



Triad Newsletter

A Waldo County Joint Venture in Senior Safety

Volume 17, Issue 3

Summer 2019

Triad Happenings

Dining for a Cause at Anglers



Anglers Restaurant in Searsport will host a **Dining for a Cause** event at which Triad will receive a percentage of the proceeds from each meal. This will take place:

**Thursday, August 15
4:30 - 8:00 p.m.**

Angler's ran this event for Triad last April but it was a slippery night so the management has offered to try again. Their thoughtfulness is greatly appreciated.

Drug Take-Back and Shredding Day

Last fall during the drug take-back day, Triad also had a shredding truck available. There have been numerous requests for the shredding service since that time so the truck will return.

You are invited to bring your unwanted medications for proper disposal plus any paper containing personal information that you would like to have shredded. You may want to shred old checks, medical records, tax records, bank statements and the like. It is all free and there will be refreshments.

You can help Triad by leaving your returnable cans and bottles. All contributions will go to help continue safety programs for seniors.



**Saturday, October 26
10:00 a.m. to 2:00 p.m.
Sheriff's Office
Public Safety Way, Belfast**

Triad Auction

If you have new or gently used items that you would be willing to donate, Triad will be collecting through the summer. Smaller items can be left at the sheriff's office on Public Safety Way in Belfast on weekdays between 8:00 a.m. and 4:00 p.m. If you have a larger item that needs to be collected, contact the sheriff's office at **338-6786** to make arrangements for someone to pick it up. Sorry but we are *unable to accept large pieces of furniture, electronics or clothing*.

Friday, September 13

Tarratine Hall

Main St, Belfast

previewing - 5:00 p.m.

auction at 5:45 p.m.

Food will be available for purchase.

Waldo County Handcrafters' Day

Since 1983, a group has offered Waldo County Handcrafters' Day where experienced volunteers have presented several day-long workshops on techniques for various handmade items. The original group that organized the program has disbanded and Triad will pick it up. The event will take place on a Saturday in the fall. Details will be in the next edition of this newsletter. It is a day to learn something new and to meet others with similar interests.

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 From Our Readers

Scam Involving Bank of America

A reader received an email stating that numerous invalid login attempts had been made on her Bank of America credit card account. Due to this, her card has been restricted from activity. In order to lift the restriction, she was directed to verify her account information for online banking. She was provided a link on which to click to get her account working again. She was told that she should have her credit card at hand as she would have to submit the card number, expiration date and security code.

The reader did not reply to this request. If she had, she would have given the full use of her credit card. Know that banks or credit card companies will not call or email asking for your banking information. If you have any questions about a call or email message, contact the bank or credit card company using the phone numbers they provide, not the ones given in these phone calls or email messages. The ones that the scammers provide go right back to them and another scammer will talk to you.

Credit Card Use Scam

A reader reported that he received a call where the caller said that someone had gotten his credit card information and was making purchases on it. To verify that he was the real owner of the card, he was asked if he had it in his possession and if so, to read the numbers, expiration date, and security code to the caller.

This man did not reply to the caller but hung up and called the number on his credit card. The credit card company assured him that no charges were made on his card except those made by him. This was a scam where the caller was trying to steal the credit card data.

If anyone calls asking for your credit card details, know that it is not the credit card company. They already have that information and will not request it from you again. If you have questions, do as this reader did, call the number on your card.

Scam Involving Apple Computers

This reader got what looked to be a genuine email message from Apple. It read that someone had hacked into her email account so it had been locked. In order to get it unlocked, she needed to call a number and send money. She did not reply.

If she had called, she would have been asked for her credit card information or to buy some reloadable debit cards from a grocery or drug store and give the numbers from these cards. These messages are upsetting to people and they may respond to them thinking they are real. Be suspicious if people that you do not know call you or email you out of the blue telling you that you need to send money.

Romance Scams

Triad has been told of area people who have been paying money to a person they met on the Internet. The person calls and works to build a relationship. When the relationship is established, the caller needs money to come to Maine to meet. Unfortunately, when that money is sent it has to be used for unexpected family medical bills. So more money is sent. Then perhaps the story is that the car broke down so the money had to be used for that. Each time money is sent something happens requiring urgent attention and the visit has to be put off until more money is made available. Some persons have spent thousands and the friend never makes the trip. It is likely that the call is made from outside of this country and that similar calls are made to several others using the same hard-luck stories. Be suspicious of anyone you meet online who asks you to send money. It is usually the sign of a scam.

Online Car Purchase Scam

A man reported buying a car online. He was supposed to send half the money up front and pay the rest when the car arrived. He sent the money but the car never got here. When he tried to contact the seller, he could not be found. Often the car pictured may not have been owned by the seller. The buyer's money is gone.



More Scams

Scam Involving Local Hospitals

Readers have contacted Triad about calls they have received where the caller ID reads that it is coming from Waldo County General Hospital or Pen Bay Medical Center. The caller claims to be selling medical appliances or insurance. The scammer asks questions to get people to reveal sensitive information including their credit card or other financial information. Some people say they are getting the calls repeatedly. There is really nothing a hospital or anyone else can do about someone changing their outgoing caller ID information to falsely read as belonging to someone else. Be aware that the hospitals would not be calling to request financial or banking information over the phone nor would they call you to sell insurance or medical equipment. Police do not have equipment to determine who is making these calls. Just know that if you get one similar to this, it is a scam.

Social Security Scam

For the past many years, the IRS scam has taken the most money from Americans. However, in 2018, people lost more money to callers who said they were from the Social Security Administration. The caller launches into a story aimed to trick a person into giving them money and their Social Security number. Most often the current scammers are saying that a crime has been committed using your Social Security number and it has been frozen and can no longer be used. You will be asked to give your Social Security number because they say they need to verify that they have the correct person. You may also be asked to pay to reactivate it. If you get such a call, just hang up. If you are worried about it, you can make a toll-free call to the local Social Security office in Rockland at

1-855-269-9179

Thank You!

Waldo County Triad wishes to thank
Tarratine Tribe #13
 for helping Triad to keep the cost of our
 programs lower so we can help more seniors.

New IRS Scam

The public was beginning to catch on to the IRS phone call scam where potential victims were being told that they owed money to the IRS. The IRS sent out messages through various forms of media and through many organizations saying that they only contacted people by mail.

That message got through to the scammers, too. The IRS is now warning that people are receiving letters stating that the IRS is about to apply a lien or levy due to unpaid federal income tax. The letters say they are from the Bureau of Tax Enforcement. The letter mentions the IRS and we know that the organization has enforcement personnel so the Bureau of Tax Enforcement sounds as if it might be real. It is not! There is no such agency. Many people are sending money to these scammers. Don't get caught.

Veteran Charity Scams

The Federal Trade Commission recently shut down two charities that were claiming to collect money for veterans. The American Veterans Foundation falsely claimed to accept donations to be used to send care packages to deployed military service members and to give immediate support to homeless veterans. In reality, 92% of \$6.45 million collected went to pay the salaries of the people in charge of fundraising and the program administrators. Only 8% was spent on any military-connected assistance.

A second charity was using various names including Veterans of America, Saving our Soldiers, Act of Valor and Medal of Honor. They used automated calls to request donations of cars. They claimed the vehicles would be used to help veterans. It turned out that no veterans received any help from them.

Scammers know that Americans are generous when it comes to military personnel. There are very worthy veterans' organizations operating on behalf of service members past and present. Be sure you have the right organizational name before you give. Scammers often use a name that is very much like the genuine organization.

Even More Scams

One-Ring Call Phone Scam

The Federal Communications Commission is warning the public about the one-ring phone scam. Many people call these numbers back figuring that it is a missed call. Scammers know this and hope you will do just that.

The number that appears in the caller ID display will begin with a 3-digit number like American area codes. Usually the call is coming from another nation that also uses the 3-digit code system. If you call back, you risk being connected to a phone number outside the United States, most often the Dominican Republic or Sierra Leone. You will not only get a connection charge and an international billing charge per minute but these calls are set up so that the scammer gets a substantial amount of money from the call for each minute he or she can keep you on the phone. The bill can amount to hundreds of dollars.

If you get a one-ring call from a number you do not recognize, **do not return the call**. If you are billed for a call you made as a result of the scam, first try to resolve the matter with your telephone company. If you are unable to resolve it directly, you can file a complaint with the FCC online at

<https://consumercomplaints.fcc.gov>

or

Call toll-free: 1-888-225-5322

There are variations on this one-ring phone scam. One uses the single ring to make sure the number is one currently in service. If the phone rings, then it is an active number. That phone number can be sold to other scammers.



Elder Abuse is domestic violence.

For help or information call
NEW HOPE for WOMEN.

1-800-522-3304

Donation Scams

The burning of the historically important Cathedral of Notre Dame in Paris brought donations from around the world to help in the rebuilding effort. The scammers were soon trying to collect too. In this country, warm weather tends to bring hurricanes, floods and tornadoes. As always, Americans will also want to step up to help the victims who have lost so much.

How do you know if the organization or crowd-funding project that you are donating through is valid? There are some things you need to know:

- Search online for the name of the organization plus the word “complaint” or “scam”. Read what others have to say about the organization.
- Crowd-funding sites may not be well-monitored. An online fundraiser should tell you who will get the donation and how the money gets to the charity. It should also tell if they keep any part of your donation as a fee. These details should be clear and easy to find without hunting through fine print. If the details are not clear, then consider donating another way. Crowd-funding can be a great technique to help someone but remember the project is only as good as the people behind it.
- If a tax deduction is important to you, then there are some contributions that will not be acceptable. In the instance of the Cathedral of Notre Dame, if the organization is not registered in the U.S., then, the donation cannot be used for tax purposes. Donations through crowd-funding sites for individuals are not tax deductible either.
- Donate to organizations that you are familiar with. Be sure the name given is exactly like that of the real organization as scammers often use names that are very similar to well-known charities.
- If there is a way to donate to a cause through a local charity, then you have the best chance of knowing that the money is very likely to be used as you expect it to be used.

Things to Know - Area Food Pantries and Soup Kitchens

Belfast

- **Belfast Soup Kitchen**
Mon. to Fri. 10:30 a.m.- 12:30 p.m.
Reny's Plaza
Tel: **338-4845**
- **No Greater Love Food Pantry**
Sun. 1:00 - 2:00 p.m.
34 Field Street
Tel: **299-2093**
- **Greater Belfast Ministerial Food Cupboard**
2nd & 4th Fri. 9 - 11:30 a.m.
23 Mill Lane
Tel: **338-5575**
- **Little River Church Food Pantry**
3rd Thurs. 6:00 - 7:30 p.m.
259 Northport Avenue
Tel: **338-1006**

Jackson

- **Jackson Town Pantry**
4th Tues. May to Oct. 9:00-10:00 a.m. &
Nov. to Apr. 10:00 - 11:00 a.m.
260 Village Road
Tel: **722-3205**

Liberty

- **AMVETS Food Pantry**
Last Sun. of each month
283 McLain Road
Tel: **322-2680**
- **Liberty Area Food Pantry**
3rd Sat. of each month
100 Main Street
Tel: **589-4671**



Monroe

- **Monroe Food For All**
Meals and Food distribution on Thurs.
26 West Main St (Monroe Church)
Tel: **525-4443**

Morrill

- **Crossroads Food Pantry**
Every Wed. 5:00 - 6:00 p.m.
1106 Augusta Rd
Tel: **342-4044**

Northport

- **Northport Food Pantry**
3rd Wed. 8:00 - 10:00 a.m.
489 Atlantic Highway
Tel: **323-9742**

Palermo

- **Palermo Food Pantry**
Tues. 11:00 a.m. - noon
Community Center, Turner Ridge Rd
Tel: **993-2225**

Searsport

- **Searsport Congregational & Methodist Food Cupboard**
1st & 3rd Sat. 9:00 - 11:00 a.m.
43 East Main Street (Methodist Church)
Tel: **548-6204**

Unity

- **Volunteer Regional Food Pantry**
3rd Sat. 6:00 - 7:30 a.m.
180 Depot Street
Tel: **487-1199**

Winterport

- **Neighbor's Cupboard Food Pantry**
Wed. 8:30 - 10:00 a.m.
40 Park Drive
Tel: **223-9951**



Things to Know about Triad

Reflective House Number Signs

Triad offers green, double-sided, reflective house number signs. These can be attached to a rural mailbox or a metal post. Order yours by phone or mail. Give the numbers you need and whether you want the sign to read horizontally or vertically. The sign will be delivered and installed for you.

The cost is: \$10 without a post
\$15 with a post

To order yours:

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

or

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

or

email: triad@waldocountyme.gov

Make a check payable to Waldo County Triad.

Supporting Waldo County Triad

Triad is an all-volunteer organization. Funds are used entirely to support programs. Most of our services are free so that everyone can take part in them. Some readers like to donate to Waldo County Triad to help support a particular effort. Below are the costs of three Triad services.

- Newsletter - \$5 per year
- File of Life - \$1 each
- Carbon monoxide/smoke detectors - \$30

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 efforts, make a check payable to: **Waldo County Triad** and send to:

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

Triad's Facebook Page

Follow Triad on Facebook to find out what the organization is doing.

File of Life

If you would like to have a medical information packet to keep on your refrigerator door in the event of a medical emergency, call or email Triad and ask for a File of Life. You will also receive a smaller version to keep in a wallet. All area emergency responders are familiar with the File and look for them upon arrival. This packet can save the responders considerable time as all the information they need to start helping you is in that packet. To receive a File of Life,

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

or

email: triad@waldocountyme.gov

Email Newsletter Offer

If you would like to receive this newsletter by email rather than by mail, just send your name and email address to our newsletter address at:

triad@waldocountyme.gov

You will be notified when the next edition is ready. Back issues from the past several years are available at:

<http://www.waldocountyme.gov/wso/user/triadnewsletters.html>

We are happy to provide the newsletter without charge via email to anyone regardless of where a person lives.

Paper copies are free to Waldo County residents. We also send paper copies to addresses outside of Waldo County. We ask that those persons contribute \$5 to help defray the cost of postage and printing.

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 return quicker.

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!



Community Opportunities

Dining for a Cause

Thursday, August 15
Anglers Restaurant
Searsport
4:30 - 8:00 p.m.

Anglers will help to support Triad programs by contributing a portion of the proceeds from each meal served that evening.

Triad Auction

Friday, September 13
Tarratine Hall
Main St, Belfast
previewing - 5:00 p.m.
auction at 5:45 p.m.

Food will be available for purchase.

Drug Take-Back and Shredding Day

Saturday, October 26
10:00 a.m. to 2:00 p.m.
Sheriff's Office
Public Safety Way, Belfast

Bring unwanted medications for safe disposal, and unneeded documents to be shredded. If you wish to donate returnable cans and bottles, Triad will be prepared to take those too.

Waldo County Handcrafters' Day

Watch for details in the coming weeks in this newsletter, on the Triad Facebook page and in the area newspapers. The event will be an opportunity for people to get together to learn how to make an article by hand from experienced volunteers.

Vehicle Winter Safety Check

Triad will work with the Waldo Regional Technical Center students again in the fall to offer a winter vehicle safety check. The date, location and other details will be in the next edition of this newsletter and on the Triad Facebook page.

The Market of Unity

Sell the items you make, bake or grow at the Market of Unity from July into Columbus Day weekend. You do not have to live in Unity to participate. Space is free. You can sell once or often. For more information and how to participate, visit their Facebook page or call the Market of Unity at:

948-6521

Find some very nice and unique items at the Market. It opens for business beginning on **Saturday, July 6** from **9:00 a.m. to 2:00 p.m.** and then every Saturday through October 12. It is located at 74 School Street. You will see all the tents and the cars.

YMCA Active Older Adult Luncheons

Registration is required at least one week in advance of a meal by calling: **338-4598**.

Last Wednesday of the month at 11:30 a.m. at the YMCA, Free - donations accepted.

While at the Y, you can buy Hannaford gift cards from the Triad volunteers in the lobby. The buyer gets the full face value of the card and Hannaford gives Triad a percentage of the sales to help support Triad programs.

Triad Working in Waldo County

Waldo County Triad reaches approximately 2,500 Waldo County residents who are 50 or over. The board of directors is interested in reaching even more area seniors.

If you know an older person who is not familiar with Triad, perhaps you can let them know. We offer this newsletter with information on scams and current activities, the File of Life medical emergency packets, daily call-in program, drug take-back program and shredding event, the warm clothing project, free 911 cell phones and the Wanderer Program. All of these programs are free to Waldo County residents. If you know someone from outside of this county who might like to receive the newsletter by mail, we ask an annual contribution of \$5 to cover printing and postage. Email copies are free.



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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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

Summer 2019

Change Service Requested

Waldo County Triad
PO Box 125
Belfast ME 04915



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