

RHA Update

FREE! Medication Management for Caregivers

Do you care for a family member who takes multiple medications? Would you like more information and guidance so you can be sure you're handling their meds properly? Join the Rutland County Caregive Coalition for a FREE educational event with RRMC pharmacist Melanie McAtee.

Interage Adult Day Program
230 North Main Street, Rutland
Wednesday, September 11
5:30 – 7:30 p.m.

* Light supper provided *

Please register at 773-2011 or email interageads1@AOL.COM by September 9th



RENT REMINDER

September rent is due no later than Monday, September 9th. A 5% late fee will be added to any payments made after this date. If you are not able to pay your rent on time, please call to make payment arrangements:

Julie – 775-2926 ext. 14



Pavement Work at All Sites

by Kevin Loso, Executive Director

****Attention ALL Residents****
RHA has contracted with North American Infrared to make repairs to the driveways and parking lots at all properties. Starting mid-month, crews will be on site to seal cracks, restore asphalt where needed, seal coat and paint lines. We hope that by providing ongoing maintenance we will be able to defer major repairs down the road (no pun intended ☺).

Before work begins, we will advise you where to park while repairs are being done at your location. Repairs are tentatively set for the following dates:

Hickory Street Phase 1: Sept. 18
Hickory Street Phase 2: Sept. 19

Templewood Court: Oct. 1 – 4
Sheldon Towers: Oct. 2 – 4

All dates are subject to change depending on the weather.

Thank you for your cooperation as we strive to keep RHA properties well maintained. Stay tuned for formal notices as we finalize all the details. If you have questions, please call the office at 775-2926.

5th Annual Young Professionals Summit

The Young Professionals Summit of Vermont is an annual, one-day event for Vermonters to network, share ideas, and confront issues faced by the state's young work-force. Equal parts professional development and community action, the summit aims to empower young people to create positive change by connecting them with business leaders, policymakers, and, most importantly, each other. Anyone with an interest in contributing to the future of Vermont is encouraged to participate.

Saturday, September 14th
Paramount Theatre, Rutland
8: 30 a.m. – 5 p.m.

Full-day registration: \$25
Networking only: \$10
More Info: www.ypsummitvt.com

We Return to Regular Office Hours...



Now that September has arrived, the RHA office hours will return to normal:
Monday – Friday
8 a.m. – 4:30 p.m.

Avoiding Financial Scams

contributed by Staci Buysse

Financial scams targeting seniors are now labeled “the crime of the 21st century.” It’s not just wealthy seniors who are targeted. **Low-income older adults are also at risk of financial abuse.**

Financial scams also often go unreported or can be difficult to prosecute, so they’re considered a “low-risk” crime. But they are devastating to many older adults, leaving them in a vulnerable position with little time to recover losses. Here are ways to identify a potential scam.

1. Medicare/Insurance Scams

Every U.S. citizen over age 65 qualifies for Medicare, so any elder is a potential target. Scammers may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then use the personal information they collect to bill Medicare and pocket the money.



2. Counterfeit prescription drugs

These drug scams operate mostly on the Internet, where seniors look for better prices on special medications. Since 2000, the FDA has investigated about 20 of these cases per year. Besides paying money for something that will not benefit your health, the substances might even cause you harm!

3. Funeral & cemetery scams

The FBI warns about two types: (1) Scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt with them, scammers will try to extort money from relatives to settle the fake debts.

(2) Disreputable funeral homes take advantage of a

family’s lack of knowledge about the cost of funeral services to add unnecessary charges to the bill. In one common scam, funeral directors insist that an expensive casket is necessary even if the deceased will be cremated, which really only requires a cardboard casket.



4. Telemarketing/phone scams

If you have a phone, chances are you have gotten fake telemarketing calls. Once a successful deal has been made, the buyer’s name is then shared with other scammers looking for easy targets, sometimes victimizing the same person repeatedly. Types of telemarketing fraud include:

The pigeon drop: The con artist tells the individual that they’ve found a large sum of money and is willing to split it if you will make a “good faith” payment by withdrawing funds from your bank account. Often, a second con artist is involved, posing as a lawyer, banker, or some other trustworthy stranger.

The fake accident ploy: The con artist gets the victim to wire or send money on the pretext that the person’s child or another relative is in the hospital and needs the money.

Charity Scams: Money is solicited for fake charities. This often occurs after natural disasters.

5. Internet fraud

While using the Internet is a great skill, anyone who is new to the technology tends to be an easier target for automated Internet scams that are everywhere on the web and in email. Pop-up windows posing as virus-scanning software fool victims into either downloading a fake anti-virus program (at a cost) or an actual virus that will open up the user’s computer to scammers.

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Just So you Know...



You can visit the Rutland Community Cupboard once a week for fresh produce, fresh bread & commodities.

Located at 65 River Street, Rutland

Open Hours M-W-F, 11am – 2:40 pm
T-TH, 4 pm – 5:40 pm

Have questions? Please call
802-747-6119



Scoobi is excited about this month's word search....

WORDSEARCH: Find the Canines!

Find these words:

- | | |
|----------|-----------|
| Akita | Hound |
| Beagle | Mutt |
| Boxer | Pointer |
| Bull Dog | Poodle |
| Collie | Retriever |
| Courser | Shepherd |
| Heeler | Spaniel |
| | Terrier |

G D K J V J D B S L P Y W M U
D E C O E K N R H E L X H X G
L V C P T N U Q E I L D Q V M
J R E S R U O C P N D W B X T
D L W D N X H R H A R J Y T O
K R P T G R E E E P Q N U H E
V U E H R I E P R S B M N R U
G E I T R E O T D O B B J H A
S F C R N O X N R U A M Q E J
L T E O D I N O L I Z G P E L
B T U L L B O L B B E F I L I
T X E C X L D P T D G V I E F
U I Y X E O I Z A Z M S E R Z
V B E A G L E E Z E B O C R J
E H A T I K A W M X C Q Q W Y

Resident Event at Sheldon Towers

- Meatball Sub Nite on September 19th at 5:30 p.m.
Fee: \$2 due by September 16th to Ron or Doris

We look forward to seeing you there!

Save the Date: Flu Clinic

Templewood Court
Monday, October 14th, 1 – 2:30 p.m.

Sheldon Towers
Tuesday, October 15th, 1 – 2:30 p.m.

Residents of Hickory Street also
welcome!



Scams, continued

6. Investment schemes

A number of these have targeted seniors who are hoping to protect their nest egg for retirement. From pyramid schemes like Bernie Madoff's, to fables of a Nigerian prince looking for a partner to claim inheritance money, to befuddlingly complex financial products, investment schemes have long been a successful way to take advantage of older people.



7. Sweepstakes & lottery scams

Here, scammers inform you that you have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the prize. Often, the scammer will send a check for you to deposit in your bank account, knowing that while it shows up in your account right away, it will take a few days before the (fake) check is rejected. During that time, the criminals collect the money for supposed fees or taxes on the prize, which they pocket while you lose the "prize money" when the check bounces.

8. The grandparent scam

The grandparent scam is so simple and so devious because it uses one of older adults' most reliable assets: their hearts. Scammers will call you and say something like "Hi Grandma, do you know who this is?" When you guess the name of the grandchild the scammer most sounds like, you give the scammer the fake identity they need to pull a fast one. Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require an I.D. to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me."

If you think you've been scammed...

Tell someone you trust right away – don't let embarrassment prevent you from reporting it. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep

numbers for the police, your bank, and Vermont Adult Protective Services ((800) 564-1612) by your phone. Stay safe out there! 😊

Celebrate National Another Look Unlimited Day – September 3rd, 2019

What is this oddly named observance all about? It's a day to declutter your space, and it rolls around every year on the day after Labor Day.

Got clutter you want to get rid of before summer ends? National Another Look Unlimited Day would be the perfect day to do this! It is a day dedicated to taking another look around your living space and ridding it of excess stuff by passing it along to others.



It's time to clear out the closets, cabinets and totes! Go through the books you've read, clothes you no longer like to wear, knick-knacks you no longer want to dust. Tidy up, clean up and put to use those items that have a purpose! Your trash may be someone else's treasure, so donate or sell it so someone else to give it new life and give yourself more breathing room. And you might even find some things you thought you had lost!

Organizing guru Marie Kondo recommends silently thanking the items you pass along for the service they have given you. It's a gratitude practice that helps open your heart as you create openings in your living space.

You don't have to wait until this national celebration rolls around every year...once you realize how refreshing it is, you can practice it as often as you like!

See if you can find at least one thing to donate. If you use social media, post your participation to #AnotherLookUnlimitedDay 😊