

Second Helping

A Few More Things You Might Find Helpful from United Way Meals on Wheels

July 2018

Avoiding Scams, Schemes and Swindlers

Stay a Step Ahead by Knowing What to Watch Out For

Did you know there are scams designed specifically to take advantage of seniors? Older people tend to be more trusting or less aware of new and different ways they can be defrauded. So be alert. Be skeptical. And look out for schemes like these.

- **Posing as a Medicare or IRS Representative**

Your health and tax records are a bonanza for scammers who want to steal your identity. If someone calls you about Medicare or threatens you for unpaid taxes, don't give them your personal information. Call Medicare or the IRS yourself instead.

- **Preying on Grieving Spouses**

Scammers will read local obituaries and then seek out the surviving spouse, claiming that the person who died owed them money – hoping to collect from the spouse.

- **Calling about a Relative in Distress**

Suppose you have a child, grandchild or another family member in a different city. Con artists might call you saying that person is in jail or in the hospital, and needs you to send money right away for bail or medical expenses.

- **Soliciting for Fake Charities**

This can happen at any time but especially after widespread news of disasters. Even if you're moved by the cause, the best response is to ask for the name of the organization and then do some research yourself before donating.

- **Downloading Internet Viruses**

Beware of pop-up windows on the internet that offer anti-virus software. If you download them – or click on strange attachments in unsolicited emails – you could expose your personal information to hackers who want to steal your identity.

Questions for Meals on Wheels? Call us at 205.592.0413. Source: National Council on Aging

Remove lower portion and return with your kind donation.

YES! I'll support Meals on Wheels so that even more people can look forward to a hot, nutritious meal and friendly visit day after day. My tax-deductible contribution is enclosed in the amount of:

___\$25 ___\$50 ___\$100 ___Other \$_____

Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.


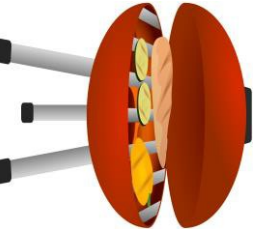
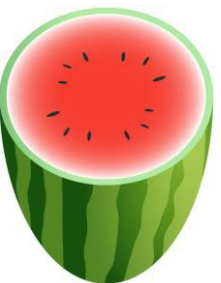
Name _____
Address _____
City _____ State _____ Zip _____
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205.592.0413

You may also donate online at www.mowjefco.org/donate.

CSH-7/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Menu 1</u> Blended Juice Chop Steak/Gravy Whipped Potatoes Green Peas Whole Wheat Bread Margarine Nutty Buddy Milk</p>	<p><u>Independence Day Meal</u> BBQ Chicken Legs (2) Baked Beans Coleslaw Fresh Fruit Texas Bread Margarine Banana Pudding/Wafers Milk</p>	<p> Centers Closed</p>	<p><u>Menu 4</u> Cranberry Juice BBQ Rib Patty/Bun Green Limas Corn O'Brien Marble Cake Milk</p>	<p><u>Menu 5</u> Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Sour Cream Orange Gelatin Milk</p>
<p><u>Menu 6</u> Blended Juice Beef Stroganoff Garden Vegetables Mandarin Oranges/Pineapples Whole Wheat Bread Margarine Fig Bar Milk</p>	<p><u>Menu 7</u> Meatloaf/Tomato Gravy Delmonico Potatoes Green Beans Sliced Peaches Whole Wheat Bread Margarine Yellow Cake Milk</p>	<p><u>Menu 8</u> Turkey/Cheese Sandwich Sliced Turkey/Cheese – 2 slices ea. Wheat Bread - 2 Lettuce/Tomato Mayonnaise/Mustard Sun Chips Three Bean Salad Fresh Fruit Milk</p>	<p><u>Menu 9</u> Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk</p>	<p><u>Menu 10</u> Grape Juice Beef Strips/Gravy (3) Country Potatoes Mixed Greens Cornbread Margarine Raspberry Gelatin Milk/Buttermilk</p>
<p><u>Menu 11</u> Cranberry Juice Sausage Patty (3) Hashbrown Casserole Hot Spiced Apples Biscuit Margarine/Jelly Whole Grain Bran Flakes Milk</p>	<p><u>Menu 12</u> Meatballs/Spaghetti Sauce (3) Whole Grain Penne/Tomatoes Parshied Carrots Fresh Fruit Texas Bread Margarine Fudge Round Milk</p>	<p><u>Menu 13</u> Orange Juice BBQ Chicken/Bun Field Peas/Snaps Baked Potato Salad Lemon Fruited Gelatin Milk</p>	<p><u>Menu 14</u> Chicken Taco Meat Whole Kernel Corn Fiesta Vegetables Taco Salad Mix (1/2 cup) Flour Tortilla Taco Sauce Sour Cream Oatmeal Crème Pie Milk</p>	<p><u>Menu 15</u> Apple Juice Hann & Macaroni Casserole Mustard Greens Okra and Tomatoes Cornbread Margarine Chocolate Cake/Whipped Topping Milk/Buttermilk</p>
<p><u>Menu 16</u> Orange Juice Chicken Jambalaya Italian Green Beans Glazed Carrots Whole Wheat Bread Margarine Jelly Crème Pie Milk</p>	<p><u>Menu 17</u> Hamburger/Bun Baked Beans Corn Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p><u>Menu 18</u> Blended Juice Smoked Sausage Black-eyed Peas Turnip Greens Cornbread Margarine Cherry Fruited Gelatin Milk/Buttermilk</p>	<p><u>Menu 19</u> Cheesy Beef Casserole Mixed Vegetables Tossed Salad/Ranch Dressing Fresh Fruit Dinner Roll Margarine Assorted Snack Cake/Cookie Milk</p>	<p><u>Menu 20</u> Apple Juice Smothered Chicken Legs (2) Mixed Beans Broccoli Casserole Wheat Bread Margarine White Cake Milk</p>
<p><u>Menu 1</u> Blended Juice Chop Steak/Gravy Whipped Potatoes Green Peas Whole Wheat Bread Margarine Nutty Buddy Milk</p>	<p><u>Menu 2</u> Glazed Ham Whipped Sweet Potatoes Collard Greens Fresh Fruit Cornbread Margarine Strawberry Swirl Pudding Milk/Buttermilk</p>	<p></p>		<p></p>

Comments or Suggestions