

March 2021

SASHFlash

CORA B, HOMESTEAD GREENE AND
MEWS , WALLOOMSAC

Let's Celebrate!



Anne (Wellness Nurse)

Call to make an appointment

**Kim (SASH
Coordinator)**

To reach me, please call (802) 681-7079. I am working Monday – Friday 8am-4pm. Phone calls or emails after hours will be answered the next business day.

SASH Supervisor:

Becky Arbella

Ph. (802)442-8139 ext.3

Scam Alert

Please be careful. Scammers are calling people saying you can register for the vaccine through them. They are asking for Social Security numbers and payments. If you would like to sign up for the vaccine when your age group becomes available call (855) 722-7878 to be connected with the Vermont Health Department. Or go to <https://healthvermont.gov/MyVaccine> to register online.

A yellow rectangular graphic with black and white diagonal stripes at the top and bottom. The text "COVID-19 VACCINE" is in bold black, and "SCAM ALERT" is in bold red below it. To the left is a green circular icon of a bandage. To the right is a list of three bullet points: "Scammers claim you need to pay for the vaccine.", "Ask for your Social Security number to schedule a vaccine appointment.", and "Request credit card information." Below the list, it says "Contact CAP if you've been targeted by this scam!" and provides the phone number "(800) 649-2424" and email "ago.cap@vermont.gov".

**COVID-19 VACCINE
SCAM ALERT**

- Scammers claim you need to pay for the vaccine.
- Ask for your Social Security number to schedule a vaccine appointment.
- Request credit card information.

Contact CAP if you've been targeted by this scam!
(800) 649-2424 | ago.cap@vermont.gov

Vaccines are now available to 70 and over residents

Beginning February 16, 2021, Vermont residents 70 years and older can register for the COVID-19 vaccine. To set up an appointment call (855) 722-7878 or go online to:

healthvermont.gov/MyVaccine

Wellness Corner with Anne your Wellness Nurse....

Cooking with Anne and Kim

Tuesday, March 23rd at 1:00pm
(see below for details)

VT Food Bank Distribution

Brookside: 1st Wednesday of the month, March 3rd 11:00am

Applegate: 1st Thursday of the month, March 4th 10:00am

Walloomsac: 3rd Wednesday of the month, March 17th 11:00am

VeggieVanGo (follow parking attendant and remain in your car).

See the flyer on the bulletin board for dates/time

Shires Everyone Eats

We will be handing out FREE freshly made meals from local restaurants to anyone who would like them. If you are interested in receiving a meal, please let Kim know. We cannot guarantee what day they will come but we will call you when we are onsite so you can get one.

AARP FREE Tax Preparation Service

Sacred Heart St. Francis Church Hall, 238 Main St., Bennington

February 15 - April 8

Mondays and Wednesdays 9-12.

Tuesdays and Thursdays 1-4.

By appointment only -- Call 447-1546

(a flyer will be posted on the bulletin board)

What You Need to Know About Romance Scams

Millions of people turn to online dating apps or social networking sites to meet someone. But instead of finding romance, many find a scammer trying to trick them into sending money.

Romance scams reached a record [\\$304 million in losses](#) reported to the FTC in 2020. That's up about 50% from 2019.

Romance scammers create fake profiles on dating sites and apps, or contact their targets through popular social media sites like Instagram, Facebook, or Google Hangouts. The scammers strike up a relationship with their targets to build their trust, sometimes talking or chatting several times a day. Then, they make up a story and ask for money.

The Lies Romance Scammers Tell

They'll often say they're living or traveling outside of the United States. We've heard about scammers who say they are:

- working on an oil rig
- in the military

- a doctor with an international organization

We've heard about romance scammers asking their targets for money to:

- pay for a plane ticket or other travel expenses
- pay for surgery or other medical expenses
- pay customs fees to retrieve something
- pay off gambling debts
- pay for a visa or other official travel documents

Scammers ask people to pay:

- by wiring money
- with reload cards like MoneyPak or gift cards from vendors like Amazon, Google Play, iTunes, or Steam

Scammers ask you to pay by wiring money, with reload cards, or with gift cards because they can get cash quickly and remain anonymous. They also know the transactions are almost impossible to reverse.

How to Avoid Losing Money to a Romance Scammer

Here's the bottom line: **Never send money or gifts to a sweetheart you haven't met in person.**

If you suspect a romance scam:

- Stop communicating with the person immediately.
- Talk to someone you trust, and pay attention if your friends or family say they're concerned about your new love interest.
- Do a search for the type of job the person has to see if other people have heard similar stories. For example, you could do a search for "oil rig scammer" or "US Army scammer."
- Do a reverse image search of the person's profile picture to see if it's associated with another name or with details that don't match up – those are signs of a scam.

How to Report a Romance Scam

If you paid a romance scammer with a gift card, contact the company that issued the card right away. Tell them you paid a scammer with the gift card and ask if they can refund your money.

If you think it's a scam, report it to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint). Notify the website or app where you met the scammer, too.

You can also call one of the SASH members if you are concerned you may have fallen victim. There will be no judgement or shame, just concern and help to find out how to make it stop. Confidentiality Guaranteed.



Mark your calendar:

SASH Yoga with Jill Robart

Every week on Monday at 2 pm

Join Zoom Meeting online: <https://us02web.zoom.us/j/82504259257>

Password to enter meeting is **yoga**

Important – please mute yourself when you join, otherwise it creates a lot of background noises that distracts from the class.

SASH Tai Chi with a chair with Tina and Edna

Every Tuesday at 1:00pm

Join Zoom Meeting online:

<https://us02web.zoom.us/j/81442717463?pwd=R041YW16VUxDb0Z1Ni9jbVE4U1p6UT09>

Meeting ID: 814 4271 7463

Passcode: 341470

Dial in:+1 929 205 6099

Cooking with Anne and Kim

Tuesday, March 23rd at 1:00pm

We will be cooking something together (a flyer will be posted on the bulletin board). Kits will be delivered the morning of March 23rd with ingredients you will need.

To sign up, contact Kim at (802) 681-7079 by Wednesday, February 17th. Kim will deliver the kit and call in/Zoom information to you.

Join via Zoom or call from your landline or mobile phone.*