

**Grandchildren**

Our five-year-old grandson couldn't wait to tell his grandfather about the movie we had watched on television, "20,000 Leagues Under the Sea." The scenes with the submarine and the giant octopus had kept him wide-eyed. In the middle of the telling, my husband interrupted Mark, "What made the submarine sink, was it the octopus?"

With a look of incredulity Mark replied, "No, Grampa, it was the 20,000 leaks!"

**Local Events:**

March 5th - Wetaskiwin at 1pm; the Snow Drags will take place at the Reynolds Alberta Museum

March 18-20 - Camrose Spring Classic Rodeo at the CRE.

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**March is Fraud Awareness Month**

By: **Angie McConnell**



Every year, more than 6,000 seniors fall victim to fraud in Alberta. They're less likely to report themselves as victims of a crime, but the fear of crime or being victimized is a concern for them. Fraud can come in many forms, such as pyramid scams, door-to-door sales, telemarketers, emails claiming you have won a prize or inherited money, vacation offers, fake charities, other sales scams, and more.

This year, fraud prevention month is focusing on internet fraud. Due to the increasing numbers of people online shopping, banking and using the internet for general purposes, predators are targeting the vulnerable and senior population using computers.

"With the Internet fast becoming a way of life for most of us, it's not surprising that we're seeing such growth in on-line scams and frauds. Criminals go where the money is. They're making the most of the opportunities the Internet provides, so Canadians have to be particularly vigilant about protecting their personal information when they're on-line," said RCMP

Superintendent Steve Foster, Director of the Commercial Crime Branch.

In talking with the Camrose Police Service, there are two main scams that are happening in our area right now:

1. **The Grandparent Scam**  
In the typical scenario, a grandparent receives a phone call from a con-artist claiming to be a grandchild. They say that they're in trouble and need money immediately. They claim being in a car accident, trouble returning from a foreign country or they need bail money.

A typical call can go something like this:

Con-artist: Hi, Grandma/Grandpa

Victim: Hi.

Con-artist: Do you know who this is?

Victim: John?

Con-artist: Yeah.

Victims don't verify the story until after the money has been sent as the caller specifically says they don't want other relatives to know what has happened by asking: "Can you please help me? I'm in jail (or in some type of financial need). But don't tell Dad. He would kill me if he found out, please send the money ASAP. I'm scared"

Wanting to help their grand-

child, the victim sends money by a money transfer company such as Money Gram or Western Union.

2. An email penpal met on a dating/friends site, or a random email comes through from overseas. The scam artist will befriend you and ask for this favor: for you to cash a cheque for them. They'll create a story as to why they can't cash it themselves, and will send it to you. They say you can have 10% for your troubles, and send the rest back to them. You then take that cheque to the bank, cash it, and send the money. The scam is that it takes awhile for your bank to clear that cheque, so you are taking the false deposit out of your account, and then when the cheque doesn't clear, you're out that money.

80% of scams are the work of criminal organizations, and they have one goal: to scam you out of your money. If you have a concern about scams, feel you've been a victim, or if you've been targeted recently, contact your police service and report the crime immediately. And remember, if it looks too good to be true, it probably is.



**Don't Forget!**

In the early morning hours of Sunday March 13, 2011 we are to "March Forward!" Change your clocks one hour ahead.

**Healthy Eating Tip**

Keep healthy ready-to-eat or frozen meals available, for the days you have a poor appetite or don't feel like cooking; that way you will have something ready! Make meals like casseroles, chili or stews and break them into smaller portions to be frozen.

**March Farmer's Almanac**

**4th-7th.** Increasingly cloudy.  
**8th-11th.** Fair for most areas.  
**12th-15th.** Stormy from the Rockies east.  
**16th-19th.** Fair skies gradually return.  
**20th-23rd.** Sunshine gives way to increasing, thickening clouds.  
**24th-27th.** A major storm from the US gives the Rockies and Prairies some light snow and flurries.  
**28th-31st.** Clear most areas. Unseasonably cold for the Prairies.

**Beat the Winter "Stuck Inside" Boredom—Volunteer!**

By: Angie McConnell

With the second half of our long winter underway, being stuck inside can start to make you feel very antsy and bored, especially when retired. Paired with winter roads, being stuck "in town" can lead to not only boredom but loneliness as well. You can beat that though; by volunteering!

Agencies are always looking for volunteers, from needing board members to council members to garden helpers and more, you can find something to fit your interests and also help a place in need.

Another benefit to volunteering is meeting new people, socialization and getting to be a part of a project that benefits the

lives of others. Volunteers make a positive difference in the areas they help out in. If you are interested in volunteering in Camrose, you can contact the Volunteer Center at 672-0141. In Wetaskiwin, call the City office at 361-4400. In Bashaw the Town office can direct you at 372-3731.

Happy volunteering!

**A Special Visitor**

**In February Rosehaven had a special visitor as Megan Forberg and her miniature pony Molly came to see the residents. Molly was a delight and a big thanks to Megan for taking time out of her day to stop**

**Valentine's Day in Bashaw**

**By: Cathy Unsworth, Activity Coordinator at Bashaw Valley Lodge**

These are pictures from Valentine's Day at Bashaw Valley Lodge. We had Maurice Hall come in to play music for entertainment and after we had a fancy coffee time. Everyone really enjoys when we have themed extra-special activities!

## Scammers—Their Warning Signs & How to Beat Them

Scammers are professional criminals and know what they're doing. Some techniques used by them are:

- Professional materials
- Well-crafted phone scripts
- Friendly tone and generous offers
- Believable answers for your tough questions
- They will impersonate legitimate businesses, charities, and causes
- Have expertise to use your own emotions against you

Beat the scammers!

- If it sounds too good to be true, it probably is!
- If it's an irresistible offer, always get independent advice first if the offer involves time pressure, providing personal information, or sending money.

- If you receive a cheque and are asked to return a some of the funds by using a money transfer company, beware!
- Log directly on Web sites you choose to visit instead of clicking on links in e-mails you receive, they might send you to bogus sites.
- If you are solicited by canvassers or receive e-mail or telephone solicitations to donate to charity, be cautious. Get information, then cross-check it through the registered charity.
- If told you're a lottery winner, ensure that it's a draw you entered. Legitimate lottery and sweepstakes administrators will never ask you for fees to deliver your prize.
- Never give details about your bank accounts or credit

cards to anyone you do not know or trust over the phone, by e-mail or fax. If a call-back number is provided, you may be dealing with a scammer. Contact the company or bank directly to validate that number and contact person.

- Be aware of "get rich quick" promotions, including work-at-home schemes or multi-level marketing plans, that suggest they require little effort or investment.

If you are unsure of a situation, it is always best to contact one of the following organizations:

The Competition Bureau  
1-800-348-5358 or  
The Canadian Anti-Fraud Centre  
1-888-495-8501

## A Little Old Man

**Submitted by:**  
**Anne Lindgren**

A little old man in a rocking chair  
Has experience and wisdom for us to share.  
He looks so forlorn and lonely  
At times  
As he waits for a kind soul  
To read him some lines.

Some lines from a book  
He treasures so much.  
He knows that the words  
Help keep him in touch.

With the loved one he is hoping  
Soon to meet  
When they'll walk hand in hand  
Down that Golden Street.

The lonely old man  
Does remember the past  
Lovely memories of family do last  
He quietly sits and reminisces  
As time slip into endlessness.

He talks to himself  
His voice is a little rasp

And he reaches for a loving hand  
To grasp and hold  
A kind voice then turns his ear  
"Is there still someone  
Who cares for me here?"

Are you a person who is kind?  
Does love control your heart  
And your mind?  
Go visit that little old man  
Somewhere in you town  
It'll lift up his spirits...  
And yours when you're down!

### Bethany Insight Contact Information

For ideas/feedback/submissions, you can reach call Angie at 679-3081, or email her:

[angie.mcconnell@thebethanygroup.ca](mailto:angie.mcconnell@thebethanygroup.ca)

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect." "Really," answered the neighbor. "What kind is it?" "Twelve thirty."

### Love Through the Ages



Deer Meadows residents Mirrel and Clara Nelson have been married for 67 years! They are among the longest married couples in Deer Meadows. Hope you both enjoyed those chocolates!

## Walking Safely in the Winter

Due to our most recent thaw, freeze, melt, thaw and freeze, the sidewalks and streets in our area are extremely icy!

Baby boomers are the most prone to falling on ice. The 40 to 59 demographic accounted for 30 percent of the ER visits. Those who were hospitalized stayed an average of 3.6 days

However, older age groups were more likely to be admitted to hospital, with injuries serious enough to require longer stays. Over one-third of all people hospitalized after falling on ice were 60 to 79 years of age; on average they were hospitalized for 7.6 days. The elderly stay in hospital the longest after a fall on ice. The average stay for those aged 80 and older was 14.5 days.

Just one bad fall on ice can have long-term consequences. These include: chronic pain in the affected area; a disabling injury that may mean loss of independence; or fear of another fall, which discourages a healthy, active lifestyle.

The Canada Safety Council offers seniors some practical suggestions to stay active in winter.

### Outfit yourself for safe walking:

Choose a good pair of winter boots. For warmth and stability look for these features:

- well insulated and waterproof;
- thick, non-slip tread sole;
- wide, low heels; and
- light in weight.

Ice grippers on footwear can help you walk on hard packed snow and ice. But be careful! Grippers become dangerously slippery and must be

removed before walking on smooth surfaces such as stone, tile and ceramic. Before buying the grippers, be sure that you are able to attach and remove them from your boots; this is best done sitting down.

Use a cane to help with balance. Have it fitted to the right height for you. When your cane is held upside down, the end should be at wrist level. Speak to your doctor, pharmacist or local public health department about how to use your cane properly. Attach an ice pick at the end of your cane. Cane picks will be slippery on hard surfaces so be sure to flip it back as you get indoors. Picks are available at most drug stores. If you need further support use a walker. Again, talk with your doctor.

Wear a hip protector (a lightweight belt or pant with shields to guard the hips). It can help protect the hips against fractures.

Help other road users see you by wearing bright colors or adding reflective material to clothing. Prevent heat loss by wearing a warm hat, scarf, and mittens or gloves. Dressing in layers may also keep you warmer. Report hazards on sidewalks to the city or town office, or to The Bethany Group.

Carry a small bag of grit, sand or non-clumping cat litter in your jacket pocket or handbag, to sprinkle when you are confronted with icy sidewalks, steps, bus stops, etc. And if you need, don't be afraid to ask a passer-by to help you cross the icy surface.

### Walking on Ice

Facing an icy surface can be a paralyzing experience. Not everyone has grippers and other safety aids. So, what should you do if it's impossible to avoid an icy patch? Believe it or not, body movements can increase your stability on an icy surface. First, slow down and think about your next move. Keeping your body as loose as possible, spread your feet to more than a foot apart to provide a base of support. This will help stabilize you as you walk.

Next, keep your knees loose and don't let them lock. If you can, let them bend a bit. This will keep your centre of gravity lower to the ground, which further stabilizes the body. Now you're ready to take a step. Make the step small, placing your whole foot down at once. Then shift your weight very slowly to this foot and bring your other foot to meet it the same way. Keep a wide base of support. Some people prefer to drag their feet or shuffle them. If this feels better to you, then do so. Just remember to place your whole foot on the ice at once and keep your base of support approximately one foot wide. Of course, it's always better to avoid tricky situations by being prepared and planning a safe route for your walk. Take care and be safe!

