



Triad Newsletter

A Waldo County Joint Venture in Senior Safety

Volume 20, Issue 1

Winter 2022

Triad Happenings

Drug Take-Back and Shredding Event

Collect your unwanted medications and your personal documents that need shredding. Triad will be offering an opportunity to help you clean house this spring by getting rid of these items by properly disposing of them. The event will take place on

Saturday, April 23

at a location yet to be determined.

Documents that might be shredded include:

- Old tax records
- Old bank statements
- Credit card statements
- Medical Records
- Any other documents containing personal information such as your Social Security number, Medicare number or other insurance numbers, credit card numbers, bank account numbers, or date of birth.

This will be a drive-through event. If you like, you can watch your printed materials being shredded so you know they are gone.

Watch the next newsletter for information on the time and location plus other activities that may be going on in conjunction with this Spring Drug Take-Back and Shredding Day.

Save April 23.

Mark your calendar to join Triad to make a clean sweep of unwanted medications and personal documents.



Safety Supplies for Lincolville

When funds allow, Triad works with town officials in a community to offer safety supplies and information to interested homeowners in a community. This year, Triad worked with the town office personnel and the fire department of Lincolville to provide smoke detectors, carbon monoxide detectors, reflective house number signs, this newsletter, Files of Life and a variety of other items to help improve the safety of older residents of the town. A substantial number of residents participated.

Triad would like to thank all of those who volunteered their time to help make this distribution of supplies possible. It could not be done without a considerable number of people joining Triad in this effort.

Fall Drug Take-Back Day

In late October, Triad held its annual fall Drug Take-Back Day. Waldo County residents brought in **413.2** pounds of pills. That is a lot of pills when you think of the weight of a single pill. Mainers around the state contributed 24,780 pounds medications. All of this was taken by the Drug Enforcement Agency for proper disposal. This means that again this year a lot of drugs will not be stolen, used accidentally or flushed down the toilet to end up in the water supply somewhere. Triad appreciates the continued participation of Waldo County residents in this effort to help ensure safer use of and disposal of medications and documents.

Read about lots of 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 Submitted by Our Readers

Scam in Foreign Language

A reader has received an automated call in Spanish. It is a clear indicator that the scammer sends out thousands of calls through a computer and knows that there are enough Spanish-speaking people in this country to find someone who will respond to the call. Maybe the scammer even finds people who are pleased to have a call in their native language.

Scam Involving Gift Cards

A reader received an email that appeared to be from the director of the organization for which he works. The message directed him to buy five \$100 gift cards for Amazon to give to each of their five workers who have done a great job this year.. The message said once he gets the cards, he is to scratch off the back, take a picture of each card and email the photos to her so she knows the numbers they have purchased. She would reimburse him for this purchase.

The scammer hopes that the recipient thinks this is a request from the program director and buys the cards, reveals the numbers on the back, and emails photos of the cards to the director. Except the message did not come from the director. It came from a scammer. If the recipient follows through, then, the scammer has received \$500 in valid Amazon cards.

If you think you have a message from someone you know, be sure to check the email address before replying with any information that may be financial or personal. It is easy for scammers to change the name on an outgoing message.

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!

Prize Scam

A reader received an email message saying he had won one million two hundred thousand dollars organized by the Premier Lotteries of the United Kingdom. The message stated that his email address had been randomly selected. The funds would be provided in the form of a Visa debit card and funds could be withdrawn from any ATM machine in the US taking the card.

In order to be certain they have the correct information on the winner, he was directed to provide his first, middle and last names, his nationality, country of residence, phone number, physical address (so a courier could deliver the card), and a copy of his drivers' license and/or passport. Once all this information was provided and compared favorably with the information they had on the winner, he was told he would be given further information on the disbursement of the funds. The message also stated that the winner was not to let others know about this prize prior to receiving it or he would be disqualified from the lottery.

This is certainly a scam. Everything is wrong about his message. Where did the lottery get his email address? How did he win if he did not enter the contest? Why is he told not to divulge the prize winnings to anyone until after the money is received? Although the sentences are generally understandable, they are very awkward to read. The message does not flow as if English is the first language of the sender. All of these factors set off alarm bells for the person who received this message.

If the person replied to this message with all the information requested, the scammer would have more than enough details to steal the identity of the recipient. The scammer can have copies made of the drivers' license and passport and do a host of other things pretending to be the person who received this message. Also the scammer could sell all the information to other scammers.

Remember: If it sounds too good to be true, it probably is.



More Scams

Scam About Forwarding Money

There are currently many scams where thieves are trying to get people to move stolen money for them. Scammers are visiting online dating sites, job sites and social media sites where they create stories about their situations and reasons why they need you to send money to send to another person. Once the money is in your bank account, you agree to send it on as gift cards or wire it to someone else. In this instance, the money you receive may be real but stolen. If you participate in any way, you are part of a money laundering scheme and liable to be charged with a crime.

Here are a few tips to keep yourself out of trouble with this type if scam:

- If an online romantic interest sends you money to forward, don't do it. That is always a scam and a way to get you to move stolen money.
- Don't accept a job that is about transferring money or packages to "clients" or "suppliers". You may be helping a scammer to move stolen money or gift cards.
- Don't accept a grant or prize money that says you need to forward some of the money.

The stories the scammers are developing to get people to help them are becoming more and more believable. It is easier than ever to fall for one of these schemes..

Pet Adoption Scams

The COVID-19 situation has left many older people isolated and lonely. The idea of a dog or cat may be especially appealing. Scammers are out there offering the perfect pet. You can find online ads showing litters of puppies for sale. Once a person buys an animal, the "breeder" vanishes along with their money. Sometimes they even ask for payment for the pet to be made with gift cards as these cards cannot be traced.

If you are looking for a new pet, contact a local animal shelter or a known breeder. You can make an in-person or video visit with these sources of animals. They want you to be sure you and the pet are a good match. .

Utility Scams

Utility scams are among the most frequently reported scams. This may come as a call, email or text. During warmer weather, the utility imposter will say that you owe money and that if you do not pay right away, the electricity will be cut off. During the colder months, the scammer will claim that you overpaid and they will request the numbers for your bank account in order to issue a refund. Sometimes scammers are even showing up at people's doors after a power outage offering to get your electricity back on for a fee.

Know that if you had actually overpaid, the power company would roll the amount forward toward the next bill. If you are contacted by someone offering to either give you a refund or to repair your lost power for a fee, contact the electrical company using the information found on a recent bill.

COVID-19 Scams

Since the beginning of the pandemic, the Federal Trade Commission has shut down hundreds of companies claiming that their products and therapies can prevent, treat or cure COVID-19. These have come in the form of pills, nasal sprays, and on and on. They all cost money and many carry statements saying that they are effective. Some even have testimonies from people the ad says are satisfied customers. All of these are fake products. None have been researched in any acceptable manner. Some of these businesses made a lot of money until they got caught.

Save your money on these ads! The only substantiated methods of preventing COVID-19 are those promoted by the Centers for Disease Control. There are some new medications approved by the Food and Drug Administration and available to the medical community to help cure the disease in people who test positive but these products are not available to the public to buy. If you find a product or treatment available for purchase, be very skeptical about its usefulness. It is very likely to be a scam.



More Scams

QR Code Scams

QR codes are marks found on many products and printed information that look a bit like a black and white postage stamp. You use the camera on a smart phone to open a link. Companies use QR codes for such purposes as to point consumers to their apps, track packages or view menus. Because the codes cannot be read by the human eye, they have become a way for scammers to disguise their activities.

In some scams, the QR code will take you to a website that asks you to enter personal information. Some scams will launch a payment app onto your phone. Some lead you to malicious links. The types of scams using QR codes differ greatly but they all have one thing in common and that is that the scammer hopes you will scan the code right away without taking a closer look. The scam codes often appear to have come from legitimate sources so make sure that before you use one of these codes that it is really from the person or company you believe sent it.

Here are a few things to remember about QR codes:

- Don't scan a QR code from a stranger, even though they may offer gifts of other opportunities.
- If someone you know sent you a QR code, confirm it before you scan it. Contact that person before you open the code to be sure they have not been hacked.
- Some antivirus companies have QR scanner apps that check the safety of a scanned link before you open it. These can identify dangerous links.

Thank You!

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

Scam Involving Amazon

The Federal Trade Commission reports that since July 2020, over 30% of the scams reported to them have been about being contacted by someone saying they are from Amazon. These scams take different forms.

In one scam, a person calls and says that they owe you a refund as they have discovered that someone has made an unauthorized purchase on your account. They ask for your bank account number and say they will transferred the funds. Next they say that they accidentally transferred too much money and ask that you return the extra amount. Once you agree to let them take the excess amount back, you soon realize that they entered some money and then withdrew considerably more. Once they have taken it , it is theirs.

In another version of the scam, the caller says that your Amazon account has been hacked. They tell you that the only way to protect your account is to pay with gift cards. You are told to buy certain gift cards and once you have purchased the cards, you are directed to phone them with the numbers on the cards.

Here are some ways to avoid the Amazon impersonator scam:

- Never call back an unknown number. If you want to call Amazon, use the information on their website.
- Don't pay for anything where the person says you need to use gift cards. Authentic merchants do not require gift cards as the form of payment.
- Don't give remote access to your bank account to anyone who contacts you unexpectedly. This gives a scammer easy access to your personal and financial information.

Know that it is very difficult to find these scammers. They tend to use disposable phones that cannot be tracked. Once your money is sent to a scammer, it is probably gone forever.



Things To Know

Scams in 2020

The Better Business Bureau tracks scams. By the end of 2020, they had received 24.9% more reports regarding scams from the public and businesses than they had received in 2019. The pandemic meant that people were online more, on their phones more and more likely to open email messages and answer phone calls from unknown sources. Scammers made use of this situation and tried to take advantage of people more than ever. And they were more successful than ever!

Used Car Warning

New vehicles are in limited supply due to a shortage of computer chips. Because of the small number available, more people than ever are looking for a used vehicle.

There have been several floods in the southern part of the country this year and lots of vehicles from those areas had flood damage. Some of those vehicles are being cleaned and sent out of state for sale. The unsuspecting customer may not even notice until the car is inspected closely.

Here are a few tell-tale signs of flood damage:

- There is sand or mud under the seats.
- Carpets are stained, loose or mismatched.
- The interior or trunk smells of mildew or mold.
- The vehicle smells strongly of cleaners.
- Rust is beginning to form around the doors.

Beyond checking for the signs of flood damage, there are a few other things you can do to be more certain the vehicle has not been stolen or sold as salvage. You can get help from a mechanic who is not connected to the place where you are looking at vehicles to check for water damage that can slowly destroy the mechanical and electrical systems and cause rust and corrosion. If the vehicle was insured at the time it was sold, you can go to the National Insurance Crime Bureau and enter the VIN number of the vehicle to check if it was flood-damaged, stolen but not recovered or otherwise salvaged. The web address is www.nicb.org.

Area Vaccination Sites

Around the state, people are saying they are having difficulty finding a location to get a COVID-19 vaccination or booster shot. There are several locations in our area. These include:

- **Family physician's offices**
- **Walgreens Pharmacy**
Visit [Walgreens.com/schedule vaccine](http://Walgreens.com/schedule_vaccine)
or call **338-6844**
- **Hannaford Pharmacy**
Visit [Hannaford Pharmacy.com](http://HannafordPharmacy.com)
or call **338-1918**.
- **Belfast Drug**
Booster shots any time and periodic clinics. To learn when the next clinic is scheduled, call **338-0441**.
- **Unity Pharmacy**
Call **948-3950**.
- **Seaport Family Practice**
Call **338-6900**.
- **Waldo Co. General Hospital walk-in clinic**
Call **505-4567**.
- **Augusta Armory Walk-in Clinic**
The hours and days change on this clinic. Check the schedule for the week by visiting www.maine.gov/covid19/vaccines/vaccination-sites
or call **816-1259**.

For more locations, visit

www.maine.gov/covid19/vaccines/vaccination-sites
or call **1-888-445-4111**.

COVID-19 booster shots:

If you had two Pfizer or Moderna shots originally, you need to wait 6 months after the last shot before getting a booster shot. If your original shot was a Johnson & Johnson vaccine, you need to wait 2 months before you have a booster shot.

COVID-19 vaccine and flu shots

It is considered safe to get these together.



Things to Know About 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.

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.

Unwanted Medications

If you have unwanted medications and don't want to wait for the next Drug Take-Back Day, you can bring them to one of the Triad secure boxes during office hours for disposal. There are boxes located in the lobby of the Searsport Public Safety building and another in the lobby of the Waldo County Sheriff's office. just drop them in the box.



We cannot accept needles or liquids.

Reflective House Number Signs

Triad does not install reflective house number signs during the winter months as the posts cannot be installed properly. The offer will resume in the spring.

Friendly Caller Program

The winter months are often particularly lonely ones for older persons living alone, especially in these times. Triad offers the Friendly Caller program to give people a daily contact with the outside world and the opportunity to let someone know they are okay.

Participants call the County Communications Center every morning to have a chat with someone. If the person does not call in, the dispatchers will try calling the house. If there is no answer, they will send the person designated by the individual to come to the house to see that everything is okay. To register or to learn more about the program, call 338-2040.

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. If you know someone who lives outside the area and might enjoy reading the newsletter, send us their email address.

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 Shredding

Triad will offer another drug take-back and shredding opportunity. Bring your unwanted medications and documents containing personal information for proper disposal. This will be a drive-through event.

Date: April 23

Location and Time: To be announced

Car-Hop Dining at the YMCA

Triad is one of the sponsors of the drive-through luncheons held at the YMCA each month for those 60 or over. To take part, you need to register so they know how many meals to prepare.

Date: Last Wednesday of each month

Start Time: 11:30 a.m.

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

Registration: Call **338-4598**

Knit2Together

The Belfast library invites yarn enthusiasts of all skill levels to join together via Zoom every Wednesday from 3:30 to 5:00 p.m. This is a chance to chat and get tips about working with yarn. To register to join the group, contact bharrington@belfastlibrary.

YMCA Senior Men's Basketball

This game is designed for men 50 and older.

Date: Mondays & Fridays

Time: 9:30 – 10:30 a.m.

Location: YMCA Gymnasium

Pickleball

This is a racket sport played on a badminton court with the net lowered to 34 inches and played with a perforated plastic ball and paddles.

Date: Tuesdays and Thursdays

Time: 10:00 a.m. - 1:00 p.m.

Location: YMCA Gymnasium

Home Repair Volunteers

The Mason's Elder Outreach program helps older homeowners with small home maintenance jobs like changing lightbulbs in ceiling fixtures 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. This program is available to older people who need a little help in maintaining their home safely.

If you would like to request help with your home or property, call Aging Well in Waldo County at:

218-0207 and select Option 2

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. If they cannot do the work you require, Aging Well in Waldo County may be able to recommend a solution for you.

Chair Yoga

This class is gentle enough for seniors and powerful enough for anyone of any age. It includes gentle stretching, whole body movements, yoga poses, breathing techniques, meditation, and healthy living information all designed to help maintain strength, flexibility and mobility plus ease stress and make you feel lighter and brighter. This class is provided through a collaboration between the YMCA and Deborah Keene of Ayurveda Yoga Center in Liberty. A generous benefactor had made this program free to everyone.

Date: Thursdays

Time: 9:00 - 10:00 a.m.

Location: Via Zoom

Meeting ID: 813 5044 5508

Passcode: CHYoga2021

Zoom Address:

<https://us02web.zoom.us/j/81350445508?pwd=MENDTmhtWEhLMXdmVys2MTg4Wm1JQT09>



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 2022

Change Service Requested

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