



# Triad Newsletter

A Waldo County Joint Venture in Senior Safety

Volume 21, Issue 4

Fall 2023

## Events

### Triad Auction

The annual Triad auction is happening soon. If you would like to donate an item which is either new or in good condition you can drop it off at the office of the Waldo County Sheriff at 6 Public Safety Way (just off Miller Street) in Belfast during office hours of 8:00 a.m. to 4:00 p.m. on weekdays. If that does not work for you, you may be able to arrange for items to be picked up by phoning **338-6786**. Triad cannot accept electronics, clothing, household appliances or large pieces of furniture. Other items will be gladly accepted.

The auction will be held:

**Friday, September 8**  
**Tarratine Hall**  
**153 Main Street, Belfast**

**Viewing - 5:00 p.m.**  
**Auction - 5:45 p.m.**

Food will be available for purchase beginning at 5:00 p.m.

### YMCA Luncheon

Triad will be the sponsor of the YMCA luncheon in October. We hope you can join us then. The details are:

**Wednesday, October 25**  
**11:30 a.m.**  
**Waldo County YMCA**  
**153 Lincolville Avenue, Belfast**

You will need to register for the meal so they know how much food to prepare. To do that, call **338-4598**.

### Waldo County Handcrafters' Day

Triad will sponsor a Handcrafters' Day on:

**Thursday, October 5**  
**Tarratine Hall**  
**153 Main St, Belfast**

Each of five day-long workshops will be led by a volunteer. Topics include:

- Ukrainian Egg Decorating
- Drop Spindle Spinning
- Three different quilt-making workshops

All participants need to register by September 15. Those who register will receive a list of items to bring for the class they choose.

For details about the workshops and to register, visit the website at [waldocountytriad.com](http://waldocountytriad.com), or call or email for a flyer at **1-866-426-7555** or [triad@waldocountyme.gov](mailto:triad@waldocountyme.gov)

### Angler's Restaurant Fundraiser

This fall, Angler's Restaurant in Searsport has agreed to donate a portion of each meal served between 4:00 and 8:00 p.m. to Triad. The specific date is not available yet. You will find it soon on the Triad website or by calling the Triad phone number. The contact details are:

**[waldocountytriad.com](http://waldocountytriad.com)**  
and  
**1-866-426-7555**



**Read about current scams inside** →

*Waldo County Triad is a partnership of citizens, law enforcement, and other local organizations dedicated to the improvement of the safety of older Waldo County residents through education and service.*



## Scams

### COVID-19 Test Scam

In May, when the COVID health emergency was officially declared to have ended, Medicare and other health insurance plans stopped paying for many at-home over-the-counter COVID-19 tests. Nationwide, people report receiving bills for COVID-19 test kits they did not order and the bills are from unfamiliar companies.

Scammers have the Medicare identification for millions of Americans - some numbers have been stolen by breaking into the computer systems of medical offices, others have been obtained by scammers calling people with some offer and the person giving the information to the scammer. Con artists are using the Medicare numbers to bill Medicare for COVID-19 tests. Since Medicare no longer pays for the home tests, the claim is denied and the scammer sends the bill to the individual whether or not they receive the tests.

What do you do if you receive a bill a COVID-19 test kit you did not order? The law has you covered. Companies cannot send you something you did not order and then demand payment. Do not pay for a test kit you did not request..

Check your Medicare statement for services, products or equipment you did not receive. If you see anything that your doctor did not order, call your healthcare provider for an explanation. If that office says they did not order the item or service, you can contact the Health and Human Services office of the Inspector General either on line or by calling 1-800-447-8477. They use information from the public to track down scammers.

### ***Waldo County Wanderer Program***

Do you worry about a loved one who wanders? Register him or her with the Waldo County Wanderer Program to help make a quicker return. Registration forms are at the offices of the Belfast and Searsport Police and the Waldo County Sheriff as well as on their websites.

***Sign up today!***

### Fake Job Scams

Many older people are looking for work in this period of higher prices. Scammers are lurking on job search sites like LinkedIn and Indeed. You reply to an ad and you get a message saying you have just the skills a well-known company is looking for. Next you get what looks like an official invitation from the company for an online interview along with a guide outlining the job responsibilities and benefits. After the interview, you get a letter on "official" letterhead saying you are being offered the job. Once they offer the job, they ask for money and personal information. Before you even start, they may send you a bill for equipment such as a computer, saying you have to pay for it and then they will reimburse you later. You will be asked to pay with a check or with a person-to-person payment system such as Zelle. Of course, they do not reimburse you as this is all part of the scam. They will not answer your questions about the job saying you have to fill out employment paperwork first, giving your name, address, Social Security number, driver's license number, and bank account number for direct deposit. Now they have everything they need to steal your identity.

Know that a legitimate employer will not ask you for money up front either to get the job or to buy equipment for the job. Also, they will answer any questions you have about the job or its benefits.

If you are interested in a job you see on one of these sites, do not apply at the job search site. Instead go to the official website of the company. You should be able to find the jobs available and the description of the responsibilities plus the benefits. Additionally, you will find a phone number where you can contact a person to discuss the job and clarify any questions you may have about it.

### ***Thank you***

to **Tarratine Tribe #13** for their support in helping Triad to keep Waldo County seniors safer in their homes and communities.



## More Scams

### Another IRS Scam

The IRS is warning people about a new scam involving the department. Taxpayers are receiving a letter in a cardboard envelope from a delivery service. In it is an official-looking letter that says at the top “in relation to your unclaimed refund.” The letter gives a phone number and says you will be asked to provide a long list of personal information including a photo of your driver’s license, plus your Social Security number and bank routing number.

The IRS wants people to know that scammers are using this information to file income tax forms in the names of others so they will get a substantial refund before the real person has filed. The IRS points out that the letter includes odd punctuation and other inaccuracies that can help a person spot this as a scam.

### Disaster Charity Scams

Not only is it hurricane season but we also have floods and wildfires that are destroying homes and businesses. Fake charities follow every natural disaster. Last year, Americans contributed nearly \$500 billion to real charities to help disaster victims so scammers know this is a lucrative area to get into. While donors intend to help people rebuild communities and their lives, they maybe unknowingly supporting criminal activity.

Here are some ways to help avoid charity scams:

- Don’t respond to a request immediately. Do some research first by going to watchdog organizations such as CharityWatch.org or CharityNavigator.org. Here you can learn if the organization is legitimate plus how much of the money they collect goes to help people and how much goes to salaries and other administrative costs.
- Consider making a list of charities to which you will contribute in the coming year and stick to that list. If other charities ask for donations, let them know you have a donation plan and you can consider them for another year.
- Use a credit card for donations. It gives you more protection if your card is abused.

### KSW Credit Union Scam

KSW credit union ran a contest on Facebook this summer where the winner would receive two tickets to Funtown/Splashtown USA. Many area residents responded. However, the contest was cancelled because a scammer added a statement to the website telling people to click on a link to register. There people were asked to verify who they were by adding a credit card number and email address to continue with the competition.

### Scams Involving Amazon

Because it is America’s largest retailer, Amazon has become the basis of a number of scams. One comes as a call, text or email saying the company has an issue with your Prime membership and you need to provide your credit card or bank account information to reinstate it. Amazon does not ask people for this personal information to verify who they are. To check your Prime membership, log into your Amazon account and check your status.

In another Amazon-related scam, people get calls, texts or emails stating something is wrong with their account and it will be suspended or deleted if they don’t correct it. People who respond to these contacts are asked to provide credit/debit card information and their login password. Amazon does not ask you for this type of information to verify your account. Here again, you can log in to your Amazon account to find your status.

Amazon offers a few suggestions on staying safe on their website:

- Always go through their mobile app or website when seeking customer service or to make a change to your account.
- Be wary of any contact that tells you that it is urgent that you reply. Scammers do that.
- Amazon is an online business. They do not call people requesting payment or personal information.
- To report an Amazon-related scam, go to [amazon.com/reportascam](https://amazon.com/reportascam).



## More Scams

### Investment Scams

Investment scams have become the type of fraud where Americans lose the most money. Investment scams give the impression that you can make a lot of money with little or no risk. These scams are often on social media or dating sites but they may also come as emails, phone calls or texts.

Here are a few things to know:

- If you get an unexpected contact about an amazing investment opportunity, walk away. It is a scam.
- Don't believe the promises that you will make money or earn guaranteed returns. No one can guarantee income from one of these investments.
- Don't act because someone says you will miss out if you don't act now. A legitimate investment does not require you to spend your money without plenty of time to think.
- Do some research on the company and the terms of the deal. You can type the name of the company into your computer browser plus the word "review" or "complaints" to see if you find others who have had a bad experience with this investment.

### Veterans Benefits Scams

There are TV ads where someone offers to help veterans file a claim for expanded benefits for health conditions that may have been caused by exposure to toxic substances. What these ads do not mention is that they file the claim for a fee. You can have the local VA representative do this for free, as well as provide many other services. If you are a veteran and want information or help in applying for benefits, make an appointment with the VA representative by calling **338-1190**.

### **Something To Keep In Mind**

If an offer sounds too good to be true, it probably is!

### Check Washing Scams

You put a check in the mail to pay for an item or a service. In a few weeks you get notified that the company did not receive that check. You discover the check was cashed but for a much higher amount. What happened?

Scammers are stealing envelopes from a person's mailbox or even from the big blue postal boxes. Once they find a check, they use household chemicals to remove the name and amount on the check and write in a different name (an alias) and amount and use a fake ID to cash it. Even if they do not cash the check, you are at risk for identity theft as they have your account number, name, address and phone number.

How can you avoid becoming a victim of check-washing scams? Here are a few suggestions:

- You can take advantage of your bank's electronic payment system.
- If you need to use a check, mail it in the lobby of a post office. Leaving it in a mailbox with the flag up is an invitation to a thief. If you need to put a check in the big blue mailbox, do so before the last pick up of the day.
- Keep an eye on your checking account to be sure there is no suspicious activity. If you find something odd, contact the bank immediately.
- If you are going out of town, have your mail held at the post office until you return. An overflowing mailbox is another invitation that there might be something of some value to a thief in the mailbox.
- If you think a check may have been intercepted, contact your bank immediately. Also file a report with the postal service and with the police department.

### **Triad has a Website!**

Check it out at  
***Waldocountytriad.com***



## Things To Know

### Wanderer Program

Over 29,000 Mainers are known to have Alzheimer's disease. As part of the disease process, some people wander away from home and cannot find their way back. When these persons get lost, it is an alarming situation for the person, family and community. Wandering happens not just with Alzheimer's victims but sometimes in other forms of dementia and autism.

The Wanderer program was developed several years ago to help bring these people home safely and faster. It begins with the family registering the person with the local police or sheriff's department. An officer gathers the name, address, phone number of the family and other pertinent information and takes a photo of the person. If the individual is ever reported missing, the photo and the description goes out to the computer in every police vehicle in the area. Now a patrolman who sees someone walking along the road will know that this is or is not the person being sought. Also the officer will know how to approach that person if there are specific things to know that might frighten the individual.

If you have someone who might wander, consider registering the person with the police. It might save your family a lot of stress one day. This program offers Waldo County families help when they need really it.

### Triad Website and Facebook Page

Triad has a new website and Facebook page. On them, you will find more about the organization and be able to keep up to date with Triad happenings. Currently, you will find information about the auction, Handcrafters' Day, Dining with Triad at Angler's, Dining with Triad at the YMCA and other events. You can also find Triad newsletters from the past and present. We continue to build it so stop by every now and then to see what is new.

Check out the website and Facebook page by going to:

**[waldocountytriad.com](http://waldocountytriad.com)**

### File of Life Inserts

Many Waldo County residents have the File of Life medical information packet from Triad. Over time, health conditions and medications can change and you have lots of erasures on the page.

Now we can mail a new insert to you. You get new inserts by calling or emailing Triad at:

call: **1-866-426-7555** or

email: **[triad@waldocountyme.gov](mailto:triad@waldocountyme.gov)**

The inserts are available by mail only. We will need your name and mailing address to get an insert to you.

### Triad Board of Directors

Triad is looking for new people to join the board of directors. A board member is a volunteer who helps create programs to improve the safety of those 50 and older. Also, the board members ensure there are funds to carry out the programs through fundraising.

The Triad definition of safety is broad and includes anything to make people safer in their homes and communities. Examples of current programs are how to avoid scams, fall prevention, safe disposal of medications, reflective house number signs, Files of Life, smoke/carbon monoxide detectors, and document shredding.

The group meets on the second Wednesday of the month at the Waldo County sheriff's office at 1:00 p.m. We invite people to drop in to see how the work is being done so they can decide if this is something that might be of interest to them.

According to its bylaws the board is comprised of citizens, community-based organizations serving older persons and law enforcement officers. This is an informal group with a concern for the safety of older residents.

Triad is looking for new board members and new ideas to improve the safety of the older citizens. Stop by if you might be interested in volunteering.



## Things to Know About Triad

### Reflective House Number Signs

Triad sells reflective house number signs at cost. Signs are helpful to first responders as they look for a particular house, especially at night. It also helps delivery persons.

You can set the sign beside the road on a post or you can attach it to a rural mailbox. The cost for the sign is \$10.

Send your order to:

Waldo County Triad  
P.O. Box 125  
Belfast, ME 04915

Include your phone number so someone can contact you when the sign is ready. If it is helpful, someone can deliver it.

### Support Triad with Returnables

Swan Lake Grocery accepts returnable cans and bottles for Triad. You can leave your returnables there and let them know the refund is for Triad. Every few months, the store will send a check to Triad for all the refunds made. We greatly appreciate their willingness to help support Triad in improving the safety of older Waldo County residents.

### Friendly Caller Program

Many older Waldo County residents live alone without much contact with others. Triad offers the Friendly Caller program to give people a daily connection with the outside world and the opportunity to let someone know they are okay.

Participants call the County Communications Center every morning to have a chat with someone. If the person does not call in, the dispatchers will try calling the house. If there is no answer, they will contact the person designated by the individual to go to the house to check on them. Over the years, several enrolled people have fallen and been unable to get up. This program has been credited with saving lives. To register or to learn more about the program, call **338-2040**.

### Supporting Waldo County Triad

Triad is an all-volunteer organization. Funds are used entirely to support programs. Most services are free so that everyone can take part. If you would like to donate to Triad to help support a particular effort. Below are the costs of three Triad services.

- Newsletter - \$6 per year
- File of Life - \$1.50 each
- Carbon monoxide/smoke detectors - \$40 each

The cost of Triad's drug collection, daily call-in and 911 cellphone programs are all donated by member agencies.

To make a donation to help continue these programs, make a check payable to: **Waldo County Triad** and send to:

**Waldo County Triad**  
**P.O. Box 125**  
**Belfast, ME 04915**

### File of Life

Triad offers a free medical information packet called a File of Life. It should be kept on your refrigerator door in the event of a medical emergency. It comes with a smaller version to keep in your wallet. Emergency responders are familiar with the File and look for it upon arrival. This packet can save the responders time as all the information they need to start helping you is in that packet. To receive a File of Life, contact Triad at:

**1-866-426-7555** or **triad@waldocountyme.gov**

### Safe Disposal of Medications

If you have medications you no longer need, there is a box for safe and proper disposal in the lobby of the Sheriff's office. It is available during office hours weekdays from 8:00 a.m. - 4:00 p.m.

### Contact Triad

If you want information about Triad or its services, visit our new website, call or email.

website: **waldocountytriad.com**

phone: **1-866-426-7555**

email: **triad@waldocountyme.gov**



# Community Opportunities

## Triad Auction

**Date:** Friday, September 8

**Location:** Tarratine Hall  
153 Main St., Belfast  
Viewing at 5:00 p.m.  
Auction at 5:45 p.m.

## Handcrafters' Day

**Date:** Thursday, October 5

**Location:** Tarratine Hall  
153 Main St., Belfast

**Registration Deadline:** September 15

Get details and registration materials at the Triad website or by emailing or calling. Contacts details are:

**website:** [waldocountytriad.com](http://waldocountytriad.com)

**phone:** 1-866-426-7555

**email:** [triad@waldocountyme.gov](mailto:triad@waldocountyme.gov)

## Dinner with Triad at Angler's

**Date:** To be announced

**Time:** 4:00 p.m. to 8:00 p.m.

**Location:** Angler's Restaurant in Searsport

## Dining with Triad at the YMCA

**Date:** Wednesday, October 25

**Start Time:** 11:30 a.m.

**Location:** YMCA  
157 Lincolntown Ave., Belfast

**Registration:** Call 338-4598

## Searsport Senior Drop-In

The Searsport Senior Drop-In center is open to anyone. There are games, Bingo, a free light lunch and a presenter offering information of interest to seniors.

**Date:** Third Wednesdays

**Time:** 9 a.m. - 2:00 p.m.

**Location:** Lions Clubhouse,  
44 Prospect St.  
Searsport

## Veterans' Services

A representative of the Maine Bureau of Veterans' Services will be at Spectrum Generations on the third Tuesday of each month if people have signed up to see him. Appointments are required. There is no walk-in service.

**Date:** Third Tuesdays

**Time:** 9:00 a.m. - 3:00 p.m.

**Location:** Spectrum Generations  
18 Merriam Rd, Belfast

**Appointment:** Call 338-1190

## Waldo County Pet Food Pantry

**Date:** First Wednesdays and Third Saturdays  
(come only one of the two days)

**Time:** 12:30 p.m. - 1:30 p.m.

**Location:** VFW Hall, 34 Field St, Belfast

**Requirement:** Rabies certificate for each animal.

The pantry accepts pet supplies no longer needed. If you have supplies you would like to donate, there is a drop-box at the VFW hall near the door. If you have pet items you no longer use or wish to buy something to contribute, the volunteers of the pet food pantry will be most appreciative.

## Window Dressers

Window Dressers is a local group who build window inserts to help reduce home heating costs. They measure your windows for a perfect fit and make inserts to be ready for use during the heating season. They are volunteers so the cost of an insert is low. With the high cost of fuel, you might like to contact them to see how they can help you.

If you are looking for a community volunteer project, they can always use extra help. The dates for building inserts vary by area.

You can get information to request inserts or sign up to be a volunteer on their website or you can contact them at 596-3073.





**Waldo County Triad** is a 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 Phone Number: 1-866-426-7555**  
**email: triad@waldocountyme.gov**

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|                     |                 |                        |                  |
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Fall 2023

Waldo County Triad programs are open to all regardless of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information or veteran status.

To change your mailing address or to add or remove a name to this mailing list, call Waldo County Triad toll-free at 1-866-426-7555 or e-mail triad@waldocountyme.gov

Change Service Requested

Waldo County Triad  
PO Box 125  
Belfast ME 04915



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