

BOOMERS & BEYOND

Free Scam Alert Map

The scammers sure have been busy. Is there no end to their creativity?

The AARP is helping us to fight back, however, with its Fraud Watch Network's free Scam Tracking Map. You'll find the map on the AARP website (aarp.org) when you put "scam tracking map" in the search box.

Be sure to click on the widest possible search area, 200 miles, after you enter your ZIP code. Click first on AARP user-submitted reports. You'll see

colored dots where scams have occurred. Click on one and scroll down to see the details. After you view those reports, go back and click on Law Enforcement Alerts, with authorities warning about scams near you.

The wide variety of scams is surprising. One involved an alleged refund where the thieves wanted to deposit the refund directly into the victim's checking account. Once they gained access, they emptied the account.

Another scam had thieves trying to enter a house by pretending to be from a cable company and needing to fix some wires. The homeowner was suspicious, and rightly so.

Fear is a big factor with threats of arrest. One threatened people with arrest if they didn't give their Medicare number over the phone to buy merchandise. Another threatened arrest for missing jury duty if a fine wasn't paid immediately. Others involve the IRS.

If you're generally safety conscious and not likely to fall for a scam, checking the map once a month so should be enough. But if you're not sure (and truthfully, a lot of the scams are hard to identify as such), you might want to consider signing up for the AARP's bi-weekly Watchdog Alerts.

If you're ever in doubt after receiving a suspicious call, call the police. They want to know.

When We Don't Want to Cook

Now and then we just don't want to cook as much as we normally do. Maybe it's the heat of summer that keeps us from wanting to get in the kitchen or trek to the grocery store. If it's winter, maybe there is a layer of snow on everything outside. If we don't qualify for Meals on Wheels or any other food program, it's up to us to figure out how to get good meals.

Some of us turn to those meal delivery programs,

such as Silver Cuisine by BistroMD (there are discounts for AARP members), Diet to Go (has a focus on weight loss), Top Chef Meals and Magic Kitchen. They can be handy if we need a low-sodium or low-calorie diet, or one that's lactose or gluten-free.

These pre-made meals can be expensive, but it's worth it at least now and then to have a full frozen meal you only need to heat. If you search online for

"meal delivery programs for seniors," most of them have a full range of meals: breakfast, lunch, dinner, sides and dessert. Many have a weekly special with big discounts.

Compare a few different company websites. Some sites are better than others in categorizing the different foods and presenting the nutrition information. Certainly the prices vary from one to the other. Be sure to click on Senior to be sure

you'll get menus customized for us.

If you order pre-made meals, it's one more reason to sign up for the alerts put out by the Food and Drug Administration for foods that have been found to contain salmonella or Listeria. Better safe than sorry. Go online to www.usda.gov and put "alerts" in the search box. Look for Current Recalls and Alerts. If you sign up, you'll receive email alerts.

It's Not Too Late to Start Moving

If we've been inactive for many years, it's easy to just assume that there's nothing we can do at our age to increase our health and longevity. Not so, according to a new study.

A large University of Cambridge study of 14,000 participants over nearly 13 years assessed diet, alcohol consumption, body mass index, occupation -- and physical activity levels -- and compared those with mortality risk from any condition.

Here's what researchers discovered: Those who

were sedentary and remained sedentary had a higher risk of mortality. However, those who started with low activity levels but increased them had additional longevity benefits. Specifically, the risk of death decreased 24% for a low increase in activity, 38% for a medium increase, and 42% for a high increase in activity.

In other words, even if we've been very sedentary, becoming more active now lowers our mortality risk.

Many researchers (and the World Health Orga-

nization) still say that 150 minutes per week of moderate-intensity exercise is what we all need. They even break it down into minutes of activities like dog walking or gardening, all the way up to running and playing tennis.

But that doesn't mean we should all do 150 minutes of cycling or jogging per week, especially without medical advice. Yes, we can gain longevity if we become more active, but it shouldn't be at the risk of our current health.

Get your doctor's opin-

ion. Ask for a plan to gradually increase your activity level. How many minutes of which activity should you do each week? If you're going to walk, where will you do that? If you want at-home exercise equipment, what kind? If your doctor's office has a sports medicine department, ask about being assessed on its equipment.

Seriously consider upping your activity level, but do it safely.

Dental Insurance
Physicians Mutual Insurance Company

Call for your **FREE** Information Kit!

Get help paying dental bills and keep more money in your pocket.

1-877-599-0125
www.dental50plus.com/25

Coverage not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY, call 1-800-969-4781 for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). AW19-10278

TURNING 65 AND NEED HELP WITH YOUR MEDICARE CHOICES?


Call Paul to help simplify the complicated.



541-517-7362

Paul Henrichs ~ Local Independent Agent
coverage4oregon@gmail.com

Magnolia Gardens Senior Living



FREE Special Event
DEMENTIA SUPPORT

Learn the symptoms of DEMENTIA, including ALZHEIMER'S, and learn how to support loved ones and friends who live with dementia.

Wednesday, July 24 – 6:30 p.m.
For more information call:
Linda LaZar (541) 942-0054

1425 Daugherty Ave • Cottage Grove
Refreshments will be served

You Can Count on Us!

We provide prompt and reliable, public transportation. Our experienced, courteous drivers will take you to appointments on time.



Medical Offices • Pharmacies
✓ Serving the Communities of South Lane County
South Lane Wheels
1450 Birch Ave, Cottage Grove
southlanetransit.com
541-942-0456

Disclaimer: All vehicles are operated in accordance with the Americans with Disabilities Act. South Lane Wheels complies with Title VI of the Civil Rights Act of 1964. Information about the transit agency, including information in non-English alternative formats, may be obtained by calling 541-942-0456 or rlinco@southlanewheels.com

Your Family Deserves The **BEST** Technology... Value... TV!...

\$59.99 MONTH for 24 months
190 Channels America's Top 120

Add High Speed Internet **\$14.95** /mo.

CALL TODAY Save 20%! **1-866-373-9175**

Offer ends 11/31/19. Savings with 3 year price guarantee with 120% starting at \$59.99 compared to average price. All other major cable providers. 3 year commitment with early termination fee and 4-day by. Prices include Hopper Duo for quality customers. Hopper Duo or Hopper 150 for more options. Free app for additional TV Hopper 150, Hopper 150, Hopper 150, Hopper 150.

LeafFilter GUTTER PROTECTION

NO MORE GUTTER CLEANING, OR YOUR MONEY BACK - GUARANTEED!

0% FINANCING AND 15% OFF SENIOR & MILITARY DISCOUNTS

FREE ESTIMATES! 1-855-536-8838

Promo Number: 285 Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

CSLB# 1035795 DPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 27051321534 License# LEAF-FINWB2JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC-0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 134W409953900 Registration# PA059383 Suffolk HIC License# 52229-H

SOUTH LANE COUNTY FIRE & RESCUE

SAVE MONEY. SAVE LIVES.



FIREMED Ground Ambulance Memberships **\$65 per year**

LIFE FLIGHT NETWORK Ground Ambulance & Air Membership **\$115 per year**

Call 541-942-4493 for info.
FOR EMERGENCY DIAL 911
Serving South Lane County.

Everything for Your Eyes Only

Comprehensive family, medical eyecare and optical services
We provide exams for Cataracts, Glaucoma, Diabetic and Lasik
Serving Cottage Grove since 2006
Book an appointment today!
Medical, vision and flexible spending plans welcome.

Pacific ClearVision INSTITUTE

Mon-Thurs 9M-5PM
FRI 9AM-4PM
257 N. 8th St 541-942-5000
www.PCVI.com

The Flower Basket and Gift Boutique
A Flower Shop and so much more!

Floral Arrangements
Boutique Clothing
Accessories
Jewelry
Balloons
Home Décor
Fine Gifts

Deliveries Locally and Worldwide
Locally owned and operated since 1984
Quality and Satisfaction Guaranteed
119 South 6th Street • 541-942-0505
www.cottagegroveflowerbasket.com