



Triad Newsletter

A Waldo County Joint Venture in Senior Safety

Volume 20, Issue 2

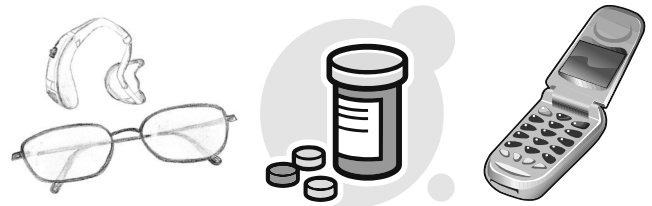
Spring 2021

Drug Take-Back and More!

Waldo County Triad is teaming up with the Belfast Lions Club for a free take-back event. Triad will be accepting expired and unwanted medications for proper disposal. The Lions Club will be collecting eyeglasses, cell phones, and hearing aids to give to those who cannot afford them. Cell phones do not have to be in working order.

If you have any of these items that you no longer need and want to get rid of them, bring them to the take-back day. This event will be set up as a drive-through. You won't even have to get out of your vehicle.

Saturday, April 24
10:00 a.m. to 2:00 p.m.
Sheriff's Office
6 Public Safety Way, Belfast
(Enter the driveway from Miller Street)



See How they Are Scamming Us Now!

Scam Regarding Social Security

Numerous reports have been made by local people about phone calls from someone claiming to be from Social Security. Callers tell seniors that their Social Security number has been compromised and that the problem can be fixed by issuing a new number. The caller will ask for personal information saying it is needed to verify your identity.

You are issued one Social Security number. They will not issue a different one even if someone uses yours for some malicious purpose. It will remain with the same person even after death. This scam was going around a couple of years ago and is back. Just hang up on any caller asking for your personal information.

Drug Enforcement Agency Scam

People are reporting calls from the Drug Enforcement Agency (DEA). The caller might say they have seized a car filled with illegal drugs that was rented in your name. The other story is that they located a drug-linked building and in it they found papers with your name on them or on a bank account used to stash money. You are about to be arrested for drug trafficking and/or money laundering. The supposed agent says you can send money by wire or gift cards to pay the fine for the offense. DEA will never call to tell you that you are under arrest or ask you to send money or ask for your Social Security number or bank account numbers. This is a scam.

See more 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 involving Medicare

A reader received a call from someone claiming to be from Medicare and asking if she would like to receive a free Medicare-approved back brace. All she had to do to was to give her Medicare ID. She agreed. Later she thought that Medicare would not call offering free items so she reported the call to Medicare. In a few days she received a back brace. What is this about?

Neither Medicare nor any other health insurance company is going to call offering free health care devices. And, insurance companies do not just call you out of the blue but only call you if you contacted them first. They would already know your insurance ID and would not ask you for it.

In order for an insurance company to pay for any health care service, you would need to have been seen by a health professional who is authorized to bill the company. In the instance of the back brace, you would need to have been fitted by a person who can prescribe a device that is right for your particular back problem. There is not one back brace for every need.

Generally this type of scam is operated by an unscrupulous doctor or other health care professional who has acquired names, phone numbers and Medicare IDs by hacking into a healthcare computer system. This person hires others to make calls to people offering the back brace or other items. They send out a Medicare-approved device and bill Medicare for it. They buy the devices wholesale, bill the approved rate for the brace, plus for the fitting and an office visit, making money for the scammer. The person is unlikely to complain because they got the brace or other item.

Calling Medicare is the right thing to do. They can flag your account and watch for the charges to show up. This can lead them to the person who billed on your behalf. Scams cost billions to the Medicare system each year and cause premiums to continue to rise. Review your statement and report any odd charges to help stop the fraud.

Money Transfer Scam

Zelle is a US-based network where individuals can make money transfers to one another if they each have an account with any of the following banks: Bank of America, Capital One, BB&T, Chase, PNC Bank, J P Morgan, US Bank or Wells Fargo. A reader received an email message stating that she had \$750 waiting to be added to her account. All she had to do was to click on a link to receive it. She did not follow through with that request. If she had, it is likely that they would have wanted her banking numbers or other personal information. People do not send you money out of the blue.

Job Scam

A reader received an email message stating that there was a position available as an education director in her area. The message said that if she wanted more information about the job to reply to the sender.

The message has an address from Ecuador. It does not address the reader by name but just starts out offering the job to her. The sender does not even know where the reader is located.

Replying to any such message or clicking on an attachment can lead to a problem such as having your computer infiltrated with a virus that locks it up and you have to pay a ransom to get your files back. Or may allow the sender to follow your keystrokes or access your stored data. It is never a good idea to respond to messages from a stranger. A job offer out of the blue from someone you do not know is very suspect.

If You Experience Fraud

1. Contact your local law enforcement agency.
2. Contact the Office of the Maine Attorney General. Call **1-800-436-2131** or **maine.gov/ag/consumer/index.shtml**
3. Contact the Federal Trade Commission at **ReportFraud.ftc.gov**
4. Contact Triad if you would like to share your story through this newsletter.

Call **1-866-426-7555**



More Scams

Covid-19 Card Scam

Many people are very proud of their Covid-19 vaccination card. They feel they have not only helped themselves and their families but some even feel patriotic about it as they have done something to help stop the virus in America. In order to show others what the card looks like, some people are posting the card on social media. That card shows your name and date of birth. That means that fraudsters can use your information for their own purposes. Some countries are going to require a Covid card for foreign travel. Some businesses like theaters are considering doing the same in order to let people into places where they would be staying for a while. Scammers are copying the cards and selling them to individuals who have not been vaccinated. It is great to be proud of your card but remember it is valuable to scammers. Don't post it on social media. Someone could misuse

Appointment Information Scam

Readers report receiving a call from someone who addresses the person by name and then says she is calling about your upcoming appointment. Then she says to be sure she has the right person, she needs some identifying information beginning with your date of birth. If you ask what appointment she is referring to, she will say that for confidentiality reasons, she cannot discuss the appointment until she has an adequate amount of information about the person she has reached. The person who reported this to Triad only had an appointment for car repair so she knew this was a scam.

Just hang up on anyone who calls out of the blue asking for your personal information. This type of call is very likely a scam. Now that vaccines are widely available, a scammer can be fairly sure that many older people will have a medical appointment of some nature so this is a good ruse to get personal information for fraudulent purposes. You can no longer trust your caller ID to give you the accurate name and number from which the call is coming as scammers are changing the outgoing name and number at will.

Fake Prize Scams

With little contact with others, many people are paying more attention to phone calls and email messages from strangers. The prize and lottery scams most often begin with a phone call. The scammer may claim to be from an official-sounding organization. They make claims about how your name has been selected to receive huge winnings. They will go on to say that to receive the money, you need to pay taxes or handling fees or some other charge. They may want the money in the form of a credit or debit card or as gift cards. Also, they may say that they need a bank account number so they can make a direct deposit for you.

Legitimate contests do not ask the winners to pay anything to get the prize. They won't ask for your credit card or bank account numbers either. The request for gift cards is always a signal that this is a scam as there is no way to track these. Don't trust your caller ID to be correct either as scammers spoof that information easily so it reads as if the call is from a legitimate organization.

Pandemic Rescue Scams

The new pandemic rescue plan was rolled out recently to help people financially. Payments will be made to eligible people by direct deposit, check or debit card. It will take a while for everyone to get their payment. There are scammers working to get some of these funds for themselves.

Scammers are calling, texting, and emailing saying they can help you get your payment sooner. To do this they say they need your Social Security number to get the check and a bank account number so they can arrange for direct deposit. Also, they will also want a credit card number or gift cards to pay for the service.

All this is just a way to get your personal information and money that was intended for you. There is no way they can get your payment faster. If you are contacted about this, do not reply to it. It is definitely a scam.

Things To Know - Safely Disposing of Household items

With warmer weather, we tend to clean out our closets, basements and garages. Often we find things that need to be discarded. Others may be recycled or re-used. Some can be safely trashed and some that can be taken to local places for proper disposal. Here are a few places to dispose of some items you no longer want:

Electronic Equipment (This includes desk and laptop computers, printers, 3-D printers, TVs, eBook readers, game consoles, and the like.)

- Transfer stations accept these items. Some charge a small fee to cover their costs. You may want to call to find out.
- Belfast Rotary holds a free collection of unwanted electronic equipment in the fall. The event will be well-advertised.

Batteries

Single-use batteries such as alkaline batteries can be safely thrown in the trash. Currently there is no recycling program for these batteries in Maine.

Rechargeable batteries can be brought to some hardware stores including:

- Viking Lumber in Belfast
- Rankins Hardware in Camden
- Unity Area Recycling
- Any Staples store
- Any Home Depot store

CFL Bulbs

These include the curly type of light bulb that fits into a lamp, U-shaped fluorescent bulbs, and unbroken fluorescent tubes. Some stores only take shop lights up to 2-feet in length so you may want to call before you bring longer bulbs to any store location. Transfer stations will take longer fluorescent tubes.

- Aubuchon Hardware stores
- Hammond Lumber stores
- True Value stores
- Transfer Stations including Belfast, Brooks, Monroe, Searsport, Unity Area Recycling, and Winterport

Empty or nearly Empty Paint Cans

- Sherwin Williams stores
- Aubuchon Hardware stores
- Some Transfer stations including Islesboro and Unity Area Recycling

Hearing Aids, Eyeglasses and Cell Phones

The Belfast Lions Club accepts these items to distribute to those who cannot afford to buy them. You can find collection boxes at:

- Hannaford Pharmacy
- Riposta Funeral Home
- Trustworthy Home Supply
- Dr. Marden's Office
- Peter Nesin's Office
- Waldo County General Hospital
- RSU 71 Schools

Unwanted Medications

Each spring and fall, Triad holds a free collection of outdated and unwanted over-the-counter and prescription drugs for proper disposal.

If you cannot make it at that time, there are secure collection boxes in the lobbies of the Sheriff's office and the Searsport Public Safety building. Lobbies are open during office hours.

Documents Containing Personal Information

Each fall Triad offers a shredding event to help prevent identity theft. People can bring any material that contains personal information that is no longer needed. This includes such documents as:

- Old income tax records
- Old bank statements and cancelled checks
- Old credit card statements
- Unneeded medical records

The materials will be shredded at the location. You can watch as your items are destroyed.

Thank You!

Triad thanks **Leslie Woods** who did much of the research for this article.



More Things to Know

Covid-19 Vaccination Schedule

The governor has established the following schedule for Covid-19 vaccinations.

March 23 = age 50 and over

April 19 = age 16 and over

Following is a list of the vaccination sites in the area and how to reach them. This list is correct as of the printing of this newsletter. The number of locations is likely to expand as time goes on and more vaccine becomes available.

MaineHealth Hospitals

Belfast or Rockport Call or text 1-877-780-7545
or <https://vaccine.mainehealth.org>

Northern Light Hospitals

Bangor, Pittsfield or Waterville
www.covid.northernlighthealth.org/publicvaccine
or call 207-204-8551

Hannaford Pharmacy

Augusta, Camden, Ellsworth, Rockland, and Waterville

www.hannaford.com/pharmacy/covid-19-vaccine

Sam's Club

Bangor www.samsclub.com/covid

Walgreens Pharmacy

Belfast, Augusta, Bangor, Brewer, Camden, Fairfield, Hampden, Newport, Waterville

www.walgreens.com/schedulevaccine
or call 1-800-walgreens

Walmart Pharmacy

Augusta, Bangor, Brewer, Pittsfield, Thomaston, Waterville

www.walmart.com/covidvaccine

Teachers, school staff and child care workers of any age can make a vaccination appointment at Walgreens, Hannaford, Sam's Club or Walmart.

If you need a ride to and from vaccination appointments, you can call to reserve a ride at least 48 hours prior to the appointment between 7 a.m. and 4 p.m. For more information or to reserve a ride, call 855-608-5172.

Browntail Moth

The browntail moth is an invasive species that has reached Waldo County. The caterpillar of this moth has tiny poisonous barbed hairs that can cause a rash similar to poison ivy for many individuals. For some people the rash can be severe and last for weeks. Also, the tiny hairs can be inhaled and become a serious problem.

According to the Maine Forest Service, the caterpillar is dark brown with a broken white stripe down each side and two conspicuous red spots on the back. They become active from late April to early July and feed on leaves of hardwood trees and shrubs including oak, apple, crabapple, cherry, plum, and rugose rose. The microscopic hairs break off the caterpillars and are everywhere in browntail infested areas; on trees, lawns, gardens, decks, picnic tables and in the air. Wind or activities such as mowing or leaf-blowing can stir up the hairs leading to a reaction.

The caterpillars overwinter as colonies in white silk webs tightly woven around a leaf or leaves in trees or shrubs. These webs containing 25 to 400 caterpillars are spun in the early fall and remain firmly attached to the **tips** of small branches all winter. Webs can be confused with silken nests formed by other less serious species of moths.

If you are in a browntail infested area, you can

- Dry laundry indoors during months when the caterpillars are active.
- Clip the webs in the winter or up to mid-April while wearing gloves, long sleeves and long pants sealed at the neck ankles and wrists. Put the web in a pail of soapy water or burn it. Launder the clothing you were wearing.
- If the web is on a deck or other structure, wash it off with a hose and vacuum it up with a HEPA filter vacuum cleaner.
- There are also effective chemical insecticides if you prefer.





Things to Know About Triad

Support Triad with Returnables

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.

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 the Waldo County website under the tab for the sheriff's office.

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

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 quicker return. 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!

Reflective House Number Signs

Triad offers green, double-sided, reflective house number signs. These signs can be attached to a rural mailbox or a metal post. Order yours by phone or mail. Give the numbers you need and whether you want the sign to read horizontally or vertically. The sign will be delivered and installed for you.

The cost is: \$10 without a post
\$15 with a post

To order yours:

call: 1-866-426-7555

or

mail to: Waldo County Triad
P.O. Box 125
Belfast, ME 04915

or

email: triad@waldocountyme.gov

Make a check payable to Waldo County Triad.

Reaching More Seniors

Waldo County Triad reaches approximately 2,500 Waldo County residents who are over 50. The board of directors is interested in reaching even more area seniors. If you know an older person who is not familiar with Triad, perhaps you can let them know. We can send them a brochure on Triad services in Waldo County or we can add them to this newsletter mailing list. We would like to connect with all seniors interested in the services Triad offers.

Contact Triad

If you want more information about Triad services, contact Triad at:

1-866-426-7555

or email

triad@waldocountyme.gov





Community Opportunities

Drug Take-Back and More

Waldo County Triad and the Belfast Lions Club have joined forces to provide an event in April. Triad will be collecting unwanted medications for proper disposal. The Lions Club will be collecting eyeglasses, hearing aids and cell phones to give to those who cannot afford to buy them.

Saturday, April 24

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

Sheriff's Office

Public Safety Way, Belfast

This will be a drive-through collection. Enter the road from Miller Street by the Communications Center building.

Car-Hop Dining at the YMCA

For the last several years, the Waldo County YMCA has hosted a luncheon on the last Wednesday of the month for any interested person who is 60 or older. Since they cannot provide indoor dining right now, they are offering a drive-through luncheon. Staff will deliver food to the car, just as was done many years ago at A&W Root Beer stands and other early take-out restaurants. Triad is one of the sponsors of these lunches.

To take part, you need to call to reserve a meal. This will help them know how much to prepare.

Date: Last Wednesday of each month

Start Time: 11:30 a.m.

Location: Front Circle at the YMCA
157 Lincolville Ave., Belfast

Registration: Call 338-4598



Elder Abuse is domestic violence.

For help or information call
NEW HOPE for WOMEN.

1-800-522-3304

Home Repair Volunteers

The Waldo County Masons have established the Mason's Elder Outreach program to help older homeowners with small home maintenance jobs. Some things like climbing a ladder become too difficult or dangerous for older people to do themselves. It is often hard to find someone who will do smaller jobs, even if you can pay them. The Masons offer to do simple tasks like changing lightbulbs in ceiling or outdoor lights, changing batteries in smoke detectors, cleaning gutters, cutting up branches that have fallen in the yard, adding a handrail to the stairs, or replacing a board on the steps.

These Masons are volunteers and they cannot offer to do anything that requires a skilled tradesperson like an electrician or plumber. Neither can they do big jobs like shingling the roof or repairing the foundation or replacing a furnace. What the Masons are offering is a handyman service.

There is no cost to the homeowner and there are no income requirements. This program is available to older people who need a little help in maintaining their home safely.

Aging Well In Waldo County is working to help keep people in their homes. This is a good fit for this organization and they have agreed to take the calls that come into this program. If you would like to request help with your home or property, call

218-0207 and select Option 2

Call weekdays during regular business hours. Leave a message about what you want done and your call will be returned.

If the project is something the Masons can do, they will send a volunteer. When the work can be done will depend on the schedule of the volunteer.

If the Waldo County Masons' Elder Outreach program cannot do the work you require, Aging Well in Waldo County may be able to recommend a solution for you.



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

Spring 2021

Change Service Requested

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