

Bethany Seniority
September 2017

We are cordially invited!

Please join us at Brookdale Woodbridge 330 Amity Road Woodbridge, on **September 13 from 1:00 – 3:00** for our **complimentary** farm to table showcase!

We will be featuring products from local providers:

Massaro Farms

Before and After Farm

New England Brewery

Sorvino Winery

All farm to table items will be prepared by our own Chef David Fein with an extraordinary cooking display!

Kindly RSVP by September 5th to Cheryl or Nicole at 203-389-2911 for this fun local event!

Your Journey To Wellness Awaits

On Wednesday October 25th the annual health fair will be held along with the Walk-In flu clinic sponsored by the VNA Community Healthcare. So save the date and time Wednesday October 25th from 9:30AM to 12:30PM. More info next month. And the Who's Who Professional Community Minded Agencies dedicated to seniors journey to wellness.

Scams continued

WHY YOU SHOULD BE WORRIED ABOUT SMISHING

There is a new type of scam that you definitely need to be worried about. It's called "smishing," short for SMS phishing.

This new texting scam looks so legitimate, anyone could fall victim to it. Scammers are spoofing banks' phone numbers and sending text messages to customers. A spoofed phone number hides the actual number the text is coming from and displays a number from a trusted source, like your bank.

The text claims that your debit card has been used to make a purchase and if you do not recognize the transaction, you need to call their fraud prevention helpline. A phone number is provided for you to call. Warning this is not a legitimate bank phone number.

Because the incoming text looks like it's from your bank, people are falling for this. If you do call the number provided in the text, the fraudster will answer the phone. They will then ask you to confirm your sensitive banking details. This would allow the scammer to steal money from your account. If you do give this information out and report it to your bank, they just may say you willingly divulged personal, security information so they may not accept responsibility for your account losses.

Smishing scams are relatively new. Here's some suggestions to defend yourself against them:

Phone number- If you receive a text or email claiming to be from your bank, do not call the phone number provided. Whenever you need to discuss banking details, always call the number that is printed on the back of your credit or debit card.

Security details- You should never reveal your security details like your full passwords or PIN code over the phone.

Be vigilant- Never assume that a text message or email is genuine. Scammers can spoof phone numbers and email addresses to make them look official. Don't click on links within these messages, always type the website address into your browser or call the phone number on the back of your card.

Trust your instincts- If a text or e-mail seems suspicious, delete it. Follow up by calling the company using the trusted phone number on the back of your card.

Take your time- If you receive a call from someone claiming to be from your bank, don't let them rush you into giving them sensitive information. The incoming number could have been spoofed and a scammer might be on the line. Just tell them that you need a moment and you will call them back. Then call using the phone number that you know is correct.

Don't feel pressured- If the person calling is pressuring you to give them sensitive data, stay calm and refuse. They just might call you back!! Again and Again!! And Again!!



VA Caregiver Support is available! Did you know that Veterans who require a caregiver may be eligible for up to 30 days of respite care each year? Care can be offered in a variety of settings: in your home, at a VA community living center, at a VA-contracted community residential care facility, or at an adult day health care center. See below for information!

Respite care provides caregivers with a break from their caregiving duties, and helps to avoid caregiver burnout.

To see if you are eligible for respite care services, the VA offers a Caregiver Support Line at **1-855-260-3274**, or you can [visit this website https://www.caregiver.va.gov/](https://www.caregiver.va.gov/) and enter your zip code and you will be given a number to call your local VA Caregiver Support Coordinator.

Regional Rides Program Provided by Greater New Haven Transit District

The Regional Rides Program is provided to residents in the participating towns who are either age 60 or older, or are eligible for ADA paratransit. The municipalities serviced by RRP include: Bethany, Branford, East Haven, Hamden, New Haven, North Branford, North Haven, Orange, Wallingford, West Haven, and Woodbridge.

- Generally, we operate Monday through Saturday, 5:30 am to 11:30 pm. All trips must be scheduled in a manner that ensure they will be completed by the end of service on the day of travel. There is no Sunday service.
- RRP rides are limited so it is important that you call 7 days prior to when you want to travel. Rides for this program cannot be booked until 11:00am. Be sure to call at 11:00am sharp because the rides fill up quickly.
- We do not provide or make changes to a trip on the same day of service.
- Cost per trip is currently \$3.50 and is set by GNHTD Management recommendation with Board and RRP member municipality approval. Cash or GNHTD Vouchers (Green) may be used as payment for this service. You can purchase these vouchers at the GNHTD's administrative offices (1014 Sherman Ave, Hamden). A booklet of 10 tickets is \$28.00.
- Rides are limited to: Medical, Adult Day Care and Work Monday through Saturday and grocery shopping trips can be made on Tuesdays and Thursdays.
- Rides must be within the boundaries of the 11 participating towns. These towns are; Bethany, Branford, East Haven, Hamden, New Haven, North Branford, North Haven, Orange, West Haven and Woodbridge.
- RRP applications can be downloaded from GNHTD's website (GNHTD.org) or you can call and request an application to be mailed to you. This application is for those individuals age 60 and older. If you have a disability or health condition(s), at any age, please only complete the ADA application.

A continuation of the latest of scams

"CAN YOU HEAR ME" PHONE SCAM This ones all about "A Voice Signature"

There was recently a Consumer Alert warning Americans about 'can you hear me' scams. We actually warned you about these scams making the rounds a few months ago. Now, the Federal Communications Commission (FCC) said the problem is getting worse.

The FCC is asking consumers to be careful answering calls from unknown phone numbers. Scammers are calling victims hoping to get them to say the word "yes" during the conversation that's being recorded. The fraudster will later use the recording of the victim saying yes to authorize unwanted charges on the victim's utility or credit card account.

The scam works like this: a consumer answers a call from someone impersonating a representative from organizations that provide a service that the victim is most likely familiar with. The criminal could say they're with a utility company, a mortgage lender or a credit card company to name a few.

The scammer will ask "Can you hear me?" The caller records the victim saying yes, which they later use as a voice signature. This voice signature can be used to authorize fraudulent charges via telephone.

What you need to do

The FCC is telling consumers who receive a call like this to immediately hang up the phone. If you think that you have already received a call like this, you need to check your bank and credit card statements as well as your telephone statement to see if there are any unauthorized charges.

If you find unauthorized charges, it's likely that you are a victim of what's known as "cramming." Report these charges as unauthorized ASAP.

You should also report the incident to the Better Business Bureau's Scam Tracker and to the FCC Consumer Help Center.

The FCC gave these tips to help ward off unwanted calls and scams:

- Don't answer calls from unknown numbers - This is the most obvious and simplest precaution. Let unknown calls go to voicemail.
- If you answer and the caller (often a recording) asks you to hit a button to stop receiving calls, just hang up. Scammers often use these tricks to identify and target live respondents.
- If you receive a scam call, write down the number and file a complaint with the FCC so it can help identify and take appropriate action to help consumers targeted by illegal callers.
- Ask your phone service provider if it offers a robocall blocking service. If not, encourage your provider to offer one. You can also visit the FCC's website for information and resources on available robocall blocking tools to help reduce unwanted calls.
- Consider registering all of your phone numbers on the National Do Not Call Registry.

Email Received on August 10, 2017 from Agency on Aging South Central Connecticut

This Is A Consumer Alert!

Connecticut Insurance Department Katharine L. Wade Commissioner

153 Market Street

Hartford, CT 06103

August 10, 2017

Insurance Commissioner Warns Of Phone Caller Posing as Department Staff

Connecticut Insurance Commissioner Katharine L. Wade is advising consumers to be wary of a phone caller who identified herself as an Insurance Department employee and is asking people for their insurance information.

Commissioner Wade said the Department is aware of at least two instances that occurred this week and one of the individuals called was a senior citizen.

“The Department does NOT make unsolicited calls to individuals and we urge everyone to be vigilant if you are the recipient of such a call,” Commissioner Wade said. “Always be safe and never give out personal or financial information without verifying who the caller is. If you have any questions, do not hesitate to contact the Department or your local law enforcement agency.”

For further assistance with this or any insurance issue, visit the Connecticut Insurance

Department at www.ct.gov/cid or call, 800-203-3447 or email at: insurance@ct.gov

Connecticut Insurance Department

153 Market Street Hartford, CT 06103

(860) 297-3800

www.ct.gov/cid

May I be emphatic any phone calls from a person whether it be man or woman don't give out any any any information from your personal life.

Important Important Message I Received from Department of Agriculture

From: Linda Piotrowicz, Bureau Director

CC: Jaime Smith, Marketing and Inspection Rep II

Date: July 7, 2017

Subj: Suspension of the Senior Farmers' Market Nutrition Program

Due to the lack of a state budget being enacted by the General Assembly by July 1, 2017, funding for the Senior Farmers' Market Nutrition Program (SFMNP) has been effectively eliminated.

All Senior Farmers' Market Nutrition Program distribution sites are required to immediately stop distributing SFMNP check booklets to any and all eligible clients.

Please make all reasonable efforts to inform clients who have already received check booklets, as the checks are no longer valid.