

time that suits you best. The SRC who have served as reading buddies in the past tell us how rewarding it has been for them to mentor the kids at CES. Training was held on Sept. 27th but you can still contact Anne Horsley at anne.horseley@vbschools.com or call the school at 648-2400 to see if you can help.



Another Scam Targeting Seniors

We mentioned in a previous article that we will all be issued new Medicare cards sometime in 2018, with new identification numbers replacing our Social Security numbers that currently are included in our card. Already scammers are calling seniors, trying to verify Social Security numbers and fool folks into thinking it is the Medicare/Social Security Administration calling. Some are also asking for payment to obtain a new card---but the card will be provided for free. Medicare will never call to verify your number since they already have it, so do not give your Social Security number to anyone over the phone. If you get a call like this, hang up immediately. Keep in mind that the Internal Revenue Service does not make phone calls to taxpayers regarding delinquent taxes, so don't fall for that scam either. We need to stay sharp so no one takes advantage of us and steals our identity.

Golden Rules for Living

If you open it, close it.,
If you turn it on, turn it off.
If you unlock it, lock it up.
If you break it, admit it.
If you can't fix it, call in someone who can.
If you borrow it, return it.
If you value it, take care of it.
If you make a mess clean it up.
If you move it, put it back.
If it belongs to someone else and you want to use it, get permission.
If you don't know how to operate it, leave it alone.
If it's none of your business, don't ask questions.
If it ain't broke, don't fix it.
If it will brighten someone's day, say it.
If it will tarnish someone's reputation, keep it to yourself.

Although the author of this is unknown, it's good advice for all of us, no matter our age.

Being Busy

By Sarah Jane (AgingCare.com)

I've been busy. Flat-out busy. And without any free time on the weekends, it has been hard keeping up with Mum. We still had our Saturday visits, and I tried to reframe them as a "break." A change is supposed to be as good as a rest, but it didn't really work.

Each Saturday things started out okay, but after a couple of hours I would get antsy and start worrying about all the other things I was not doing. By the 5 PM dinner deadline, when I take Mum back to the rest home, I was exhausted just from keeping up the charade.