

James River Senior Citizens Center Inc.

Office: 701-252-2882 or toll free 1-855-252-2882

Transit: 701-252-7888

Fax: 701-252-2529

E-mail: jamesriver@csicable.net

Website: www.jamesriverseniors.com

JAMES RIVER SENIOR CITIZEN'S CENTER, INC.

PO BOX 1092 JAMESTOWN ND 58402-1092

www.jamesriverseniors.com 701-252-2882

We're On Facebook Too!

Published

Monthly

Senior Hi-Lites

August 2019

COMING
SOON

SENIOR RESOURCE FAIR AT THE MALL

Information, Food and
Fun!

WHEN: August 8th, 10 a.m. -
1:30 p.m.

WHERE: Buffalo Mall

WHAT: **JRSC will be serv-
ing "Tacos in a Bag" from 11
a.m. - Noon, and have many
resources available. Cost: \$5

***All Proceeds will go to
James River Senior Citizens
Center, Inc.*

JRSC SOUP AND SALAD LUNCHEON

*A Variety of Delicious Soups
and Salads*

WHEN: Sept 6, 10 a.m.-1:00
p.m.

WHERE: JRSC

WHAT: JRSC will serve a
variety of delicious soups &
salads. This will be a fund-
raiser for James River Senior
Center. Cost: \$7

We hope you will come out
and support us while enjoy-
ing some delicious food!

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ADVERTISE HERE!

Your Information will be Sent Through

Mail, Email and Internet!

Call 701-252-2882 for
More Information



SERVICES PROVIDED IN STUTSMAN COUNTY

For the Month of June 2019

CONGREGATE: 837
HDM: 1222
TRANSIT RIDES: 3569
TRANSIT MILES: 12,929

James River Senior Citizen's Center, Inc.

Board of Directors hold Board Meetings on
the 4th Monday of every other month at
11:00 am. You are welcome to attend these
meetings. Please let the receptionist know if
you plan to attend, and we will make sure
there is a meal available for you and put you
on our Agenda. If you have any questions,
please contact our Director Maureen Wegen-
ke, or Anne Ede our President of the Board.

2019 Board of Directors

President— Ann Ede
Vice-President— Tom Geffre
Secretary/Treasurer— Jim Boatman
Directors: Dennis Ova, Yvonne Wegner,
Mary Geffre, & Dina Laskowski.

JRSC STAFF

Receptionists: Judy & Mary
Site Manager: Nancy
Outreach Coordinator: Kathy
Home Delivered Meals: Missy
Transit Billing: Dawn
Transit Drivers: Denny, Darrell, Tim, Jeff, Don, Glen,
Les, Larry, Dwight, Dawn, John E, Ron, John F & Jayda
Transit Dispatchers: Missy, Dawn, Judy, Kathy &
Amanda
Kitchen Staff: Rhonda, Nathan & Bonnie
Gardenette Site Manager: Mirt
Jameshouse Site Manager: Carol
Janitor: Mercedes Dishwashers: Marty & Judie
Office Manager: Rhonda Director: Maureen

DISCRIMINATION POLICY:

James River Senior Citizen Inc. is
committed to compliance with Title VI of
Civil Rights Act of 1964 the Civil Rights
Restoration Act of 1987.

James River Senior Citizens Inc. assures
that no person or groups of persons shall,
on the grounds of Race, Color, Sex, Age,
National Origin, Disability/Handicap, and
Income Status, be excluded from participa-
tion in, be denied the benefits of, or be

otherwise subjected to
discrimination under any and all
programs, services, or activities
administered by

James River Senior Citizens Inc.

Director: Maureen Wegenke
James River Community Center, Inc.
PO Box 1092 Jamestown, ND 58402-1092
(701) 252-2882

ROSEADELE

Roseadele provides a caring place for those with Alzheimer's and other forms of dementia. We are a 20-bed basic
care facility providing 24 hour care. Residents have their own private room and are free to move about within the facil-
ity to enjoy the beautiful courtyard, dining and sitting areas. Visit us today for a personal tour.

Jordan & Lynn Shipley, Owners

Carol Stahlhut, Business Manager shipleybc@daktel.com

1505 3rd St SE Jamestown, ND 58401

Phone 701-251-1741 Fax 701-252-1207

421 18th St NE,
Jamestown ND 58401
Ph: 701.252.6404
heritageliving.org
sue.purdy@smphs.org

Heritage Centre
OF JAMESTOWN
ASSISTED LIVING AT ITS FINEST

1 and 2
Bedroom
Apartments
with attached
Garages

Meals
Housekeeping
Nursing Services
Free Transportation
Activities
Emergency Response Button

James River Senior Center, Classic Catering, and James River Public Transit

Senior Center Hours: 8:00 am – 4:30 pm Monday thru Friday

OUR NEWSLETTER IS NOW ONLINE AT: www.jamesriverseniors.com

On-Going Activities:

Every Monday & Thursday **Bone Builders** 9 am – 10 am

Every Tuesday and Friday **Pinochle** 1:00 pm

Every Wednesday **Foot Care** 9:30 am – 11:45 am please call 252-8130 to schedule your appointment.

Every Wednesday **Bingo** -1:00 pm - 3:00 pm

Every Fourth Wednesday **Legal Services** - 1:00 p.m.

For Our August 2019 Activities Please See Insert



TRANSIT HOURS REMINDER:

Rides Available:

Mon - Thurs: 6:15 a.m. -
6:00 p.m.

Friday: 6:15 a.m. - 7:00 p.m.

Saturday: 8:00 a.m. - 6:00 p.m.

Sunday: 8:00 a.m. - 1:00 p.m.

Dispatch Available:

Mon - Thurs: 7:30 a.m. -
4:45 p.m.

Friday: 7:30 a.m.- 6:00 p.m.

Saturday: 8:00 a.m. - 5:00 p.m.

Sunday: 8:00 a.m. - 12:00 p.m.



THE BOOKMOBILE IS COMING!

August 13
(Tuesday)

The Meadows 9:00 a.m. - 9:30 a.m.

Deer Ridge 9:45 a.m. - 10:15 a.m.

Eventide 10:30 a.m. - 11:15 a.m.

Heritage Center 11:30 a.m. - 12:15 p.m.

Legacy Center - 1:00 p.m. - 1:30 p.m.

Jameshouse -1:45 p.m. - 2:15 p.m.

Edgewood Vista 2:30 p.m. - 3:00 p.m.



Submitted by Luella Morehouse, EFNEP/FNP Nutrition Education Assistant

Canned Food “Can” Save Time and Money

When you are deciding what to make for dinner or another meal, do you open your cupboards and check what's there?

Canned food, along with other cupboard staples such as beans, rice and pasta, makes cooking a breeze any season of the year. For example, you can make chili with canned tomatoes and beans and serve with chilled canned peaches for a quick meal.

Many people do not meet the daily goal for fruits and vegetables, and canned foods can help with that goal. A recent study showed that children who ate more canned fruits and vegetables were more likely to meet their daily nutrition goals. They consumed the vitamins, minerals, fiber and protein they needed for growth.

Here are some reasons to keep canned food in your pantry.

Enjoy good nutrition all year round.

Canned fruits and vegetables are processed at their peak freshness, so they are nutritious additions to the diet. Choose canned foods wisely:

- To decrease sugar, choose canned fruit in 100 percent juice.

To decrease salt, choose canned soups, vegetables and other foods with less sodium. Compare nutrition labels. If you drain and rinse canned beans, you can reduce the sodium content by about 40 percent.

Keep ready-to-eat foods on hand.

Canned food lasts a longer time than fresh fruits and vegetables, so you may waste less food.

- According to the U.S. Department of Agriculture, use canned vegetables and meats within five years of purchase and canned fruit within 18 months of purchase.

- Write the date of purchase on the cans and store them in a dry, cool space (below 85°F). Be sure to rotate your stock so you use the oldest food first.

You can safely use cans with small dents. Don't use bulging, rusted, leaking or deeply dented cans. Discard any cans with sharp dents in the seam.

Make budget-friendly meals fast.

Canned food often is less expensive than fresh foods. Much of the prep work has been done for you. The vegetables and fruits are already chopped and ready to use in your recipes.

Stock up on canned food your family will use when it's on sale to save additional dollars.

Excerpted from FoodWise Newsletter, Issue #294. For more information about this topic, contact the Stutsman County Extension office at 252-9030 or email luella.morehouse@ndsu.edu.





James River Senior Center has a part-time volunteer cashier position. This position

would be a flexible, 8 - noon, 1 - 3 days a week. Please contact Rhonda Sahr at 252-2882 ext 1002 or email at jamesriv-er@csicable.net for more information.

Easy living in a thriving community



STOP IN FOR A VISIT!
701-252-5881 | eventide.org



GREETING CARDS

We now have a Variety of Greeting Cards.

Display is located by the Receptionist's Desk (Senior Center).

Cards are only .50¢

(We graciously accept greeting card donations)

North Dakota Senior Meals

Good Nutrition For Healthy Living

People age 60 or older and their spouses are eligible to eat at Senior Meal Sites (Center I, & Streeter) Others eligible for Senior Meals are individuals with disabilities under age 60 who reside in a housing facility primarily occupied by older individuals where there is a Title III meal site (Gardenette, Jameshouse): individuals under the age of 60 with disabilities residing with an eligible client in a non-institutional household; and volunteers, who are under 60, providing meal services during meal hours. Individuals under age 60 who do not meet this criteria must pay full cost of service. Senior Meals are an affordable way to **help maintain your health**. The full cost to provide a Senior Meal is: \$10.63. A **limited** amount of Older Americans Act and state dollars are available to help cover some of the program costs. **The suggested voluntary donation for a meal is \$4.00. Please contribute what you can. Meal tickets or envelopes will insure your confidential contribution.** Food stamps and Dakota Electronic Benefits Transfer (EBT) cards are accepted. No eligible individual will be denied a meal due to inability or unwillingness to contribute.

Reminder to our Senior Meal Participants

If you receive Home Delivered Meals and this is the month that your 6 month Registration is due, you will receive a phone call from Kerry Larson that it is time for her to come see you in your home and update all of your information. If you are a person that eats at one of our Congregate meal sites such as the Gardenette, Center I, Jameshouse, or Streeter and it's time for your yearly Congregate Meal Registration, you will be contacted by Kathy Evenson. She will catch up with you at lunch time or on a supper night. She will stop at your meal site. The meal registration is painless, takes a short amount of your time and it is required under the guidelines of the Older American's Act. Thank you for your cooperation. Nutrition Staff of James River Senior Citizens.

Volunteer Appreciation Night

August 26, 2019 - 5:00 p.m.

Supper Night

We'd like to take every day to recognize how much we appreciate the time and dedication our volunteers put in; but since that isn't possible, we dedicate one night a month to show our appreciation. This month our Volunteer of the Month is Mary Waagen. Let's take this time to thank Mary for all she does!



TIRED OF THE PAPER CLUTTER?

You may receive your newsletter by email and/or may view it online. Just give us a call with your preference. 701-252-2882.



MEMORIALS

Rick & Carma Maddock in Memory of Peggy Johnson

David & Fay Falk in Memory of Mary Deery

Patricia George in Memory of Mary Deery

Pat Folk in Memory of Dolly Folk

Donald & Connie Harshman in Memory of Ervin Ennis



Services

The Four Questions Answered by the Desired Social Norm

and with the Eight Principles; So here are the answers to the four questions using eight principles:

Q1. When should I have my hearing checked? Hearing should be checked routinely throughout your lifespan, just like eyes and teeth, to maintain "maximal hearing and listening" and to avoid the consequences of mishearing in business, social, and recreational settings.

Q2. How can I tell if my hearing has changed? Most of the time you can't tell! Changes in hearing generally occur gradually-one hardly notices a change unless it's a sudden onset. Indeed, if you are mishearing, it is more likely to be noticed by your family and friends before you're aware of it.

Q3. Who currently uses hearing technology and is that relevant to me? Frankly, it's often impossible to tell who is wearing hearing aids, because 21st century styles and technologies often render hearing technology virtually undetectable to others. In fact, many celebrities and performers use customized hearing systems to hear and listen maximally while performing as they cannot afford to miss a sound cue, direction, or discussion.

Q4. When should I use hearing technology? Whenever the situation and/or the limitations of your hearing range compromise "maximal hearing and listening," or increase your risk of mishearing.

Discussion, Sticky Hints, and Statistics

Sticky messages. Having established the desired responses, the hearing healthcare community must work together so our messages become "common knowledge." The messages must be relevant, remembered, and repeatable. The best messages, quotes and concepts are not (necessarily) yet defined. Nonetheless, here are some examples that may prove useful as a starting point:

Eyes checked. Teeth checked. Hearing checked.	Be wise, check hearing like eyes!
If you ask to repeat; check your hearing complete.	Others will tell if I'm not hearing well.
Better to know before problems show.	Hear to stay, not fade away.

Social Proof. Ultimately, social norms are about the perception of most people in society. If people assume hearing healthcare is for the minority, those people who are uncertain (about the relevance of hearing healthcare) will follow the majority and do nothing. Therefore, it's generally not wise to tell the public "10% of the people in the USA have hearing loss" and "only 1 in 4 seek help for their hearing difficulty." Clearly, the other side of that coin, and the message the public is getting, is 90% of all people don't have hearing loss, and even if they do, 75% don't seek help for their hearing difficulty (so you probably don't need to either!).

Maximal hearing and listening. When we focus on "maximal hearing and listening." the message is relevant to the majority and about maintaining (or improving) your place among that majority.

When we combine this with consistent messages and marketing to increase people's awareness that hearing healthcare is commonplace, we create a self-fulfilling prophecy.

Hearing healthcare has a truly remarkable and transformative product that already has many millions of satisfied users. What it suffers from is an image problem.

Foot Care Clinic

Most Wednesday's of every month Central Valley Health Unit Nursing staff will provide foot care. The exam includes brief foot soak, toenail and fingernail trim and file, and moisturizing.

The

suggested donation is \$30.00 for this service. No one is denied services because of inability to pay.

Every Wednesday

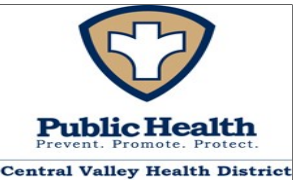
9:30 am—11:45 am

Foot Care

Appointment necessary

To make an appointment for your foot care call

Central Valley Health @ 252-8130



Legal Services



If you are in need of legal services please call 252-2882 to schedule your appointment. Legal Services come from Fargo once a month on the 4th Wednesday of each month.

August 28th - 1:00 pm - 3:00



James River Senior Center

LOAN CLOSET – 252-2882

One time rental fee of \$5.00 for walkers, walker trays, rolling walkers, commodes, toilet risers, canes, quad canes.

Bathtub lift chair (\$20.00 rental).

One time rental fee of \$10.00 for wheelchairs.

If you're unable to pick up medical equipment, we can deliver for a fee of \$5.00 within city limits. If you move out of town/state, please return our equipment. When you're done with equipment please Clean Equipment and return it!

We do accept donations of used hearing aids & other loan equipment. **We are not responsible if you injure yourself while using our items. Rentals within Jamestown Area Only.



Senior Companions Program

Home visits for lonely, homebound seniors in Stutsman Co. Provided by senior volunteers.

- * Bringing smiles & laughter
- * Helping to relieve loneliness & encourage activity
- * Empowering seniors to remain living independently
- * Providing respite for family caregivers

Contact Kathy(252-2882) or Andrea (800-450-1510) to learn more about this free program.



Qual Hearing Aid Service
805 10th St SE Jamestown ND 58401 252-0706



Senior Resource Fair

Buffalo Mall

Thursday, August 8, 2019

10:00am – 1:30pm

10:00am – 1:30pm: Informational Booths

Jamestown Volunteer Center
Bake Sale & Pie Social

10:00am – 11:00am: Presentations

11:00am – 12:00pm: Lunch available for purchase from
Classic Catering

12:30pm – 1:30pm: Bingo



**DOOR
PRIZES!**

1:30pm:

James River Transit is offering
\$1.00 one way tickets for this event (701) 252-7888

JAMES RIVER TRANSIT INFORMATION

Rides Available: M-Th 6:15 a.m. - 6:00 p.m. Fri 6:15 a.m. - 7:00 p.m. Sat 8:00 a.m. - 6:00 p.m. Sun 8:00 a.m. - 1:00 p.m.

Dispatch Available : M-Th 7:30 a.m. - 4:45 p.m., Fri 7:30 a.m. - 6:00 p.m., Sat 8:00 a.m. - 5:00 p.m. Sun 8:00 a.m. - 12:00 p.m.



Join us for a warm Meal at any of our Meal Sites.

Jameshouse, Gardenette or the James River Senior Center.

One way Transit Ride will only cost .50 cents when you join us for lunch or a Supper
Night. **From Home to Meal Site, Meal Site to Home ONLY.**

JRMC * CLINIC APPOINTMENTS

Monday thru Friday

Leaving City

Loading from

JRMC/CLINICS

8:20 am

8:30 am

9:20 am

9:30 am

10:20 am

10:30 am

11:20 am

11:30 am

12:20 pm

12:30 pm

1:20 pm

1:30 pm

2:20 pm

2:30 pm

3:20 pm

3:30 pm

Call 252-7888

Times are Approximate

Walmart Riders

Bus will stop at the Home & Living
doors of Walmart to pick up riders.

Watch for the bus at these times.

MONDAY THRU FRIDAY

8:40 am — 9:40 am — 10:40 am—

11:40 am—12:40 pm—1:40 pm —

2:40 pm and 3:40 pm

Be at the **HOME & LIVING DOORS**

WATCH for the BUS!

Out of Town Services

Every 1st & 3rd Tuesday-Bismarck

Every Wednesday-Fargo

Please Schedule your Medical

appointments between 10:00 —2:00

Charge is 35.00 round trip, escort free

If you are ND Medicaid eligible, you

must be pre-approved for out-of town

service

Must Schedule Ride 24 hours in Advance

(By 12:00 noon day Prior)

**Please call 252-7888 to schedule
your ride.**

Transit Tickets

Bundle of 10 and one free (11) = \$25.00

Bundle of 10 orange tickets = \$5.00

Orange tickets are .50 cent a ride from **Home to
Meal Site and Meal Site to Home ONLY**, and
ONLY if you have lunch at one of our Meal Sites.

Purchase from your driver, at the Senior Center, or

our website: www.jamesriverseniors.com



- ✓ One bedroom
- ✓ Ground floor
- ✓ Walk-in shower
- ✓ Private entrance
- ✓ Utilities paid
- ✓ Activities Center
- ✓ On-site manager
- ✓ On-site maintenance

Also available in Center:

- Meals program by James River Senior Citizens, Inc.
- Health Services by Central Valley Health

1321 Gardenette Drive, Jamestown 701-251-2516

John Fugleberg, R.Ph. ~ Karen Sinner, R.Ph. ~
Lori Graves, R.Ph, & Matt Perkins Pharm. D.

Hours: 9:00 am-6:00 pm Mon.-Fri
9:00 am - Noon –Saturday
Phone: 252-3002 or 1-800-279-0120

**FREE DELIVERY & MAIL
SERVICE AVAILABLE, DRIVE
THRU SERVICE**

703 1st Ave S

123 7th Ave SE
Jamestown, ND 58401
Phone: 701-252-1423
centralautorepair07@gmail.com

**Central
Auto
Repair
Services**

We Do All Auto Repair Needs, Including:

Oil Changes, Radiators, Tires, Drive Train Issues, Heater Issues, No-Start, Etc.

Serves People in Need of Food

- **St. John's Lutheran Church,**
424 1st Ave South
- **James River Senior Center,**
419 5th St. NE
- **Gardenette**
1321 Gardenette Drive
- **Ave Maria Nursing Home**
801 19th St. NE
- **Most Public Schools**
- **Jameshouse**
715 3rd Ave SE

**LET'S
CELEBRATE
SUMMER WHILE
WE STILL CAN!!**

AUGUST 28 - 3:00 P.M.

AT JAMES RIVER SENIOR CENTER

Rootbeer
BBQ's Floats Watermelon
Chips



August 12th and August 26th

August 12th - 3:00 - Walmart Volunteers - Fun, Games, Treats

4:30 - Bingo 5:00 - Supper Served

Polish Sausage on Whole Wheat Bun Mashed Potatoes
Corn Mandrin Orange Dessert

August 26th - 3:00 - Special Olympics Athletes Speak

4:30 - Bingo

5:00 - Supper Served

Salisbury Steak	Hashbrown Bake
Baked Beans	Banana Dessert

Come, Have Lunch at Noon and Spend the Day with Us!!

Suggested Donation of \$4.00 per person for age 60 and older. The cost is \$6.75 for those under age 60. Call 252-2882 by 1:00 pm the day of the meal to sign up for supper night.

James River Senior Center Gifts and Tributes to Loved Ones



Enclosed is my gift of \$ _____ to IRSC

In Memory of: _____
(Name of person memorialized or honored)

In Honor of: _____

Please earmark my gift for use: Wherever the need is greatest

For this program _____

Please send an acknowledgement to:

Name _____

Address _____

City _____ State _____ Zip _____

Donor information:

Name _____

Address

City _____ State _____ Zip _____

Mail to : James River Senior Center, P.O Box 1092, Jamestown ND 58401 or go to www.jamesriverseniors.com and pay using PayPal (Visa, MasterCard, Discover).



Upcoming

EVENTS

AUGUST

- 8/7 - 12:30 p.m. - Searl with Jamestown Tourism - "What's Happening"**
- 8/12 - 3:00 p.m. - Spend the Day! Supper Night - Walmart Employee Volunteers Sponsoring - Fun, Games, Snack - See other activities**
- 8/20 - 12:30 - Jill from Stutsman County Library - "Library Knowledge & Getting Your Library Card"**
- 8/21 - 10:30 - Beth with Alzhiemers - "Dementia Conversations"**
- 8/26 - 3:00 - Jenny of Eventide Assisted Living "See What We are All About"**
- 4:30 - Bingo**
- 5:00 - Supper**
- 8/28 - 12:00 - Dinner**
- 1:00 - Bingo**
- 3:00 - Summer Picnic - BBQ's, Chips, Watermelon & Rootbeer Floats!**



DO YOU KNOW?....

1. Where was Lope de Vega born?
2. Who did Lady Diana Spencer marry?
3. Where is Mulhacen?
4. How many states are there in the United States of America?
5. Which river passes through Madrid?
6. Which German city is famous for the perfume it produces?
7. Who did Prince Rainier of Monaco marry?
8. What year did the Spanish Civil War end?
9. When did the First World War start?
10. What did Joseph Priesley discover in 1774?



Answers: 1..Madrid 2.Prince Charles 3.Granada Spain 4.50 5.Manzanares 6.Cologne 7.Grace Kelly 8.1939 9.1914 10.Oxygen

HAPPY BIRTHDAY!



If you are 60 or over & you have a birthday this month, join us the first Monday of the month at 12:30 for cake & ice cream. Put your name in for a prize.

Our July winner was Kathy Gallagher! Congrats, Kathy! The rest of you...come this month & try your luck!

?TRIVIA?



A. Which fictional city is the home of Batman?

B. In which sport would you perform the Fosbury Flop?

C. Spinach is high in which mineral?

D. What is a Geiger Counter used to detect?

E. Which type of dog has breeds called Scottish, Welsh and Irish?

F. Babe Ruth is associated with which sport?

G. Who was known as the Maid of Orleans?

Answers:

A. Gotham City B. The High Jump C. Iron
D. Radiation. E. Terrier F. Baseball G. Joan
of Arc



Change your perception about hearing, and get ready to change your Life!

Most people don't know what to expect from hearing aids. Misperception and second-hand experience with bulky, whistling, old fashioned analog devices continue to influence the way people think about all hearing aids.

Hearing aids have changed dramatically from a generation ago- from outward appearance to internal technology -making them vastly more appealing and effective.

Qual Hearing Aid Service

805 10th St. S.E. Mon.-Thurs 9:00—Noon
Jamestown ND 58401 & 1:00—4:00
701-252-0706 Fridays & Later by Appointment



DONATIONS



Thelma Aarestad Family
Ruth & Neil Barkus
Joann Spravzoff
Dennis Trautman
Women's Fellowship
Alfred Ziegelman



We appreciate the many donations we received and thank each and every one of you for your support.

Your donations are greatly appreciated!

TOP 10 FINANCIAL SCAMS

(Second of a Four Part Series-By N.C.O.A.)

(To Be Continued in Next Issue)



4. Fraudulent anti-aging products

In a society bombarded with images of the young and beautiful, it's not surprising that some older people feel the need to conceal their age in order to participate more fully in social circles and the workplace. After all, 60 is the new 40, right?

It is in this spirit that many older Americans seek out new treatments and medications to maintain a youthful appearance, putting them at risk of scammers. Whether it's fake Botox like the one in Arizona that netted its distributors (who were convicted and jailed in 2006) \$1.5 million in barely a year, or completely bogus homeopathic remedies that do absolutely nothing, there is money in the anti-aging business.

Botox scams are particularly unsettling, as renegade labs creating versions of the real thing may still be working with the root ingredient, botulism neurotoxin, which is one of the most toxic substances known to science. A bad batch can have health consequences far beyond wrinkles or drooping neck muscles.

5. Telemarketing/phone scams

Perhaps the most common scheme is when scammers use fake telemarketing calls to prey on older people, who as a group make twice as many purchases over the phone than the national average. While the image of the lonely senior citizen with nobody to talk to may have something to do with this, it is far more likely that older people are more familiar with shopping over the phone, and therefore might not be fully aware of the risk.

With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer's name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly.

Examples of telemarketing fraud include:

The pigeon drop

The con artist tells the individual that he/she has found a large sum of money and is willing to split it if the person will make a "good faith" payment by withdrawing funds from his/her bank account. Often, a second con artist is involved, posing as a lawyer, banker, or some other trustworthy stranger.

The fake accident ploy

The con artist gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.

Charity scams

Money is solicited for fake charities. This often occurs after natural disasters.

(See Next Issue for Part III)

James River Senior Center Home Delivered Meals

419 5th Street NE
"Legacy Place"

Delivering smiles one meal at a time.

VOLUNTEERS NEEDED

252-2882 ask for Missy



ADVERTISE WITH OUR MOVING BILLBOARDS!

Circulating in the busiest areas of the city, bus advertising offers exposure to local commuters, drivers and pedestrians. These 'moving billboards' are typically displayed on the bus exterior and come in a variety of sizes and high-impact formats to reach your audience. Available in monthly, biannual, & annual time periods.

- Available in various sizes and formats, from side panel displays to window displays to wraps
- Move throughout major and secondary arteries and the busiest streets in Jamestown
- Seen by pedestrians and vehicular traffic from multiple directions, simultaneously
- Variety of formats and embellishments make your ad stand out

Call 701-252-2882 ext
1011, 1002 or email
jrsc@csicable.net for
price listing.



Classic Catering



Classic Catering is available to cater any size event in-house or we can deliver to your location.

- ♦ Brunches, Lunches, Dinners
- ♦ Family reunions
- ♦ Birthday celebrations
- ♦ Weddings
- ♦ Holiday events
- ♦ Anniversaries
- ♦ Graduation parties
- ♦ Business meetings & training sessions

Legacy Place also has Rooms Available Your For Occasion; Big or Small. For meetings we can provide:

- ♦ LCD projector
- ♦ Microphone
- ♦ Large screen

**Classic Catering contact: Rhonda
Party Event Planning contact: Nancy
252-2882**

