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Kathy's August Aging Services Newsletter

How to Avoid a Scam. Here are Four Signs that It's a Scam:

1. Scammers Pretend to be from an organization you know—They pretend to be contacting you on behalf of company. They may use a real name to get you to talk to them or use a name that sounds official or familiar. They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.
2. Scammers say there's a Problem or a Prize. Some scammers say there's a problem with one of your accounts and that you need to verify some information. Others will say you won money in a lottery or sweepstakes, but you have to pay a fee to get it.
3. Scammers Pressure you to act immediately. Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story.
4. Scammers tell you to PAY in a specific way. They often insist that you pay by sending money through a money transfer company or by putting money on a gift card and then giving them the number on the back. Some will send you a check (that will later turn out to be a fake) tell you to deposit it, and then send them money.

Resist the pressure to act immediately. Legitimate business will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.

The local Alzheimer's Care Givers Support group will meet at Kinship Pointe the 3rd Tuesday of every month. Meetings begin at 7 p.m. If you are interested in attending,

THOUGHT FOR THE MONTH:

Always end the day with a positive thought.



Join us for our **Resistance Band Exercise** Classes at the **Milford Senior Center** on **Wednesdays at 10:00** & **Seward Lied Senior Center** **Thursdays at 9:00**

GRIEF SUPPORT

Tabitha hosts a grief support group the 2nd Tuesday of every month from 5:00-6:30 p.m. at St. Andrew's Episcopal Church in Seward. To register, call Tabitha at 402-362-7739



NATIONAL WELLNESS MONTH

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel! Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

There are numerous ways to make those small changes, too.

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits
- Join a yoga, walking, or aerobics class.
- Learn to meditate.

These small steps can lead to many more healthy habits in your lifestyle.
