

# Our Voice

## Winter 2022



Welcome to the Naperville Senior Task Force's (STF) quarterly newsletter: *Our Voice*. The STF enhances quality of life for Naperville seniors through supportive independent living, promotion of their health and well-being, education opportunities and recognition of their self-worth and community belonging. Please visit the STF webpage on the City of Naperville website for more information and updates: [www.naperville.il.us/seniortaskforce](http://www.naperville.il.us/seniortaskforce). Thank you!

### Thank You for Your Service! Sue Shanahan Completes Final Term on STF

At the November meeting, the Naperville Senior Task Force recognized Sue Shanahan for her many years of dedication and service. Sue's final term on the Task Force ended in November and she will be sorely missed. Thank you, Sue!

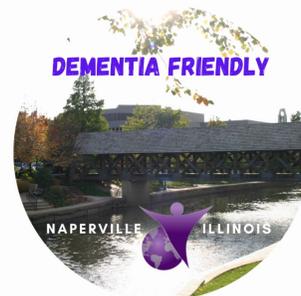
*From left, STF Co-Chair Kathy McGowan, STF member Sue Shanahan and STF Co-Chair Rob Williams.*



### Dementia Friendly Naperville Updates

#### Join Us at the Memory Cafe in Naperville

A Memory Café is a social gathering for individuals living with dementia and their care partners (spouses, children, friends and professional caregivers). Memory Cafés are not a form of respite care. Instead, they offer a place where both caregiver and care recipient can socialize together and connect with others in similar situations. Activities at these events will vary, including games, education, music, dancing and arts. All offer socialization. We will meet from 2 to 3:30 p.m. on the second Tuesday of each month at the 95<sup>th</sup> Street Library, 3015 Cedar Glade Dr. Please join us for this FREE event. The Memory Café is sponsored by the Naperville Senior Task Force and Dementia Friendly Naperville. For more information, contact Lisa Kirchner at (630) 710-7502.



## Dementia Friendly Resource Guide

[Click here](#) to view or download a copy of the Dementia Friendly Caregivers Resource Guide: A collection of resources to give a helping hand to caregivers and those affected by dementia.



## STF Affordable Housing Update

The City of Naperville has assembled a procurement selection committee to review the proposals for affordable housing for seniors and those with intellectual and developmental disabilities. Representatives from several City departments are staffing the committee with participation from the Naperville Development Partnership, the Accessibility Task Force, the Human Rights and Fair Housing Commission, City Council and the Naperville Senior

Task Force. The committee aims to complete its work in late January. City Council will approve any development before it moves forward and the community will have a chance to provide input. The Senior Task Force is delighted to see the project become a reality. You can learn more at [naperville.il.us/senior-housing](http://naperville.il.us/senior-housing).

*Since its inception, the Naperville Senior Task Force (STF) has made affordable housing for seniors a top priority. A subcommittee of the STF reviews the position of the group, studies new housing opportunities that are being promoted and planned and confers with other groups such as the Disability Commission and the Fair Housing Commission. The STF also connects with various community groups that have affordable housing as a focus.*

## Movie Buffs Welcomed to Silver Screenings

The Naperville and Lisle Townships Triad has been offering a program called Silver Screenings for the past year. As we begin 2022, we would like to invite seniors with an interest in movies, new and old, to join us at 7 p.m. on Wednesday evenings for lively discussions. To sign up for the program, please send an email message to [robonmain429@gmail.com](mailto:robonmain429@gmail.com).



## Protect Yourself From Everyday Scams

Unfortunately, scams are part of our daily lives. They're everywhere, and anybody can fall victim, no matter their age, social, economic, or educational background. Criminals are very convincing, often using fear and intimidation as scare tactics to convince victims to act immediately. But there are ways to protect yourself! Knowledge gives you power over falling victim.

In this article, the Naperville Police Department will cover general scam awareness and prevention in addition to some information about specific scams we're seeing in Naperville.

### Scam Awareness

While scams take on many different forms, there are some consistent similarities that can help you identify them. Below are four signs the Federal Trade Commission (FTC) says will help you recognize a potential scam:

- **Scammers pretend to be from an organization you know.** Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the Social Security Administration, the IRS or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations. Scammers also use technology to change the phone number that appears on your caller ID, so the name and number you see might not be real.
- **Scammers say there's a problem or a prize.** They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer. Some scammers say there's a problem with one of your accounts and that you need to verify some information. Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.
- **Scammers pressure you to act immediately.** Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story. They might threaten to arrest you, sue you, take away your driver's or business license or deport you. They might say your computer is about to be corrupted.
- **Scammers tell you to pay in a specific way.** They often insist that you pay by sending money through a money transfer company or by putting money on a gift card and then giving them the number on the back. Some will send you a check (that will later turn out to be fake), tell you to deposit it and then send them money.

### **Current Scams**

Scammers follow the headlines. From the coronavirus to the latest tragedy, scammers are out there trying to take advantage of you. That's why the Naperville Police Department makes it a priority to inform residents of the latest scams. Again, knowledge is power, and knowing what to watch out for is your best defense!

Here are a couple current scams we are currently seeing in Naperville, but please visit [www.naperville.il.us/fraudscam](http://www.naperville.il.us/fraudscam) to see many more examples.

### **Amazon Impersonators**

In this scam, the victim receives a phone call, email or text from "Amazon" notifying them of an unauthorized purchase or suspicious activity on their account. The victim could be instructed to download an app to rectify the error, press a number to speak to a "customer service representative" or follow a link to submit a refund request. In these scenarios, the fake "Amazon" rep could ask for your account details looking to steal your personal information. Or the fake "Amazon" might "accidentally" give a larger refund and advise the victim to buy gift cards to "pay back" Amazon for the overpayment. If an app is downloaded or link is followed by the victim, the offender could get access to their banking information and apps to commit more fraud.

**Remember:** Never call back a number you don't recognize. Use the contact information available on the company's website and not a number listed in an unexpected email or text. Never pay for anything with a gift card and don't give remote access to your device or any personal, banking or account information to anyone who contacts you unexpectedly.

### **Gift Card Scams**

In this scam, criminals convince people to purchase gift/prepaid cards as forms of payments for utilities, taxes, computer problems, medical expenses or bail, among other things. Once the gift/prepaid card is purchased, they ask for the numbers on the back of the card. Once you provide the numbers, your money is gone.

**Remember:** Gift cards are for gifts and not for payment. Anyone who demands to be paid with a gift card is a scammer. No government agency, utility or business will ever call you and tell you that you must pay using a gift card or prepaid card. If you get a phone call from someone telling you to make a payment with gift cards, hang up. If you get an email from a company telling you to make a payment with gift cards, delete it.

If you have any doubt that the call or email is legitimate, contact the company yourself.

Don't trust the caller ID on your phone or simply call the number given to you on the voice message. Don't respond to the email or click any of the links inside of it. Look up the company's information and initiate the call/email yourself.

### **COVID-19 Fraud**

Since the onset of the COVID-19 pandemic, scammers have exploited citizens' fear and uncertainty with ever-changing scams. The FTC is currently warning citizens about buying fake at-home COVID-19 tests online, and the Illinois Attorney General has recently issued warnings about pop-up COVID-19 testing sites, as some have turned out to be fake with the goal of trying to obtain people's personal information.

**Remember:** Make sure you purchase a test that is authorized by the FDA for home use. Check the FDA's lists of antigen diagnostic tests and molecular diagnostic tests. If you are buying online, make sure to purchase from a reputable seller. Check out the seller's reviews, website and monitor any complaints or scams by searching the seller's name plus words like "scam," "complaint" or "review."

Also, be wary of pop-up COVID-19 testing sites. A testing site should never charge money or ask for personal or financial information, such as your Social Security number or credit card information. Ask if the tests are FDA-authorized and which laboratory is being used to analyze the results. A list of free community-based testing sites approved by the Illinois Department of Public Health can be found on the [Illinois Department of Public Health's website](#).

### **Scan Prevention**

While there is no 100% effective way to stop scammers, there are some things you can do to protect yourself. Here are a few tips from the FTC:

- **Block unwanted calls and text messages.**
- **Don't give your personal or financial information in response to a request that you didn't expect.** Legitimate organizations won't call, email or text to ask for your personal information, such as your Social Security, bank account or credit card numbers. If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.
- **Resist the pressure to act immediately.** Legitimate businesses will give you time to make a decision.
- **Know how scammers tell you to pay.** Never pay someone who insists you use a gift card or money transfer service. And never deposit a check and send money back to someone.
- **Stop and talk to someone you trust.** Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

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## **February is American Heart Month: Learn About Heart Health**

Fast facts via the Illinois Department on Aging's [Aging Healthfully Newsletter](#):

- Heart disease is still the number one cause of death in the United States.
- Both men and women are affected by it, but slightly more than half of all people who die from heart disease are men.
- One person dies every 37 seconds in the United States from cardiovascular disease.
- In the United States, someone has a heart attack every 40 seconds.
- About 1 in 5 heart attacks are silent — the damage is done, but the person is not



aware of it.

- Having high blood pressure, high blood cholesterol and smoking are key risk factors for heart disease.
- About half of Americans (~47%) have at least one of these three risk factors.
- Other medical conditions and lifestyle choices that can put people at greater risk for heart disease, include: diabetes, being overweight or obese, eating an unhealthy diet, physical inactivity, excessive alcohol use.

You can find helpful [heart-healthy living information](#) on the US Department of Health & Human Services website.



AgeGuide is partnering with [GetSetUp](#), an online interactive community for older adults, to allow older adults the ability to take virtual classes relating to different interests, skills and social activities. Don't think you have the skills? GetSetUp offers a variety of classes to learn the technology needed to use platforms such as smart devices, Zoom and so much more! Don't wait! Register today for this FREE learning platform available to older adults living in AgeGuide's eight-county service area through Feb. 28. All you need to do is fill out the form and you will be all set! [Get Started Taking Classes](#).

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## Stay Informed About New Illinois Laws Taking Effect in 2022



The new year is here and with it comes a set of hundreds of new laws for Illinois, with nearly 300 new measures beginning. From **NBC5 Chicago**, here are [50 of the more notable](#) pieces of legislation you might want to know about.

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## Ride Assist Naperville: Volunteer Drivers Needed

Ride Assist Naperville (RAN) is looking for volunteer drivers to transport seniors to medical appointments. For more information or to volunteer, please call (630) 864-3087 or visit [www.rideassistnaperville.org/home/drivers/](http://www.rideassistnaperville.org/home/drivers/)



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## Our Voice Newsletter Sign-up

Sign up for the STF *Our Voice* quarterly newsletter by registering for the City's eNews at [www.naperville.il.us/enews](http://www.naperville.il.us/enews). Don't forget to check the "Senior Newsletter: Our Voice" box!

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