



Triad Newsletter

A Waldo County Joint Venture in Senior Safety

Volume 18, Issue 1

Winter 2020

Triad Happenings

Triad Auction

The auction Triad held this past fall was the most successful yet. We wish to thank everyone who contributed items to sell, all of those who made purchases, those who provided storage and Donna Talarico for serving as the auctioneer. All of the funds raised will go into supporting Triad programs for older persons.

Waldo County Handcrafters' Day

Triad ran its first day where experienced volunteers gave their day to teach others to make a product. We hope to offer another program in the coming months.

Warm Coat Collection

Triad collected jackets, hats, mittens, blankets and other winter wear from locations throughout Waldo County. Hundreds of articles were all distributed to people who could use them. We sincerely thank all those who were so generous in giving to the cause and those who were willing to allow their location to serve as a collection point. Lots of people will be warmer this winter than they would have been without all the support this project received.

Distribution of Safety Items

In November, Triad distributed smoke/carbon monoxide detectors, house number signs, Files of Life and other safety items to interested residents of Montville. We want to thank the town office staff and the fire department for helping Triad to carry out this project. Another town will be selected soon.

Drug Take-Back and Shredding Day

In October Triad held a day where unneeded drugs were collected by the sheriff's department and unwanted documents were shredded with a shredding truck provided by AARP.

This time, there was a total of 491 pounds of pills collected. That is many thousands of pills that did not get into the wrong hands or into the water supply.

There was a total of 5,180 pounds of paper shredded that contained personal information. That weight is equal to 1,036 reams of computer paper. Items that need to be shredded include older tax records, checks, bank statements, credit card statements and health records. All of these materials contain information that could be used to steal an individual's identity.

Triad intends to continue to offer these services periodically. They are another way to help keep people safer.

Free Vehicle Winter Safety Check

Triad teamed up with students of the Waldo Regional Technical Center to offer the second vehicle winter safety check. Students looked at the battery, fluid levels, wipers, tire pressure, tire tread wear, belts, heater and lights. Any deficiencies that could not be corrected on the spot were placed on a list for the owner to take to a mechanic. Triad wants to thank these students for providing this safety service to the public.

Read About Current 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.



Scams From Our Readers

Scam Regarding Visa

A reader answered the phone to hear a person say “This is an emergency call from Visa. There has been suspicious activity today on your card in the amount of \$650. If you **DID NOT** make this transaction, press 1.”

This is a newer way to get people to give information to scammers. When someone says that there is something questionable going on with your credit card, it is natural enough to respond without really thinking about it. When you press the number, you will be asked for your name, address and credit card number to verify that they have the correct person. Now the scammer has all that is required to use the card as he or she likes.

This practice of asking you to reply if you DID NOT do something is becoming more prevalent. It is being used with credit cards and many other ways too.

Scam involving iTunes

A reader received an email that was supposed to be from a friend. The message said that she needed to ask a favor. Her niece had a birthday coming up and the sender wanted to get four iTunes to the niece. The writer could not do it as she was traveling. The reader was directed to buy them and send them on to the niece and the writer would pay her back when she returned from her trip.

The reader knew this was a scam as the woman who supposedly wrote the message was ill and at home. The reader also noted that there were grammatical errors in the message and that the return email address was not quite right. This incorrect email address was created to be similar enough to fool the casual reader. A reply would go directly to the scammer.

If you get a message that appears to be from a friend, be sure to check it out carefully. Be especially wary if the message asks you to send money or buy iTunes, gift cards, or reloadable debit cards.

Annual Report Scam

Both non-profit organizations and small businesses operating in Maine are required to file what is called an annual report. This gives them authorization to operate in the state for the coming year. A non-profit organization currently pays \$35 and a business pays \$85. The information required by the state includes the name of the business or organization, the name of the owner or president, the mailing address, the phone number, a brief description of the purpose of the business or organization plus names of the board members.

Both organizations and businesses are telling Triad that they are receiving by mail what appears to be an authentic governmental form to fill out using the same information that appears on the real annual report. Rather than the regular fee, the form asks for an amount that is \$100 greater than the actual state fee.

Certainly someone hopes that a bookkeeper or an organization’s treasurer will just complete the simple document and pay the amount. The reader who sent the information to Triad always fills the form out online and pays with a credit card. He was surprised to see a printed document from the state. With a closer look, he realized that the only way to pay was by check and that the amount was way too much.

Maine has thousands of small businesses and organizations. If only a percentage of them send in the extra \$100, scammers have made money. If you are part of an organization or operate a small business, be watching for this.

Waldo County Wanderer Program

Do you worry about a loved one who wanders? Register him or her with the Waldo County Wanderer Program to help make a return quicker.

Registration forms are at the offices of the Belfast and Searsport Police and the Waldo County Sheriff as well as on their websites.

Sign up today!



More Scams

Social Security Scam

Scams involving Social Security have become the number one scam being reported to the Federal Trade Commission. There are several variations on this but they all say that your benefits have been suspended or stopped altogether until money is sent or you give out your personal information. The caller may ask you to verify your Social Security number by giving it to them. They may also ask you to pay to have benefits reinstated by wiring cash or putting money on a gift card and providing them with the numbers on the card.

Social Security **is not** going to stop your benefits and they will not ask you to send money in any form to keep your benefits. If you get a call like this, **do not press 1**. Just hang up.

Fake Product Reviews and Fake Followers

Many people rely on product reviews before buying a product online. If the reviews are genuine, they can be a real help in making a better decision. A number of companies are writing some of their own positive reviews to increase sales.

If you find great reviews about a product or service at one website, you might try going to another one that sells the same thing to read the reviews there. Companies are being fined for writing fake reviews but they have to get caught before they can be stopped.

The same thing is happening with social media followers. If a person or company shows lots of followers, you are likely to think this is a good source of information. However, people can now buy followers so you cannot rely on the numbers. Fake followers have been found on Twitter, LinkedIn, YouTube, Pinterest and other social media accounts.

To avoid these types of scams, you can type the name of the product or service into your browser and add the word "complaint". That should bring you information on any identified problems with the product or business.

Caution - Going Out of Business Sales

The early part of the year is the time when you are most likely to see going out of business sales. This may seem like a golden opportunity to get some great deals. Sometimes it is and sometimes it is not.

Most often a large retailer will sell off their merchandise to a liquidator who will actually operate the sale. Liquidators may base the prices they charge on the manufacturer's suggested retail price which may make the sale price as much or more than the price other stores are charging for the same product. If you have a smart phone, you can check around to see what price is at other places.

If you have a gift card for a store going out of business, use it right away. You will not be able to use it after the business closes.

On-Line Searches

Dishonest companies set up websites that look like legitimate places for help with government benefits or lots of other topics. They do not really provide any assistance. They are set up to collect personal information and then they sell it to others who will try to sell you products or services you did not request. The FTC has sued many of these operators but there are new ones all the time.

Here are a few tips on getting real online sources of information on government services.

- If you find a new website, type its name into your browser and then add the word "review", "complaint", or "scam". That should give you an indication of complaints about this website.
- For Medicare, Medicaid, Social Security and other government-operated services, you can type in the name plus .gov like **Medicare.gov**. Those last three letters will get you to a real government website. While there are many other reliable websites on government benefits, you can know those listed with the .gov as part of the URL are the safest bets.



Even More Scams

Anticipated 2020 Census Scams

Shortly, the U.S. Federal census for 2020 will begin. The U.S. Census Bureau is teaming up with the Federal Trade Commission to help guard the public from fraud involving the next census-taking process as it is thought that this will be an opportunity for thieves to collect a lot of personal data about people. Knowing a few things about the process and some things that can be red flags may help to keep people safe as they participate.

In mid-March, the Census Bureau will begin to mail out and in some locations hand out census forms. If mailed, forms should be received by early April. You can answer the questions by mail, by phone, or online.

The purpose of the census is to count every person living in the U.S. In May, census workers will begin to visit homes where people have not replied. If no one is home or a resident cannot answer the door, the worker will come back up to six times. Each time, the person will leave a phone number so you can schedule a visit.

The census form asks for the number of people living in the home on the date the form is being filled out plus the sex, age, race and ethnicity of each resident, the relationship of the residents to one another, phone number for household and whether the residents own or rent the home.

Here are a few signs of a scam. If a census taker comes to your door, ask for a photo ID. The ID should have a photo, a U.S. Dept. of Commerce seal and an expiration date. Census takers will carry a bag and a letter about why they are visiting and these items will have the U.S. Census logo on them.

A census taker or form does **NOT** ask for your:

- Full Social Security Number,
- Bank account or credit card numbers,
- Money or a donation, or
- Anything on behalf of a political party.

The Census Bureau may have a person call you as part of their follow-up and quality control efforts. They might also call if you were not home when a census taker stopped by or when a personal visit is not convenient.

If you suspect fraud, there are ways you can report it. You can:

- Call the U.S. Census Bureau at **1-800-923-8282**.
- File a report with the Federal Trade Commission online by going to <https://www.ftccomplaintassistant.gov>.
- Call the sheriff's department or your local police department.

Your report of suspected fraud could stop an imposter or other fraudster.

Triad will continue to keep reporting on this issue if problems are identified. At the moment, the census has not started so authorities are trying to think ahead to possible issues that might arise with fraud involving the 2020 census.

The census is important and it must be done accurately and with safety for the census takers and the public. Do your part but stay safe.

Thank You!

Waldo County Triad wishes to thank
Students of the Regional Technical Center
Working with Triad to provide a free
vehicle winter check-up for the public.



Elder Abuse is domestic violence.

For help or information call
NEW HOPE for WOMEN.

1-800-522-3304



Things to Know

Waldo County Triad Turns Twenty

Back in 2000, a group of citizens, and agency and law enforcement personnel met to determine if collectively they could help to improve the safety of older residents of Waldo County. They surveyed the public to learn what people thought were some of the safety issues faced by those fifty and over.

The major concerns people reported were:

- Slow response times by emergency responders in rural areas,
- Falling and being unable to get up or to get help, and
- Becoming a victim of scams and other types of fraud.

Triad also surveyed emergency responders to find out what they saw as the major issues they faced in providing services. They told Triad that they had two primary problems. Those were:

- Finding the right house, especially in a rural area at night, and
- Learning what previous conditions a patient had and the types of medications being used so they could start proper treatment.

With this information, Triad members felt that jointly they could help both the public and the emergency responders. Together the partners could avoid any overlap in services and provide better support to older residents while raising funds to keep most services free of charge.

Triad continues to support its original goals which are:

1. to improve emergency response time and
2. to help people to avoid victimization.

Here are some of the ways Triad continues to work on the goals.

Thank You!

Waldo County Triad wishes to recognize
AARP Maine
 for providing a shredding truck to give residents an opportunity to get rid of confidential material.

To Improve Emergency Response Time, we offer:

- Two-sided reflective house number signs to set beside the road so the number is visible at night and from either direction.
- Files of Life health information packet with current conditions and medications to keep on the refrigerator door. Emergency responders look for this packet.
- Periodic distribution of smoke/carbon monoxide detectors so people have an earlier warning of a home emergency.
- Friendly Caller daily call-in service so someone knows the person is okay and has someone to talk to each day. If the person does not call, someone is sent to the home to check on the resident.
- A 911 cell phone (with charger) is available to people without one so they could access emergency help if needed.
- The Wanderer Program is for people who have family members who are prone to wander. The person is registered with authorities along with a photo and other pertinent information so if the person does leave, police can begin a rapid response.

To Help People Avoid Victimization, we offer:

- This newsletter on a quarterly basis to inform residents about current scams and ways to avoid them.
- Presentations to groups on scams and ways to avoid them.
- Collection of unwanted medications twice per year. Also, there are secure drug collection boxes at the Sheriff's Office in Belfast and the Public Safety building in Searsport.

Additionally, each year Triad offers a few social opportunities for older residents, such as Senior Appreciation Day. This year as part of our 20th year anniversary, we intend to provide more events where people can come to an activity for entertainment and to meet others. Watch the spring edition of this newsletter, the local papers and other media plus the Triad Facebook page for details on the anniversary activities.



Things to Know about Triad

Email Newsletter Offer

If you would like to receive this newsletter by email rather than by mail, just send your name and email address to our newsletter address at:

triad@waldocountyme.gov

You will be notified when the next edition is ready. Back issues from the past several years are available at:

<http://www.waldocountyme.gov/wso/user/triadnewsletters.html>

We are happy to provide the newsletter without charge via email to anyone regardless of where you live.

Paper copies are free to Waldo County residents. Also, we send paper copies to addresses outside of Waldo County. We ask that those persons contribute \$5 to help defray the cost of postage and printing.

File of Life

If you would like to have a medical information packet to keep on your refrigerator door in the event of a medical emergency, call or email Triad and ask for a File of Life. Also, you will receive a smaller version to keep in your wallet. All area emergency responders are familiar with the File and look for them upon arrival. This packet can save the responders considerable time as all the information they need to start helping you is in that packet. To receive a File of Life,

call: **1-866-426-7555**

or

email: **triad@waldocountyme.gov**

Preparing This Mailing

This mailing is put together four times each year. It takes about 3 hours for a lot of volunteers to assemble pages, fold, seal and add the labels to about 2,000 newsletters.

If you would like more information or think that you might be able to help,

call: **1-866-426-7555**

or

email: **triad@waldocountyme.gov**

Supporting Waldo County Triad

There are now a few places that accept returnable cans and bottles on behalf of Triad. If you wish to donate your returnables to Triad, you can do so at the following locations:

Belfast:

- Waldo Avenue Redemption, Waldo Ave.
- Hannaford through the Triad CLYNK account (If you are not familiar with the CLYNK program, you can inquire at Hannaford.)

Swanville:

- Swanville Grocery, Route 141

All donations will go toward continuing Triad safety programs for older residents.

Protecting Yourself from Scams

Triad held a program on scams and had the program videoed and uploaded to the internet so others could view it. Each speaker was taped separately so if you have interest in just one topic, you can select that one.

If you have internet access, you can see the program at:

<https://vimeo.com/album/5319136>

If you do not have internet access of your own, you might try a public library or other location with public-use computers. The programs each contain a lot of information on: how to recognize different types of scams, how to avoid becoming a victim, and resources available to help.

Triad's Facebook Page

Follow Triad on its all new Facebook page to find out what the organization is doing.

Thank You!

Waldo County Triad wishes to thank
Tarratine Tribe #13
for helping Triad to keep the cost of our
programs lower so we can help more seniors.



Community Opportunities

YMCA Senior Luncheon

Date: Last Wednesday each month

Time: 11:30 a.m.

Place: YMCA - Lincolville Ave., Belfast

Cost: Donations welcome

You need to reserve a space with the YMCA so they know how many meals to prepare. Make your reservation at least one week earlier by calling the Y at **338-4598**.

Waldo County Handcrafters' Day

Triad is organizing another group of volunteers who are each willing to share their skills and knowledge about an art or craft. The date and location for the next Handcrafters' Day has not been set yet. If you would like to have your name added to the mailing list to receive information about the next program, email or write for the brochure.

Email: triad@waldocountyme.gov
or

Mail to: Triad, PO Box 125, Belfast, ME 04915.

Beginning Watercolor Painting

Learn the basics of watercolor painting in a casual environment. You will need to bring your own supplies but the classes are free.

Date: Mondays

Time: 10:00 a.m. to noon

Place: YMCA - Lincolville Ave, Belfast

Cost: Free

For further details, contact Sue Lapham at:

telephone: **338-4598**

or

email at: slapham@waldocountyymca.org

Thank You!

Waldo County Triad wishes to recognize the
**Waldo County
Emergency Management Agency**
for helping Triad to continue its work.

Drug Take-Back and Shredding Day

Saturday, April 25

10:00 a.m. to 2:00 p.m.

Sheriff's Office

Public Safety Way, Belfast

Bring unwanted medications for safe disposal. If you wish to donate returnable cans and bottles, Triad will be prepared to take those too.. Can/bottle refunds will be used by Triad to continue its safety work for Waldo County

Mindful Eating

Barbara Crowley will lead these three sessions for Waldo County General Hospital as part of the Journey to Health series. The program is designed to help you eat less without dieting by making you more self-aware.

Dates: Tuesdays, April 7, 14 & 21

Time: 5:00 p.m. to 6:15 p.m.

Place: University of Maine Hutchinson Center,
Belmont Ave., Belfast

Cost: \$19.50

Registration: Required

Register at the Waldo County General Hospital website by selecting Community Health and Wellness Journey to Health and pick Mindful Eating.

Genealogy

The Belfast Free Library has lots of information to help you with your family genealogy. They offer a large selection of books on Maine history and families, computerized programs to help find ancestors and personalized assistance.

They also host the monthly meetings of the local chapter of the Maine Genealogical Society which offers education on aspects of doing genealogical work.

Date: Third Wednesday

Time: 2:00 p.m.

For more information, contact Sharon Pietryka at spietryka@belfastlibrary.org. or **338-3884**.



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 Phone Number: 1-866-426-7555
email: triad@waldocountyme.gov

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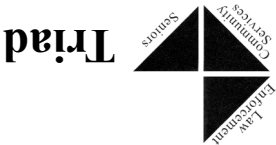
Waldo County Triad programs are open to all regardless of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information or veteran status.

To change your mailing address or to add or remove a name to this mailing list, call Waldo County Triad toll-free at 1-866-426-7555 or e-mail triad@waldocountyme.gov

Winter 2020

Change Service Requested

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