

**BITS & PIECES**



**FROM FRAN**

**March/April 2020**

**Foot Clinic:**

On Thursday, March 19<sup>th</sup> from 9:00 – 12:00 p.m. Dr. Thomas H. Walter, DPM will be at the Lisbon Senior Center, Newent Road, Lisbon. Appointments are still available and may be directed to the Lisbon Senior Center at 860-376-2329. Bring insurance cards and a photo ID. Most insurances accepted (no Title XIX or Husky). Co-pays and deductibles apply. House calls are available for housebound patients. If non-covered the cost will be \$45.00 for the initial visit and \$35.00 for follow up visits.

**ECTC Program:**

Good news for individuals who currently participate in the ECTC medical transportation grant. There will be an additional 6 round trips granted to this year's program. So, if you have already maxed out your rides, you will receive the benefit of scheduling a few more trips. Contact ECTC as you normally would to schedule your medical transportation. Phone 860-848-5910.

**Cribbage, Cards & Games:**

We are pleased to announce that we will continue to offer a game day on the third Tuesday of each month. The senior center opens at 1:00 p.m. and you are invited to attend for any length of time that you wish. Cribbage boards, cards and assorted games will be available for your use or you may choose to provide your own items. We look forward to seeing you on Tuesday, March 17<sup>th</sup>.

**AARP Tax Assistance:**

If you are looking for an expert to complete your income tax forms, we have the people for you. We do have a few appointments open for the months of March and April but they do fill-up quickly. If you are interested in contacting us, please call 860-887-5581 extension 6.

**Another Friendly Reminder:**

For those individuals who participated in our annual flu clinic and you received a Shingles shot, don't forget that it is a two-part series. To have the vaccine be most effective, two injections are key to the process, one down and one to go. If you have any questions regarding whether you received the shot or not, I will be happy to answer your questions. 860-887-5581 x 6.

**Congregate Meal Program:**

The Congregate Meal Program is held on Monday mornings at the Preston Senior Center, 42 Long Society Road. There is a suggested donation of \$3.00 per person (60 years of age and older). You do not need to be a resident of Preston to participate in the program. Our menu for March is as follows:

March 2<sup>nd</sup>.....Stuffed Chicken Cordon Bleu, tater Tots, Green Beans, Pineapple Tidbits, bread, margarine, beverage.

March 9<sup>th</sup>.....Meatballs Marinara, Penne Pasta, Cauliflower, Carrots & Snap Peas, Diced Pears, bread, margarine, beverage.

March 16<sup>th</sup>....Crispy Cod, Macaroni & Cheese, Brussel Sprouts, Pineapple Tidbits, bread, margarine, beverage.

March 23<sup>rd</sup>....Ethnic Celebration: Corned Beef & Cabbage, Steamed Parsley Potatoes, Sliced Carrots, Dinner Roll, Margarine, Irish Soda Bread & Apple Juice, beverage.

March 30<sup>th</sup>....Meatloaf w/gravy, Mashed Potatoes, Zucchini, Peas & Carrots, fresh Orange, bread, margarine, beverage.

We ask that participants register for the Monday program in advance. Please call 860-887-5581 ext. 6 leaving your name, telephone number and date which you plan on attending the program.



U.S. Department of Health and Human Services  
Administration for Community Living

**Government imposter phone and e-mail scams are growing. See below for details on how to “fight back”!**

#### Who’s Really Calling? Beware of Growing Government Imposter Phone and Email Scams

*By Lance Robertson, Administrator and Assistant Secretary for Aging, ACL*

I’ve gotten the fake calls “from the Social Security Administration,” and I bet you have too. I know I don’t need to tell you that the people we serve are getting these calls every day.

Scammers are increasingly using phone calls, emails, and even text messages to impersonate government officials in an attempt to steal money and personal information.

The plan is simple for these “imposter scams.” They call, email, or text claiming to represent a government agency such as the Social Security Administration (SSA), Internal Revenue Service (IRS), or Department of Health and Human Services (HHS). Some even “spoof” their phone number or email address so that it looks like the call or email is coming from a legitimate government phone number or e-mail address. They lure victims by telling them they’ve “won the lottery” sponsored by the federal government or “owe a debt” to the IRS that must be paid back immediately. They may even claim that a person’s social security number has been linked to criminal activities and suspended, and all they have to do to reactivate it is to “just confirm” the social security number. They will often use threats of arrest or harsh legal action to create a sense of panic, and demand payment via wire transfer or gift card (so the payment cannot be traced).

For those targeted by these scams, the consequences can be devastating. And while scammers can steal money from adults of all ages, older adults and people with disabilities are often singled-out and targeted.

One of the best protections against this and other scams is knowledge. When people are familiar with these scams, they are less likely to lose money. This is why ACL is working with our federal partners in the Elder Justice Coordinating Council to raise awareness about these scams and to stop the scammers and the harm they cause.

The power of the EJCC lies in collaboration and coordination to achieve a greater impact than we could individually. Through the EJCC, we are greater than the sum of our parts. When we’re tackling a public awareness issue like imposter scams that means each of the 14 EJCC agencies reaching out to stakeholders across the country with tips and tools for spreading the word.

Here is what people need to know:

1. The government will never call out of the blue and ask for a social security number.
2. The government will never ask for payment by gift card or wire transfer.
3. Social security numbers cannot be suspended.

These general tips can also help everyone protect themselves:

- If you are ever suspicious about a call, hang up immediately.
- Never click on an e-mail link or attachment unless you fully trust the sender.
- Never pay someone you do not know well via gift card or wire transfer.
- Always be cautious about giving out your personal or financial information, including your Medicare or Social Security numbers, or any banking information.
- Sign up for the National Do Not Call Registry.

Victims of any scam should file a Federal Trade Commission (FTC) Complaint. In addition, SSA has a reporting form specifically for social security imposter scams. I'm asking everyone in our aging and disability network to help people take these steps.

The Department of Justice just filed suit against some companies and individuals who are alleged to be responsible for hundreds of millions of these scam calls. DOJ worked with the Social Security Administration, the Federal Trade Commission, and the United States Postal Inspection Service – all members of the EJCC – as well as several other state and federal partners, to get the data needed to bring this action and stop these calls. That's why reporting the scam calls matters!

### **My Favorite Sayings:**

If you lose your temper, pray that you'll never find it again.

An intellectual is someone who can listen to the William Tell overture without thinking of The Lone Ranger.

The golden thread that binds humanity to itself is kindness.

Always behave like a duck....be calm and unruffled on the surface but paddle like the devil underneath.

The safest way to double your money is to fold it over and put it in your pocket.

If only we could forget our troubles as easily as our blessings.

Successful folks don't just entertain thoughts; they put them to work.

One reason experience is such a good teacher is that it doesn't allow for dropouts.



"Real ID" Project releases information on identification needed  
To fly on an airplane. See below for more important details!

- Starting October 1<sup>st</sup>, 2020 every adult boarding an aircraft in the United States including ALL DOMESTIC FLIGHTS will need a REAL-ID Compliant Driver's License or a REAL-ID State Issued ID
- REAL-ID Compliant Driver's Licenses are generally marked with a STAR located in the upper portion of the card / Enhanced driver's licenses are generally marked with a flag
- Passengers who do not provide a REAL-ID with a star (or another type of ID mentioned on the specific airline websites) will not be permitted through the security checkpoint and will not be allowed to fly
- If you do not have a REAL-ID License you may use a different form of ID including passports- check specific airline websites for a complete list of acceptable forms of ID
- Travelers who are not sure if their State-Issued ID is compliant should check with their State Driver's License agency
- Michigan, Vermont, Minnesota and New York- Real ID and State Issued enhanced driver's licenses
- State-issued enhanced driver's licenses are marked with a flag
- Please check your local DMV for the documents needed to receive a REAL-ID.

For information go to:

CT Department of Motor Vehicles: <https://portal.ct.gov/DMV>

Department of Homeland Security: <https://www.dhs.gov/real-id/connecticut>

## **Spring Stars: Tips and Tricks for Observing the Night Sky**

The Friends of the Preston Public Library invite you to a special program exploring the night sky. Discover the beauty of the dark night sky that has inspired poets and guided mariners. Learn how to find the principal stars and constellations as well as a story or two about them. Inside the Treworgy Planetarium at Mystic Seaport, the stars and planets are projected overhead onto the surface of a 30-foot diameter dome. Adults and children are \$5.00, but capacity is limited. Please sign up at the front desk of the Preston Public Library, or call 860-886-1010 by March 10, 2020. The program will take place on Saturday, March 14, 2020, at 6:30 p.m., with a telescope observing session to follow at 7:30 p.m. Parking is in the northern lot across from the Thompson building. Mystic Seaport, 75 Greenmanville Avenue, Mystic. Bring your family.



# The 2020 Census will shape your future.

Every 10 years, the United States counts everyone living in the country on April 1, no matter where they are from, what language they speak, or why they are in the country. The count includes children and newborn babies, citizens and noncitizens, and temporary residents.

## Responding is important for your family and community.



The information collected in the census will inform the distribution of more than \$675 billion in federal funds each year. These funds impact critical services, including education, health care, senior centers, and public transportation.



Communities rely on census statistics to plan for a variety of needs, including new roads, schools, and emergency services.



Businesses use census data to decide where to build factories, offices, and stores.

## Responding is easy.

Beginning in mid-March 2020, every household in the United States will receive a notice to complete the 2020 Census online, by phone, or by mail. The form asks a handful of basic questions and will be available in many languages. From May - July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

## Responding is safe.

Your personal information is confidential and protected by law. Your responses can only be used to produce statistics. They cannot be used for law enforcement purposes or to determine your eligibility for government benefits.

For more information, visit:

**2020CENSUS.GOV**

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**Census  
2020**

