Scam of the Month :
‘Can You Hear Me’

Just hang up if you get a suspicious call and someone asks if you can hear them - Don’t Answer. According to CBS News, you might be a potential victim of the new scam “Can you hear me?”

How does it work? The scammer calls an unknowing person and asks if they can hear them clearly. If the answer is “yes” this allows the scammer to record the yes response, and use it to sign you up for products, services or authorize unwanted charges. According to a report by the Better Business Bureau, this scam is not limited to just that particular question. Be alert to any question from a suspicious caller that requires a simple “yes” response.

Even if scammers don’t have access to your financial information, they can potentially authorize charges using your telephone number and the recorded “yes” response. Protect yourself from this scam:

- Don’t answer calls from unrecognized numbers.
- Don’t give out personal information.
- Don’t confirm your phone number.
- Don’t answer questions over the phone.

(Continued on page 2)
Scam of the Month

(Continued from page 1)

The best solution—let unfamiliar numbers go to voicemail. Legitimate callers will usually leave a message—scammers won’t. One more thing to remember, never trust any caller that says they are from a government or federal agency such as Medicare, IRS, Social Security or a court system. These government agencies never communicate by outbound phone calls, so you know that it’s a fraud.

If you think that you have been a victim of this scam, it’s important to check your credit card, phone bill and other statements for fraudulent charges. The Federal Trade Commission (FTC) and the Federal Communications Commission (FCC) can both help in disputing unauthorized charges.

What can you do to protect yourself from fraud?

♦ Keep your personal and financial information private.
♦ Keep your personal numbers (Medicare, Social Security, and bank account numbers) PERSONAL.
♦ Contact the ND Attorney General Consumer Protection office at 1-800-472-2600.
♦ Call the ND SMP office if you have questions about Medicare fraud.


For more information, or to locate your local Senior Medicare Patrol, visit www.ndcpd.org/smp or call 800-233-1737 or 701-858-3580.
August Blood Pressures

Faith Lutheran -
127 2nd Ave E, West Fargo
Tuesday, August 8
11:00 a.m.
Parkinson’s Disease and Nutrition
Janet Brown, RD, LRD Dietitian for Valley Senior Services

A friend’s question prompted this month’s article. She writes that her father was recently diagnosed with Parkinson’s Disease (PD), a neurodegenerative disease, and would like to know specifics about nutrition. In my research, I found some interesting information regarding medications, symptoms, challenges, supplements and antioxidants regarding Parkinson’s Disease.

One thing is clear – there is no specific diet for PD – not one to prevent it or one to ‘treat’ it. In general, the Parkinson’s Disease Foundation states “to maintain overall good health, eat a variety of whole grains, vegetables, fruits, milk and dairy products and protein-rich foods – such as meat and beans.” The Michael J Fox Foundation agrees. Both foundations give more specific suggestions on how to manage aspects of Parkinson’s and diet.

Challenges with Parkinson’s Disease:

Medications: PD meds may affect the timing of eating. Some meds require an empty stomach or some may need a small snack to decrease nausea. While other meds should not be eaten with a protein-rich meal (a meal containing meat, fish, eggs, dairy, nuts and beans). Please consult a physician to know which restriction applies.

Unintended weight loss: potential PD symptoms such as difficulty swallowing, nausea from meds or movement symptoms may decrease intake of food. To prevent weight loss, it is suggested to eat calorie-dense healthy fats – avocado/nuts/nut butters. Bitter greens (arugula, kale and dandelion greens) and spicy foods may spark an appetite. Exercise may increase hunger.

Eating: There may be a tremor, stiffness or swallow difficulty. Eat foods easier to swallow (mashed, pureed, ground, soft). Put dishes on a rubber mat to prevent sliding or try weighted cups/utensils or use straws.

Urinary issues/low blood pressure: Stay hydrated – can use higher water foods such as grapefruit, grapes, strawberries and watermelon.

Digestive difficulties/Constipation: Drink water and eat fiber-rich foods (brown rice, whole grains, fruit, vegetables and beans).

Fatigue and sleep difficulties: To provide uninterrupted sleep, limit sugar, alcohol and caffeine – particularly before bed.

Bone thinning: Vitamin D supplementation is recommended.

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**Anti-inflammatory brain health**: Foods encouraged to eat to reduce inflammation: fruits, vegetables, nuts, grains, eggs, legumes (beans/lentils), dark chocolate, tuna and salmon.

General recommendations for those with Parkinson’s Disease:

- Eat more carbohydrates (fruit, milk and grains) and vegetables during the day.
- Have most of your protein/meat at supper and after supper snack. Not a protein restriction – more like a protein redistribution.
- Drink plenty of fluids, allow ample time to eat at meals, use adaptive equipment and change meat texture if necessary.
August 2017

Cooling Assistance
For Low-Income Households

SENDCAA is offering assistance with providing an air conditioner to households with a member who has a medical condition that requires a cooled living space or has a member that is 60 years old or older.

- Complete an application and submit to SENDCAA.
- Provide a copy of your household’s LIHEAP Income & Asset eligible approval letter from Social Services.
- Provide a medical letter from a physician or nurse stating the household member’s name and the existing medical condition that is requiring an air conditioner. If there is a household member age 60 or over medical documentation is not required.

You may call Cathy at SENDCAA 701-232-2452 to request the Cooling Program application.

To get an application to get LIHEAP Income & Asset eligible approved for the Cooling Program you can contact your local Social Services Agency.

August
Foot Care

Sanford Home Care will provide a nurse to cut and file your toenails at the following locations:

- **Trollwood Center**
  3105 Broadway, Fargo
  Tuesday, August 1
  Wednesday, August 2
  Thursday, August 3
  Tuesday, September 5
  Wednesday, September 6
  Thursday, September 7
  10:00 a.m. - 2:00 p.m.
  Call 234-3204 for appt.

- **Ed Clapp Park Center**
  2801 32nd Ave. S, Fargo
  Wednesday, August 16
  Thursday, August 17
  10:00 a.m. - 2:00 p.m.
  Call 234-3204 for appt.

- **West Fargo High Rise**
  230 8th Ave W, West Fargo
  Monday, August 21
  10:00 a.m. - 2:00 p.m.
  Call 282-3443 for appt.

- **University Drive Manor**
  1201 2nd Ave. N, Fargo
  Monday, August 28
  9:00 a.m. - 12:00 p.m.
  Call 232-6364 for appt.

Appointments should be made by the day before the scheduled foot care clinic. The fee for foot care is $18.00 at senior centers and $70.00 per hour for a nurse to come to your home. To arrange a home visit you can call 234-4900. A 24-hour notice is required if you need to cancel your appointment.
Congregate Dining: Page Cafe, Page, ND (668-2254): T, Th, F 11:30-12:30 (for senior center information, see page 8); Leonard Cafe, Leonard, ND (645-2240): M, W, F 11:00; Hunter Cafe & Bakery, Hunter, ND (874-2253): M, W, F 11:00. Please call one day ahead to sign up for a congregate meal.

Cass County Council Meeting: Monday, August 21st at 10:00 a.m. in Horace.

Cass County Rural Bus Schedule:

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<td>Hunter</td>
<td>8:00 a.m.</td>
<td>Tower City</td>
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<td>Arthur</td>
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<td>Buffalo</td>
<td>Kindred</td>
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<td>Casselton</td>
<td>9:00</td>
<td>Casselton</td>
<td>Horace</td>
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<tr>
<td>Fargo</td>
<td>9:45</td>
<td>Mapleton</td>
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Fargo 9:45

North route runs August 1, 8, 15, 22 & 29. Central route runs August 11 & 25. South route runs August 2, 9, 16, 23 & 30. Please call 356-7433 or 1-877-827-1916 for more information or to schedule your ride. For Page residents: you can use Steele County bus to Fargo on August 7 & 18. Please call 1-800-845-1715 to reserve a ride and pick-up information.
Trollwood Senior Center  
Nancy Summers 298-3975

Every Monday - 9:30 Bone Builders in Rosewood Rm; 12:30 Whist & games  
Every Tuesday - 12:30 Pinochle; 1:00 Grocery bus  
Every Wednesday - 9:30 Bone Builders in Rosewood Rm; 10:45 Fargo Library; 12:30 Pinochle, bridge & dominoes  
Every Thursday - 12:00 Church (1st & 3rd Thursday only); 12:40 Bingo  
Every Friday - 12:30 Bridge

Ed Clapp Park Center  
Kim Ingebretson 298-3976

Aug. 9 - 12:30 AARP driving class  
Aug. 16 - 10:00-2:00 Foot care  
Aug. 17 - 10:00-2:00 Foot care; 2:45 Birthday & anniversary lunch  
Every Monday - 12:45 Pinochle; 1:00 Cards or dominoes  
Every Tuesday - 9:30 Free exercise; 1:00 Whist, cards or dominoes  
Every Wednesday - 1:00 Mah jongg, bridge, cards, dominoes  
Every Thursday - 9:30 Free exercise; 1:15 Bingo  
Every Friday - 9:00 Mah jongg; 1:00 Bridge, cards or dominoes

Faith Lutheran Church  
Marlene Batterberry

Aug. 1 - 12:15 Cop talk  
Aug. 8 - 11:00 Blood pressures; 12:15 Birthday party  
Aug. 10 - 1:00 Movie “Casablanca” @ WF Library  
Aug. 14 - 12:15 Cop talk  
Aug. 15 - 12:15 Mexican train  
Aug. 22 - 12:15 Money bingo  
Aug. 29 - 12:15 Mexican train  
Every Monday - 7:00 Bingo @VFW  
Every Tuesday - 6:30 Twisted Stitchers @WF Library  
Every Wednesday - 1:00 Cards @VFW  
Every Thursday - 1:00 Open activities

Broadway Station  
Em Janes 232-7936

Aug. 22 - 3:00 Birthday celebration  
Every Tuesday - 1:00 Bingo  
Every Wednesday - 12:30 Pinochle  
Every Thursday - 9:00-3:00 Sewing/Craft day; 1:00 Open activities  
Every Friday - 1:00 Bingo

West Fargo High Rise  
Rosie Coleman

Aug. 5 - 10:00 Southdale Sr. Club sponsored breakfast  
Aug. 17 - 2:00 Birthday celebration followed by prize bingo  
Aug. 19 - Potluck  
Aug. 21 - 10:00-2:00 Foot care  
To reserve meals, please call 356-2047 at least one day in advance.

University Drive Manor  
Kimm 232-6364

Aug. 9 - 12:00-1:00 Library  
Aug. 23 - 12:00-1:00 Library  
Aug. 28 - 9:00-12:00 Foot care  
Every Tuesday - 8:00 Grocery bus  
Every Thursday - 10:00 Church Service; 2:00 Bingo

Page Senior Center  
Mary Burgard 668-2909

Aug. 4 - 12:30-1:00 Blood pressures; 1:00 Club meeting; Cards following  
Aug. 17 - 11:00 Foot clinic  
Aug. 30 - 12:00 Birthday dinner; cards & bingo  
Every Tues-Thurs-Fri - 11:30-12:30 Congregate Dining @ Page Café - call 668-2254  
Every Tues & Fri - 10:00-11:00 Bone Builders exercise - everyone welcome  
Every Friday - 1:00 Card playing

Please Note:

To reserve a meal at one of our senior centers, please call the site by 1:00 p.m. the day before you would like to eat.

Do You Need Help with Computers?

Ed Clapp Center is offering one-on-one computer skills tutoring. This is available free of charge at the Ed Clapp Park Senior Center, 2801 32nd Ave South in Fargo. Call 298-3976 to set up a time.
Thank You To Our Contributors!

We appreciate the many donations we have received and thank each and every one of you for your support. All contributions can be sent to:

Valley Senior Services,
P.O. Box 2217, Fargo, ND 58108

Lee, Martha in memory of Ardell Helgeson
Smith, Monika in memory of Carl Grindberg

$100.00 and Above

The Tower City Inn Bed and Breakfast - $100
James & Kathryn Haymaker in memory of Ellen Burn - $250
COME AND “SEE”
By Shirley Ann Robideau

I turned seventy in April this year and I have to admit-- I was pretty excited about it. I had a party so that I could have all my friends around me to celebrate with me and I had a wonderful time. As I reflect upon all the things that I have experienced in the past Seventy years, I am amazed at how much more I have learned since joining the National Federation of the Blind of North Dakota.

In 1980, I was diagnosed with retinitis Pigmentosa. I don’t think I really understood what that was at the time. I had been hard of hearing since birth, but, I could see very well… or so I thought. In these last few years my vision dropped dramatically and I knew I needed help. My faith taught me that if I am prepared, I need not fear. However, I didn’t know how to prepare or who could teach me until I met Milton Ota.

Milton is the President of the National Federation of the Blind of North Dakota. Because I received a white cane, the National Federation of the Blind automatically notified Milton, who contacted me personally to offer assistance. I attended one of the support luncheons and was very impressed with what I learned. I joined the Federation and from that time on I have continued to learn new ways of doing things to protect my independence. The support the members give to me is outstanding. Instead of staying home and being afraid of going out alone, they are helping me to get involved with life again.

Do you have an interest in a support system for vision related issues? Do you know someone that has vision problems? Do you want to learn what is available to the Visually impaired?

If you know someone that is blind, has low vision or has been diagnosed with a vision related problem, or if you just want to know more about technology you can become a part of the Federation. I am working with a committee for the Access to Technology and Resource Fair which will be held in Fargo on September 15, 2017 at the Baymont Inn and Suites. I haven’t had so much fun in many years.

This fair is the first of its kind in Fargo and will be of benefit to all who attend. The Access to Technology and Resource Fair is not just for the Blind. It is for everyone. I would like to invite everyone to Come and “See”. Mark your calendar for this amazing event and plan to attend. We also invite you to register for our annual state convention held on September 16 at the same location.

For more information on the National Federation of The Blind of North Dakota contact President Milton Ota at 701-731-0511 or Jesse Shirek at 701-781-2526.

Check Out Our Website…

Valley Senior Services has a website that includes information on our programs and services, as well as current menus, activity schedules and the Silver Quill. Log on to www.valleyseniorservices.org today!
Come Back to Music

Are you looking for a way to enjoy your band instrument again? Or would you like to learn a new musical instrument? Either way the Fargo-Moorhead Golden Notes New Horizons Band is the answer to your musical dreams.

The F-M Golden Notes is a concert band of adults ages 50 and better directed by Peter Schiefelbein. We play junior and senior high school band music. During the school year we rehearse on Monday nights at NDSU and play two gigs per month in local senior living, assisted living, and care centers. Residents are delighted to have a real band play for them, and our group is delighted to make music for them.

If you are interested in learning more, please contact the band president Myla Alsaker at (701)235-8290 or alsakem@cableone.net. You are welcome to visit one of our rehearsals. No audition is required. A love of music and a willingness to learn are required. Check out our website: www.fmgoldennotes.org.