

# Oswego Senior Center Newsletter

Volume 13, Issue 1      January 2021

## Current Hours:

For the Safety of our Seniors we have halted on-site activities as CoVid19 cases remain high. Please join activities virtually!

**84 Templeton Dr, Suite 104**

**Oswego, IL 60543**

**Phone 630-554-5602**

**www.oswegoseniorcenter.org**

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**Oswego Senior Center is a 501(c)3 non-profit organization and donations are tax deductible to the extent allowed by law.**



**Oswego Senior Center**

## A HEARTFUL THANK YOU TO ALL OUR DONORS TO GIVING TUESDAY

**HELD DECEMBER 1, 2020**

Oswego Senior Center greatly appreciated the support of many of our seniors on GivingTuesday and recent year-end donations. Thanks to our donors, we raised over \$3,100. These donations will help us provide safe socialization programs and activities for the upcoming months. We look forward that 2021 will allow us to resume our fund raising events and open up on-site activities again! We always welcome additional donations! Visit our website <http://oswegoseniorcenter.org/donate/> or make a check donation to Oswego Senior Center, 84 Templeton Dr., Oswego, IL 60543.

## WINTER BINGO— VIRTUAL THRU ZOOM

**WEDNESDAY, JANUARY 13: 1-2PM**

Enjoy the fun of at home, Zoom Bingo! Greet your

friends and try your luck at some great Bingo and raffle prizes all sponsored by



### **American House Cedarlake!**

Your Winter Bingo kit includes Bingo play card, card markers, raffle entry and snacks! **Advance Registration required by Mon., Jan. 11. Call 630-554-5602 to reserve your Bingo Kit & Raffle Entry.** Bingo Kit curbside pick-up: Monday, Jan. 11, 9-Noon. (If unable to pick-up, we can deliver. 45-participant player limit)

## EDIZON DAYAO! COMING FRIDAY FEBRUARY 12, 2-3:00PM FREE! LIVE VIRTUAL SHOW AND GREAT RAFFLES THRU ZOOM! JOIN ALL YOUR FRIENDS! MARK YOUR CALENDAR NOW!

**Hosted by Oswego Senior Center and Senior Services Associates.**  
Advance Registration required for Raffles and Show attendance to win!  
Hold your own at home dance party and sing-a-long and join the staff from OSC for Party Fun! Call Oswego Senior Center at 630-554-5602 today to reserve your free Raffle Ticket and email Zoom invitation!



## OSC's Supporters...

### ...the Foundation for Success

**1,000 Maple Tree Sponsors:**  
**Asbury Gardens**  
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**Heritage Woods of Yorkville**  
**Metrou & Nemiroff, P.C. with**  
**Exp Realty - The Kearns Team**

#### \$500 Birch Tree Sponsors:

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Participating Partners: Alden of Waterford, Rush Copley Medical Center, Panera Bread, Jan Litvene, ACSW, LCSW, American House, David Erickson of Edward Jones, Keith Bielma, Kendall Co. Health Dept., Brian LeClercq of LeClercq Financial, DMJ Home Health, Jan Williams, RN Deputy Wayne Dial of Kendall Co. Sheriff Department.

## January Birthday Corner!

Happy Birthday Wishes to our "regular" Congregate Lunch Participants! We miss you all!

John Horwath	Jan. 1
Bev Casey	Jan. 1
Anna Poehling	Jan. 2
Wanda Bosnak	Jan. 3
Judith Donnally	Jan. 9
Diane Selmer	Jan. 11



Martha Hannon	Jan. 13
Bill Small	Jan. 14
Tom Moris	Jan. 15
Dave Ralston	Jan. 17
Barb Crow	Jan. 23



**Extra Special  
 Happy Birthday Shout-Out to  
 Lorraine Kwik who turns 90  
 on Jan. 30th! Wishes for Many More!!!**

#### FUNDING MADE POSSIBLE BY

##### GRANTS FROM:

**The Village of Oswego, Kendall County Senior Tax Levy, Oswego Township and Age Guide (Older American's Act), as well as program fees, donations and fundraisers.**

#### OSI BOARD OF DIRECTORS:

Wally Hamlin, President  
 Patricia Dunn, Vice President  
 Pam White, Secretary  
 Pat Feeley, Treasurer  
 Members: Judy Sollinger, Linda Radecki, John Milburn, Rick Fry, Dr. Asif Hussain, Scott Gryder, Nancy Patush & Joe West.  
 Questions or concerns for the Board may be directed via email:  
[board@oswegoseniorcenter.org](mailto:board@oswegoseniorcenter.org)



You can make an impact while you shop on Amazon all year long. Simply shop at [smile.amazon.com/ch/26-3947440](https://smile.amazon.com/ch/26-3947440) and AmazonSmile will donate to Oswegoland Seniors Inc, at no cost to you.

Not signed on to donate while Amazon Shopping? Just go to Smile.Amazon.com and choose to support Oswego Senior Center. Please include us in all your Amazon shopping year-round. OSC will receive .05% of your purchase price of your eligible AmazonSmile purchases.

## SHIP/SENIOR HEALTH INSURANCE PROGRAM

### ASBURY GARDENS PROGRAM FUNDER

Free Medicare counseling to help you identify plans and deal with issues regarding Medicare and all its parts. Our SHIP Counselor Penny is available to help you by appointment only.



**For the Safety of our Seniors we have halted on-site activities. Please call for 630-554-5602 to schedule a phone appointment.**

## LOOKING FOR A CONNECTION AT HOME.. TRY OUT CLASSES



THRU ZOOM OR  
DIAL-IN FROM YOUR  
PHONE!



Not sure how to participate virtually? Visit <http://oswegoseniorcenter.org/> and click the Zoom Tutorial. To connect to a Zoom class you need access to the internet, video camera and microphone on your pc, tablet or smart phone. You can also dial in from any type of phone for audio connection to the class.

**There are several ways to Join a Zoom activity:**

1. Click the link in the email sent to you for the specific activity. In your email it will look like this: <https://zoom.us/j/98169812621>
2. Click the link with the class in the electronic copy of the newsletter (You will see the link by the class in the this month's newsletter.)
3. Go to our website, [www.oswegoseniorcenter.org](http://www.oswegoseniorcenter.org) and click **Zoom Classes/Links** in the header menu.

All Zoom classes are listed with their link.

**Special Note:** Once you have clicked the class link, you will be in the "waiting room". Do nothing further, the class instructor will do the rest!

4. For Dial-in on your phone, call: 312-626-6799 (same phone number for all classes, with class specific ID ). When prompt is given, enter the specific Meeting ID listed, follow by #

Example: Dial in: 312-626-6799 At prompt, enter Meeting ID: 981 6981 2621 #

## CRAFT CORNER

CEDARHURST YORKVILLE

PROGRAM FUNDER

We have our own crafters

"Dear Abby" . Our very own talented Rhonda Jaras, known best as our Card Making Instructor, possesses many other crafty skills! If you are stumped by one of your craft projects or ideas, like to learn something new or share your craft interest, contact Rhonda at 630-554-5602 or email [rhonda@oswegoseniorcenter.org](mailto:rhonda@oswegoseniorcenter.org)



## HISTORY THROUGH BIOGRAPHIES -

**WEDNESDAYS, 11AM THRU ZOOM**

Mike Adolph, a retired History teacher, moderates lively discussion as participants explore history by presenting biographies they've chosen. **3 ways to join:** 1. Call 630-554-5602 for an email invitation. 2. Join through our website: [oswegoseniorcenter.org](http://oswegoseniorcenter.org), Zoom Classes/ Links. 3. Connect with online newsletter link.

<https://zoom.us/j/91213707182>

## OSC TECHNOLOGY LAB AND SOCIAL CLUB -

**THURSDAYS, 11AM - NOON THRU ZOOM**

**METROU & NEMIROFF, P.C. AND EXP REALTY**

**PROGRAM FUNDERS**

**INSTRUCTOR: GARY TOLLAKSEN**

Need help with your PC or electronic device? Have questions about programs or email usage? **3 ways to join:** 1. Call 630-554-5602 for an email invitation. 2. Join through our website: [oswegoseniorcenter.org](http://oswegoseniorcenter.org), Zoom Classes/ Links. 3. Connect with online newsletter link. <https://zoom.us/j/95917852532>

## COMPUTER ONE-ON-ONE LAB

**Help with pc, laptop or tablet.**

For the Safety of our Seniors we have suspended on-site activities indefinitely. Call 630-554-5602 to reserve an appointment for a future date and we will call back when we can schedule safely.

## FINANCIAL EDUCATION SERIES

**TUESDAY, FEBRUARY 9, 10:00AM , THRU ZOOM**

**GENERAL FINANCIAL ADVICE - BRING QUESTIONS!**

Presenter: David Erickson of Edward Jones

**All ages invited! . Call 630-554-5602 for an email invitation. Or Join through our website: [oswegoseniorcenter.org](http://oswegoseniorcenter.org), Zoom Classes/ Links.**

## KENDALL COUNTY MEAL ASSISTANCE

**Home Delivered, Meals on Wheels** Hot Meals (along with a cold pack beverage/bread) are delivered Mon. - Fri. Suggested donation is \$3.75 per meal. For more information and sign-up call: Senior Services Associates, Yorkville, **630-553-5777**.

## CHAIR EXERCISE

### THRU ZOOM

**MONDAYS AND TUESDAYS, 9 - 10AM "STRETCH"**

**THURSDAYS, 9 - 10AM "STRENGTH"**

Join us from the comfort of your home as we get moving with a chair exercise "Senior Strength" video. **All ages invited! For this virtual class, you must join through an email invitation. Call 630-554-5602, and you will be sent an email invitation for the class.**

## TAI CHI: KRISTI NIEDZWIECKI THRU ZOOM

**TUESDAYS AND FRIDAYS: 11:00 –11:45AM**

Tai chi is a slow moving, fluid exercise that helps with balance, movement, coordination, agility and mindfulness. Wear cool, comfortable clothing!

**3 ways to join Zoom:** 1. Call 630-554-5602 for an email invitation. 2. Join through our website: [oswegoseniorcenter.org](http://oswegoseniorcenter.org) Zoom Classes/ Links. 3. Connect with online newsletter link.

<https://zoom.us/j/91016268123>

*Instructor Kristi appreciates class donations:*

Connect with online newsletter link to make your donation <https://www.studiochifit.com/donate> or donate on our website: [oswegoseniorcenter.org](http://oswegoseniorcenter.org) Zoom Classes/ Links. for Tai Chi

## NEW! FLEX AND STRETCH YOGA THRU ZOOM

**MONDAYS: 10:00AM** Ever wake up with your back or neck feeling stiff? Pain and stiffness can change the way we walk and carry our bodies, resulting in poor posture. Regain flexibility with yoga! This yoga class will focus on stretching and flexing poses to bring elasticity to the fascia and the surrounding muscle tissue, which results in better range of motion, and the ability to move without muscle pain and stiffness. Modifications are made for all abilities.

**Instructor: Ellen Von Ohlen** Senior Fitness Specialist Ace Senior Fitness Certification, Ace Personal Trainer and Yoga certified training certificate

**3 ways to join:** 1. Call 630-554-5602 for an email invitation. 2. Join through our website: [oswegoseniorcenter.org](http://oswegoseniorcenter.org), Zoom Classes/ Links. 3. Connect with online newsletter link. <https://us02web.zoom.us/j/89588503720?pwd=YWN3UmhMU3pBTmpTWWIFZlVSN084UT09>

## HEART & BONES - THRU ZOOM

**HERITAGE WOODS YORKVILLE PROGRAM FUNDER**

**TUESDAYS: 10AM (BETH)**

**WEDNESDAYS: 10AM (GABE)**

**THURSDAYS: 10AM (BETH)**

**FRIDAYS: 10AM (BETH)**

Participants who join this engaging, fun fitness class will benefit from cardio, resistance and strength training. Balance, coordination, flexibility, agility and energy may be improved! Wear comfortable clothes and gym shoes. Instructors: Gabriel Davila, ACE Certified Trainer; Beth Peshia, OSC Health & Wellness Coordinator. **3 ways to join:** 1. Call 630-554-5602 for an email invitation. 2. Join through our website: [oswegoseniorcenter.org](http://oswegoseniorcenter.org), Zoom Classes/ Links. 3. Connect with online newsletter link. <https://zoom.us/j/99979666548>

## VETERANS & SPOUSE BENEFITS

Learn about the many new benefits and what your options are. One-on-one phone session can be scheduled with Karylin Clevenger, Veterans Assistance Commission (VAC) **Call 630-554-5602 to arrange an appointment.**

## CAREGIVER SUPPORT

**FRIDAY, JANUARY 15, 11:00AM**

**ONE-ON-ONE PHONE SESSION CAREGIVER SUPPORT**

Keith Bielema, BSW, of Kendall County Health Department Transitions Program will be available for one-on-one phone session support for those who have found themselves in a caregiving role. Keith offers support, resources and hope on the journey through caregiving especially through these challenging times.

**Call 630-554-5602 to arrange phone session; other times can be scheduled.**

## BALANCE AND SAFETY CLASS THRU ZOOM

**TUESDAY, FEBRUARY 16: 12:00PM**

Let's talk balance and footing to get you ready for an early spring. **Presented by Scott Sieder, PT, DPT, Physical Therapist – Athletico Facility** Call 630-554-5602 for an email invitation or use the link on our website: [oswegoseniorcenter.org](http://oswegoseniorcenter.org), Zoom Classes/ Links.

Thank You Alden of Waterford for Sponsoring  
a festive virtual Holiday Bingo!  
Our prize winners were delighted!



Thank you  
Bednarcik Junior High  
National Honor Society  
for the cheer and joy that  
you brought to many of our seniors with  
the very creative holiday cards you designed!

A Big Huge Thank You  
from Oswego Senior Center and  
Senior Services Associates  
to all the Christmas Zoom Show  
Raffle Prize Sponsors!

American House Cedarlake  
Alden of Waterford  
Kearns Team - exp Realty  
Plum Landing  
DMJ Home Health Services  
Gail Gauger  
Merlins, Yorkville  
Laura's Flowers, Aurora  
Yorkville Flowers

Thank you to all our Seniors who  
joined us for the very enjoyable  
entertainment from Jack Evans and  
fun drawings!

## TABLETS TO SENIORS PROGRAM

AgeGuide Northeastern

Illinois and T-Mobile  
have teamed up to  
provide an internet  
connected tablet to  
older adults aged 60+ .  
This program helps  
seniors to connect with  
family, friends and



community through technology on a prepaid plan of  
up to 2 years and tutorial sessions.

At the end of the data commitment, the tablet is the  
property of the participant while the data plan will  
be discontinued.

1. Participants must be age 60 or older
2. Must complete a questionnaire and 3 virtual  
one-hour classes.

*Call us at OSC, 630-554-5602 for details on how to  
apply for the Program.*

## Sudoku Puzzle Solution on page 6

9			6	2				
		6						4
4	7		8	9				1
	7		4					
	5							
	8	7	2	3				5
7	1							
9	4	8						1
2	5							7

# OSC WINTER BINGO - Virtual on Zoom!

Wednesday, January 13th, 1-2pm

## Winter Bingo includes:

1. Personal Bingo Kit includes Bingo play card, card markers, raffle entry and snacks!
2. Amazing Game prizes!
3. Raffle Prizes!
4. FUN! Visit virtually in the warmth of your home, wave to your friends, play your game card and get a chance for a Raffle Prize!



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Advance Registration required by Monday, January 11.  
Call 630-554-5602 to reserve your Bingo Kit & Raffle Ticket.  
Bingo Kit pick-up, curbside - Mon, Jan. 11, 9-Noon.  
(If unable to pick-up, we can arrange delivery.) Play limited to 45 players.

*Prizes and Raffle sponsored by*



December Zoom Bingo Players—  
lots of Winners and Fun!  
Join us for Winter Bingo, 1pm,  
Wednesday, January 13th!



*Welcome home!*



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## Sudoku Solution

8	9	3	4	1	7	6	2	5
5	1	2	3	6	9	7	8	4
4	6	7	2	5	8	9	3	1
3	7	9	5	4	1	2	6	8
1	2	5	9	8	6	3	4	7
6	4	8	7	2	3	1	5	9
7	8	1	6	3	5	4	9	2
9	3	4	8	7	2	5	1	6
2	5	6	1	9	4	8	7	3



# Valentine's PARTY

VIA ZOOM

**Friday, February 12**

SPECIAL PERFORMANCES BY

**EDIZON DAYAO**

**RAFFLE PRIZES**

**Some tips from the Illinois Department on Aging for knowing symptoms for CoVid19 and the Flu.**

**For more Information on CoVid19 in Illinois visit:**

<http://dph.illinois.gov/covid19>

Symptoms	Coronavirus <sup>†</sup> (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
 Wheezing	No	No**	No**	No**	Common
 Shortness of breath	Sometimes	No**	No**	No**	Common
 Chest tightness/pain	Sometimes	No**	No**	No**	Common
 Rapid breathing	Sometimes	No**	No**	No**	Common
 Sneezing	No	Common	No	Common	No***
 Runny or stuffy nose	Rare	Common	Sometimes	Common	No***
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)	No***
 Fever	Common	Short fever period	Common	No	No
 Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)	Rare
 Body aches and pains	Sometimes	Common	Common	No	No
 Diarrhea, nausea and vomiting	Sometimes	Rare	Sometimes	No	No
 Chills	Sometimes	No	Sometimes	No	No
 Loss of taste or smell	Sometimes	Rare	Rare	Rare	No

Your symptoms may vary. <sup>†</sup>Information is still evolving. Many people may not have symptoms. \*If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. \*\*Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. \*\*\*If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 8/25/20 • aafa.org/covid19

## OUR ASK A COP...

### Hello everyone from Deputy Wayne Dial!

I hope you have had a great Thanksgiving and are looking forward to Christmas, or maybe just Wishing all a good New Year! You might find these phone tips useful in 2021!

I have received these fake calls from Apple and Amazon support. **Here's what you need to know:**

Scammers are calling people and using the names of two companies everyone knows, Apple and Amazon, to rip people off. Here's what you need to know about these calls.

In one version of the scam, you get a call and a recorded message that says it's Amazon. The message says there's something wrong with your account. It could be a suspicious purchase, a lost package, or an order they can't fulfill.

In another twist on the scam, you get a recorded message that says there's been suspicious activity in your Apple iCloud account. They say your account may have been breached.

In both scenarios, the scammers say you can conveniently press 1 to speak with someone (how nice of them!). Or they give you a phone number to call. Don't do either. It's a scam. They're trying to steal your personal information, like your account password or your credit card number.

If you get an unexpected call or message about a problem with any of your accounts, hang up.

- \* Do not press 1 to speak with customer support
- \* Do not call a phone number they gave you
- \* Do not give out your personal information

If you think there may be a problem with one of your accounts, contact the company using a phone number or website you know is real.

### Now for some ways to stop unwanted calls:

Scammers can use the internet to make calls from all over the world. They don't care if you're on the National Do Not Call Registry. That's why your best defense against unwanted calls is call blocking.

Which type of call-blocking or call-labeling technology you use will depend on your phone — whether it's a mobile, traditional landline, or a home phone that makes calls over the internet (VoIP).

### Blocking calls on Mobile Phones:

Go to the App-store on your phone and select a call blocking app. Please remember some Apps will be free and some Apps will cost. It depends on what type

of phone you have IE (Apple, or Android). Unfortunately, some phones do not have App options; for example, flip phones or very basic phones. In these cases, I would suggest unless you know the number calling, let it go to voice-mail. If you are left a voice-mail and it sounds out of sorts, get a hold of a trusted family member or friend to review the message for you. If you have a Landline here is an option:

Install a call blocking-device. If your home phone is a traditional landline that doesn't use the internet (VoIP), you can buy and install a call-blocking device. Call-blocking devices are typically small boxes you attach to your phone. Some devices use blacklist databases of known scam numbers but let you add numbers you want blocked. Other devices rely on you to create and update your own blacklist of numbers to block.

Some use blacklists to: Stop unwanted calls, Divert calls to voicemail, Show a blinking light when an unwanted call comes in, Connect callers to a recording with options so a real caller can still get through.

Some devices also use whitelists of approved numbers. That helps you limit which calls get through, or lets you set up "do not disturb" hours during which calls go straight to voicemail. Some devices try to weed out robocalls by playing a pre-recorded message, prompting callers to press a number to continue the call.

See what services your carrier offers. Some services are free, but some charge a fee.

I know this is a lot of information, but I wanted to get it to all of you the best I could! Have a great New Year!

**R. Wayne Dial, Senior Services Deputy**

**Kendall County Sheriff's Office**

**(630) 553-7500 Ext 1132 Cell 630-768-2860**

[rdial@co.kendall.il.us](mailto:rdial@co.kendall.il.us)



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*Attorneys and Counselors at Law*

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# OVER 4,000 ★★★★★ REVIEWS!

CARING FOR YOUR DENTAL HEALTH SINCE 1999

ACCEPTING SAME DAY DENTAL EMERGENCIES



*New Year,  
New You!*

*All Covid-19 precautions  
have been taken.*



**VALLEY VIEW  
DENTAL**

**DENTURE MONEY BACK GUARANTEE**

*IF YOU ARE NOT SATISFIED WITH YOUR NEW DENTURE,  
FROM OUR OWN ON-SITE LAB, WE WILL GIVE YOU YOUR MONEY BACK!*

**1078 OGDEN AVENUE (IN FRONT OF SAM'S CLUB) 630-923-0900**

<b>Monday, Dec. 28</b> <b>9 ZOOM</b> Chair Exercise	<b>Tuesday, Dec. 29</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Heart & Bones 10-12 & 1-2 SHIP <i>by appointment</i> <b>11 Zoom</b> Tai Chi	<b>Wednesday, Dec. 30</b> <b>10 ZOOM</b> Heart & Bones <b>11 Zoom</b> History	<b>Thursday, Dec. 31</b>  <b>Happy New Year's Eve!</b>  <b>Good Bye 2020!!!</b>	<b>Friday, Jan. 1</b>  <b>Happy 2021 New Year !</b>
<b>Monday, Jan. 4</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Yoga	<b>Tuesday, Jan. 5</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Heart & Bones 10-12 & 1-2 SHIP <i>by appointment</i> <b>11 Zoom</b> Tai Chi	<b>Wednesday, Jan. 6</b> <b>10 ZOOM</b> Heart & Bones <b>11 Zoom</b> History	<b>Thursday, Jan. 7</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Heart & Bones <b>11 ZOOM</b> Tech Lab	<b>Friday, Jan. 8</b> <b>10 ZOOM</b> Heart & Bones <b>11 ZOOM</b> Tai Chi
<b>Monday, Jan. 11</b> <i>9-Noon Curbside pick-up of Bingo Kit for Jan. 13 Bingo</i> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Yoga	<b>Tuesday, Jan. 12</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Heart & Bones 10-12 & 1-2 SHIP <i>by appointment</i> <b>11 Zoom</b> Tai Chi	<b>Wednesday, Jan. 13</b> <b>10 ZOOM</b> Heart & Bones <b>11 Zoom</b> History <b>1PM Zoom Winter BINGO</b> with great prizes!	<b>Thursday, Jan. 14</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Heart & Bones <b>11 ZOOM</b> Tech Lab	<b>Friday, Jan. 15</b> <b>10 ZOOM</b> Heart & Bones <b>11 ZOOM</b> Tai Chi 11 Caregiver Support, phone session
<b>Monday, Jan. 18</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Yoga	<b>Tuesday, Jan. 19</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Heart & Bones 10-12 & 1-2 SHIP <i>by appointment</i> <b>11 Zoom</b> Tai Chi	<b>Wednesday, Jan. 20</b> <b>10 ZOOM</b> Heart & Bones <b>11 Zoom</b> History	<b>Thursday, Jan. 21</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Heart & Bones <b>11 ZOOM</b> Tech Lab	<b>Friday, Jan. 22</b> <b>10 ZOOM</b> Heart & Bones <b>11 ZOOM</b> Tai Chi
<b>Monday, Jan. 25</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Yoga	<b>Tuesday, Jan. 26</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Heart & Bones 10-12 & 1-2 SHIP <i>by appointment</i> <b>11 Zoom</b> Tai Chi	<b>Wednesday, Jan. 28</b> <b>10 ZOOM</b> Heart & Bones <b>11 Zoom</b> History	<b>Thursday, Jan. 29</b> <b>9 ZOOM</b> Chair Exercise <b>10 ZOOM</b> Heart & Bones <b>11 ZOOM</b> Tech Lab	<b>Friday, Jan. 30</b> <b>10 ZOOM</b> Heart & Bones <b>11 ZOOM</b> Tai Chi

## Fraud Alert: COVID-19 Scams

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults and people with disabilities are at greater risk for serious illness from COVID-19, they may target these populations.

It's important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting people. Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines and treatments.

Here are things you need to know about the COVID-19 vaccine:

- You likely will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- You will not be solicited door to door to receive the vaccine.
- No one from Medicare or the Health Department will contact you.

No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.

The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.
- Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, treatments, or vaccines.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.

Contact your local SMP for help. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations. To locate your local Senior Medicare Patrol, call 1-877-808-2468 or visit [www.smpresource.org](http://www.smpresource.org)

## It's a New Year!

C	C	Q	S	F	L	P	J	F	C	R	O	R	C	W	U	J	U	M	A
K	P	L	F	W	O	U	I	L	E	L	B	A	O	T	R	X	B	Z	I
H	E	E	O	P	E	R	F	T	G	O	E	E	L	S	X	D	F	A	L
O	E	R	C	U	E	A	N	E	O	V	P	Y	D	A	C	O	Z	Y	T
J	X	O	B	P	D	I	T	T	C	M	A	W	N	L	A	O	C	T	Z
S	R	X	L	G	W	Y	S	E	W	A	B	E	O	T	F	N	N	A	M
N	W	A	S	H	O	V	E	L	R	O	E	N	I	A	R	T	H	H	T
U	C	A	Z	Z	I	P	L	I	O	K	W	P	N	O	A	E	W	E	P
E	O	G	D	Q	R	I	X	K	S	U	E	G	O	Q	C	L	L	F	C
F	U	R	N	A	C	E	Y	D	W	R	O	D	Z	Y	S	E	X	G	H
S	K	C	O	S	L	O	O	W	I	O	F	U	M	F	X	V	E	K	V
Y	R	O	K	I	M	N	Y	F	R	O	O	C	R	U	I	I	Z	C	P
M	E	D	K	O	L	V	N	E	H	D	B	D	J	N	G	S	D	Y	I
K	U	E	J	S	H	I	Z	O	T	E	L	S	B	L	X	I	P	H	T
N	A	M	W	O	N	S	H	L	D	L	A	M	E	U	W	O	E	U	O
K	O	Y	D	M	Z	D	O	C	N	V	N	V	U	H	R	N	A	E	P
N	R	S	J	M	O	V	A	T	H	J	K	C	G	E	C	N	W	K	H
F	W	M	T	V	N	I	F	R	T	A	E	F	N	W	N	T	E	I	A
R	K	E	R	S	G	F	I	Y	K	M	T	B	I	I	H	B	A	R	T
R	E	S	O	L	U	T	I	O	N	S	K	C	Z	B	O	T	I	M	M

ATLAST  
BLANKET  
BOOK  
BOOTS  
CHILI  
CLOUDY  
COAL  
COLD  
COZY  
DARK

FIREPIT  
FIREPLACE  
FURNACE  
ICE  
MATCHES  
NEWYEAR  
PEACEFUL  
PIZZA  
POPCORN  
RESOLUTIONS

SCARF  
SHOVEL  
SNOWMAN  
SWEATER  
TELEVISION  
TOPHAT  
WINTER  
WOODBURNER  
WOOLSOCKS  
ZERO

**Mission Statement:**  
To promote the general well-being of the Oswegoland Senior Community by honoring and serving our Seniors while providing an environment that improves quality of life and extends independent living.