

Call the Alzheimer's Association for more information at or go online at [www.alz.org/seva](http://www.alz.org/seva). If you use a computer and have dementia, or are a family member or friend of someone who has dementia, you can go online to [alzconnected.org](http://alzconnected.org) to get information and advice and to get support.

## Protect Yourself from Scams

We learned so much from our Commonwealth Attorney at his lecture Jan. 30 and were reminded how important it is that we increase our awareness of potential scams. Beware of these common, current phone and computer schemes:

- Jury Duty Scam- threaten you with a warrant for missing jury duty, unless you pay a \$500 fine. In reality, you will not be contacted by phone by the courts and t you will not be fined.
- Home healthcare- if you get a "home visit" from a supposed home health agency that was not scheduled with you ahead of time, don't let these impostors in your door. They visit as a duo and while one pretends to discuss your home health services, the other shady visitor cases your home and steals valuables. Always ask to see the official I.D. badge when a company representative knocks at your door. You can tell the visitor to wait outside while you call is/her company to confirm the visitor is legit.
- Dominion Power in-home repairs- Phony Dominion Power repairmen claim they need to come in your home for repair work. Don't let them in- they do all their work outside.
- Grandparent scam- a distressed caller tries to sound like your grandchild who is in trouble and begs you to wire money and not tell his/her parents. Don't fall prey to this ruse- hang up.
- "Yes" scam- the caller asks "can you hear me?" When you reply "yes," the scammer can copy your voice and use it to falsely claim that you agreed to certain charges, etc.
- IRS calls- claim you owe additional taxes or are due a refund or else.... IRS does not initiate telephone calls and if you owe them money, they will write to you.
- Lottery and sweepstake scams- caller tells you that you've won a contest that you didn't even enter, but you must "prepay" fees before they can send you a check. Keep in mind that you do not pay taxes before you obtain your winnings, so don't send any money or give credit card information.
- Charity scams- investigate any charity that's asking you to donate. Unfortunately, there are lots of criminals who invent fake charities. You can check online at [www.give.org](http://www.give.org) regarding legitimate charities. If you receive online requests for gofundme donations, think twice if you don't personally know the person who will receive the funds. If you do donate, make the check out to the charity, not to an individual.
- Home Repairs- Be leery of door-to-door salesmen who appear without an appointment, especially those who claim their firm is in the neighborhood doing work. If you are planning home repairs, ask to see their business license, get a written contract stating the cost, amount of deposit, and start/finish dates. Do not pay all of the cost up front. Beware of high-pressure tactics.
- Identity theft- Be more mindful of sharing your vital information. A thief can use your personal information to steal money, apply for credit cards/loans, obtain fraudulent medical services, file false tax returns or declare bankruptcy. Be mindful of how you discard paperwork that contains personal data. Buy a paper shredder or at least cut up any paper financial statements before throwing them away. Do not give your Social Security, date of birth, etc. to any unidentified caller.
- Don't be fooled by numbers on your phone's caller I.D. as scammers can create a number