



One member writes about her recent experience

Seniors Need to be Aware of Scams in 2019

Have you ever said to yourself: "I'm not as smart as I thought I was."

You may have seen in the media in the last few days a story about an Oregon couple who lost \$123,000 from the sale of their house when their title company was hacked. We here at the So. Salem Senior Center have our own story. Not of being hacked, but of a member actually falling for a scam and losing money. Hacking and scamming are done by the same people, the FBI says, and mostly from the same overseas sites.

Our member has asked to tell her story to everyone so they can learn from her mistake, but she would rather not share her name. We assure you she is an active volunteer, intelligent, highly educated, and tech savvy, but they got her money.

This is her story

I'm going to make a couple requests to readers. I am still sensitive about what I experienced and I ask not to be reminded of what I should or shouldn't have done. As for advice, none is necessary because this experience made me an expert on the subject. This is an abbreviated summary of the events but I want to get your attention..

My grandson Sam, who is not a youngster, recently went to Reno to help an elderly friend get his home winterized.

On Friday while Sam was gone, I received a phone call from someone whose voice sounded like Sam. He started out by telling me he had been injured in a bad car accident in Reno, and he had been injured, taken to a hospital and patched up, then taken to jail, and would I please send bail money. Sam asked for secrecy because if word got out, it could jeopardize his future. I thought this strange but since he asked, I promised to keep quiet. He said they gave him a short time to make the call, so he couldn't answer many of my questions.

He gave me the name and number of a public defender assigned to him and asked that I call the man who would tell me about his charges, and how to send bail money. This man told me that Sam sustained facial injuries; a broken nose and some cuts on his face required stitches. After being treated, Sam was taken to jail. Supposedly Sam had run into a car driven by a woman, and subsequently was charged with DUI and reckless endangerment.

Continues on page 2.

PANCAKE BREAKFAST

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eggs, sausage or ham, orange juice,
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8 to 10 a.m.

January 19, 2018

8-10 a.m. JUST \$5

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Travel Presentation South Salem Senior Center by Best Oregon Tours, Clem Ogilby



- **Where would you like to travel?**
- **Any one day tours you might want to take?**
- **Tell us how we can best serve your travel needs? And MORE.....**

**Wednesday, Jan. 9, 2019
1 p.m., Bingo Room**

Grandparents and Seniors Targeted by Hackers and Scams

Continued from page 1.

This 'attorney' told me how much the bail was, and how to get to the bonding agency. With the bail received, Sam would be released at noon Saturday, and my money returned to me. Supposedly surveillance cameras had been found that proved he was not at fault so a judge dropped the charges. Saturday morning I received another call from the 'attorney' stating there was a new development. The woman in the other car had been 7 months pregnant, she gave birth, and the baby died. She planned to sue Sam for a large sum of money.

The next release time was to be 8 a.m. Monday since nothing happens on a Sunday. However, there was good news. The judge reviewed the case and prevented the lawsuit since the accident wasn't Sam's fault. I would be getting a call from Sam Monday to tell me when he would be free and could come home. They could then start the procedure for returning my money.

I waited all Monday morning for the call which didn't come. Early afternoon I started calling the 'attorney's' number and calls wouldn't go through. This was the scariest and most stressful four days I've ever had and I was afraid to share the information with anyone because of Sam's warnings. Finally, after dark on Monday, I was getting suspicious and panicked. I dialed Sam's cell phone.

He answered right away. I asked, "Where are you?" He said, "I'm home (in Oregon)." I said, "Did you have a car accident in Reno?" "No," Sam said. Did you have an injury: no. Did you get a DUI: no.

Then reality hit me hard: I HAD BEEN SCAMMED! The red flags were in every call but I kept telling myself that I had talked to Sam and was sure he wouldn't lie to me. Well, he didn't. I didn't even talk to him. These guys are really good and they know that grandparents will go to almost any length to keep their grandchildren safe.

Research shows that grandparent scamming is a BIG OPERATION. Be careful if you get a call like this. I always thought I was smart enough to detect a scam but those guys know how to tug at the heartstrings of grandparents. It is likely they got Sam's information from social media, so warn everyone you talk to: do not post anything at all about planned trips and be cautious who you discuss those plans with. If they have a

name, they can find your life history online; who your relatives are, contact information, etc.

I have felt every emotion in the book regarding this experience. Fear, disgust, vulnerability, sadness, humiliation, embarrassment, anger, agitation, sleeplessness, violated, etc.

I regret losing the money (and it is lost) but that doesn't bother me as much as the emotions I've just mentioned. The red flags were up but I was blind to them. It was the most stressful days I can remember because I was alone in this, not knowing what to do with the information I had. I had promised to keep silent and I did. Just remember, we are not always as smart/tuned in, as we think we are.

One last suggestion. If something similar happens to you, be sure to report it to the authorities. It may not help you get compensation, but with all the info they collect combined, there may be some clues that will help get the creeps!

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Protecting yourself against this Scam

AARP reports that this scam is highly sophisticated, and mostly comes from out of state. People in the US were robbed of \$3 billion last year by this type scam because 65+ people are more gullible, and grandparents are emotionally involved when it involves grandchildren. AARP says NEVER wire \$\$\$!

Report scams to AARP (www.aarp.org/fraudwatcher or 800-646-2283), and Federal Trade Commission (www.ftc.gov or 8773824357). Always ask the 'grandchild' a security question no one else can answer, or tell them you will call them right back. Either question will test validity of the person.

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Presidentially Speaking... by Camille Lockling

Hello to all of you at The South Salem Senior Center. I would like to wish all of you a Merry Christmas, a Happy Holiday, Happy Hanukkah, Feliz Navidad, or whatever you prefer. But most of all I would like to thank you all for being a part of our center in whatever capacity you have chosen.



I also sincerely hope for health, joy, and prosperity as you each would desire it to be in this coming year. I am working on deep and thoughtful positivity for myself in my future. I have been pretty much turned off with the holidays for years.

Thank you for those who decided to decorate in the center this year. It has not made me anymore festive. Just viewing the lights and color has given my brain the message to smile. Maybe it was my rigid religious upbringing. But I grew up feeling guilty during the holidays. There was always someone with less than me. I felt I should just survive and not a lot more. I feel sorrow for the homeless, I grieve for the refugees, I mourn for the individuals who have lost everything because of Mother Nature. As you read this one can tell I care deeply. The list of people who are in need is endless. I feel that I have a connection to the individuals I speak of. I also feel that connection to all of you here at the center. There are those of you I see daily, Bless You.

I know there are many of you who helped build this center in so many ways, but cannot attend. Blessings to you. Every day that I see one of you here, I feel blessed. This year it would be an honor to lend an ear. We can always find a corner to talk.

Soon it will be another year. I have some formative plans for the center. But my crystal ball tells me here at the center we are going to excel in 2019.



**Think it, Believe it
and we will see it.
Happy New Year My
Friends**

Help Wanted

Travel Coordinator: Plan trips, register travelers, and escort tours. (2+ days per week)

Newsletter (Backup) Editor: Write, edit and do computer graphics to assist current editor and fill in during an absence. (3-4 days per month)

Workshop: January 10, 1-3

Sign-up on Center's hallway clipboards
Photos and stories fading away?



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Senior Center Activities

Garden Club

January 2019 Garden Meeting: We will meet on Jan. 22, the Tuesday after M.L. King Day. The Center is closed on that Monday.)

We will have a Master Gardener speaker at 1 p.m. Everyone is invited. You don't have to be a member to attend.

Our meetings are usually on the third Monday of each month except in January and February due to Federal holiday closures.

Our group is fortunate to have Master Gardener speakers on a regular basis to come discuss all kinds of garden related topics, questions and issues we deal with in our home gardens. Other speakers visit with plants for our raffles. We are a fun and active group of age 55+ folks who enjoy all things garden related.

Please come and check us out. We love to welcome visitors who want to join in our fun or just want to find out what they are missing!

Questions? Phone me Barbara, chair of the club, leave a message as I may be out in my garden. *Barbara Castle (503-375-7723)*



Monday Afternoon Crafters

Recently, I went on a bus tour to Tacoma and Victoria, B.C. As we rode from area to area, I overheard another lady say that she was involved with the Assistance League that sponsors Operation School Bell, that provides clothing and supplies for school children in the Salem Schools. She mentioned that according to their figures, there are 700 homeless high school children in Salem Schools.

I mentioned that our SSSC craft group donated items to them, she hesitated a moment and then blurted out, "Oh, you're the group that donated hats and matching scarves. We were thrilled with all of those donations!"

Our group is becoming well known. I then told her about our project to knit 360 hats and matching scarves for the Chemawa Indian School. Operation School Bell was the recipient of the excess, for which they were very grateful.

One of our newer places to receive our donations is Hospice. We now have ladies creating lap robes, hats, scarves, mittens and slippers. They are so appreciative of everything we donate.

We are so thankful for those ladies who knit or crochet, and send us their creations. All are gratefully accepted and passed on to those in need.

Please join us, Mondays from 1-3. We have yarn, needles, and help those who would like to learn.

Arlene Williams



Gift Shop News

The Gift Shop is open 8 a.m. to 3 p.m., Monday through Friday. We have many great items for sale. Good deals and very reasonable prices. Check out our selection of greeting cards, 2 for .50 cents.

The Gift Shop needs donations in order to have a variety of items. Please go through your drawers, dressers and cabinets, and find things you can donate. Your unwanted items can become someone else's treasure.

Nifty Thrifty Rummage Room

A new year is underway! Donations are coming in on a regular basis, they are always appreciated. We are open from 9 to 1 on the First Saturday of each month, 8 to 10 on the Third Saturday, and weekdays from 8 a.m. to 3 p.m.

Francis Fredrickson and Randy Miles

1st Saturday Rummage Sale: January 5, 9-1



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Senior Center Activities

Board Meeting

Monday, January 7, 10 a.m. Meeting is open to any interested member. Agenda is posted on the hallway bulletin board.

Membership Meeting

The next membership meeting is **January 9, 1 p.m.** **Birthday Reception** to follow the meeting. **A Travel Presentation with Clem Ogilvy of Best Oregon Tours** will also follow the member meeting.



It's almost tax time!

AARP's
tax preparers will begin
doing taxes by appointment
for **NO CHARGE** on
**February 6, on Wednesdays, Thursdays and
Fridays, through April 10**

Make your appointments starting January 11.

Volunteers Needed: Reception Desk, Gift Shop, Rummage Room

We have wonderful volunteers at our Reception Desk, but we've overworked them. We need more members to staff the desk. As you probably know, we have two volunteers on each shift: 8 to noon and Noon to 4. Please call Alice Wells, Office Manager, if you are interested in sharing your time and talent.
Job Duties: *answer phones and questions, process membership payments, and greet people.*

Volunteer clerks are also needed in the Gift Shop and Rummage Rooms.

If you have 4 hours once a week to donate to help run your senior center, please do. It's fun and we need you.
Job Duties: *Arrange product displays, receive donations of products to sell, greet customers, and handle money.*



'Round the Center by Donna Avina

T'ai Chi Class Beginning

If you have already taken an introductory T'ai Chi class, or have some knowledge of T'ai Chi, you're ready for the next level, a Form Class. Jill Corcoran will teach Form starting Jan 28 to March 25, on Mondays and Thursdays, 10:15-11:15. January and February classes cost members \$45, and \$35 for March.



T'ai Chi is low impact, increases flexibility and improves balance. Studies have also shown it lowers blood pressure, reduces pain, improves energy, increases stamina and flexibility, and relieves stress.

A sign-up sheet is located in the Center's hallway clipboard wall, or you can simply come to the first class.

***For more information call the Center
at 503-588-0748***

Let's Take a Walk! Do you like to walk? Would you like to walk with others? On Tuesdays and Thursdays at SSSC, Chair Yoga meets from 8:30 to 9:30. Some of the Yoga participants like to walk afterwards. If you would like to join the group, meet at SSSC at 9:30 and walk about 2 miles ending back at SSSC. If it's raining, the group won't walk. So far, the weather has been perfect for walking. You don't have to participate in the yoga class, but you are certainly welcome to!

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Travel Office

By Appointment



Book these trips through the Center's Travel Office so we can earn a commission



New tours coming , but not listed on this page are Italy, Maine, Washington DC, and Seattle's Christmas Ships, just to name a few!

COME IN AND CHECK OUT THE FLYERS

January 11-15: San Diego, CA

February 8-14: Orlando and Miami

March 20-22: Oregon's own European Charm, Ashland. "Hairspray" at OSF, "Beehive" at Cabaret Theater. Enjoy fantastic music from 50s and 60s.

Deadline: 1/15

March 21-25: Fly Away Mystery Tour to largest city in nation not on a navigable waterway.

Deadline has past, but call for more information.

April 8-13: Sedona Moab & Monument Valley. Sedona, AZ, called "Red Rock Country," with parks, scenery, and the cool waters of the Colorado. **Deadline: Feb. 1**

April 23-26: Tri-Cities & the Snake River:

Learn about US's top secret Manhattan project (Hanford Site), and cruise the Columbia and Snake rivers thru No. Americas deepest gorge. **Deadline 3/12**

May 19-22: Lake Quinalt & Ocean Shores. Unique landscape of rain forest, rugged mountains, lowland lakes, rivers and saltwater beaches. **Deadline: 2/14**

May 26-31: Philadelphia & Gettysburg. Philadelphia, brimming with history, home to America's most sacred historic sites: **Deadline: 2/21**

June 9-15: NE Oregon & Beyond. Breathtaking beauty and diversity. An Area steeped in history. Stops in Walla Walla/Clarkston/Joseph/Baker City/Baker and Bend/Sisters.

June 22-24: Mount Rainer & St. Helens. Washington's most famous Icons. Old growth forests and stunning wild flower meadows, active volcano.

Deadline 4/21.

July 8-14: Mackinac Island & The Great State of Michigan. Step back in time to a time where transportation is limited to buggy, bicycle or foot.

Deadline: 4/4.

July 15-21: Montreal & Quebec City. A French speaking city, considered a cultural capital of world, with glimmer of Old Europe with cobblestone 17th century streets. **Deadline: 4/11.**

Aug. 18-22: Redwoods. Journey to a place declared America's most scenic country and home to the world's tallest trees. **Deadline: 5/16.**

If you are interested in any of these trips, come by the Center's Travel Office and pick up a flyer with more information, OR Call our Center at 503-588-0748, OR Call OregonWest Excursions at 503-585-3979 (mention that you heard about trip through So. Salem Sr. Center)

A BUS TOUR by Arlene Williams

Recently I took a bus tour with Oregon West to Tacoma and Victoria B.C. In Victoria a guide was hired to give our bus-load a tour of the city. She was very animated as she told about the eccentricities of Victoria. There are several precinct-type divisions of the city. Each has its own precinct building, its own mayor, council, police dept., and fire dept. Everyone knows all of these divisions are not financially responsible, but no precinct can agree with another to combine.

In one of these precincts, a policeman was on duty and was just driving around his area. Suddenly he noticed a lady driving with her arms laced through the steering wheel and holding knitting needles and yarn. He couldn't believe his eyes. As he followed her down the street, he turned on his flashing red lights. They had no effect on the lady driver. So, the cop pulled up beside her and shouted "Pull over. Pull over! She sweetly looked at him and said, "No this is a cardigan!"



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South Salem Seniors Newsletter Monthly Publication

Articles and editorials printed in the SSSC Newsletter reflect individual opinions and are not necessarily the Center's opinion.

*Advertisements in the SSSC Newsletter do not
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of this organization.*

South Salem Senior Center

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Camille Lockling, President 503-269-1463

Randy Miles, 1st Vice President 503-585-3077

Paula Hindman, 2nd Vice President

Alice Wells, Office Manager 503-362-5139

Kate Bayne, Secretary



Welcome!

New Members November

*We welcome these new
members. Be active, volunteer
& socialize.*

Marcy Dombrowsky
Leroy Frady

Linda Judd

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to get acquainted with your new extended family.**

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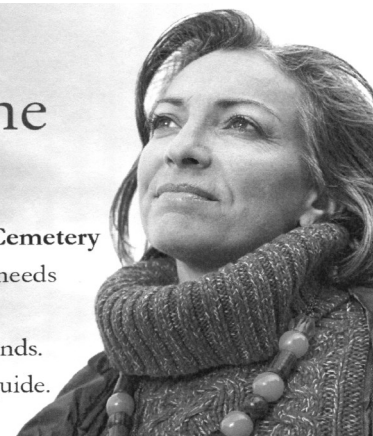
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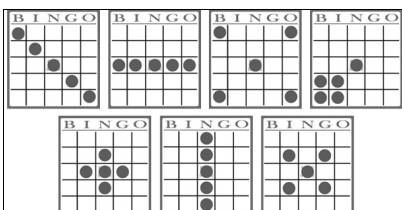
If your membership expiration date is highlighted, please renew to support your organization.
Remember, we are seniors helping other seniors.

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Minimum buy in is just \$3.75



*"You are never too old to set a
new goal or dream a new
dream."*

C.S. Lewis

South Salem Caregiver Connection

January 23 (4th Wed of each month) 2-3:30

Terrace Lake Park Clubhouse, 2120 Robins Lane SE, Salem

Presented by Northwest Senior & Disability Services

Open free to unpaid family caregivers and friends of older adults receiving care. Our monthly group explores ways to cope with the challenges & stresses of caring for a loved one and provides valuable information and resources. Drop-ins welcome! Group Facilitator: Amy Crevola, MSW 503-606-7620.