



Triad Newsletter

A Waldo County Joint Venture in Senior Safety

Volume 10, Issue 2

Spring 2012

National Drug Take Back Day

During the National Drug Take Back Day last October, Mainers turned in the most drugs per capita of all Americans. We brought in a total of 14,140 pounds of pills. The next National Drug Take Back day will be held on **Saturday, April 28.**



If you have medications that you no longer need, you can take them to one of the following locations between 10:00a.m. and 2:00p.m.:

- Belfast Police Station
- Lincolnville Town Office
- Searsport Police Station

Permanent Drug Collection Service

The National Drug Take Back Days in the spring and fall of the past few years have been very effective. Mainers were so responsive to this opportunity that Waldo County Triad is in the process of purchasing a drug collection box to accept unwanted medications. This will mean that the public can get rid of these substances whenever it is convenient and know that the materials will be disposed of properly.

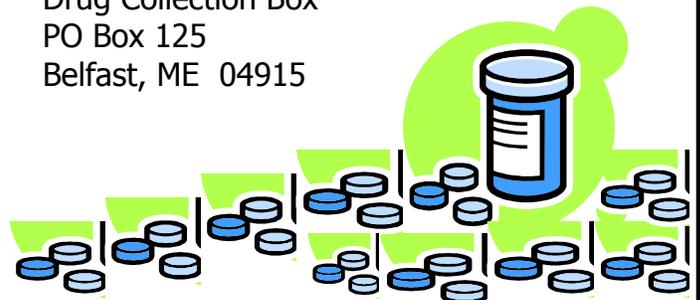
The drug collection box will be available for the disposal of prescription and over-the-counter pills. It cannot be used for the disposal of liquids or needles or inhalers. (Check with your pharmacy for proper disposal of these items.)

Although Triad is designed to improve the safety of people 50 and older, the drug collection box will be available to anyone who wishes to dispose of medications. Triad is looking to help prevent theft of drugs, accidental usage, and contamination of the waterways when drugs are flushed.

The box will be located in the lobby of the new Waldo County Sheriff's Department. To get there, take Miller Street in Belfast to the Communications Center (111 Miller Street). Take that driveway and you will see the Sheriff's Department straight ahead.

Waldo County Triad is presently accepting donations to help to pay for the box. If you would like to contribute, send your donation to:

Waldo County Triad
Drug Collection Box
PO Box 125
Belfast, ME 04915



Read about scams inside



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.



Triad

Look at How They Are Scamming Us Now!

Rent Assistance Scam

According to the Office of the Maine Attorney General, churches and non-profit organizations report that persons have been contacting these groups asking for help with paying the rent. Upon agreement to pay, the group is asked to send a check to a Washington, D.C. post office box.

When follow-up investigation has been done to determine where these persons live, the locations have turned out to be local houses that are for sale. It is believed that the scammers find area homes on real estate websites, ask for rent money, and have the money sent to a mailbox where they can collect the checks and cash them for personal use. Let your church and local organizations know about this scam. If you think your group has experienced a rental assistance scam, call the Attorney General's Consumer Protection Hotline at (207) 626-8849.

Consumer Loan Scam

Maine's Bureau of Consumer Credit Protection is warning consumers about a phony consumer loan company falsely claiming to be located in Belgrade, Maine. The Bureau has been contacted by consumers seeking information about Crestridge Capital, which claims to be based in Belgrade, Maine. There is a professional-looking website that includes the company's address. That address corresponds to a vacant single-family house. No lender is located there.

The company promised one consumer a \$5,000 loan at 7% interest with a three year payback term. When the consumer was asked to make a lump sum payment of \$770 up front, she became suspicious and contacted the Bureau.

Crestridge Capital is not registered in Maine as a consumer lender. It is not listed with corporate filings in the Secretary of State's Office or with town officials in Belgrade. That means that the company is not registered to do business in Maine.

The Bureau of Consumer Protection states that if consumers follow-through with transactions of this kind from bogus lenders, they are often directed to wire funds to Canada or another foreign country. Once the advance fee is wired or mailed to the scammers, there is little chance of recovering the money. The Bureau notes that Maine has many reputable licensed lenders, and advises consumers to never wire or mail certified funds to unknown lenders. The Bureau recommends that consumers deal only with known, licensed lenders, and encourages Maine consumers to call the Bureau's toll-free number (1-800-332-8529) to verify the license status of any lenders. The Bureau maintains a roster of licensed supervised lenders on its website at: www.credit.maine.gov.

Remember that if an offers sounds too good to be true, it probably is.

**Camden
National
Bank** 

17 Belmont Ave
& 156 Main Street
Belfast

800-860-8821 CamdenNational.com

Member FDIC

WCAP
we care about people

Transportation
Fuel Assistance
Community Projects
Head Start
Housing
& more!

OUR MISSION:
TO CREATE OPPORTUNITIES
FOR PEOPLE TO IMPROVE
THEIR QUALITY OF LIFE

P.O. Box 130, 9 Field St. Belfast, ME 04915 | (207) 338-6809 | www.waldocap.org



More Scams

Medical Alert Fraud

The Federal Trade Commission is warning the public of a telemarketing scam. Older persons are receiving phone calls pressuring them into buying a medical alert pendant to be used to call for help in an emergency. Although consumers refuse to buy the service, they get letters demanding payment. If they do not pay, they get letters threatening legal action and/or abusive follow-up phone calls. Some even receive a medical alert pendant that they did not order. If you are contacted with this scam, contact the Federal Trade Commission at 1-800-326-2747. This organization is attempting to bring legal action against these scammers and get refunds for anyone who has paid for an unsolicited alert pendant.

Your Inheritance

Many people are receiving e-mail messages that state that they have an inheritance of millions of dollars waiting to be collected from a relative. (The relative is not named.) To get the money, you have to prove who you are, pay taxes due on the inheritance and tell the sender where the money should be deposited. To do this the scammer asks for:

- your identity including your name, address, phone number and Social Security number,
- a bank account number where the money is to be sent, and
- money to be wired to pay the tax due on the funds so that they can be released.

The sender does not attempt to give the name of the deceased. That is not important to the scammer. He just wants you to send money.

There is a very similar message showing up that states that you are the winner of millions from a lottery from a foreign country. The message will say that you need to send personal data to Western Union so they can transfer the money to your account. Remember that if you did not enter a lottery, you did not win it.

Income Tax Scams

Scammers find tax season to be one of the most profitable times of the year. The IRS wants the public to know that people are likely to be getting mail and e-mail that looks as if it comes from the IRS and suggests that the IRS is offering rebates or special refunds. The most common scam is one that provides you an e-mail link to a form to fill out to get a special refund. Many of the messages are signed with the name of a person who actually works for the IRS or with a fictitious name of a person with a title actually used within the IRS. The form will ask for personal information such as your social security number and bank account number. IRS wants everyone to know that you do not have to fill out a special form to get a refund for overpayment of income tax. Any refund will come as a result of the return that you sent to the IRS. Many of these scams originate from a foreign country and if you reply, there may be little assistance that American law enforcement officials can provide.

IRS offers these suggestions if you receive what appears to be an IRS message:

- Know that the IRS does not make unsolicited e-mail contacts with taxpayers asking for personal or financial information.
- Do not open attachments or links as they may contain malicious codes that will infect your computer.
- Contact IRS at 1-800-829-1040.



Forrest W. Warren, President
Licensed Investment Advisor

SUNRISE INVESTMENT SERVICES, INC.

Financial Planning
Investment Services
Retirement Planning
Portfolio Management

34 Mayo Street
Belfast, Maine 04915
Tel. & Fax (207) 338-9228
E-mail: fwarren@adelphia.net

"Creating Future Financial Options"



2-1-1 Maine, A Service to Know About

Maine has joined a growing national movement to standardize the availability of information on and referral to health and human services. Maine now has a comprehensive statewide directory which includes over 8,000 non-profit health and human services providers.

By simply dialing the toll-free number "2-1-1" from any phone (including pay phones, cell phones and TTY), callers are connected to trained call specialists. The specialists can help 24 hours a day, 7 days a week.

The 2-1-1 specialists assist in finding the answers to your health and human services questions. They also find local resources for you in a quick and easy manner.

Callers can find assistance in matters such as:

- basic needs (food, clothing, shelter),
- health care,
- home care,
- substance abuse,
- suicide prevention,
- elder care, and
- legal assistance.

The specialists are highly informed and all calls are confidential. All you may be asked is your zip code, so the most local services can be located for you.

In addition to connecting local residents with providers and services, 2-1-1 provides

emergency operations during times of natural and other disasters, including accurate and timely information for preparations, and longer term referral for follow-up services, if required.

If you have a computer and Internet capability, you may visit online at www.211maine.org. You can select the type of service you are interested in and enter your zip code to find a local organization providing that service.

The web site posts updates on current issues and activities. It has seasonal tips on remaining healthy. The website also features some of the organizations included in the directory, offering details on a particular program of the organization.

2-1-1 also provides valuable information to communities to help them to determine resources needed to cover unmet needs.

For more information about 2-1-1, contact Vyvienne Ritchie of Healthy Waldo County at (207) 930-6761.

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.

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

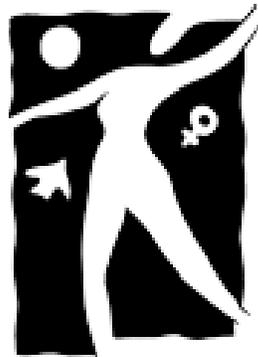
Phone: 207-930-6761

Fax: 207-338-6207

Email: vritchie@wchi.com
website:

www.healthywaldocounty.org

A Local Healthy Maine Partnership



Elder Abuse is domestic violence.

For help or information call
NEW HOPE for WOMEN.

1-800-522-3304



Things to Know

Reflective House Number Signs

Triad sells two-sided, reflective house number signs on a metal post to display 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 Lincolnvillle Town Office at 763-3555.

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 the Waldo County Sheriff's office at 1-800-660-3398 or your local police department. 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. (These phones work only for dialing 911.)

File of Life

Triad offers the File of Life, a pocket that contains a health information form. When you order the file, you will get a larger one that is intended to be posted on your refrigerator. The emergency responders of Waldo County know to look for the File there. You will also get 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**.

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. A card costs \$25 and can be redeemed for that amount of merchandise at any Hannaford or Edwards store. You can buy Hannaford gift cards that support Triad in:
Belfast: YMCA at the Active Older Adult Luncheons on the last Wednesday of the month
Unity: Pat Clark at **948-5610**
 For more information, call Joyce at **338-2062**.

Supporting Waldo County Triad

Waldo County Triad is an all-volunteer organization - no staff. It makes its services available to all older people living in Waldo County. In order that everyone can participate, seniors are not charged for this newsletter, the File of Life, or Emergency Beacon Lights offered by Triad. Funding comes primarily from individual donations. Other support comes from grants from foundations and local fundraising events. One hundred percent of funds received go to Triad projects.

Some people like to donate for a specific item and others want to help one or more persons in general. Here is the breakdown:

- \$1 = one File of Life packet
- \$9 = one Emergency Beacon Light
- \$5 = one year's newsletter subscription

If you would like to help, send your donation to:

Waldo County Triad
 PO Box 125
 Belfast ME 04915

Triad Helpers

Periodically, Triad needs help with its projects.

- Currently, help is needed for more drop-off & pick up points for used cell phones. To help with this call Paul at **338-0350 or 322-3961**.
- Every 3 months, volunteers give a half day assembling this newsletter for mailing. The next edition will be prepared in mid-June. To get on the list of people willing to help with this mailing, if available on the date, call **1-866-426-7555**.

Memorial Donations to Triad

Waldo County Triad has been listed as a potential recipient of memorial gifts in a few obituaries. The thoughtfulness of these families has allowed Triad to reach many older residents of Waldo County with safety services. We wish to express our sincere appreciation to the families and the donors for this support.



Opportunities

Daylilies

Again this year, Waldo County Triad is selling daylily gift cards that are redeemable at the Maine Garden for Organic Daylilies in Waldo. Owner Bill Warman is a hybridizer of unique Maine-hardy plants. If you buy a gift card through Waldo County Triad, you pay 1/2 the cost of the lily at the garden. Most of his lilies sell for \$10. If you buy a gift card from Triad for \$5, you can use it to select a lily costing \$10 at the garden. The cards are attractive and make a nice gift for yourself or someone else. Triad sells cards costing \$5, \$10, or \$25. These cards can be used to buy one or more lilies costing \$10, \$20, or \$50. To buy daylily cards, send:

- your name
- mailing address
- a check for the amount, and
- the number and value of each card you wish to buy

Mail it to:

Waldo County Triad
PO Box 125
Belfast, ME 04915



We will return the cards by mail with directions to the garden. The garden opens May 1 and remains open until September 15 from 9:00a.m. to 5:00p.m. (It is not open on rainy days.)

All of the funds raised through the sale of daylily cards go to provide services to improve the safety of Waldo County people 50 and older.



Apartments & Cottages Available

Penobscot Shores 207. 338. 2332
Oceanfront Retirement Living

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

AARP Driver Safety Course

This program is for drivers 50 and older to help sharpen skills and update driving knowledge. Brush up on defensive driving techniques and strategies, traffic laws, rules of the road and more in the four-hour course. Discover how to adjust driving to age-related changes in vision, hearing, and reaction time and learn the warning signs that suggest it is time to give up the keys. Best of all, in Maine, drivers 55 years or older who successfully complete the course are eligible for a car insurance discount, good for three years.

The course is given in the spring and fall in the Belfast and Rockland areas. Seating is limited so advanced registration is required. Call Paul Sheridan at 338-0350 for program dates, to reserve a seat, for program locations or other information about the course.

Wellness Fair

The annual Wellness Fair will be held Saturday, April 14 from 10:00a.m. to 1:00p.m. at the Troy Howard Middle School on Route 52 in Belfast. There will be lots of interactive exhibits and opportunities for screenings. Visit the Waldo County Triad booth while you are there.

Waldo County YMCA Luncheons

To register or for more information about the following programs, call the YMCA 338-4598.

Tues. Apr. 10 and May 15 - **Bird Bus Trips** in the Belfast area with Seth Betz. Each trip is \$12. Register by the previous Friday.

Sat. April 14 - **Indoor Yard Sale** from 9:00a.m. to noon. For a table for \$15, call the Y.

Sun., Apr. 15 and May 20 - **Active Older Adult Dances** from 2:00 to 3:30p.m.

Wed., April 25 - **Active Older Adult Luncheon** of baked beans and ham beginning at 11:30a.m. Reservations required by April 18.



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. - Apr. 19, May 17, Jun. 21

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. - Apr. 5, May 3, Jun. 7

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. - Apr. 11, May 9, & Jun. 13

Time: 4:45 to 6:15 pm

Place: Waldo Co. Gen. Hospital Education Bldg.

More Information: Call 930-2500 ext. 4795.



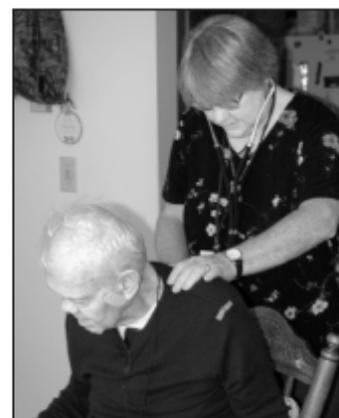
Waldo County Home Health & Hospice

*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 ----- Ron Young
 Secretary ----- Suesan Packer
 Treasurer ----- Joyce Fenner

Newsletter Staff

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

Collating Team:

Elizabeth Beattie	Joyce Fenner	Grace Stevenson
Sue Blais	Helen Marden	Carolyn Wingate
Merlyn Cunningham	Ruth Murphy	Jeanette Work
	Angie Simmons	

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

Change Service Requested

Waldo County TRIAD
 PO Box 125
 Belfast ME 04915



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