



ELDER NEWSLETTER

Fond du Lac Reservation Public Health Nursing Department

APRIL 2010

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INDIAN COUNTRY COUNTS!

The 2010 census forms are arriving now. Take a moment to fill one out, and encourage your family members to complete one, too. An accurate count is very important for funding from the federal government in critical areas such as health care. Your participation is VITAL!

“PHISHING” FOR YOUR MONEY

“Phishing” is a term coined to describe the attempt by con artists to obtain personal and financial information by posing as official entities such as banks, the IRS, bill collectors, and credit card companies. The con artists may also pose as grown grandchildren stranded on a trip, charities, Nigerian businessmen, or reverse mortgage lenders. Phishing usually refers to internet fraud, but the same efforts are often made over the telephone.

Elders are targeted for several different reasons. Older Americans usually have a “nest egg” that scammers try to get their hands on. Most elders were raised to be trusting and polite; wonderful personal traits that con artists exploit because some elders find it impossible to say “no”, question a caller’s motives or hang up on a caller. Elders are less

likely to report a crime such as fraud because they are unsure of who to call, they are too embarrassed at having been scammed, or they are not even aware that they were scammed.

What can you do to protect yourself and your loved ones? Be aware that your contact information (name/address/phone number/email) is often shared between businesses. Always check the “opt-out” box which prevents businesses from selling your information. NEVER share your personal information, especially bank information, Social Security number, your PIN and credit card information over the telephone or the internet unless YOU initiated the call (i.e. you called your bank or credit card company). Your credit card company and bank already have your account information and

will NOT call to verify it. Likewise, the IRS and other branches of the government do not send out emails asking for your information. Remember, it is never rude to ask for time to think over a purchase. The rude person is the scam artist who is pressuring you. Say “no, thank you” and hang up the phone. If you have been victimized once already, be wary of offers to help you recover your losses for a fee paid in advance. If you receive a call you think is a scam, or if you’ve been scammed, report the crime by calling your local law enforcement. You can also report scams to the Minnesota Fraud Enforcement Partnership by calling 1-866-347-0911. Parlay International (v.3) 1953.042, FBI Fraud Alert fbi.gov, mnsccams.org

PUT A “SPRING” IN YOUR STEP



READ ALL ABOUT IT!

The FDL Cancer Program is excited to offer a new cancer resource library that will be available to all community members starting in April, 2010. There is a wide variety of topics ranging from cancer survivorship information to resources for the caregivers. Books and videos will be available for check-out every third Monday of the month in the clinic lobby. For more information call 218-878-3726.

According to the National Center for Health Statistics (NCHS), problems of the legs and feet is a leading cause of activity limitations for older Americans. Foot problems can also lead to knee, hip and back problems that also limit mobility. Some foot problems are hereditary, but most are caused by normal wear and tear, neglect or abuse. Preventive foot care is an easy way to minimize common foot ailments, and help you stay active longer.

As people age, the fatty pads on the bottom of the feet thin out, and the feet spread due to changes in ligament and bone structure. Get sized for your shoes and don’t just assume you have the same shoe size

that you did years ago. Check your feet (or have a family member check them) every day for cracks, sores, or blisters. Wash your feet daily. Soaking is not necessary, but it is relaxing, just don’t soak for more than 10 minutes. Dry thoroughly, especially between your toes. Apply lotion or skin cream to the tops and bottoms of your feet but not in between your toes. If your feet sweat, you can dust them with a bit of talcum powder. After washing your feet, be sure to put on clean socks. Swollen feet can be avoided by putting your feet up. Also, avoid crossing your legs, which impairs circulation. Walking is also a great way to keep the blood circulating

in your legs and feet. Trim your toenails straight across. Nail fungus is a common problem which often hampers nail trimming. See your healthcare provider for nail trims on toes that have nail fungus. FDL Public Health Nursing offers Foot Clinic on the second Tuesday of each month and it is open to everyone, not just diabetics. If you notice a problem with your feet (a sore, swelling, etc.) see your healthcare provider. Foot problems are often the first sign of serious conditions.

National Institute on Aging
Parlay International (v.3) 1953.019
Public Health Agency of Canada