

**Date Sent** Sunday, July 31, 2016

**From** Aging at Home Fairbanks

**Subject** Subject: AAH Fairbanks Newsletter July 2016

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## **MUSIC IN THE GARDEN**

Donna Dinsmore and the Events Committee has once again provided our members and volunteers with a wonderful July event. On Thursday, July 14, one of the hottest days of the summer, we joined together for an al fresco picnic and then a delightful concert by the Fairbanks Community Jazz Band in the Georgeson Botanical Garden. What a wonderful way to take advantage of one of the many events offered around town in the delightful company of our like-minded little group!





## **PROTECT YOURSELF**

This information is brought to you by the Better Business Bureau of Anchorage.

### **Grandparent Scam:**

The “grandparent scam” is an imposter scam aimed at seniors. The frantic phone call often comes late at night or early in the morning when an elderly person may not be as cognizant. The scammer poses as the victim’s grandchild, (or other family member) and often they know the grandchild’s name although in some instances, the victim may inadvertently say the grandchild’s name.

The grandchild claims to be traveling, often in Mexico or Canada, and is in some sort of trouble - they’ve been in a car accident, they’re in a hospital or they’ve been arrested and in jail. They need money right away, but plead with the grandparent not to call their parents. An accomplice then comes on the phone, pretending to be from the jail, the hospital or even from the American Embassy and gives instructions on wiring the money or obtaining a pre-paid debit card.

Our best advice? Just hang up the phone! Don’t even get into a conversation with anyone who calls you unsolicited. And never wire money! Call your family members and let them know you received this call.

### **IRS Scam:**

The Better Business Bureau continues to hear from people in Alaska that they are receiving phone calls from fraudsters proclaiming to be from the IRS.

Scammers pose as IRS agents and instill fear in victims by demanding money and/or threatening jail time. Fraudsters will even spoof phone numbers so that the call appears to be coming from the IRS or local law enforcement. They claim to have audited the victim's account and back taxes are owed. If the money isn't wired (or put onto a prepaid card), they threaten to have the person arrested and their driver's license revoked. There has been some cases where cons obtained a victim's personal information, adding credence to the demand for money.

If you receive any unsolicited phone calls demanding money or personal information, just hang up the phone!

For more information and tips, go to [bbb.org](http://bbb.org). If you receive any of these imposter phone calls, please report the scam to [BBB's Scam Tracker](#).

## **MEMBERS CORNER**

### **Worried about a medical appointment?**

There are times when you would rather not go to a medical appointment alone. Will you remember what was said: what the doctor called it, whether it was a simple problem, what you were supposed to do next?

One of the services that AAH Fairbanks might provide is health/medical advocacy. The idea is to have trained volunteers who can accompany members to health-related appointments. They would be there to provide support, to clarify questions, and to take notes on the diagnosis, treatment, and follow-up.

- Do you think this is worth pursuing?
- Do you know people who might like to do this, perhaps former nurses or social workers?

Send your ideas and suggestions to [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com).

## **SAVE THESE DATES:**

**August 30: Issues on Aging Lecture: How to Make Your Money Last in Retirement** presented by Ben Roth, SBS Retirement Consultants, LLC at 3:30 pm at the Senior Center.

## **ISSUES ON AGING LECTURE SERIES**

On July 26 Karla Zervos presented a lecture, "Cheap N' Eazy - Home

**Modifications to Keep You Aging at Home".** She spoke about finding inexpensive items for your house that can keep you aging at home. She introduced products ranging from lighting to convenience and safety devices costing from \$1.00 to \$100.00.

Karla Zervos is the founder of *Lifespan Home Modifications*, a company dedicated to providing home improvement and remodeling services that benefit older adults. She is a Certified Aging in Place Specialist who advises building professionals and homeowners interested in homes designed for aging and home health care.

Karla is one of our paid providers.



## **SPOTLIGHT ON VOLUNTEERS: MEET SUE ROYSTON**

### ***Volunteer and Member***

I grew up in the California Bay Area and spent a few years in Oregon before to Alaska in Fairbanks May 1, 1972. I was hired by the Geophysical Institute, UAF and retired after more than 29 years as Payroll Manager. I joined the Cold Steel Band, a steel drum band, and became Treasurer as well as musician. At that time I delivered Meals on Wheels for several years. After 12 years with the band, I left to pursue other adventures.

I have a daughter, two grandchildren and two great-Grandchildren all living here in Fairbanks! I am currently a member of many community organizations and volunteer in many capacities. Currently I am a member and volunteer for AAH, I received IRS certification in 2015 with AARP Tax-Aide, I volunteer to help cancer patients reconcile their insurance through the Cancer Center Outreach Program and I foster German Shepherds.

I am enjoying every moment of retirement.



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[Done](#)