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Mark Your Calendar

September 2nd—Labor Day / Wexford Council on Aging office Closed.

September 8th— Grandparents Day.

September 11th— Patriot Day.

September 13th— National Peanut Day

September 15th— National Double Cheese Burger Day

September 21st— World Alzheimer's Day


October 4th—National Taco Day.


October 10th— World Mental Health Day.


October 12th— National Farmer's Day.


October 15th— Sweetest Day.


Plan for a day and take a drive around the County's favorite fall stops. Here are some of my Favorite destinations during fall.


 **Cornerstone Coffee** located at **109 N Noland St. McBain** Start your day with a fall favorite, the Brown Sugar Pumpkin Latte topped with Pumpkin Whipped Cream at this cozy coffee shop in the heart of downtown McBain.


 **Dick's Family Farm** located at **7710 S 7 Mile Rd, McBain.** Dicks is famous for growing pumpkins for over 25 years. In 2018 they decided to offer donuts, cider, and a petting zoo, they expanded again in 2019 with their first corn maze. This is a great spot to take a senior on a fall adventure .


 **The Hudson Farm** Located at **1716 N 29 Rd, Cadillac.** Go check out their seasonal events and the gift shop they call "Ewe-niquelu U, selling goat milk soap, and lotions.

 **Sassafrass Garden & gifts** Located at **1953 S Morey Rd, Lake City.** Get inspired as you walk into this cute store! Offering handmade Michigan products, home décor, antiques, and don't forget about the greenhouse, full of beautiful flowers, plants and much more.

 **Coyote Crossing Resort** Located at **8593 s 13 Rd Cadillac** Grab a bite to eat in the heart of the Manistee National Forest, Coyote Crossing features an awesome food menu plus plenty of beer and craft spirit options.

 **Big Manistee River Access** Located at **North Coates Hwy, Harrietta.** Get out and stretch your legs along this beautiful Manistee River access point and walk on the Red Bridge which is the largest wooden suspension bridge in the Lower Peninsula. Giving you all the fall color views along the river basins.

 **Hodenpyl Dam Scenic Turnout** Located along **M-37, South of Mesick.** You will come across a turnout overlooking the dam and see the panoramic fall color views.

 **Norman's Farm** Located at **22735 20 Mile Rd, Tustin** This unique seasonal farm features pumpkins and gourds in all different shapes and sizes. Plus they offer on site homemade cinnamon sugar donuts, and fresh apple cider, all still warm when placed into your hands.



Directors Report

Our Mission

“To provide resources and support to Wexford County residents, sixty and over.”

Our Vision

For seniors to live healthy, safe, and independent lives with dignity and respect.

Our Values

Compassion

Diversity

Independence

Determination

Inclusion

I had the pleasure of vacationing in Carlsbad California, a beautiful city on the ocean north of San Diego. The weather is always seemingly perfect all year round. Sunny, not too warm, low humidity. As a result, everyone walks. I mean EVERYONE walks. Young and old and many with dogs. I saw so many wonderful dogs, all on leash and all well behaved. The folks all appeared especially attractive and healthy.

I wished I lived somewhere I could be as active outside all year round. I was reminded by Diane Patterson, Cadillac Senior Center Director, that in Nordic countries (think Denmark, Norway, Sweden, Finland, Iceland), the weather doesn't stop their year-round activities outside. They bundle up, even the youngest babies, to get outside and be active. So, no excuses to get out.

The other thing that struck me there, is that there are pedestrian buttons to stop traffic to safely cross streets, intersections and crosswalks to the beach. Cars are ultra-careful to stop. Many intersections allow for diagonal crossings too. I felt MUCH safer there than downtown Cadillac, where routinely cars run red lights. Even when I'm driving I pause when I've got the green.

So let's get outside and move as we look forward to our next season. Let's slow down in the downtown to make our community healthy and safe.
- Erin B, Int Director

Wexford Council on Aging Board Members 2024

Int Director: Erin Brotherton
Chair: Bob Colvin
Vice Chair: John MacLeod
Treasurer: William Potvin
Secretary: Catherine Best

Lynne Harris
Ruthann French
Floyd Kanipe
Jane Leveque
Pat Steinhour
Gary Taylor
Calvin Reynolds
Alexander Mallory

Find us in your internet browser, below are provided sources to our online sites.



Website Page:

<https://wexfordcoa.org/>

Facebook Page:

<https://www.facebook.com/WexfordCOA/>

Info Email account:

Info@wexfordcoa.org

Services Offered by Wexford County Council on Aging

Homemaking Services
Personal Care
In-Home Respite
Daybreak Adult Daycare
Foot Care Clinics
Medicare/Medicaid Assistance Program (MMA)
Medication Management
Senior Advocacy: Notary
Information and Assistance
Snowplowing
(Winter months)

For More Information
Please call (231) 775-0133

10 interesting facts you probably didn't know about Labor Day

1. We are celebrating the contributions and achievements of the 155 million men and women who are in the U.S. workforce.
2. In the late 19th century, the average working day consisted of 12 hours. In the late 1800s the average American worked 12-hour days and seven-day weeks. Children as young as 5-6 years old worked in factories and mines.
3. No one knows who started it. There is still some doubt as to who is actually the first person to propose the holiday for workers.
4. First US Labor Day observance was in the form of a parade
5. One of the reasons for choosing to celebrate this on the first Monday in September was to add a holiday in the long gap between Independence Day and Thanksgiving.
6. There's usually some congestion on highways and at airports. Public transit systems do not usually operate on their regular timetables.
7. Some retailers claim it is one of the largest sale dates of the year, second only to the Christmas season's Black Friday.
8. Some of those who are employed in the retail sector not only work on Labor Day, but work longer hours.
9. In high society, Labor Day is considered the last day of the year when it is fashionable to wear white.
10. Held on a Tuesday, the first Labor Day rally was held in order to gain support for the 8 hour work-day. <https://blog.flipsnack.com/10-facts-you-probably-didnt-know-about-labor-day/>

With Halloween right around the corner, here are some fun (and spooky!) facts to share.

1. Halloween's roots come from modern-day Ireland. The Celtic people who inhabited the area 2,000 years ago celebrated a yearly festival of Samhain. The festival would take place the night of October 31, people would dress up in costumes to ward off ghosts!
2. Pumpkin carving's popularity is relatively modern. Up until the early 20th century, people usually carved turnips rather than pumpkins!
3. Candy corn was originally called "chicken feed." The first company to market the candy in 1898 coined the kernels "Chicken Feed" to appeal to rural communities and children who lived on farms.
4. The most popular Halloween candy in America are Reese's Peanut Butter Cups. However, Skittles often tie for first place, and M&Ms are usually a close third!
5. Candy preferences change through the years. In 1960, Swedish Fish were most popular, in 1967 Starburst caught on, and in 1975 Pop Rocks became a huge hit!
6. Halloween "tricks" used to be a real scare. The "trick" in trick-or-treat was no mistake – up until the early 20th century, Halloween pranks were common. Tricks would often involve tying door handles shut or opening windows to make people believe their homes were haunted!
7. Trick-or-treating has been around for centuries. In 1000 AD, it was decided that November 2 would be "All Souls' Day" in England. To commemorate the occasion, children would partake in a practice known as "souling" where they would go door to door asking for gifts and treats.

Medicare & Medicaid Information

MEDICARE Open Enrollment Coming up!

Do you need unbiased, educated help in comparing your current Medicare Plan (including drug and Advantage plans) with what might be a better option for coverage for the coming year or to make sure your current plan still works for you?

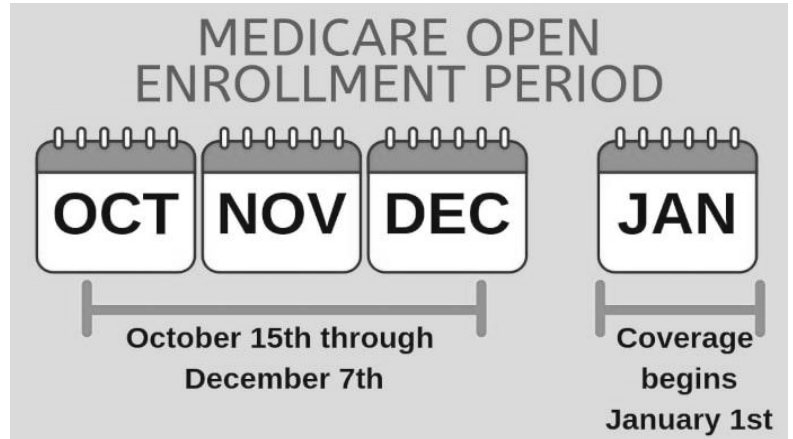
If so, we have Medicare Counselors at Wexford Council on Aging that would love to help you.

Open Enrollment begins October 15th and goes through December 7th. It is highly recommended that you have your coverage looked at this time of year because plans can make changes to their formularies and pricing and you do not want to be unpleasantly surprised with rising costs.

Call 231-775-0133 to be put on our mailing list if you have not utilized our Medicare program in the past. **If you have used our program in the past, call the office to make sure we have your correct information so that you will receive our form and letter soon that will need to be returned to the office for your phone call counseling appointment.**

If we have your correct information, there is no need to call. Simply return the form you will receive during the month of September and we will call in the order the forms are received.

As always, we look forward to helping you! Sincerely *-Kim Swanberg*



MEDICARE OPEN ENROLLMENT 2024-2025

What is Medicare's Open Enrollment Period? Medicare's Open Enrollment Period occurs each year from October 15 through December 7th. During Medicare's Open Enrollment Period, you can make changes to your Medicare coverage. In most cases, this period is the only time you can pick a new Medicare Advantage or Part D plan. Even if you are satisfied with your current health and drug coverage, Medicare's Open Enrollment Period is the time to review what you have and compare it with other options in your area to make sure that your current coverage is still best for you in the coming year.

In September, you will start to receive notices with information about any changes to your coverage for the coming year. It is important to read these notices so that you can decide if your coverage will continue to meet your needs, or if you should change it. Even if you are happy with your current Medicare Advantage or Part D plan, you should check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Any changes you make will take effect January 1 of the next year. The Wexford County Council on Aging's Medicare Counselors can provide unbiased help comparing your Medicare Advantage plans and/or drug coverage options and can help in changing coverage.

Simple & Fun Recipes



Pumpkin Oatmeal

Ingredients:

- 1 cup milk
- 1/2 cup oats (old fashioned or quick cooking)
- 1/2 cup pumpkin puree
- 1/2 teaspoon cinnamon
- 3 tablespoons chopped or sliced nuts (almonds, pecans, walnuts)
- 4 teaspoons maple or pancake syrup

Cooking Directions:

- In a large, microwave safe bowl, stir together milk, oats, pumpkin puree, and cinnamon.
- Cook in microwave for 3 minutes, stirring every minute.
- Stir in nuts and syrup. Let cool for 2 minutes.

Helpful Cooking Tips

Serve with extra nuts and syrup drizzled on top or a spoonful of chia seeds stirred in.

Substitute dried fruit for the nuts.

Freeze leftover pumpkin in an airtight container. Enjoy!

<https://spendsmart.extension.iastate.edu/recipe/pumpkin-oatmeal/>



10 Minute Chili

Ingredients:

- 1/2 pound lean ground beef
- 1 small onion, chopped
- 1 can (16 ounces) kidney beans
- 1 can (16 ounces) tomato sauce
- 1-2 tablespoons chili powder

Cooking Directions

- Cook ground beef and onion together in a saucepan. Transfer mixture to colander set over a bowl and rinse with warm water to remove grease.* Return to saucepan.
- Add the kidney beans, tomato sauce, and chili powder to the saucepan.
- Cook over medium heat until heated through. Enjoy!

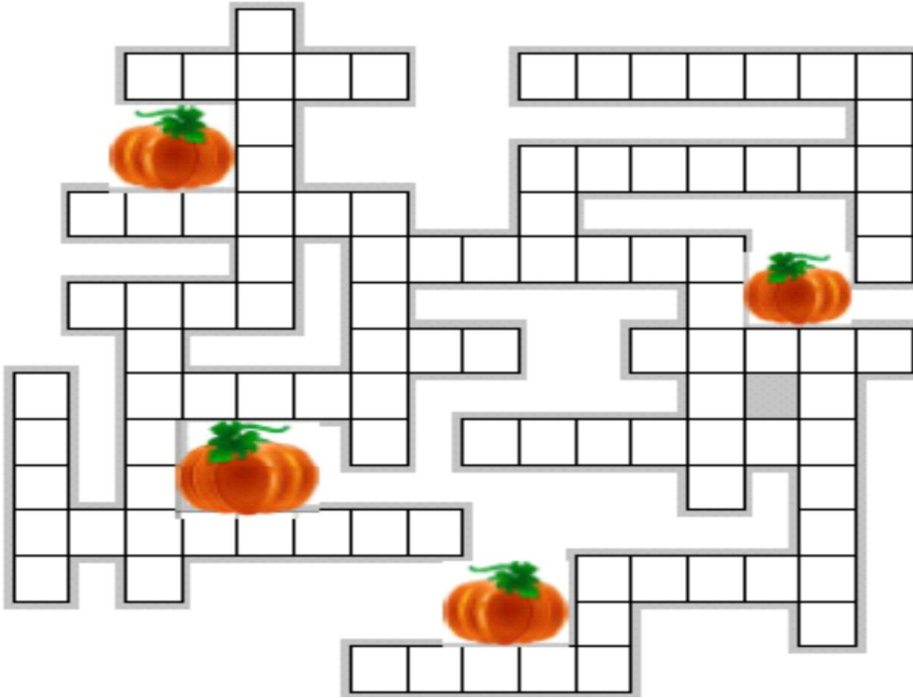
Helpful Cooking Tips

Have precooked, rinsed, and drained ground beef on hand in the freezer for quick meal preparation.

Make a double batch and freeze the extra in single serving size containers for a quick meal.

<https://spendsmart.extension.iastate.edu/recipe/10-minute-chili/>

Halloween Crossword Fill in: Place each of the words below into the puzzle. Use the number of letters in each word to help figure out where it belongs. This is a bit tricky, so use a pencil.



3 letter words

- BAT
- CAT
- OWL

6 Letter words

- SPIDER
- SPOOKY
- SWEETS

4 letter word

- MOON

7 Letter words

- CARVING
- COBWEBS
- COSTUME
- LANTERN
- OCTOBER
- PARTIES
- PUMPKIN

5 letter words

- BROOM
- GHOST
- NIGHT
- SCARY
- TREAT
- TRICK
- WITCH

8 letter word

- SKELETON



AUTUMN



Q L W E J M E D I R Y A H K Z B N U T C V P
 H N P G I B T S C U E T S O R F D R O S A M
 R B S A Z D E P Q N J W I V G X T L E K F H
 Y Q U I L T K J F U B H O A E C O L Q D B S
 A K X L C V N R E D I P S L M R B H U Z I F
 V W D O E J A P B G Z R Q H F A S M I T Y C
 M O G F T W L E V S N B R U T N I A N P H Q
 X R V R A K B Z J C H I L E P B U F O G W N
 T C E J R H S A U Q S Y G W L K O S X H D M
 D E H A G L I U M T F E B N O S R N E J P U
 S R J C I Q P N O H V L U C A D M E F O K T
 G A F K M J D L T U C S E O N H L P B I X U
 U C R E T A E W S P D F M Z I B C O H N R A
 J S M T P N F C Z R O I W Y A Q H D I L U E
 I D Y U N S E V A E L Z C R H P O K M Q S B
 B Z R A K E Q H D M X N R E S J P I C E T O
 E I L S H Y C B G U K O P T D M F L A R L Z
 P F R Q Y R O T X Z W J N B U L A S E M I D
 W X B D O J H A R V E S T P C I O Q Y S N L
 L H Z M S I J F W O R C A Q Y N K B P U G X



Word Search

- | | |
|-----------|---------------|
| Apples | Jacket |
| Autumn | Leaves |
| Birds | migrate |
| Blanket | Orchards |
| Bonfire | Pumpkin quilt |
| Changing | Rake |
| Cider | Rustling |
| Colorful | Scarecrow |
| Cozy | Season |
| Crow | Spider |
| Deciduous | Squash |
| Equinox | Sunflower |
| Flannel | Sweater |
| Foliage | Trees |
| Frost | Vegetables |
| Harvest | wheelbarrow |
| Hayride | |

Back to School and Finding Love

It's that time of year again - Back to School. While thinking back to your own school days, what do you remember most: was it a nail-biting finish to a football game, acing a really hard test, or perhaps that first dance at homecoming or even a first kiss? Perhaps it was chemistry class where the 'chemistry' that hit just right was a lab partner who turned into a first date. Those love at first sight moments don't all happen in person now; these days, they often occur online.

Now, regardless of age, people are on social media and dating sites trying to meet others and perhaps fall in love. Some successfully do, but unfortunately many people think they have met "the one" when in reality they are being scammed out of their money, their retirement, and in some cases, right out of their home.

The fact that romance scams work is very confusing to many of us – victims never physically meet their paramour face to face and there are no dates at a favorite restaurant or walks along Lake Cadillac. And the scammer keeps promising to visit, but never does (they always have an excuse). So why do they work, you ask? Because of the emotional connection the fraudster makes with their victim. They have all the time in the world to listen to your thoughts on current events or your stories from childhood. Whatever interests you have, the fraudster has the same ones: you like U of M football and they like U of M football. You're Catholic? Wow, they're also Catholic. You like visiting lighthouses? They visited one last week (Google can tell a fraudster everything they need to know about that lighthouse, even if they are sitting thousands of miles away and will never set foot there).

Once trust is built, that's when the scammer asks for money and they won't stop asking and will never pay it back. Victims have emptied their bank accounts, drained their retirement accounts, taken out cash advances on credit cards, and taken out loans on false pretenses. A widow set up with a nice retirement may find herself having to sell her home to pay off debt collectors, instead of planning new places to travel to with the local senior center.

What to do if you suspect this may be happening to you? If you are in a relationship, end it. Cut off all communication. Report them on the website where you met so that others don't become victims. These scams can and should be reported to the Federal Trade Commission at www.reportfraud.ftc.gov, or the Federal Bureau of Investigation's Internet Crime Complaint Center, www.ic3.gov. Even though you might not get your money back, these reports are compiled to hopefully go after these people.

What do you do if you know someone that has fallen for a Romance Scam, but they believe they are in love and have "met the one for them". To begin, ask your loved one to set up a physical meet with the suspected scammer. That's simple and easy to do if the person is legitimate. If an in-person get-together is out of the question because "they are a doctor in a war zone and can't right now", again, simple – "Let's video chat on the computer." If the response is that the camera is broken, it's a red flag indicating they are not who they say they are. The camera will likely always be broken. In this case, the next prepared response should be, "If you can't find a way to be on camera so you can meet my loved one/friend, then this relationship is over."

In these instances where someone is "head over heels", you typically need to start building bits of doubt, showing them what is going on in small black and white pieces. The hardest thing to accept is that when someone is so deeply in love with 'Mr/Ms Perfect', you may never get through to them. And it's important to know this: let's say they do break it off with someone and move on; it is very possible the next boyfriend/girlfriend will be another fraudster and they'll go through it all over again. Everyone wants to love and be loved.

I often hear the question, "Who are these fraudsters and why are they trying to fool others into falling in love with them?" Some are young men sitting in internet cafés across Africa trying to get out of poverty. Some are working in what looks like a typical office sitting in South-East Asia, with middle managers and quotas to meet. It could be a PHD student living in Washington DC finding ways to pay for schooling and living the highlife, or someone who was fooled in taking a data entry job in Cambodia, and now has been basically enslaved to scam people 12 hours a day, to enrich their bosses and government officials.

Finding someone to love and be loved is a vital element of our human existence, but too often there are people out there who want to hurt us or hurt those that we love. If you know someone that is being scammed, help them before it is too late.

By Larry Mix, Compliance Manager, Wexford Community Credit Union



Snowplowing season is upon us. The Wexford County Council on Aging is again offering the snowplow program for the 2024/2025 winter season. This service is a cost share program based on household income and is a one time fee paid for the season. You may call the COA Office—starting **OCTOBER 1ST**—to get on the list.

CALL: 231-775-0133

MEDICARE MONDAY

SEPTEMBER 3rd 4 – 6 P.M.

**Wexford County Council on Aging
714 W. 13th St. Cadillac, MI**

Call 231-775-0133 to reserve seating

Learn how to navigate the Medicare Maze!

What is the Medicare Alphabet?

Advantage Plans, Supplemental Plans?

Workshop presented by certified Medicare counselor Kim Swanberg

Seating is limited so call now to reserve your space.

231-775-0133

Lake City's Farmers Market

Thursday's September 5th, 12th & 26th from 4pm—7pm

Downtown in the City's Park

-Fresh vegetable's, fruit, and berries. –Baked goods, flowers, and honey. –handmade soaps, lotions & candles.—Local entertainment and much more!

In Honor of 9-11

Cadillac Fire Department hosts the Annual

Child Safety Expo

Date: Wednesday, September 11th



4:00 to 6:00 pm at the Cadillac Fire Department
Event held rain or shine

Free Food!

Courtesy of Papa John's and the Cadillac Fire Department

Fun and information for the entire family

- ❖ **Fire Safety Trailer** ---Practice escaping from a simulated smoke filled home.
- ❖ **Explore a real fire engine, safety gear and equipment** — Touch, explore and learn all about the equipment needed to put out a fire, sit in a real fire engine and practice trying on firefighting gear! **And... Spray a real fire hose!**
- ❖ **Mobile Vaccination Clinic, Cyber Safety, First Aid**
- ❖ **Meet "PUP" The Fire Dog and Smoky Bear**
- ❖ **Lions Vision Screening, Masons Child ID kits,**
- ❖ **Music courtesy of 96.7 The Bull**
- ❖ **Car Seat Safety Checks** -- Seat checks only. Appointments made for seat installations.
- ❖ **Police K-9 and Therapy Dogs** ---Meet these special dogs to learn all about pet care, safety, and the important jobs they have.
- ❖ **Plus: Over 30 local Human Service agencies distributing information on child safety, community resources, services and opportunities. Bike Raffle, Games, giveaways**



Caring for a Loved-one with Dementia: Communication and mobility strategies

Learn how to improve communication and promote mobility in a loved one with dementia.

Training by: Aubrey Jabour

Northbound Physical Therapy and Wellness, PLLC

Call 231-775-0133 for reservation

Location: Wexford COA Conference Room

Date: Thursday September 12

Time: 3:00pm - 4:00pm

Social situations for people with low vision and sighted people can be awkward. Not knowing how much the affected person sees, puts a different spin on any social interaction. Here are a few hints to make it more comfortable for both.

The usual reaction many have is to speak louder. Unless you know the person also has hearing loss, this is not necessary.

Speaking to the companion instead of the person with vision issues is also a common reaction, also not necessary. Very seldom are people with vision issues not able to speak for themselves.

In social settings, addressing the visually impaired by name can alert that they are being spoken to. A touch on the arm or shoulder is also a good signal of inclusion.

When leaving or joining a group conversation or a one on one, it is also politely helpful to announce your movements.

If offering help when getting into a car, ask before closing the door. Some prefer to do it on their own.

Sharing photos or anything visual, it is nice to ask if a verbal description is needed. This also includes a menu at a restaurant. Restaurants are required to offer an alternative menu, such as large print or Braille, but if those don't work, a companion's help works well.

When accompanying a person with low vision, being a sighted guide is easy. Offering your elbow for the affected person to take with a hand puts them beside and one step behind the sighted guide. This allows for the sighted guide to then describe any obstacles you are encountering. The statement "walk skinny", means to walk single file to navigate if the space is narrow.

These tips, and many others are among the information talked about at the low vision support group meetings. Come join us, share and learn!

Every 2nd Tuesday of the month at the Wexford Council on Aging .

Wexford Council on Aging could use your help! We are in need of the following donated items for our seniors

—Bed pads/Blue Chux pads

We also take donation such as Protein Drinks/Ensure/Boost. These are much needed items in our community and were happy to give back to those seniors who are in need or have low income.

ALL UNUSED—UNOPENED items may be dropped off at the Wexford COA Office Mon-Fri 8-4pm 714 W 13st.



SENIOR SCAMS



Dana Nessel
Attorney General

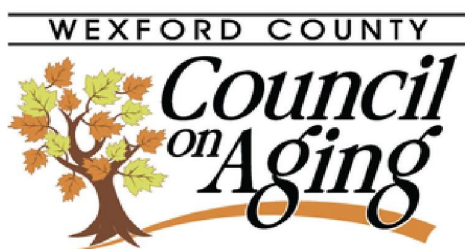
YOUR CONNECTION TO CONSUMER PROTECTION.

The Michigan Department of Attorney General Phone, Mail, & e-Scams presentation will provide information on how to learn the telltale signs of scams found through phone calls, mail, email, and texts.

You'll also learn how to minimize your risk of being scammed.

Scam Ingredients:

- Urgent or secret requests
- Believable stories or connections
- Financial requests
- Unusual payment type



When:

Friday, September 20, 2024
12:00pm - 1:30pm

Where:

Cadillac Senior Center
601 Chestnut Street
Cadillac, MI
231-775-0133

The Attorney General Consumer Protection team handles 10,000 consumer complaints each year.



Visit mi.gov/consumerprotection for more information.



Let's be honest, most of us view Labor Day simply as a nice three day weekend that falls on the 1st Monday in September. Unlike other national holidays, such as Thanksgiving and The Fourth of July, we do not sit around the table amongst family and friends and discuss the meaning of Labor Day. In actuality, there is an argument to be made that Labor Day is America's most important holiday. You see, Labor Day is more than just a day off of work, but rather symbolizes the American People's dedication towards building a better society for ourselves now, and for future generations to come.

Nobody knows more about the perseverance and hard work it took to build this great country than the senior citizens living here today. So on this Labor Day, let's take time to admire, respect, and share how much thanks and gratitude we owe to the generations that came before us.

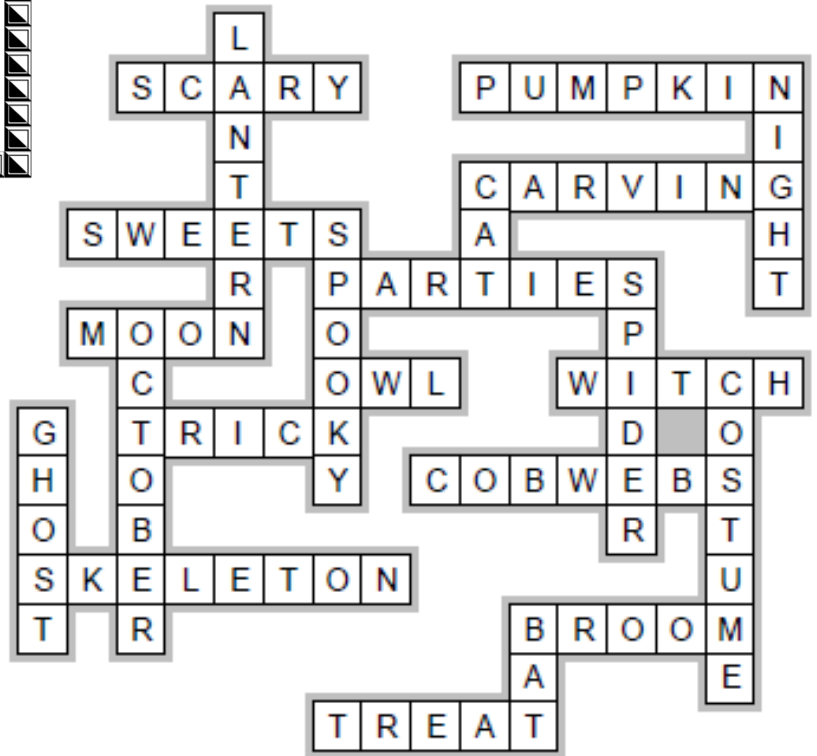
History- According to the Department of Labor, Labor Day was conceptualized on the belief that the "social and economic achievements of American Workers" should be recognized. Interestingly, Labor Day was first started by municipal ordinances of states in between 1885 and 1886. It was first proposed in New York, but was actually first passed in Oregon on the 21st of February, 1887. That same year, it was also passed in Colorado, Massachusetts, New Jersey, and New York. On June the 28th, 1894, Labor Day was instituted as a National Holiday by Congress (Source). This came on the backside of the Industrial Revolution, and led to the fair working conditions we as Americans have come to expect. There is a reason that we have minimum wage, a 40-hour work week, and clean and safe work spaces. Not every country is so fortunate, so a special thank you to those that came before us to recognize not only how hard they worked to make this country great, but also the strikes, unions, and people that fought to create the work conditions we take for granted.

Labor Day is a Time to Remember How the Workforce Helps Senior Citizens- As individuals, we work in order to put food on the table, clothes on our backs, a roof over our heads, and hopefully a vacation or two every year. However, when you take a step back and look at the bigger picture, our individual role in the workforce helps to build a bigger economic system. To clarify, the taxes deducted from our paychecks are reinvested back into society in order to fuel the country's needs, whether that means paving new roads, replacing old sewage pipes, or funding our nation's Military. Retirement is no different, as Social Security and Medicare benefits are guaranteed to those that labor for our country. Without labor, and without a competent workforce system, our elderly population would be in a constant struggle to survive. So, on this Labor Day, and for years to come, it's important to remember that labor plays a vital role in taking care of our elderly population.

Labor Day Honors Senior Citizens for What They Have Done for Us- As stated above, according to the Department of Labor, Labor Day was conceptualized to "recognize the social and economic achievements of American Workers". The bridges, highways, and airports we utilize everyday were created from the taxes derived from the generations before us. The United States Military, public schools, and mass public transportation systems were created from the taxes derived from our grandparents. So on this Labor Day, whether you are enjoying a BBQ, or camping, or lounging at the beach, please take a moment to remember that our seniors worked, struggled, and sacrificed to make this country what it is today. Thank you to all those that are still working, but thank you to all those that made this possible in the first place. Thank you to all the seniors that made this country what it is today.

**For information on the newsletter,
placing an advertisement or to submit
an article please contact the COA
office at (231) 775-0133
info@wexfordcoa.org**

Puzzle Answer



Please keep in mind that keeping up on address changes is very important. The newsletter is mailed in bulk mailing permits, they do not get forwarded. They are returned to us at a cost of \$0.95 to \$2.15 .

We are not sending newsletters outside of the 496 Zip Code. Please advise us of your address change or cancellation of the newsletter to help keep the postage and return cost down.

Thank-You Kindly. -Lacey

Health Scams: Alzheimer’s Disease, Dementia, and Memory Loss.

Alzheimer’s disease, dementia, and memory loss are conditions for which science has no cure. The Federal Trade Commission (FTC) and the Food and Drug Administration (FDA) have issued warning letters to some companies that have made claims with no proof that their products can treat or cure Alzheimer’s disease and other conditions.



The truth is: Unproven products using phony claims about treating memory loss can be dangerous. They might cause you to delay or stop proven medical treatment ordered by or available from your physician. They might also keep you from making important dietary and lifestyle changes to help your condition. Always talk to your doctor, pharmacist, or other healthcare professional before you try any new treatment.

Just because you can buy them without a prescription doesn’t mean they’re safe or effective.

Many products claiming to help with memory loss or dementia are called “dietary supplements” or “natural remedies.” But they’re not regulated or reviewed for safety by the FDA. Some examples of dietary supplements which show no evidence of treating memory loss include: ginkgo biloba, fish oil, grape seed extract, curcumin, Asian ginseng, and vitamins B and E.

If you think you’ve spotted a scam, tell your friends and family about it so they can protect themselves. Then report it to the FTC at ReportFraud.ftc.gov. Your reports help the FTC and law enforcement partners build cases and stop scammers.

To report side effects, bad reactions, or illnesses related to the use of a supplement or other health care product, call a doctor or other health care provider immediately. Then, report it to the FDA’s MedWatch by calling 1-800-FDA-1088 (1-800-332-1088). Patients’ names are kept confidential.

Source: Federal Trade Commission, www.consumer.ftc.gov January 2022

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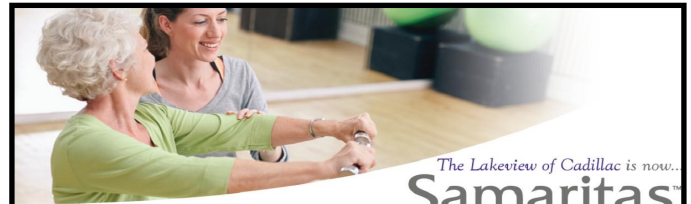
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We publish the News and Views ourselves, from the procuring the articles to editing, printing, folding and mailing. The newsletter is distributed bi-monthly: (Jan/Feb, March/April, May/June, July/Aug, Sept/Oct and Nov/Dec). We hope that you choose to support the Wexford Council on Aging and all the seniors that we serve.

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We appreciate all of your feedback. We are also very grateful for your donations for the News and Views. As you know we write, publish, edit, and mail the newsletter ourselves with the help of our volunteers. The News and Views is available to anyone 60 and older that lives in Wexford County. We strive to make it interesting, fun and informative for seniors but also affordable for our advertisers. We are always interested in your input to the newsletter better.



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