

Ageing Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY



Stay Engaged!



Take on a new hobby



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Aging Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

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Great People Connecting Communities

On the cover

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Stay Engaged:
Take on a new hobby

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**Adult
Services**

(530) 265-1639



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by
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ACL.gov/OAM
#OlderAmericansMonth



POWERED BY CONNECTION: MAY 2024

May is Older Americans Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

Connectedness plays a vital role in supporting independence and aging in place by combatting isolation, loneliness, and other issues. Our relationships and interactions with family, friends, colleagues, and neighbors are just some of what create social connection. Social connection is the structure, function, and quality of our relationships with others. It is a critical and an underappreciated contributor to individual and population health, community safety, resilience, and prosperity.

What can you do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in our community.
- Stay engaged in our community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

Reach out and connect with someone!

Aging in Place: The Vital Role of Caregivers in Independent Living

Having a caregiver can bring numerous benefits to seniors, improving their overall quality of life and well-being. Caregivers provide essential support and assistance in various aspects, ensuring that seniors can age in place comfortably and safely.

One significant benefit of having a caregiver is the provision of practical help with daily activities. As individuals age, routine tasks such as cooking, cleaning, and personal hygiene can become challenging. Caregivers assist seniors with these activities, easing the burden and allowing them to maintain their independence. Whether it's preparing nutritious meals, doing laundry, or helping with dressing and bathing, caregivers ensure that seniors can continue living comfortably in their own homes.

Moreover, caregivers play a crucial role in monitoring and managing seniors' health. They can help with medication reminders, scheduling and attending medical appointments, and

monitoring vital signs. By ensuring that seniors receive their medications on time and follow their treatment plans, caregivers contribute to better health outcomes and can quickly identify and address any health concerns that may arise.

Another important benefit of having a caregiver is the companionship they provide. Many seniors may experience feelings of loneliness and isolation, especially if they live alone or have limited social interactions. Caregivers offer valuable companionship, engaging in conversation, and providing emotional support. Through their presence, caregivers help seniors feel connected, valued, and less isolated, ultimately improving their mental and emotional well-being.

Additionally, caregivers can also provide transportation assistance, allowing seniors to maintain their independence and engage in social and recreational activities outside of the home. Whether it's going grocery shopping,

attending social events, or visiting friends and family, caregivers can take seniors to these destinations, ensuring they remain active and involved in their communities.

Even with these benefits, having a caregiver may still seem overwhelming to some. At Pawnie's Home Care we work hard to ensure individuals are matched with the caregiver that suits them best and can provide just the right amount of care needed. We focus on quality over quantity, and custom fit the exact schedule and care plan that will benefit them most. We offer as little as one 4 hour shift per week, up to 24/7 care that includes whole house management.

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Nevada County Consolidated Veterans Council



Serving our Veterans and the Community

Those of us who have lived in Nevada County for a bit know what a tight knit community it is. Most of us have migrated from other areas where isolation was an inherent part of the environment.

It takes hours in Southern California to reach another community, back East you're isolated in one burb because the subway is the means of escaping to another. The Bay Area is freeways and Bridges over and around the Bay. All great parts of America but not conducive to being involved with the community and making things happen. The Nevada County landscape is an environmental catalyst for community.



We have great organizations here like SYCRL, Elks, Kiwanis, 4H, Roamin' Angels and Rotary that get out and produce for the community. The Arts Council helps you create. Food Banks keep food available. The multitude of churches representing all faiths is impressive. We have Chamber organizations like Nevada City, Grass Valley, Truckee, Penn Valley and Washington, to highlight but a few, that frequently stage activities so we can all know each other.

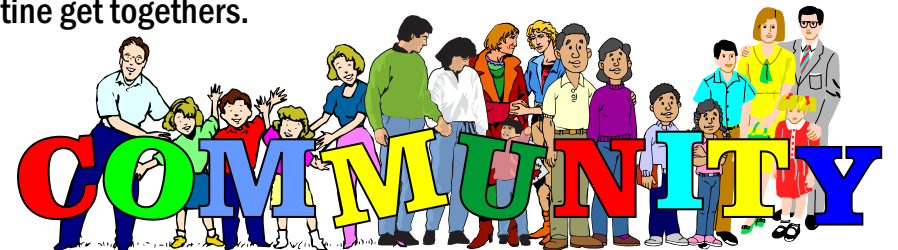
Studies have shown that community participation decreases depression and increases better health. More research is needed but initial results point towards us even absorbing information at a higher efficiency. Test scores actually increase from those involved on a routine basis. Samples of small businesses involved with their community have reported increases in their success.

All of the above is enhanced by the fact that Nevada County has the highest ratio Veteran population in the State. Some 9,000 of us or about 10% of the population call this Home. We watch out for you like we do our Brother and Sister Vets.

The **NCCVC** encourages everyone to get out and join in community goings on. It's good for you...it's good for us. The Veteran Organizations listed below, while obviously serving our Veterans, welcome all Nevada County residents to join in. Share a Bridge Walk, Memorial Day program or enjoy dinner with us at one of our routine get togethers.

What makes America GREAT? **YOU!**

If you're a member of the Vet family & need help, or simply want to join in, contact one of the Veteran's organizations listed below.




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ncvso@nevadacountyca.gov



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VVA 535
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Grass Valley
WEB site va535.org



VFW 2655
415 N Pine St
Nevada City
(530) 264-7056



MCL 885
255 So. Auburn St
Grass Valley
WEB site mcl885.org

Triumphant aging!

Center's doors ready to open in July - with new opportunities for local seniors

A decades-old wish is about to come true. "Tenacity and generosity are the cornerstones of the new Community Senior Center," Executive Director Leslie Lovejoy exclaims, "but we're on track, and ready to open our doors in July."

What a triumph this will be, not only for older-adult residents, but for all Nevada County residents. Since 2020, when Gold Country Senior Services purchased what used to be the Summer Thyme's Bakery & Deli building at 231 Colfax Ave., plans have expanded for this long-overdue amenity.

"While the primary goal is to offer older adults meaningful services, programs and activities, it's also going to benefit those of all ages," Lovejoy explains. "In addition to Meals on Wheels, congregate dining, our Senior Firewood program, and exercise classes, we'll offer new activities such as



Program Director Emily Wilson and enthusiastic senior fitness-class members anticipate the new center's grand opening in July.

Photo by Courtney Ferguson

cooking classes, computer training, even Zumba and poker. Plans also include a coffee shop. Scheduled to open late this autumn, all ages will be welcome to share good coffee and connection. In addition, the center will be available for a variety of other multi-generational uses, especially during extreme weather conditions and power outages – a go-to resource destined to enhance life at every age and stage.

"For all of us – our staff, board, volunteers, supporters, partners, and clients – this is a milestone. Together, we worked our way through each and every challenge. All I can add is that we are beyond grateful and invite everyone to get involved."

Become an official Senior Center Member

Memberships are available now. While optional, there are important advantages, such as savings on classes and activities. You'll also be one of the first to know about upcoming events and programs.

Membership makes an ideal gift – the gift of connection! The cost is \$50 for an individual, \$75 for couples, and \$125 for families. (Scholarships for low-income seniors are also available.) Each membership helps support the center. To sign up, visit www.goldcountryservices.org/senior-center/ and download your application, or call Emily Wilson at (530) 615-4541.

Become an official Senior Center Volunteer

You'll be a welcome addition to a vibrant team! The opportunities are as varied as your interests. Maybe there's a class you'd like to teach or a skill you'd like to use. Maybe you'd like to be an ambassador and greet visitors, or help prepare or serve meals. Contact Shari Montez-Esterly at volunteer@goldcountryservices.org or call (530) 615-4541.

Make a donation

Every contribution makes a difference, and donations are tax-deductible (Federal I.D. #94-2436273). Visit <https://www.goldcountryservices.org/donate/>

Thank you in advance!



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MENTAL HEALTH SERVICES



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Clinical Psychologist**

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Belinda Stroud Psy.D.
Licensed Clinical Psychologist, PSY 24593.
Call: (530) 207-8832
Email: bstroudpsyd@gmail.com

I look forward to speaking with you!

“Aging Well” involves both physical and emotional health but often the focus is on medical conditions with mental health symptoms left untreated.

I am a Medicare provider supporting older adults as they navigate life stressors and transitions.

Are you struggling with:

- Couple/Family relationships
- Work/Life balance
- Retirement
- Chronic health conditions
- Death of a loved one
- Relocation
- Caregiving



Stay Engaged! Take on a new hobby

By Dora Scott

After retirement, you might find yourself with too much free time on your hands. After working hard throughout the years, now is the time to engage in all the activities that you've been longing to do. Plus, taking on a hobby or volunteering can grant you a sense of accomplishment and fulfillment—something that is necessary for both physical and mental well-being. Some different clubs and organizations gave us the scoop on what they do, and maybe you'll find them interesting and join in on the fun too!

BILL HOLMES: OREGON-CALIFORNIA TRAILS ASSOCIATION

1. Could you briefly introduce yourself and how you became interested in history and preserving it?

I am Bill Holmes; I am currently the President of the CA/NV Chapter of the Oregon California Trails Association (OCTA). I am not sure where I got my interest in history, but I have to give credit to my mother. She was always reading us stories around the campfire at our family cabin, or while traveling different places. I really enjoy combining hiking with history. I try to find obscure places, or trails (sometimes there is no trail) that allow me and my hiking friends to go places where there is an interesting historical feature or site. For example, hiking the 1843/44 route of the Fremont expedition from Grover Hot Springs over Carson Pass to Hwy 50 near Lovers Leap. I have been working on a project for six years at the western terminus of the California Trail. It is where the trail ended at the Johnson Ranch. It also includes the Camp Far West military site. This is a joint project with the Wheatland Historical Society, which I am a member of as well.

I feel strongly about finding and preserving historical sites, or in the case of OCTA, finding and preserving the trails emigrants used to travel

west in the 1800s. These trails are America's heritage.

2. Could you tell me more about the Oregon-California Trails Association and how it started?

OCTA is a national organization dedicated to finding, marking, and preserving the emigrant trails used in the mid-1800s to travel west. The national organization grew out of smaller individual organizations that were working independently in the 1960s and '70s. By the late 1980s, those smaller groups grew into a national organization which we have today with eleven chapters. The emigrant trails are protected on federal lands by the National Historic Trails Act, however, they are not protected on private lands. OCTA works very cooperatively with government and private landowners. All artifacts found in our field research are photographed, located on a map, and returned to where they were found. Some of our members are archeologists or have other science-based backgrounds. Most of us are amateur historians.

3. What are some of the different volunteer activities that members can participate in?

There are a lot of activities that our volunteers are involved with. A big part of what OCTA does is research, looking at old maps, researching diaries, books, journals, etc. In today's world, we are looking at Google Earth, and LIDAR maps if the area has those available. Going to the field and looking for physical evidence is the last step in finding the emigrant trails. Once we determine that we have the right course for a particular trail we record it on maps. All our data goes to the National Park Service which is the repository for all our work.

4. What are some of the benefits of this hobby/organization for yourself and that you've heard of from your membership, especially senior members?

Obviously, there is the socialization aspect. You get to meet a lot of interesting people who have varied backgrounds. The fieldwork is the best place to meet people and, in my mind, the most fun. Hiking around slowly, many times cross country, looking for clues of an emigrant trail is a great physical activity as well. The whole process is like detective work. For those that are non-ambulatory, there is plenty to do. We have a need for people who can fill positions on the chapter board, people who take the data and put it on maps. We have several newsletters that need to get published and a website and other social media sites to maintain. People who take pictures for the various projects. We just inherited a large book collection with topo maps and diaries that have to be cataloged for future researchers. OCTA has a very professional magazine, *Overland Journal*, that comes out quarterly.

5. What would you say to those hesitant to join the organization?

If you like unraveling mysteries, enjoy history, and preserving your nation's heritage you will enjoy OCTA. It is a great group of good people that you will have fun with.

Come join us this summer on one of our projects. Use the national website, octa-trails.org, or go straight to our chapter website at canvocta.org. We also have a Facebook account.

SUSAN GOUVEIA: SOCIETY OF GARDEN GODDESSES

1. Could you briefly introduce yourself and how you fell in love with gardening?

My name is Susan Gouveia and I am on a mission to share easy & healthy gardening and cooking methods. I have always loved getting my hands dirty. As a child, some of my fondest memories are of helping my grandmother & parents in the garden and cooking delicious



Courtesy photo

meals from whatever was harvested. My passion for foraging in the wild & studying the land for edible food & medicine continued. I rarely watched TV. Instead, I wrote and created recipes with my discoveries. Decades later, I decided to turn this passion into a community gardening & cooking group, The Society of Garden Goddesses®. Men are welcome and makeup 30% of our group now!

“We share gardening tips, recipes, and lots of laughs!” I wanted to take the seriousness and chore out of gardening and cooking and get people excited about experimenting with food grown in one’s own garden.

2. Could you tell me more about the Society of Garden Goddesses, your role in it, and how it started?

It started when I found I needed to be a part of a community of like-minded individuals that I could refer to as “My tribe.” I thought about what I wanted my life to look like and the type of positive people I wanted to surround myself with. I asked a girlfriend if she would join and she did! It blossomed from there!

3. How would you describe the community the Society of Garden Goddesses has fostered?

The community empowers each other to keep learning about staying healthy & growing our own food and medicine. We are “solution-based” instead of whining about current circumstances that may be challenging. There is no room for gossip or disempowering conversations. We are here to build a stronger & more connected community.

4. Could you tell us about your classes, workshops, and other special events through the Society of Garden Goddesses?

One of our gatherings is called “Happy Gardening Hour” at a local nursery, Weiss Brothers Nursery. We meet every last Wednesday of the month from 4:15-6 p.m. and have cooking & gardening demos. We get to taste new recipes & sip on farm-fresh beverages. Additionally, we have quarterly garden tours and themed cooking classes.

5. What do you think are the benefits of having a hobby like yours for seniors?

Benefits are:

- Staying connected to the community & building healthy friendships.
- Helping one another in our gardens.
- Learning how to grow & cook our own food in this economy.
- Healthy eating can keep our bones strong and less need for pills!
- Laughing is great medicine & there is lots of it that goes on in our group.

6. What would you say to garden enthusiasts who might be hesitant to join the Society of Garden Goddesses or similar clubs & organizations?

Most of the people who stumbled into the group categorized themselves as “not joiners.” I was one of them! Being part of a healthy like-minded community helps us to age well! Our gatherings are efficient and we pack in a lot of information.

To check out one of our events, call or text Susan at 831-277-3961 or email susan@gardengoddesses.org

JUDI MOSLEY: GRASS VALLEY PICKLEBALL CLUB

1. Could you briefly introduce yourself and how you fell in love with pickleball?

I’m Judi Mosley, president of the Grass Valley Pickleball Club (GVPC). I retired to Nevada City a few years ago. I had delayed my retirement because I didn’t know anyone in the area and didn’t have anything to do... and then came pickleball. I fell in love—not only with the sport but with the people. Through pickleball, I’ve met so many interesting people and have become involved in a lot of other community activities. Every time there’s a community event supporting one of our local nonprofit organizations, it’s a pretty safe bet that some GVPC people will be involved.

2. Could you tell me more about the Grass Valley Pickleball Club and how it started?

Sandy Pack and Judie Tartaglia created the Grass Valley Pickleball Club in 2011, and the City of Grass Valley agreed to add pickleball lines for four courts on an existing tennis court at De-Vere Mautino Park the following year. Pickleball quickly became popular, and the city installed four permanent courts at Memorial Park in 2018, with two more courts added in 2022. There are also three pickleball courts in the Grass Valley Veterans Memorial Building, which is operated by Nevada County.

3. Pickleball has become a popular sport—for all ages—but has seen a lot of traction with older adults. What do you think makes it so popular locally?

Pickleball has been described as the fastest-growing sport in the country, and Nevada County is no exception. I think its popularity is due to the fact that it can be played by people of all ages, and even people who are not particularly athletic or competitive will enjoy the game. It’s also an inexpensive sport; the dues at GVPC are only \$60 per year, and all you need is a paddle and some good court shoes.

4. What are some of the benefits of pickleball for yourself and that you've heard of from your membership?

Exercise is the primary benefit, but that's just the beginning. By its very nature, it's a very social activity. Players play with and against a lot of different people, and there's some downtime between games, so you form relationships that carry over into other parts of your life.



Courtesy photo

5. Anything else you would like to add?

I would encourage people who are hesitant to try to just take one introductory class. GVPC offers intro classes free of charge. By the end of your first lesson, you'll have learned the rules of the game, and all the basic shots, and you will have completed your first game. All it takes is just over an hour of your time. After that first lesson, you can come to Friday Night Lights every Friday evening through the end of September. From 6:30-8 p.m., you'll have an opportunity to get in practice games with other beginners, and more advanced players will be on hand to provide reminders and tips to improve your play. It's free and is open to the public. For more information about GVPC, check out our website at grassvalleypickleballclub.org.

MIKE HAUSER: ROAMIN' ANGELS CAR CLUB

1. Could you briefly introduce yourself and how you fell in love with classic cars?

The farthest back I can remember working a job and officially getting paid for it was when

I was about eight years old. My dad was in graduate school at Berkeley and we lived in the student housing near the Albany Horse Track. Another family in the housing wanted weeds pulled in the area around their apartment and I volunteered and got hired. I'm guessing I made about 25 cents an hour. After that, it was more weed pulling, babysitting, window and car washing, days and evenings at Shell and Chevron pump-

ing gas, weekends changing tires at Montgomery Ward, and on and on earning money. I saved the money.

My dad ran Franklin Hospital in San Francisco which was raising funds to build a new medical center, later the Ralph K Davies Medical Center. He came home from work one day and let me know that a doctor had donated his car to be auctioned to help raise funds. "Mike, you just got your license, would you like to make a bid?... Hah Hah." I replied, "Dad, Yeah. I have \$800 saved up..."

Two days later, I owned a five-year-old 1958 Silver T Bird convertible. I drove it to school soon afterward with as many buddies as I could fit in it and my then-heartthrob, Sharon. Heads turned. Friends wanted rides. The San Rafael drive-in movie was now over-the-top good.

2. Could you tell me more about Roamin Angels, your role in it, and how it started?

The Roamin' Angels Car Club was formed 62 years ago. They were a bunch of car lovers who came together because of their love of the cars they drove and worked on as kids. The Club members liked to show off their cars and

soon discovered those cars drew a lot of public attention and fellow enthusiasts who thought the same. The Club put those cars to use by staging car events and raising funds for College Scholarships, High School Technical Education, Toy Drives, and general support of the community. I joined the club about 20 years ago and have served on the board, managed the annual "Cruisin the Pines" car show for seven years, ran the annual Toy Drive for three years, was the cruise director for a year or two, and later took over staging the weekly breakfast for five years.

3. What do you think are the benefits of having a hobby like yours for seniors?

The most important thing any individual can do, but especially us "experienced individuals," is to keep the body and brains engaged. In my history of messing with older cars, I've worked on and restored everything from a 1947 Jeep to a 2006 Mustang and about 20 other domestic & foreign cars in between. I got the Jeep to engage one of the grandsons and have him learn and engage his hands. That worked well enough that he just finished his Technical College education and is in line to reap the benefits from Caterpillar Diesel. I got the 2006 Mustang so my brain could experience and learn newer automotive technologies. That's worked to the tune of adding about 40HP to the stock Mustang. All of the 20 cars kept my body moving. All the 20 cars have provided the key to social and community engagement. There was nothing like driving my 1961 VW Bug dressed up like the "Love Bug" Herbie past a Durham school bus and watching kids' faces planted to the windows smiling and laughing as I passed.

4. What would you say to car enthusiasts who might be hesitant to join Roamin Angels or similar clubs & organizations?

There are many, many car clubs to join and all of them offer a range of time, dedication, and focus on the car you love—VWs, Corvettes, Porsches, MGs, Hot Rods, and Military. All cases offer the opportunity to socialize, motivate being fit, teach the next generation, and all stimulate those brain cells.



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From Despair to Hope: Conquering Peripheral Neuropathy

with Fusion Acupuncture Nevada County

"It's as though I'm stepping from razor blade to razor blade."

"It feels like my feet are under attack by fire ants."

"Like I'm walking on wet paint with rolled up socks."

And you're in this kind of pain all the time.

"It's relentless, keeping you up at night and preventing you from doing even the most mundane tasks. Things that I used to take for granted, like wearing shoes and going grocery shopping. Two of my three children were getting married last year and I wasn't even sure I was going to be able to attend their weddings," shares Rose W.

Rose was diagnosed with peripheral neuropathy in 2015, a degenerative condition affecting almost 5% of people over the age of 55.

"My doctor sat me down and said, 'Rose I'm so sorry to tell you this, but you have peripheral neuropathy. I'm going to prescribe you gabapentin to manage the discomfort but overall, neuropathy is untreatable.' My first thought was, 'we can cure cancer but you can't stop my feet from hurting?' It felt like a cruel joke."

While neuropathy can be caused by a number of things including diabetes and chemotherapy, over 23% of neuropathy cases are classified as idiopathic. In

layman's terms, the cause is unknown. This was the case with Rose. "Basically every question I had was met with an 'I don't know.' It was depressing to say the least."

Eventually, Rose was forced to quit her job because the numbness had started to set in and prevented her from driving. Fortunately for Rose, she would hear a special on the radio featuring Fusion Acupuncture Nevada County (FANC) and the work they were doing to treat peripheral neuropathy. "I thought it had to be a sham. After so many specialists told me there was no hope here was this Doctor saying she had a 90% success rate in treating neuropathy! I just had to call and I can't begin to tell you how grateful I am that I did."

Jade Lee, founder of FANC, says that cases like Rose's are incredibly common. "Almost all of my neuropathy patients have been told at one point or another that there is no hope. I like to think I specialize in offering hope."

To quote the New York Times, "Chinese medicine proves itself where Western medicine fails."

"Acupuncture has been treating complicated, chronic conditions like neuropathy for thousands of years," shares Lee. "I start with a foundation based on this time-tested science and my years of clinical experience. I then tailor treatments based on a number of factors including the severity of your



neuropathy, how long you've had it, whether or not there are any underlying factors, things of that nature. It's because of these personalized treatment programs that we're seeing such incredible results!"

Four months after treatment, Rose is back at work and thriving. "Being back at work isn't even the most exciting part," exclaims Rose. "Not only was I able to attend my son's wedding, but I could walk down the aisle! It was the most magical moment and I have FANC to thank for it. To think, I might've missed that." Rose held back tears. If you've recently been diagnosed with peripheral neuropathy, regardless of its cause, it's time to call Dr. Lee and the staff at FANC.

Call (530) 652-4727 to schedule your very own comprehensive consultation and visit [Fusionacu.com](https://www.fusionacu.com) to take advantage of their new patient offer, a \$0 consult (normally \$240).

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Cybersecurity 101

- Strong Passwords are needed to protect your personal information:
Use at least 8 characters or more with combination of letters numbers and symbols.
No one should ever be asking for your passwords in an email.
- Keep Personal Information Private:
Never give your credit card or social security information in an email or on-line.
- Are your computers, tablets and phones secure?
You should conduct software updates often.
Run malware or security programs often.
- Are you connecting to a safe WI-FI? If you are using a public Wi-Fi like at an airport, be sure to never do on-line banking or anything that needs a password.



- A password may not be enough:
Set up Two Factor Authentication. When you log into the site or AP it will prompt you for a code that is either texted or emailed to you.
- Email protection:
If you do not know the sender do not open the email and NEVER click on an attachment of an email you do not know.
- What happens next: If you feel your device has been compromised, or you were scammed by a phone call and you gave your personal information. You are not alone; these scammers are creative and clever. You should disconnect your wi-fi and turn your devices off. Contact a repair shop to run security tests. You will then want to change passwords.

Think SMARTER and be CYBER SAFE!

