

Bethany Seniority
October 2017

The Town Hall will be closed on Monday October 9th in observation of Columbus Day. Also there will be not senior bus transportation on that day.

Your Journey to Wellness Awaits

On Wednesday October 25th the annual health fair will be held along with the flu clinic sponsored by the VNA Community Healthcare.

Let Me Address the Walk-In Flu Clinic first health in the Bethany Town Hall Community Room. It is a walk in clinic.

The flu clinic is sponsored by VNA Community Healthcare
They do not immunize children 17 and under.

They will be holding a flu clinic on Wednesday October 25th starting at 10:00AM until 11:59AM
Participating insurances: For those over 65:

Medicare Part B, Connecticare VIP, Aetna Medicare Anthem Medicare.

Participating insurances: For those 18 and over:

Aetna, Anthem BC/BS, Connecticare, Healthy CT, Harvard Pilgrim

Research is done annually to determine which flu virus strains are expected to be most prevalent each year and the top 3-4 are chosen to be in the vaccine. The VNA uses quadrivalent preservative free vaccine that includes all 4 selected strains. It usually takes about 2-3 weeks after your injection for the body to build immunity. The immunity lasts about 6-8 months. Flu season in the United States often peaks in January and February and can last as late as May. Getting a flu shot is the first and best defense you can take to prevent getting the flu.

Now let me address the Journey to Wellness

Wednesday October 25th from 9:30AM to 12:30PM in the Town Hall Gymnasium

Do you have a wobbly walker? A wonky wheelchair? Stop by Kindred at Home table and have professionals look at your walker or wheelchair, and fix any issues you maybe having at no charge.

AAA will be there, Glendale, Tower One, Tower East, Office of Healthcare Advocacy, Pelton Pharmacy, CERT Team, QVHD has a product I just know you're going to love. It's called Medication Deactivation Pouch. It's a bio-degradable pouch that allows you to safely dispose of medication in the privacy of your own home.

Trooper Dave will also be on hand to accept your old prescriptions.

Chef Allyson will be making one of her famous homemade soups, of course there will be coffee and sweet treats, popcorn. UTZ has also committed to giving up a healthy veggie snack.

I want to thank in advance some of my volunteers: Cloe, Nancy, Judy, Nicki, Cindi, Alberta, Chef David Fein from Brookdale (he is also going to chef our Thanksgiving Luncheon with Chef Allyson), more on that.

There's so much more. Free raffles, music.

PHISHING CALL SCAM

Do you remember about a group of hackers demanding ransom from Apple? The "Turkish Crime Family" claimed to have gained access to a massive cache of iCloud and Apple email accounts. If true, this would have allowed the hackers to wipe everything from the victims' gadgets remotely and reset their iCloud accounts.

Now, a new scam has popped up piggybacking on the hackers' threat. People are receiving phone calls from swindlers pretending to be from Apple support. The scammer tells the victim that the iCloud has been hacked and they need to verify their account details. A victim will receive an automated message claiming to be from Apple support and are told that their iCloud has been hacked. They're then redirected to a live person who is supposed to help take care of

the issue. Once on the line, the victim is asked for personal information and credentials to log into their Apple accounts. Some victims have even been asked to pay a fee to have antivirus software installed on their gadget. To make matters worse, it's not antivirus software that they're paying for, it's malware.

This phone scam is another type of phishing attack. If you receive one of these calls you need to hand up.

You also need to be prepared for the criminal to make several attempts at tricking you. Victims say they receive the same call multiple times in a row before the scammer gives up.

An important thing to remember is the Microsoft and Apple will not call you to warn you of a security problem.

This concludes the series of scams.

Upcoming Presentation and a NOT TO MISS

Witches in Connecticut

Come to the Janice von Beren Center on November 1st beginning at 12:30PM for the harrowing story of the hanging witches in Colonial New England continues to haunt our present-day imagination. The trials and executions of witches in Connecticut predated the more famous Salem witch panic by over 40 years. Hear the stories of some of the women and men accused, tried and executed as witches and learn how Connecticut successfully controlled the spread of witch accusations long before Salem erupted in a panic and violence.

Presentation will be by the Connecticut Historical Society.

It's only a short broom ride away to the Janice von Beren Center.

Pre-registration is requested, and there is no charge.

Perhaps we'll even have some spider fluids for you to enjoy.

Our Annual Thanksgiving Luncheon ALSO A NOT TO MISS

As always it will be delish. I'll have three accomplished professional chef's on hand for your eating pleasure.

Chef Frett, Chef David and Chef Allyson, what an awesome threesome. And of course I know we won't be able to do without our waiter staff the Troopers from Troop I.

It will be a traditional Thanksgiving Luncheon with Turkey, trimmings, and dessert. No take-out available. It will be held at the Bethany Town Hall gymnasium, serving will begin at 12Noon. The cost is \$5.00 payable at the door. Reservations are required by calling 203 393-2100 Ext. 1124. No later than November 3rd.

An E-mail I received from Sandy Leubner, MGS, LNHA, CIRS-A/D

Statewide Coordinator, National Family Caregiver Support Program

Statewide Liaison, Senior Centers and Municipal Agents



Centers for Medicare & Medicaid Services

Center for Medicaid and Medicare Services (CMS) Press release 5.30.17, "New Medicare cards offer greater protection to more than 57.7 million Americans - New cards will no longer contain Social Security numbers, to combat fraud and illegal use." See below for complete press release!

The Centers for Medicare & Medicaid Services (CMS) is readying a fraud prevention initiative that removes Social Security numbers from Medicare cards to help combat identity theft, and safeguard taxpayer dollars. The new cards will use a unique, randomly-assigned number called a Medicare Beneficiary Identifier (MBI), to replace the Social Security-based Health Insurance

Claim Number (HICN) currently used on the Medicare card. CMS will begin mailing new cards in April 2018 and will meet the congressional deadline for replacing all Medicare cards by April 2019. Today, CMS kicks-off a multi-faceted outreach campaign to help providers get ready for the new MBI.

“We’re taking this step to protect our seniors from fraudulent use of Social Security numbers which can lead to identity theft and illegal use of Medicare benefits,” said CMS Administrator Seema Verma. “We want to be sure that Medicare beneficiaries and healthcare providers know about these changes well in advance and have the information they need to make a seamless transition.”

Providers and beneficiaries will both be able to use secure look up tools that will support quick access to MBIs when they need them. There will also be a 21-month transition period where providers will be able to use either the MBI or the HICN further easing the transition

CMS testified on Tuesday, May 23rd before the U.S. House Committee on Ways & Means Subcommittee on Social Security and U.S. House Committee on Oversight & Government Reform Subcommittee on Information Technology, addressing CMS’s comprehensive plan for the removal of Social Security numbers and transition to MBIs.

Personal identity theft affects a large and growing number of seniors. People age 65 or older are increasingly the victims of this type of crime. Incidents among seniors increased to 2.6 million from 2.1 million between 2012 and 2014, according to the most current statistics from the Department of Justice. Identity theft can take not only an emotional toll on those who experience it, but also a financial one: two-thirds of all identity theft victims reported a direct financial loss. It can also disrupt lives, damage credit ratings and result in inaccuracies in medical records and costly false claims.

Work on this important initiative began many years ago, and was accelerated following passage of the Medicare Access and CHIP Reauthorization Act of 2015 (MACRA). CMS will assign all Medicare beneficiaries a new, unique MBI number which will contain a combination of numbers and uppercase letters. Beneficiaries will be instructed to safely and securely destroy their current Medicare cards and keep the new MBI confidential. Issuance of the new MBI will not change the benefits a Medicare beneficiary receives.

CMS is committed to a successful transition to the MBI for people with Medicare and for the health care provider community. CMS has a [website](https://www.cms.gov/medicare/ssnri/index.html) dedicated to the Social Security Removal Initiative (SSNR) <https://www.cms.gov/medicare/ssnri/index.html> where providers can find the latest information and sign-up for newsletters. CMS is also planning regular calls as a way to share updates and answer provider questions before and after new cards are mailed beginning in April 2018.”

For more information, please visit: <https://www.cms.gov/medicare/ssnri/index.html>

When Witches go riding
And black cats are seen
The moon laughs
And whispers
'tis near Halloween

At this point my blood type is Pumpkin Spice

VOLUNTEERS NEEDED FOR AARP FOUNDATION TAX-AIDE PROGRAM
AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation service

AARP Foundation Tax-Aide is looking to expand its CT team of volunteers for the upcoming tax season. Soon approaching its 50th year, Tax-Aide offers free tax filing help to anyone, especially those 50 and older, who can't afford a tax preparation service. Tax-Aide volunteers make a

difference in their communities by assisting many older, lower-income taxpayers who might otherwise miss out on the credits and deductions they've earned.

Tax-Aide volunteers receive training and support in a welcoming environment. There is need for volunteer tax preparers, client facilitators, those who can provide technical and management assistance and interpreters. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

This year, 562 CT AARP Foundation Tax-Aide volunteers helped more than 32,300 people file their federal and state tax returns. The program is offered at approximately 95 sites, including senior centers, libraries and other convenient locations.

AARP Foundation Tax-Aide has grown remarkably since its inaugural team of just four volunteers in 1968. The program now involves nearly 35,000 volunteers and serves 2.5 million taxpayers annually at some 5,000 sites nationwide with free tax help. In 2017 taxpayers who used AARP Foundation Tax-Aide received \$1.37 billion in income tax refunds and more than \$222 million in Earned Income Tax Credits (EITCs). Taxpayers do not need to be a member of AARP or a retiree to use this program.

To learn about our volunteer opportunities, visit www.aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.

This is when I have to tell all my readers about Joan and Cheryl of their immeasurable contributions and that their time and talents are priceless. These women have been volunteering their time to help people file their income tax returns that are done right here in our Senior Center. See if you would like to join the team.

Just when you think scammers have run out of ways and idea of ways to scam you here's another.

Social Security Scam
September 2017

Warning, the SSA will not ask for personal information over the phone.

Financial scams involving people pretending to be government employees aren't restricted only to those Internal Revenue Service [phone schemes](#) so prevalent in recent years. Now there's a new scam making the rounds, one in which criminals try to defraud people out of their Social Security checks.

Gale Stallworth Stone, the acting inspector general of Social Security, is [warning citizens about a scheme](#) that goes like this: Someone posing as a Social Security Administration (SSA) employee calls from a phone number with a 323 area code. In some cases, the swindler tells victims they are due a 1.7 percent cost-of-living adjustment increase in their Social Security benefits.

The impersonator then asks the victim to verify all of his or her [personal information](#), including name, date of birth and Social Security number, in order to receive the increase. If the impostor is able to acquire this data, the person can use it to contact the SSA and request changes to the victim's direct deposit, address and phone information.

According to the warning, the SSA will sometimes reach out to citizens by phone for customer service purposes, but the agency's reps will not ask for personal information this way. Anyone who receives a suspicious call is encouraged to report it to the Office of the Inspector General at 1-800-269-0271 or online via <https://oig.ssa.gov/report>.

The SSA also operates a toll-free customer service number for anyone with questions or concerns (1-800-772-1213), which can be contacted from 7 a.m. to 7 p.m., Monday through Friday. (Those who are deaf or hard of hearing can call Social Security at 1-800-325-0778.) You can also stay on top of con artists' latest tricks by signing up for [AARP's free Watchdog Alerts](#).

Stone continues to warn citizens to be cautious and to avoid providing information such as SSN and bank account numbers to unknown individuals over the phone or the internet unless they are absolutely certain of who is receiving these personal details.

"You must be very confident that the source is the correct business party and your information will be secure after you release it," Stone said.

Another scam that continues to prey on older people involves [calls from or about a grandchild](#) in trouble. If anyone phones you claiming to be your grandkid, or someone who knows your grandkid, and requests cash, hang up and consult with another family member first. Chances are, you just saved yourself from becoming a victim.