



Triad Newsletter

A Waldo County Joint Venture in Senior Safety

Volume 11, Issue 1

Winter 2013

Got Unneeded Medicines?

In recent years, Maine has come in as **#1** in the country for the amount of unwanted medications cleared out of homes and turned in to law enforcement on the Drug Turn-In Days. Getting rid of these drugs that are no longer needed can prevent accidental use and medication theft.

Disposing of medications in the trash or the toilet can have negative impact on the environment. Turning them in for safe disposal can help the environment and keep the household safer from drug misuse.

Waldo County Triad, in association with local law enforcement, would like to remind you that there is a secure drug box installed in the lobby of the new Sheriff's office on Public Safety Way in Belfast. You don't need to wait for a special collection day but can bring your unused medications and deposit them in the box when convenient.

Be safe. Don't have medications in your home that are no longer being used. They can be a hazard.



Triad High Visibility Vests

Wear a green fluorescent vest with reflective bands to be a more visible pedestrian. Triad is raising funds so the vests can continue to be offered to seniors at a cost of \$2 per vest.

Vests are available at Triad events and at the Triad table at the Active Older Adult luncheons at the YMCA in Belfast on the last Wednesday of the month from 10:30a.m. to 12:30p.m.

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 they 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



Wrap Seniors in Warmth

Again this year, Waldo County residents donated about 1,000 warm, gently-used coats and sweaters to be given to area seniors who did not have warm clothing. Those garments were distributed through the area food cupboards, the soup kitchen and the Neighbor-to-Neighbor Thanksgiving basket distribution day. The high cost of home heating has led even more people than ever to seek warm clothing. Triad sees the coordinating of this project as just one more way to help keep older persons safer in their homes and communities.

The Triad board of directors greatly appreciates all the garments contributed to this project. Thank you so much for your generous support to help others to be warm.



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

If you would prefer to read this newsletter online, it is now available 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. To sign up this way, 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**.

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**.

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.



Rides to Doctor Appointments

The Belfast City Police Department offers rides to medical appointments from a Belfast location to a Belfast doctor's office and return. Passengers must be able to get into and out of the vehicle. To schedule a ride, call:

338-2420

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.



Penobscot Shores
Oceanshore Retirement Living

Apartments & Cottages
Available

207. 338. 2332

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



Look at How They Are Scamming Us Now!

Social Security Scam

Triad has been contacted by two individuals who have gotten letters from Social Security. The letter basically said that the person's direct deposit was being transferred to another bank account as per request. Neither of these letter recipients had asked to have that done. Both called a Social Security office and was told that there was an order to change their deposit and that would be done with the next check. Because these people called, they were able to prevent their funds from being sent to another bank account established by a scammer.

Sometimes people ignore letters from governmental agencies as the letters tend to be complicated and it may be difficult to know just what is being said. Because of the time of year, a person might just figure that it was a notice of the change in the amount to be sent.

If you get a notice from Social Security, be sure to read it. If you don't understand what it says, call to ask for an interpretation. If you think that someone is trying to divert your money, certainly call right away.

All Social Security locations can be reached with the toll-free number. The Rockland and Waterville offices are given here as well.

Toll-free - (all locations) 1-800-772-1213

Rockland Regional Office - 207-596-6633

Waterville Regional Office - 207-872-4521

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

Computer Update Scam

There are many reports of calls from persons saying that they are technical support specialists from Microsoft and that your PC is infected. The caller is offering to fix the computer. The PC owner is directed to get on to the Internet, go to a particular website and click to download software. These callers are using legitimate remote-assistance software to access your computer. However, rather than using the software to fix a problem as a local technician could, these people are seeking files that contain passwords, bank and credit card numbers, Social Security Numbers and other information that might be useable to them. They may also install a keylogger program that tracks all of your future keystrokes so they can continue to follow you and use that information. They can wipe out bank accounts, use your credit card, sell your Social Security Number and on and on.

If you have a problem with your computer, call a repair person yourself. Don't let a person call you to tell you that there is a problem.

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

or

call Triad toll-free at:

1-866-426-7555

We can send a copy of the current edition or add the name to the list for the next mailing. We are also happy to add a winter address for a Waldo County resident so the letter can be received year around.

More Scams

Former Employee Scam

Maine businesses are reporting that they are receiving e-mail messages stating that the sender needs to collect information on recently separated employees. That sounds official. The former employer is being asked to provide personal information on recent retirees, those laid off, and those who left for other reasons. The request is for date of birth, Social Security number, address, phone number, etc. While the former employer may think that this is information being collected by a Maine department, this personal information is not being collected by any government body and can be used to steal the identity of the person no longer working at the business.

If a business has given out such data on anyone formerly working at the establishment, the company should contact the police and the individual about whom the information was divulged. The police may be able to help the person to watch for any signs of use of his or her identity by another person.

Information from State government departments that comes by computer will carry the last e-mail address letters of Maine.gov. Be sure to check the properties of an e-mail address before you answer a message. There are many imposters out there trying to trick people out of their identity and/or money. Being vigilant about fraudsters is critical in these times.

Credit Card Scams

Lower Your Credit Card Interest Rate -

There are lots of reports of phone calls that begin with an automated message that states that it is coming from "card services", "credit card services", "card holder services" or some other similar name. The message says that you can lower your interest rate on your credit card. In order to continue, you must give your credit card number, Social Security number, and other personal information. This information is all collected by the computerized voice. Never give out your personal information based on an automated phone call. There is no way to know what is happening with the information.

Card has Expired Scam - Last year, millions of computer-users got a message stating that the credit card used to pay for their Netflix subscription had expired. Those who did not subscribe just ignored the message. However, those who had an account may have responded to the link which opened a site that looked just like it was from Netflix. They were asked to give updated information on their credit card. All of that information went directly to the scammer. Scammers happened to use Netflix, but could use any other business just as well. Make it a practice never to respond with personal information to an e-mail or computer pop-up that requests it.

Stealing Credit Card Numbers - Many of the problems with the use of stolen credit card numbers come with receipts or carbons that have been discarded in the trash and someone takes the numbers off the document or from a dishonest clerk who makes an extra impression of a card and uses it to make personal purchases. To avoid these problems, shred or burn duplicates with numbers on them, check your monthly statement carefully, and try to keep an eye on your card during transactions. If you do get caught, be sure that you have your card numbers in a secure place where you can provide it to the card company if necessary.



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: fwwarren@adelphia.net

"Creating Future Financial Options"



Investment Scams

People who are 50 or over are likely to be interested in increasing their net worth because their earning years are over or nearly over. For the future, most in this age group will have to live on what they will have in a pension, Social Security, savings or other sources of income they have acquired. This groups is especially vulnerable to investment fraud. In this economy, there are not many places to make substantial earnings on an investment, so when an opportunity comes along, it may seem especially appealing.

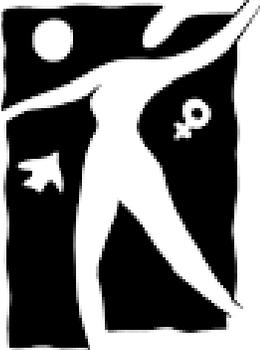
The person who falls victim to investment fraud is often someone who has considerable financial knowledge. Generally, this is not the first investment the victim has made when he/she falls for a fraud.

Sometimes the scam begins with an invitation to a seminar where a free lunch is offered. Sometimes the scam begins with a phone call. Whatever the approach, the investment fraud criminal is a master of persuasion. If seen in person, the scam artist will be well-dressed and look very respectable. A wide variety of sophisticated and highly effective tactics will be used to influence the targeted persons to buy into the investment.

Remember that if the offer seems to be too good to be true, then, it probably is a scam.

Here are some of the things the investment fraudster will do:

1. **Offer wealth to investors** - Potential victims will be told that they could have wealth if they purchase the investment. For example, "If you buy the minimum share of this wind power generation plan for just \$5,000, you could collect at least \$7,000 a month for years. That is \$84,000 per year for your investment of \$5,000. In just one year, you are ahead by \$79,000."
2. **Claim to be Credible** - The person is likely to tell potential buyers that he/she represents a reputable company and has considerable experience and credentials. The person might say something like "As senior vice president of ABC Company, I would never sell an investment that does not produce well for our customers."
3. **Describe Consensus** - The person will say that knowledgeable investors have already bought this investment. The person might say something like "Lots of the professionals in your community have purchased it and they would know a good deal."
4. **Offer a Special Deal** - The person might say something like "I will accept half of my usual commission for this group if you buy the investment now."
5. **Tell of Scarcity** - The scam artist may say that it is important that you buy right now as the product is selling so fast that the shares will be gone is you don't buy now.



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

RSVP Volunteers Needed!

The Retired and Senior Volunteer Program (RSVP) is a nationwide program that recruits men and women 55 years of age and older to utilize their time and experience to meet community needs. Penquis RSVP is the local Retired Senior Volunteer Program for Waldo, Knox and Lincoln counties.

Penquis RSVP has volunteer opportunities in the following areas:

Disaster Services - preparedness and response

Education - mentoring youth, early childhood education (reading to preschool children), improving academic performance in K-12

Environmental Stewardship - improvement of parks, waterways, trails, and recycling of materials

Healthy Futures - food security, respite for caregivers, and helping seniors and disabled individuals to live independently

Currently, RSVP volunteers in the area assist with the Meals on Wheels program, drive individuals to appointments, visit people who are homebound or in nursing homes, and assist food pantries and soup kitchens to name a few. However, more volunteers are needed to respond to the increased number of requests being received.

Most volunteer opportunities allow for a flexible schedule. The most important requirements are a bit of time, an interest in helping those in need in your community and a friendly and respectful approach. Mileage reimbursement is available for volunteers through Penquis RSVP.

If you have never volunteered before, becoming a RSVP volunteer is the perfect opportunity to do something really fulfilling and worthwhile. If you already volunteer but have a little more time available or need a change of pace, giving your time to the program can make a huge difference in your community.

For more information about these or other volunteer opportunities and the benefits of becoming an RSVP volunteer, please contact Patty Ott, Volunteer Program Specialist, at

1-800-585-1605 ext. 2433

or pott@penquis.org.

YMCA Active Older Adult Luncheons

Free to those 60 and older. Donations accepted.
Wednesdays - Jan. 30, Feb. 27, Mar. 27
Register at least one week in advance by calling
338-4598

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**.

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**.

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.* - Jan. 17, Feb. 21, Mar. 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.* - Jan. 3, Feb. 7, Mar. 7

Time: Noon to 1:00 p.m.

Place: Office of Home Health & Hospice

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.* - Jan. 9, Feb. 13, Mar. 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

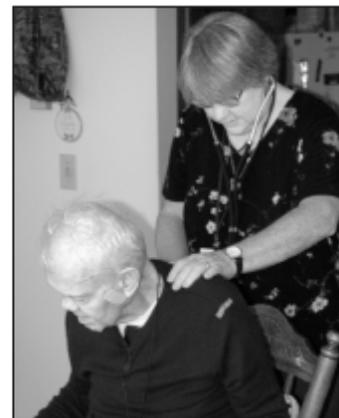
Providing Quality Home Health & Hospice Care

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 ----- Debbie Mitchell
 Secretary ----- Suesan Packer
 Treasurer ----- Joyce Fenner

Triad Phone Number: 1-866-426-7555

Newsletter Staff

Editor ----- Pat Pierson
 Proofreader ----- Ruth Murphy

Collating Team:

Merlyn Cunningham	Joyce Fenner	Sandra Otis-Anderson
Jan Dodge	Ruth Murphy	Suesan Packer
		Carolyn Wingate

Triad Board Representatives

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

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



NONPROFIT ORG.
 US POSTAGE PAID
 BELFAST ME 04915
 PERMIT NO. 26