

News and Notes, Tuesday December 13, 2022

The CHP mobile unit, van, will be returning to the Harper Center on Tuesday December 27th from 1:30 to 3:30. That's right after Christmas folks. They'll have the latest booster, the bivalent from Pfizer and Moderna, Covid vaccines will be available to folks 6 months old and older and they'll have Flu vaccines, regular and the senior version. Walk-ins are welcome but if you want to register, call 413-528-0475. So, on the chance that you're not up to date will all those shots, stop by.

OK, it seems like the scam, pull-on -your-heartstrings-season is here in full force. Hidden behind legitimate causes are the creeps who are trying to make a living by cheating and stealing from you. Telemarketing, (does anybody still entertain calls from telemarketers, and if you do, tell me why???) health care, home equity and home improvement fraud and identity theft are just a few of the scams conducted over the phone, by mail, through the internet and door-to-door. Seniors are frequent targets as criminals focus on vulnerabilities and silly people giving out their information to an unexpected, unsolicited phone caller promising the moon or at least a condo in the neighborhood. You know what I mean.

Here's the twice annual reminder drill; Never give out your Social Security, credit card or bank account numbers. Destroy personal information on documents before discarding them. Don't fall for things that sound too good to be true-money, vacations, sweepstakes prizes, health cures, or low risk/high yield investment schemes. Do not agree to any home improvement or sales contract until you verify the existence and reputation of the business. Be sure all contractors you hire are licensed, bonded and insured. Have a lawyer or someone you trust examine any document before you sign it. Don't give money to a charitable organization until you verify its legitimacy. Legitimate organizations do not require immediate response and should provide information by mail. Never send cash in the mail, or allow anyone to pick up a check at your home. Do not respond to text saying your Netflix or any other account is expiring or your address is needed for your package delivery! Unsure, call us! Got it?

Here's a few notes I plucked from a government email. The highlight blue links really work ad there's some interesting information on the other side;

Home-based physical activity for people aged 65 and older can improve balance, muscle strength, power, and endurance, according to a **new recommendation** from the Community Preventive Services Task Force. Home-based interventions aim to instruct and motivate older, independent adults to engage in physical activity. Activities should be done at least twice each week and should focus on strength, balance, or

both. The sessions use low-cost equipment such as hand weights and towels or items already in the home such as chairs.

The **Physical Activity Guidelines for Americans** recommend that adults age 65 and older engage in aerobic, muscle-strengthening, and balance activities. Weekly recommendations include:

At least 150 minutes (for example, 30 minutes a day, 5 days a week) of moderate-intensity activity such as brisk walking; 75 minutes of vigorous-intensity activity such as hiking, jogging, or running; or an equivalent combination of moderate- and vigorous-intensity activity.

At least 2 days of muscle-strengthening activities, which could be carrying groceries or digging and lifting as part of gardening. Muscle-strengthening could also be body-weight exercises such as push-ups, pull-ups, squats, and lifting hand weights.

About 3 days of activities to improve balance, such as standing on one foot.

See **weekly schedules** that would meet the recommendations. Also see what counts for aerobic activity, how to know the intensity level, and what counts as muscle-strengthening and balance activities. While the percentage of US adults meeting these recommendations has increased since 1998, adults aged 65 and older are the least likely age group to meet muscle-strengthening recommendations. **New research** shows that adults aged 65 and older who meet the muscle-strengthening guidelines are less likely to die prematurely. Older adults with chronic conditions or mobility limitations need to be as physically active as their abilities and conditions allow.

Richard Meyer's band will be in the house on Friday at 1:00 to rock the house, we'll be having some hors d'oeuvres..okay, snacks for the show.

If you're a Christmas shopper, you have 11 days.

Brian