



Triad Newsletter

A Waldo County Joint Venture in Senior Safety

Volume 9, Issue 2

Spring 2011

Medication Turn-In

The theft of prescription drugs has become an enormous problem in this country. Older people tend to have more medications in their homes than any other age group. This makes their medicine cabinets of particular interest to anyone using drugs.

A study by the Partnership for a Drug-Free America shows that every day another 2,500 American children get high for the first time. Most of these drugs are obtained from friends and family members, often coming from the prescription bottles at the home of their parents, grandparents, or other relatives.

Sometimes people get a prescription for a medication and find that they are allergic to it or it has other undesirable side effects and they stop using it and set it aside. Sometimes people have a procedure and are given pain medication but do not use it and set it aside. Sometimes a person in the household dies and the prescription drugs are set aside. Ultimately, there can be a considerable amount of unwanted prescription medication in the home.

Disposal of prescription and non-prescription drugs has become a problem. We used to put it down the toilet until we learned that so many people were doing it that the groundwater was getting tainted.



Last fall there was a nationwide National Prescription Drug Take Back Day to provide an opportunity for anyone who wanted to get unwanted and outdated drugs out of their homes and disposed of properly. This event was a huge success in removing potentially dangerous drugs from easy access by anyone who wanted to steal them.

The Maine collection effort by police and the Maine Drug Enforcement Agency in conjunction with Triad units and other organizations around the state brought in 7,820 pounds of pills. That put Maine in the #1 position for the amount of pills collected per person. Even with our small population, Maine came in 11th in the nation for the total weight of pills collected.

The event is about to take place again on **Saturday, April 30 from 10:00 am to 2:00 pm.** Waldo County turn-in locations will be:

Belfast Police Department
112 Church Street, Belfast

Lincolville Police Department
Town Office
493 Hope Road, Lincolville

Searsport Police Department
Public Safety Building
3 Union Street, Searsport

Look inside for scams 

Waldo County Triad is a 3-way partnership of citizens, law enforcement, and other local organizations united for the improvement of the safety of older Waldo County residents through education and service.



Triad Look at How they Are Trying to Scam Us Now!

Jury Notices Rigged to Get Your ID

Adapted from an article by Sid Kirchheimer from: [AARP Bulletin](#) January 31, 2011

The phone rings. The caller says "I'm calling from the local courthouse and you are about to be arrested because you did not show up for jury duty." These calls are part of a resurgence of the "jury duty scam," first revealed by Scam Alert in 2006. There have been recent reports that this ploy has resurfaced in parts of the country, including Maine.

The warning of your imminent arrest is intended to scare you into making you say that you did not receive a jury duty summons. The caller then claims to want to clear up the matter and asks you to verify your identity by providing your Social Security number, birth date and possibly bank or credit card account numbers. Revealing such details can help the caller steal your identity and get credit cards, loans and medical services in your name and at your expense. As in other telephone scams, the jury duty scam can appear authentic because your caller ID screen may indicate that the call is coming from a local courthouse. That's because the caller is using "spoofing products" that can be purchased on the Internet to allow the display of any phone number and name on your caller ID.

Law enforcement officials say hang up without providing any personal information. You can be sure these calls are phony for several reasons.

1. Authentic "no-show" summonses for missed jury duty are nearly always delivered by mail.
2. If an actual court official did phone, they will not ask for personal information.
3. Legitimate officials do not give a heads-up warning about an impending arrest.
4. Real court officials call during office hours, not in the evening when many of these calls occur. Scammers, gleaning names and addresses from phone books or public records, often call after hours when people are more likely to be home.

If you receive a call about missing jury duty, you can authenticate it by phoning the court clerk's office. Report scam calls to your courthouse and to the sheriff's department or local police. They will inform the office of the attorney general.

Charitable Donation Scam

Indiana recently had people soliciting donations by posing as representatives of the Department of Child Services. Callers are alleged to have claimed that someone in the home had pledged a donation a month earlier and this is a follow-up call to confirm the donation. Some of the people receiving these calls said that their caller ID displayed "Child Services". Government agencies do not make calls for donations and this is another effort to steal money or identity or both. With the current economic situation for many types of governmental services, this scam could easily be adapted to fit Maine or any other state.

1. Do not be pressured into making a contribution. Ask the caller for written information on the charitable organization.
2. A legitimate organization will be willing to send materials that include their purpose and how the funds will be used.
3. Watch out for the names of charities. Some scammers use a name that sounds very similar to a respected organization.
4. Beware of callers who claims to be endorsed by the state. Although legal charities are registered with the State of Maine, that does not mean that the state endorses that organization.
5. Be suspicious of a caller who thanks you for a pledge that you do not recall making. Check your records. Do not give out your credit card, bank account or other personal information to a caller looking for money.
6. You can cancel a pledge made prior to giving the contribution to the organization.

If you get a call from anyone who claims to be representing a government agency, hang up. Scams disguised as charities are especially disheartening because not only does the donor lose, but so does the legitimate charity that could have used the money to benefit our communities. Any legitimate charity will not make you feel pressured to give. They would be very willing to provide you with materials so you can make an informed decision about donating.



More Scams

E-Mail Greeting Cards

According to the website *Scamnot*, there is a new effort to steal information from computers. This is sent as a greeting card where the reader clicks on a link to download the card. Instead, the file disables the recipient's computer security notifications, software updates and firewall settings. The software also installs itself into the computer's registry, enabling the code to be executed every time the computer is rebooted. At the time of review, this particular malicious code sample had a low antivirus detection rate of 20% of 43 antivirus companies reporting detection.

This was originally sent to government employees as a holiday greeting from the White House. Variations could be sent to you. Be very cautious when opening E-Cards. Email addresses and names are very easy to spoof making them look like a card came from a friend. Always look at the name given as the place to click to open the card. Careful observation will let you know this card came from a foreign country and probably not some place your friend would get cards to send to you.

Below is a copy of the e-mail that was sent out to the government workers.

From: sender@whitehouse.gov [mailto:sender@whitehouse.gov]
 Sent: Wednesday, December 22, 2010 10:33 PM
 To: recipient's name
 Subject: Merry Christmas, recipient's name
 Recipient's name here,
 As you and your families gather to celebrate the holidays, we wanted to take a moment to send you our greetings. Be sure that we're profoundly grateful for your dedication to duty and wish you inspiration and success in fulfillment of our core mission.

Greeting card:

hxxp://xtremedefenceforce.com/card/
 hxxp://elvis.com.au/card/
 Merry Christmas!
 Executive Office of the President of the United States
 The White House
 1600 Pennsylvania Avenue NW
 Washington, DC 20500

In the government employee case, note that the card came from xstreamdefenceforce.com which is an online game located in Australia. The second hint in that e-mail is the link elivs.com.au. "Au" is the online extension for Australia, as well. The "/card/" extension is how you are redirected to a different site where hackers infect your computers with malicious viruses.

As stated above, most antivirus companies could not detect this invasion. Be sure your virus protection is up to date. You might even think about having a backup virus scanner installed on your computer. Check with your computer dealer or repair person for a recommended program.



<h1>Camden National Bank</h1> 	17 Belmont Ave & 156 Main Street Belfast
	800-860-8821 CamdenNational.com <small>Member FDIC</small>

	Forrest W. Warren, President Licensed Investment Advisor
<h3>SUNRISE INVESTMENT SERVICES, INC.</h3>	
Financial Planning Investment Services Retirement Planning Portfolio Management	34 Mayo Street Belfast, Maine 04915 Tel. & Fax (207) 338-9228 E-mail: fwwarren@adelphia.net
<p><i>"Creating Future Financial Options"</i></p>	



Triad

Things to Know

Protect Your Medicare Information

by Stan Cohen,

Medicare Volunteer Counselor at the Bridgton Hospital

It is important to keep a log or diary of all of your visits to the doctor and any other medical providers and keep that log for at least two years. The log should, at a minimum, show the date of service, the name of the provider, and a brief note about what service was performed. Here is an example:
March 4th, - Dr. Slocum - angina attack, did EKG.

As most Medicare beneficiaries know, after you have received services from your doctor or from a hospital, you receive a quarterly Medicare Summary Notice from Medicare. These reports are NOT bills. The notice summarizes what the provider charged, what Medicare says is the "approved" amount for whatever the doctor (or hospital) did for you, and what Medicare did or did not pay toward that approved amount. There is also a column entitled: "You may be billed." If you have Medicare Supplement Insurance, that amount will have been billed to your Medigap insurance carrier. Your Medigap carrier also will send you an Explanation of Benefits that provides details about what they did or did not pay.

The first thing that you should do when you receive these notices is check the dates of the service against your log. If you are sure that you did NOT go to your doctor's office or the hospital on the date(s) shown on the notice, immediately call the toll-free number shown on the notice and tell them. Make a note of the date of the phone call right on

the notice. Usually, if the date is wrong, it is caused by a clerical error or an improper code. But it could also be the sign of potential Medicare fraud. If you don't recognize the name of the provider, it may be because it was a person who was not directly involved in the service - like a radiologist. But you should call the doctor's office or hospital just to make sure. These precautions are worth the effort. They can reduce the expense to you personally, and they have the added benefit of heading off potential Medicare fraud.

Many people throw away the Medicare Summary Notices or Explanation of Benefits. My advice is to save them for a couple of years. One reason to keep them on hand is to arm yourself with information in case you receive a bill from the doctor or the hospital several months later. You want to be able to refer back to the reports and your log to help establish what was or wasn't paid by Medicare or your supplemental coverage.

Triad Auction

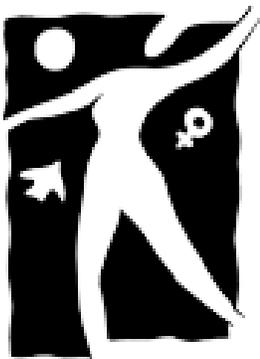
The annual Triad auction is coming up. There will be lots of items on which to bid. Come get a good price on something you could use. Food will be available.

Date: Friday, April 8

Time: Viewing from 5:00p.m. to 6:00p.m.
Auction begins at 6:00

Place: Belfast Masonic Hall
Wight Street, behind the Shrine Club

To donate an item: call Sandra at 548-6530



Elder Abuse is domestic violence.

For help or information call
NEW HOPE for WOMEN.

800-522-3304



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Things to Know

Yard Sale

Waldo County Triad and Spectrum Generations will hold a joint yard sale with tables from the public. Find great buys and unusual items.

Date: Saturday, May 21

Time: 8:00a.m. to 1:00p.m.

Place: Spectrum Generations parking area
18 Merriam Road, Belfast

For a table, call Ashley Hoffmann at 338-1190

Daylilies at Half Price

For the past few years, Waldo County Triad has teamed up with Bill Warman of the Maine Garden for Organic Daylilies to sell daylilies. Bill develops world-class, Maine winter-hardy daylilies to have clear colors and numerous blooms per plant. He has over 1,000 varieties at the garden located just off Route 131 in Waldo, near the intersection of Routes 131 and 137.

Triad offers gift cards for his daylilies at one-half the face value of the card. Most of the lilies cost \$10 each at the garden. If you buy a card from Triad for one of these lilies, you pay \$5 and take it to the garden to be redeemed for a plant worth \$10. Triad is offering cards that can be turned in for \$10, \$30, or \$50 in daylilies. (You pay \$5, \$15, or \$25.) The cards are attractive and make a nice gift for the person who likes plants. The garden is open daily from May 1 to September 15 from 9:00a.m. to 5:00p.m.

You can buy daylily cards as follows at the:

- Broadreach Family & Community Services office,
- Family Wellness Fair on April 9,
- Drug turn-in locations on April 30,
- Auction on April 8 at the Belfast Masonic Hall
- Belfast Garden Club plant sale on Saturday, May 21 at the Belfast Boathouse,
- Yard sale on Merriam Road on Sat. May 21 or
- by sending your name, mailing address, the number and amount of cards you wish to purchase, plus a check for 1/2 the face value of the cards to:

Waldo County Triad
PO Box 125
Belfast ME 04915



911 Cell Phones

The Triad Cell Phone Project collects old cell phones, so they do not end up in landfills. A company removes numbers and data, tests the phone, and returns it to us with a working charger and spare battery.

If you travel alone, walk in the woods, or feel you might need to be able to reach 911 (you need not be a senior) please contact either your local police department or the Waldo County Sheriff's office. These Triad members have free cell phones, with a spare battery and a charger for you. These can only be used to reach 911.

If you have an old cell phone you no longer need—it can be broken, doesn't matter—please drop it in a collection box in town offices and police departments, along with any spare batteries and chargers. Thanks for your help.

Hannaford/Edwards Cards Help Triad

If you shop at a Hannaford or Edwards market, you can help Waldo County Triad to improve the safety of residents age 50 and older. Triad sells cards that are good for any products sold at these stores. Triad is given 5% of the value of each card sold. A card costs \$25 and can be redeemed for that amount at either store. If you would like to help Waldo County Triad while buying items from one of these merchants, you can purchase cards from one of two sources:

Belfast: Spectrum Generations
18 Merriam Road, Belfast
Monday to Friday, 8:00 - 4:30

Unity: Pat Clark at **948-5610**

For more information on the card program, call Joyce at **338-2062**.

Donations to Triad

You can help Waldo County Triad with a donation in any amount. Send it to:

Waldo County Triad
PO Box 125
Belfast ME 04915



Opportunities

Family Wellness Fair

Triad will be at the annual Family Wellness Fair will have lots of displays and some free screenings and other services. Here are just a few:

- Cholesterol Screening
- Blood Pressure Screening
- Massage Therapy
- Diabetes Education
- Diabetic Shoe-Fitting

Date: Saturday, April 9

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

Location: Troy Howard Middle School

Cost: Free

AARP Driver Safety Course

Learn about defensive driving techniques, rules of the road and more in this four-hour course. Discover how to adjust to age-related changes in vision, hearing, and reaction time through interactive discussion. All drivers 55 years and older who successfully complete the AARP course are eligible for a car insurance discount, good for three years.

Date: Wednesday, May 18

Time: 8:30a.m. to 1:00p.m.

Location: Waldo County YMCA

Cost: \$14 fee or \$12 with AARP membership

Registration and Information:

Advanced Registration Required

Call Paul at 338-0350 for information or to register.

Thank you!

Waldo County Triad thanks its partner
Univ. of ME Cooperative Extension
for helping to keep our printing and mailing costs
lower so Triad can serve more Waldo County seniors.

A Matter of Balance

Many older people experience concerns about falling and restrict their activities because of it. A Matter of Balance is an award-winning program designed to manage falls and increase activity level.

Date: Tuesdays from April 26 to June 7

Time: 1:30p.m. to 3:30p.m..

Location: Waldo County YMCA

Cost: \$25 fee for non-members and 3-month Y members and \$20 for annual Y members

Registration and Information:

Advanced Registration Required by April 19

Call 338-4598 for information or to register

For a scholarship to attend this program,
call Healthy Waldo County at 930-6761

Keep ME Well

KeepMEWell.org is a web site developed as part of a strategy aimed at ensuring that all Mainers have access to information and services to understand and address health risks and to improve overall health and the prevention of disease.

There are two main aspects to the KeepMEWell site. The first is a tool to use to assess your overall health status. This generates a personalized report and gives links to local resources that can help with disease prevention and management. The second part is a resource for those who have low incomes so they can learn about low-cost healthcare services in their area. The assessment tool and health information is free by logging on to www.KeepMEWell.org.

For more information about KeepMEWell contact Vyvienne Ritchie, coordinator of Healthy Waldo County, our local Healthy Maine Partnership, at 930-6761

Waldo Community Action Partners

~We Care About People~

Creating opportunities for low-income people to improve their quality of life.

Transportation

Fuel Assistance/Telephone and Electric Lifeline/Emergency Assistance
Head Start

Housing/Weatherization/Central Heating Improvement/Home Repair Loans
Food/Nutrition/Health

Hygiene Clinics and Dental Care

Neighbor for Neighbor Coalition

Car Seat Program

And more!

P.O. Box 130
9 Field Street
Belfast, Maine 04915
Phone: (207) 338-6809
Fax: (207) 338-6812



Healthy Waldo County

As part of the Healthy Maine Partnerships, Healthy Waldo County, works to promote healthier lifestyles through community involvement. The partnerships work on five main areas of health promotion; Tobacco, Substance Abuse, Nutrition, Physical Activity/Sun Safety, and Chronic Disease in the areas of: Early Detection and Access to Self Management Supports. Please contact us, 207 930 6761, if you have interest in helping promote the work of prevention in any of these areas, and stay tuned for more information.



**119 Northport Ave.
Belfast, ME 04915
Phone: 207-930-6761
Fax: 207-338-6207**

Email: vritchie@wchi.com
website:

www.healthywaldocounty.org

A Local Healthy Maine Partnership



More Opportunities

Meetings for Friends/Family of Terminally Ill

If you are caring for someone who is dying or have a close friend or family member who is dying, there is a support group to help you through this difficult time. You can talk with others, share your experiences, and learn how others cope. Just drop in.

3rd Thursday - 1:00p.m.

April 21, May 19, June 16

Harbor Hill, 2 Footbridge Road, Belfast

Facilitators: Margie Spencer-Smith & Jessica Porter

Information at 338-5307 or 930-2500 ext 4795

Stretch Around

This is a basic physical activity program offered free by volunteers of the hospital's Case Management Program. New participants can drop in. Before enrolling, each person needs to sign a form stating that their doctor has approved exercise, and needs to give their emergency contact names and numbers. For more information, contact Jo-Ann at **930-6733**.

Every Monday & Friday

St Margaret's Church

Court St, Belfast at 1:00pm

Family Caregiver Education & Support Group

If you are a caregiver, you are invited to the monthly support group sessions offered by the Waldo County Home Health and Hospice. Interested individuals may drop in at the time of any scheduled session.

Office of Home Health & Hospice

(in the motel building across from the hospital)

1st Thursdays - Noon to 1:00p.m.

April 7, May 5, June 2

For more information, call :

Margie Spencer-Smith at **930-2500 ext. 4795**.

Community Case Management

This is an ongoing program of Waldo County General Hospital for people with heart failure or chronic obstructive pulmonary disease. Participants learn to live more comfortably, to require fewer hospital visits and to reduce complications and symptoms. For more information or appointment, call Jo-Ann at **930-6733**.

Cancer Support Group

For those with cancer plus their family and friends

Waldo Co. Gen. Hospital Education Building

2nd Wednesday - 4:45 to 6:15pm

Apr. 13, May 11, & June 8

For more information call Margie Spencer-Smith at :
930-2500 ext. 4795.



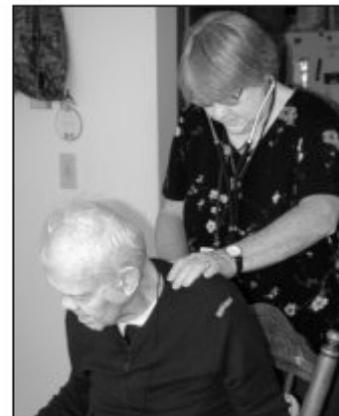
Waldo County Home Health & Hospice

**Providing Quality Home Health & Hospice Care
in Waldo County and Beyond**

Our services:

Registered Nurses	☞	Interdisciplinary Hospice Team
Physical Therapy	☞	Emergency Response Team
Home Health Aids	☞	Medical Social Work
Speech Therapy	☞	Occupational Therapy

**For more information, call
338-2268 or 1-888-254-5133**



119 Northport Ave ☞ PO Box 407 ☞ Belfast, ME 04915

A Not-for-Profit Organization Affiliated with Waldo County Healthcare, Inc.



Waldo County Triad is a three-way 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 Officers

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 Vice Chairman ----- Ron Young
 Secretary ----- Karen Crum
 Treasurer ----- Joyce Fenner

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 Proofreaders ----- Ruth Murphy & Joan Sheldon
 Collators
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 Joyce Fenner Sandra Otis-Anderson Carolyn Wingate
 Helen Marden Angie Simmons Jeannette Work

Triad Board Representatives

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- Belfast City Police Dept
- Broadreach Family Services
- Lincolnville Police Dept
- Maine State Police
- New Hope for Women
- Residence at Tall Pines
- Retired Senior Volunteer Program
- Searsport Police Dept
- Senior College
- Spectrum Generations
- Unity Ambulance Service
- Unity College
- U M Cooperative Extension
- Waldo Community Action Partners
- Waldo County Communications Center
- Waldo County Firefighters' Assoc.
- Waldo County Masons
- Waldo County Sheriff's Dept
- Waldo County YMCA

To change your mailing address, add another name to this mailing list, or to remove your name from this list, call Waldo County Triad toll-free at 1-866-426-7555

Change Service Requested

Waldo County TRIAD
 PO Box 125
 Belfast ME 04915



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Do You Go Away for the Winter Months?

If you have the U.S. Postal Service forward your first class mail from your local address to your winter address, **please let us know**. Waldo County Triad sends out over 2,000 newsletters so we use bulk mail to help keep costs down. Under current regulations, the Post Office will **NOT** send this newsletter to your forwarding address. Instead, your copy is discarded and Triad receives a notice that you are "Temporarily Away" plus a bill for 50 cents. Last winter Triad received a large number of these notices. We would like to avoid that cost this season and you can help us.

We would be very happy to send your copy of the Triad newsletter directly to your winter address or we would stop mailings while you are away. You choose which works better for you.

If you are going to be away this winter, please complete the form below:

- I would like to have my copy of the Waldo County Triad newsletter **sent directly to my winter address**, as follows:

Winter Address _____

Please send to this address from _____ to _____
(date) (date)

- Do not send** Waldo County Triad newsletters to me while I am away from

_____ to _____
(date) (date)

(Name)

Please mail this form to: Waldo County Triad
PO Box 125
Belfast ME 04915

or e-mail your information to:

waldocountytriad@yahoo.com

Thank you!

TRIAD NEWSLETTER

FREE

Waldo County Triad is a partnership of law enforcement, community-based organizations and seniors dedicated to improving the safety of local residents who are 50 or older. Triad looks to help people learn to avoid becoming victims of identity theft and other crimes, to increase readiness for personal emergencies, to remove unwanted and out-of-date medications from homes for proper disposal, to prevent falls, and to provide other supports to help people to be safer at home and in their communities.

The Triad newsletter is one method used to help inform Waldo County residents of ways to protect themselves. This publication is produced each January, April, July and October. It is free to Waldo County addresses.

If you would like to have a subscription to this newsletter, please fill out the form below and return it to Waldo County Triad. Thank you for your interest.

Pat Pierson, Editor
Waldo County Triad

Name _____

Mailing Address _____

Please return to:

Waldo County Triad
PO Box 125
Belfast ME 04915