



The National Association Of Triads, Inc.

Broward TRIAD

SEPTEMBER 1, 2011

Issue No. 6

Hi Everyone,

Whew . Looks like we dodged the Hurricane this time around. More trouble out there so lets not leave our guard down and stay prepared and safe. Lots of good information in this months Newsletter so no falling asleep or just quick surfing through. Take the time and benefit from this information. Those that took the time to submit the articles a hearty thanks. For those that haven't, I'm a waiting so don't let me down. Seriously, thank you one and all and looking forward to Novembers edition. Hopefully you are too.

**The Lifelong Learning Institute at Nova Southeastern University is proud to announce the first in a series of health symposiums, "Living Smart at the LLI," to begin at the LLI on Friday, September 9, 2011 from 10-11:30 a.m.**

**University Park Plaza North  
3424 South University Drive  
Davie, 33329**

**Topic: The New Role of Pharmacy in Today's Healthcare System**

**City of Coral Springs will hold their free health fair. (\$25.00 for vendor tables) on Wed Oct 19th at the Coral Springs Gym at 2501 Coral Springs Drive from 9 am to 11 am. Lots of giveaways, food, and health screening available.**

**Coral Springs Shred A Thon Oct 15 from 9: 00 am to 11:30 (or truck is full) at city hall 9551 W. Sample Rd. Shred up to five boxes free- no plastic bags please. If you desire to shred more that five boxes it can**

Joe Schwartz  
TRIAD member & Board Of  
Directors



## Cons Use New Techniques to Commit Crime

Crime as we know it is not a new phenomenon, but the types of crimes being committed are starting to change with the availability of new technology and easily accessible personal information. One such crime called the "Grandparent Scam" has resulted in the financial exploitation and victimization of many unsuspecting victims. The scam involves instances

be done for a five dollar donation to Special Olympics for each box up and beyond the five free.

**Cindy Heafy, Community Involvement Coordinator  
Coral Springs Police Department**

**2801 Coral Springs Drive**

**Coral Springs, FL 33065**

**954-344-1833 (office)**

**954-346-1360 (fax)**

## SAVE THE DATES

**9/10/11, Saturday, 9am to 2pm. Prostrate Cancer Screening & Information Event. Free Refreshments served 9am to 10am**

**10/15/11, Saturday, 9:30am to 2pm  
Annual Woman's Cancer Event**

**Hepburn Community Center  
750 N. W. 8th Avenue  
Hallandale Beach, FL 33009**

**RSVP (954) 457-1460**

**Operation Medicine Cabinet & Shred-A-Thon Schedule 2011**

**Broward Sheriffs Office**

where a person claiming to be a family member or close personal friend contacts the victim by phone or e-mail. The scammer fabricates a compelling story suggesting that he or she is in some type of trouble and needs immediate financial assistance. To help validate their story, the scammer is able to obtain personal information about the victim or the victim's family through public data found on the internet or by hacking into the victim's e-mail account. Typically, the scammer will ask that you wire money immediately. Unfortunately, once the scam has been committed and money has been exchanged, there is very little that law enforcement can do because the perpetrator most often lives overseas. Even if you are wiring money to a location in the United States, the wire

## **TIME AND LOCATION**

**Saturday, September 10, 2011 9 am - Noon Moose Lodge**

**6191 Rock Island Rd., Tamarac**

**Friday, October 14, 2011 9:30 am - 1:30 pm Community Office of**

**Representative Ari Porth**

**1300 Coral Springs Dr., Coral Springs \***  
**Drug Take Back Only**

**Saturday, October 15, 2011 9 am - Noon St. Elizabeth of Hungary Church**

**901 NE 33 Street, Pompano Beach**

**Friday, October 21, 2011 9:30 am - 1:30 pm Community Office of**

**Representative Ari Porth**

**1300 Coral Springs Dr., Coral Springs \***  
**Drug Take Back Only**

**Saturday, October 22, 2011 9 am - Noon Northeast Focal Pointe**

**227 NW 2nd Street, Deerfield Beach \***  
**Drug Take Back Only**

**Saturday, November 12, 2011 9 am - Noon Oakland Park BSO Substation**

**5399 N. Dixie Hwy., Oakland Park**

transfer immediately bounces to a location outside of the country.

A common scenario for this scam involves a loved-one being stranded while traveling outside of the country after their luggage or passport was stolen. And yet another common con tactic is when the scammer indicates a friend or family member has legal trouble or worse, is in the hospital and in desperate need of medical attention. These are only a few scenarios used by scammers, but detectives from the Broward Sheriff's Office have heard many more.

As Sheriff of Broward County I am often asked, "What can I do to stop this?" The most important thing we all can do is pass this information along to our friends, family and co-workers so they are aware of this common scam and could be a potential target. If you

**Saturday, December 10, 2011 9 am - Noon Lauderdale-by-the-Sea**

**Town Hall**

**4501 Ocean Drive, LBTS**

**Operation Medicine Cabinet**

**By joining our efforts, you will help prevent**

**prescription drug abuse. Come early and receive a**

**\$5 gift card while supplies last.**

**Shred-A Thon**

**\*\*5 box maximum**

**For more information about events, call 954.831.8902**

**Broward County residents can shred away identity theft by**

**safely disposing of their personal documents, check stubs,**

**credit card offers, receipts and any other material that**

**might contain sensitive data. This service is free of charge.**

**\*Operation Medicine Cabinet & Shred-A-Thon Will Be Done At The Same Day And Time Except Where Noted In Red**

are ever contacted by a friend or family member in trouble, follow these important steps before providing any financial assistance:

- Stop and ask yourself if this person or family member would contact you in such a crisis.
- Make contact with other relatives or friends to verify the status and whereabouts of the person contacting you.
- Ask for a contact phone number and let them know you will call them back. If they refuse, it is most likely a scam.
- If a loved-one claims they are in jail, ask for the location of the jail and call to confirm they are indeed incarcerated.
- If you receive a call that your loved one is in the hospital and you are

#### **Safety:**

- Do not display large amounts of cash when out in public
- Use direct deposit for your pension and/or social security checks
- Travel in groups. If you must travel alone, do not advertise the fact that you are by yourself
- Work out a "buddy system" with a friend so you can check up on them and they can check up on you at least once a day

#### **Practice Street Smarts:**

- Avoid dark, deserted or isolated routes
- Do not walk near walls, high bushes, or near cars
- Project an image of self-confidence while you are walking
- Cross the street to avoid people who make you feel uncomfortable
- Know how to get where you are going ahead of time
- If someone demands for your money, give it up
- Keep your money in several pockets instead of one pocket
- Never accept a ride from someone you do not know well

#### **At Home:**

- Never let a stranger into your home. Always examine their identification badge before you allow a service technician into your home
- Lock your home when you are there and when you are away. Keep your 1st floor windows locked
- Do not let people on the phone know you are alone
- Keep your phone by your bed at night
- Post all emergency numbers close to the telephone
- Leave a light on while you are out. Use a different light each time you are not home
- Leave the porch light on
- Know your neighbors and make sure they know you

#### **Apartment Dwellers:**

asked to provide financial information, verify the address of the hospital and then contact the hospital billing department.

- Always question the validity of the call before you send money or provide financial information to anyone who calls or e-mails you about an emergency situation.
- Plain and simple, trust your gut instinct. If something does not seem right or is out of the ordinary, it is most likely a con.

If you have been victimized by a similar scam, contact your local law enforcement agency to file a police report. Although this is a difficult crime to prosecute, law enforcement is tracking these

- Know where you can get help in a hurry
- Make sure all halls have good lighting
- Use the laundry room in the apartment building when other tenants are present
- Look in the elevator before getting in to be sure no one is hiding inside. Get off the elevator if someone suspicious enters
- If you are worried about another person waiting for the same elevator as you, pretend you forgot something in your apartment and do not go onto the elevator

#### Using Transportation:

- Use well-lit bus stops
- Sit near the bus driver
- Sit on the aisle so you do not get blocked in at the window
- Do not get off the bus with someone that makes you feel uncomfortable

#### In your car:

- Never pick up hitch hikers
- Keep your car doors locked at all times. Lock all doors upon entering and leaving your car
- Check the back seat before entering your car
- As you are approaching your car, take a look under the car to make sure no one is hiding under there

#### Save The Date

#### Health & Wellness Expo

Miramar Multi-Service Complex, 6700 Miramar Parkway, Miramar,

Thursday, October 13, 2011, 9:30am to 12:30pm

criminals and their con artist crimes.

Again, the best and most effective way to combat this crime is to share this important information with your friends, family and co-workers. Educating the community about these cons is the first step in stopping these scammers in their tracks.

As always, you can stay up to date about BSO news and crime prevention information by visiting our website at [www.sheriff.org](http://www.sheriff.org), become a fan of our Facebook page (Broward Sheriff's Office - Official), follow us on [Twitter@browardsheriff](https://twitter.com/browardsheriff) or sign up for our CyberVisor program.

Stay safe!

– Sheriff Al Lamberti

**Free Screenings, Medicaid/Medicare Information, demonstrations, raffles & much more**

**954-889-2700**

**Alzheimer's Association(R) invites you to be its guest at  
The Art of Caring \* A Look at Life through Photography**

**The Art of Caring provides an entertaining, thought-provoking and inspiring look at seven aspects of the human experience**

**- Children and Family, Love, Wellness, Care giving & Healing, Disaster, Aging, and Remembering - to explore how the key events of life are celebrated and honored in different cultures throughout the world.**

**Guests who inform ticket office they are guests of Alzheimer's Association admitted free on:**

**Thursday, September 8, 2011 · 11 a.m. to 8 p.m.**

**Wednesday, September 14, 2011 · 11 a.m. to 6 p.m.**

**Museum of Art \* Nova Southeastern University  
One East Las Olas Boulevard at Andrews Avenue  
(954) 525-5500 | [www.moaf1.org](http://www.moaf1.org)**

**TRIAD EVENTS ANNOUNCEMENTS & REQUESTS**

**As you know our goal is to get out in the community at Senior Fairs and have a presence.**

**We would like to have a table at 2 upcoming Health Fairs but we need volunteers to man the table.**

**First one is Friday, October 14th in Hollywood at the Fred Lipman Center on Polk St. from 9:30- 1:00 PM**

**The next one will be Wednesday, October 19th in Coral Springs at the Sartory Senior Center from 9:00-11:30 AM**

## Why Take a Driver Safety Class?

Refresh your skills and qualify for lower insurance rates

Cars have changed. So have the traffic rules, driving conditions, and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's licenses, but even the most experienced benefit from brushing up on their driving skills.

### What Will I Learn by Taking the Course?

You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's

**I have one volunteer for Coral Springs. We would like to have at least 2 volunteers for each site. If you can help please reply to this email or call me at 954-472-3007. Thank you!**

**Christina Levine**

**Community Relations/Marketing**

**Covenant Village of Florida**

**[cjlevine@covenantretirement.org](mailto:cjlevine@covenantretirement.org)**

**954-472-3007**

**SHINE (Serving Health Insurance Needs of Elders)  
1-800-963-5337**

**<http://www.floridashine.org>**

**Our Award-Winning SHINE Program Can Help You Understand**

**Your Medicare and Other Health Insurance Choices**

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### About SHINE

**SHINE (Serving Health Insurance Needs of Elders) is a statewide, volunteer-based program offering free Medicare and health insurance education, counseling and assistance to people with Medicare and their families and caregivers. SHINE is funded through a grant from the**



increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. You will learn the following:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, anti-lock brakes, and new technologies used in cars
- Ways to monitor your

Centers for Medicare & Medicaid Services (CMS) and administered by the Florida Department of Elder Affairs. Our award-winning volunteers educate consumers and empower them to resolve problems and make informed decisions on health insurance issues. SHINE volunteers have assisted more than 600,000 people since the program's inception in 1993.

#### **SERVICES**

Volunteers in the SHINE program provide information, counseling and assistance on Medicare, Medicaid, Medicare supplemental insurance, long-term care insurance, prescription assistance and Medicare fraud. Counseling services are provided in person at counseling sites and via telephone. (The method varies by county.) Home visits can be arranged for homebound clients.

In addition, SHINE has a strong community education and outreach component. Volunteers make educational presentations on Medicare and health insurance to a variety of community groups, and they disseminate information at hundreds of health and senior fairs throughout the state. Education and outreach activities focus on health promotion, beneficiary rights and consumer protection.

#### **VOLUNTEERS**

Approximately 400 volunteers throughout Florida provide SHINE services. SHINE volunteers

own and others' driving skills and capabilities

- The effects of medications on driving
- The importance of eliminating distractions, such as eating, smoking, and cell-phone use

After completing the course, you will have a greater appreciation of driving challenges and of how you can avoid potential collisions and injuries to yourself and others.

**What Else Do I Need to Know?**

- The course is available in classroom

have been honored with numerous awards, including the Davis Productivity Awards, J.C.

Penney Community Service Awards, the State of Florida's Golden Choices Awards and the prestigious Beneficiary Services Award from the Centers for Medicare & Medicaid Services.

Training and technical assistance are provided by the Department of Elder Affairs. Local support is provided by the Area Agencies on Aging and other local partners.

#### **Mission Statement**

To provide free and unbiased health insurance counseling

through a dedicated network of volunteers, empowering

Florida Seniors to make informed healthcare choices.

SHINE (Serving Health Insurance Needs of Elders) is a program of the Florida Department of Elder Affairs, funded through a federal grant from the Centers for Medicare & Medicaid Services, and operated in partnership with the state's 11 Area Agencies on Aging.

#### **VOLUNTEER OPPORTUNITIES**

People from all backgrounds, with an interest in helping others and learning technical material, are encouraged to volunteer for the SHINE Program. A volunteer must be willing to donate a minimum of sixteen hours per month to the SHINE Program. Volunteers may

- and online settings.
- You will be eligible to receive an insurance discount upon completing the course, so consult your agent for details. To be eligible you must be 55+
  - You may be eligible to receive a discount on roadside assistance plans.
  - The AARP Driver Safety Program has helped millions of drivers stay safe on the roads since its inception in 1979.
  - AARP membership is not required to take the course.
  - There is no test to pass.

perform a variety of functions, including individual counseling, education and outreach (community presentations, etc.) and supervision of local volunteer units.

**NOTE: Anyone holding an active insurance license in Florida (or with another clear conflict of interest) is not eligible to volunteer for SHINE.**

#### **COLLABORATIONS**

The SHINE program maintains working relationships with all partners and stakeholders in the Medicare and health insurance fields, including the Centers for Medicare & Medicaid Services, the Agency for Persons with Disabilities, the Florida Department of Financial Services, the Medicare carriers and fiscal intermediaries, the Medicare Quality Improvement Organization, the Agency for Health Care Administration, the Department of Children & Family Services and the Social Security Administration.

#### **FOR MORE INFORMATION:**

To request SHINE services or inquire about volunteer opportunities with SHINE in your area, contact:

**1-800-96-ELDER (1-800-963-5337)**

**The Florida Elder Helpline**

**For general information about SHINE, please contact:**

The classroom course costs only \$12 for AARP members and \$14 for non-members. The cost for the online course is \$15.95 for AARP members and \$19.95 for nonmembers.\*

**How Can I Sign Up?**

To locate a classroom course visit

[www.aarp.org/findacourse](http://www.aarp.org/findacourse).

Course times, dates and locations will be listed along with a phone number to call to register for the course. Or call, toll-free, 1-888-AARP-NOW (1-888-227-7669). To register for the online course, visit [aarpdriversafety](http://aarpdriversafety).

**AARP Drivers Safety Program, to honor our veterans, will be providing free classes to any and all veterans from all our military services in the**

**The Florida Department of Elder Affairs**

**SHINE Program**

**4040 Esplanade Way, Suite 270**

**Tallahassee, FL 32399-7000**

**(850) 414-2000**

**<http://www.floridashine.org>**

**September 23rd is National Falls Prevention Awareness Day:**

**Falls are a major concern for older adults**

**Four things YOU can do to prevent falls:**

**1. Begin a regular exercise program**

- **Exercise is one of the most important ways to lower your chances of**

**falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful.**

- **Lack of exercise leads to weakness and increases your chances of falling.**
- **Ask your doctor or health care provider about the best type of exercise**

**program for you. Examples of exercises well suited for Fall Prevention: Tai Chi, Matter of Balance (Contact the ADRC for locations - 954-745-9779)**

**month of November. All they have to do is register, show some sort of ID that indicates they were in the military service for our country, i.e. ID Card (active or retired), DD 214, VFW card, American Legion card , etc.**

AARP to Supercommittee: Protect Health and Retirement Security for All Americans  
from: Press Center | August 11, 2011

WASHINGTON-AARP CEO A. Barry Rand offered the following statement after the House and Senate nominated members of the Joint Select Committee on Deficit Reduction:  
"AARP looks forward to working with the Joint Select Committee on Deficit Reduction to ensure that the health and retirement security of current and future generations is protected. We recognize the extremely difficult

## **2. Have your health care provider review your medicines**

- **Have your doctor or pharmacist review all the medicines you take, even**

**over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.**

## **3. Have your vision checked**

- **Have your eyes checked by an eye doctor at least once a year. You may**

**be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.**

## **4. Make your home safer About half of all falls happen at home. To make your home safer:**

- **Remove things you can trip over (i.e. papers, books, clothes and shoes) from stairs and places where you walk.**
- **Remove small throw rugs or use double-sided tape to keep the rugs from slipping.**
- **Keep items you use often in cabinets you can reach easily without using a step stool.**
- **Have grab bars put in next to your toilet and in the tub or shower.**
- **Use non-slip mats in the bathtub and on shower floors.**

**Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.**

- **Have handrails and lights put in on all staircases.**
- **Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.**

**Shari Baer,**

task and decisions that this committee must undertake, and it is our sincere hope that it will work in a bipartisan manner that respects the needs of all Americans who are coping with the challenges created by these very trying times.

"Seniors have worked their entire lives to achieve a level of health and economic security in retirement. With the compounded effect of loss of retirement savings-particularly through the recent market fluctuations over the last two weeks-and home equity, high unemployment and rising health care costs, cuts to the benefits seniors have earned could undermine the standard of living today and for future middle class generations.

"Americans want Medicare, Social Security and Medicaid to be strengthened as part of a broader conversation around health and economic security, not one focused solely on deficit reduction. AARP believes that the American public deserves a seat at the table in any forum, including the newly

**Public Education Coordinator**  
**Data Source: 2007 PHC4 data**  
**Analysis: Bureau of Health Statistics and Research**

### **World Alzheimer's Action Day**

**Programs September 21st.**

**9:30 Breakfast Harbor Chase Memory Care, Tamarac**

**Willow Wood Lunch and Learn 11:30 to 1 :30 Ft. Lauderdale.**

**Aston Garden , Parkland 9:30 breakfast**

**Program will be update on Alzheimer's disease research, statistics and warning signs.**

created super committee, and we ask that members of the new committee actively solicit input from people across the country, particularly older Americans

.

"We look forward to working with our elected leaders to strengthen health and retirement security, not weaken it, for current and future generations."