail or fax stating that they have won two round-trip plane tickets either from American Airlines or US Airlines (there is no such company). The letters read:

Dear _____

I am pleased to inform you that you have qualified for an award of 2 roundtrip airline tickets. Congratulations. These tickets are valid for travel anywhere in the Continental U.S. from any major international airport. The retail value of this award is up to \$1,298.00. Certain restrictions apply. We have attempted contacting you several times without success. This is our last attempt. If we do not hear from you soon, we may need to issue the ticket vouchers to the alternate. Please call me today at 1-866-546-1767.

Regards,

Vice President

After dialing this number, the caller is asked for identification to prove that the tickets are being awarded to the right person. Of course, there are no tickets to be given away. This is another way to try to get your personal information.

Disaster Scams

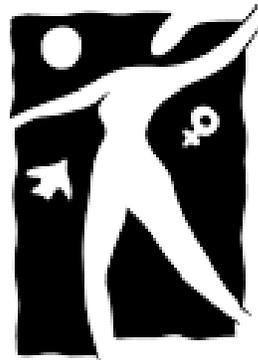
The droughts and fires of the Midwest and west have left a great many people with lots of hardship. These and other disasters that get widespread coverage in the media are likely to bring out fake opportunities to donate to help the victims. Americans are wonderful about helping those in need and scammers like to prey on that quality. Before you make your gift, be sure that your money is going where you think that it is. Do not give it to strangers who call or e-mail or text you about sending money. Go to the official website of the organization through whom the help is to be given or call the number in the phone book to get information on how to give to the cause.

Genealogy Scam

Sometimes you can Google the name of a deceased person and get a picture of the gravestone. It is being reported that in some instances, you are prompted to go to a website to donate in the memory of this person. It is hard to know where this money would actually go if you donated to it.

Time-Share Scam

People around the country with time-shares are getting calls from a company calling itself PHB Title with an address of Milwaukee, Wisconsin. The company claims to be the title holder of the time-share and they have a buyer for the property. The time-share owner is offered up to twice the amount originally paid for the property. To complete the deal, the owner has to wire transfer \$1,400 to cover the transfer fees. The Wisconsin Better Business Bureau has investigated and warns that there is no such business operating in Milwaukee and no such address as the one given by the callers.



Elder Abuse is domestic violence.
For help or information call **NEW HOPE for WOMEN.**
1-800-522-3304

Healthy Waldo County

As part of the Healthy Maine Partnerships, Healthy Waldo County, works to promote healthier lifestyles through community involvement. The partnerships work on five main areas of health promotion; Tobacco, Substance Abuse, Nutrition, Physical Activity/Sun Safety, and Chronic Disease in the areas of: Early Detection and Access to Self-Management Supports. Please contact us, 207-930-6761, if you have interest in helping promote the work of prevention in any of these areas, and stay tuned for more information.



**119 Northport Ave.
Belfast, ME 04915**
Phone: **207-930-6761**
Fax: **207-338-6207**
Email: **vritchie@wchi.com**
website:
www.healthywaldocounty.org
A Local Healthy Maine Partnership



Opportunities

Driver Safety Classes

Paul Sheridan is offering the AARP Driver Safety class for people 50 and over again this fall. It includes ways to sharpen skills, defensive driving strategies, information about how you can safely compensate for some sensory losses, and many other helps. Attendance at the half-day class has can mean a small reduction in the cost of your vehicle insurance premium when you submit the certificate of completion. For details or to register, call Paul at **338-0350**.

Resource Fair

Learn about community services available.

Sat., Sept. 29, 10:00am - 1:00pm
First Church Parish Hall, Belfast

Auction to Benefit Hospice of Waldo County

Sat. Oct. 20

Silent Auction at 5:00pm, Auction at 7:00pm
Hutchinson Center, Route 3, Belfast

"Building a Stable Economy Right in Your Own Community"

Learn about the principles and types of cooperatives and how they can help a local economy.

Mon. Nov. 5, 6:30 - 8:00pm
Belfast Free Library

YMCA Active Older Adult Luncheons

Free to those 60 and older. Donations accepted.

Wednesdays - Oct. 31, Nov. 14, Dec. 19

Register at least one week in advance by calling
338-4598

Triad 911 Cell Phones

Triad offers free cell phones that can be used to dial 911. If you travel or walk alone or feel you could be in a position to need help some time, call your local police department or the Waldo County Sheriff's office at **1-800-660-3398**. An officer will deliver a free 911 cell phone to you and make sure that it works at your home. A charger and a spare battery is included. (The phones work only for dialing 911, not for any other calls.)

File of Life

Triad offers the File of Life, a pocket that contains a health information form intended to be posted on your refrigerator. The emergency responders of Waldo County know to look for the File there. It comes with a smaller one that fits in a wallet so the information is with you when you are away from home. If you would like to have a free File of Life to keep your medical information readily available in the event of an emergency, call Triad toll-free at:

1-866-426-7555.

Reflective House Number Signs

Triad sells two-sided, reflective house number signs on a metal post. The sign is to be displayed near the road so that the number is visible to responders in case of an emergency.

The signs cost \$15 each. To order a sign, contact Police Chief Ron Young at the Lincolnville Town Office at:

763-3555.



Apartments & Cottages
Available

Penobscot Shores 207. 338. 2332

Cceanfront Retirement Living

10 Shoreland Drive, Belfast, Maine 04915
www.penobscotshores.com email: penshore@wchi.com

Give a Newsletter to a Friend

This newsletter of the Waldo County Triad is free to **residents** age 50 or older. It is issued every three months. If you would like to add the name of a Waldo County citizen, please send the name and mailing address to:

Waldo County Triad
 P.O. Box 125
 Belfast ME 04915



More Opportunities

Meetings for Friends/Family of Terminally Ill

If you are caring for someone who is dying or have a close friend or family member who is dying, there is a support group to help you through this difficult time. You can talk with others, share your experiences, and learn how others cope. Just drop in.

Date: 3rd Thurs. - Oct.18, Nov.15, Dec. 20

Time: 1:00 p.m.

Place: Harbor Hill, 2 Footbridge Rd, Belfast

Organizers: Margie Spencer-Smith & Jessica Porter

Information: 338-5307 or 930-2500 ext 4795

Family Caregiver Education & Support Group

If you are a caregiver, you are invited to the monthly education and support group sessions offered by the Waldo County Home Health and Hospice. Feel free to drop in at the time of any scheduled session.

Date: 1st Thurs. - Oct. 4, Nov.1 , Dec. 6

Time: Noon to 1:00 p.m.

Place: Office of Home Health & Hospice

(in the motel building across from the hospital)

More information: call Margie Spencer-Smith
930-2500 ext. 4795

Community Case Management

This is an ongoing program of Waldo County General Hospital for people with heart failure or chronic obstructive pulmonary disease. Participants learn to live more comfortably, to require fewer hospital visits and to reduce complications and symptoms. For more information, call Jo-Ann at 930-6733.

Stretch Around

This is a basic physical activity program offered by volunteers of the hospital's Case Management Program. Drop in. A new participant needs to sign a form stating that the doctor has approved exercise, and needs to give emergency contact names and numbers.

Date: Every Monday & Friday

Time: 1:00 pm

Place: St Margaret's Church, Court St, Belfast

More information: contact Jo-Ann at 930-6733

Cancer Support Group

For those with cancer plus family and friends

Date: 2nd Wed. - Oct. 10, Nov. 14, Dec.. 12

Time: 4:45 to 6:15 pm

Place: Waldo Co. Gen. Hospital Education Bldg.

More Information: Call 930-2500 ext. 4795.



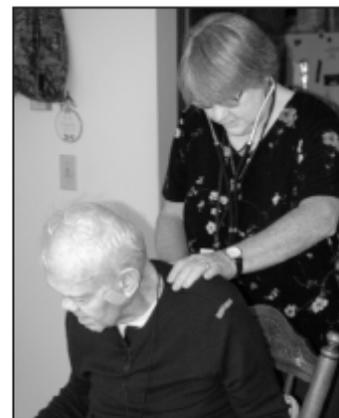
Waldo County Home Health & Hospice

Providing Quality Home Health & Hospice Care
in Waldo County and Beyond

Our services:

Registered Nurses	☞	Interdisciplinary Hospice Team
Physical Therapy	☞	Emergency Response Team
Home Health Aids	☞	Medical Social Work
Speech Therapy	☞	Occupational Therapy

For more information, call
338-2268 or 1-888-254-5133



119 Northport Ave ☞ PO Box 407 ☞ Belfast, ME 04915

A Not-for-Profit Organization Affiliated with Waldo County Healthcare, Inc.



Waldo County Triad is a partnership of **seniors, law enforcement, and local organizations** dedicated to improving the safety of people 50 and older in their homes and communities through education and service.

Triad Officers

Chairman ----- Jeff Trafton
 Vice Chairman ----- Debbie Mitchell
 Secretary ----- Suesan Packer

Triad Phone Number: 1-866-426-7555

Newsletter Staff

Editor ----- Pat Pierson
 Proofreaders ----- Ruth Murphy & Joan Sheldon

Collating Team:

Merlyn Cunningham	Sandra Otis-Anderson	Carolyn Wingate
Joyce Fenner	Suesan Packer	Jeanette Work
Ruth Murphy	Grace Stevenson	

Triad Board Representatives

- | | | |
|-------------------------------------|------------------------------------|---|
| • Area Seniors | • New Hope for Women | • U M Cooperative Extension, Waldo County |
| • Belfast/Searsport Gen. Assistance | • Retired Senior Volunteer Program | • Waldo County Communications Center |
| • Belfast Rotary | • Searsport Police Dept | • Waldo County Home Health & Hospice |
| • Broadreach Family Services | • Senior College | • Waldo County Firefighters' Assoc. |
| • Healthy Waldo County | • Spectrum Generations | • Waldo County Sheriff's Dept |
| • Lincolnville Police Dept | • Unity Ambulance Service | • Waldo County YMCA |
| | • Unity College | |

Waldo County Triad programs are open to all regardless of race, color, national origin, gender, or disability.

To change your mailing address, add another name to this mailing list, or to remove your name from this list, call Waldo County Triad toll-free at 1-866-426-7555

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