



# EGANVILLE & DISTRICT SENIORS

*Great Ways to Enjoy Your Retirement Days!  
You Don't Have to be a Senior to Participate or Volunteer*

*Give Us A Call*

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## JUNE IS ELDER ABUSE AWARENESS MONTH

One form of Elder Abuse that seems to be overlooked is Scams. Stealing or taking personal items is a crime for everyone and it is also a form of Elder Abuse.

At the Seniors Centre lately, we have been seeing an increased number of people, and not just seniors, getting scammed out of their money. These thieves are smart and clever. They know the right questions to ask and they know clever ways to access your personal information.

If you are unsure of what ANYONE (including family and friends) are asking you or if the conversation is getting confusing, tell them you will get back to them by phone or face to face. This will give you time to think about what the person is asking you; call a friend or family you trust to talk over the request or investigate what the person is telling you.

You should never lose your home, family or car just because you didn't take a few minutes to think about what is happening! Nothing is that urgent.

### Things you should NEVER do over the phone:

**Never** - give out your date of birth.

**Never** - give out your credit card number.

**Never** - give out any banking information. This includes the name of your branch or town.

**Never** - give out your SIN.

### Steps to take if you think you have been scammed:

1. Call the OPP fraud and abuse line – 1-888-310-1122. These people are really great to talk to and they will guide you through the steps you need to take.
2. Call your bank or credit card company to make sure your information and accounts are secure and there isn't any extra activity going on in your account.
3. Tell a friend – these thieves are extremely good at what they do. Don't be embarrassed. We all get caught by surprise. The more people we tell about our experience, the more people can be aware that this type of scam is happening in the area so we can be on alert for such phone calls.

### Definition of Abuse:

**Abuse:** means harm done to anyone by a person in a position of trust or authority.

**Elderly Person:** means a person over the age of 65.

**Harm:** means physical abuse (includes sexual abuse), psychological abuse, financial abuse or neglect, or any combination thereof.

**Incompetent:** means a person incapable of managing their day-to-day affairs, thus making them vulnerable to abuse.

**Vulnerable Person:** means any adult, who by nature of a physical, emotional or psychological condition,

is dependent on other persons for care and assistance in day-to-day living.

### Types of Abuse:

Physical – Emotional – Financial - Neglect

***If you suspect Elder Abuse or are being abused, you can get help here:***



## A great resource is: The Little Black Book of Scams

Available at the Eganville & District Seniors.

## GOLDEN LAKE EXERCISE CLASS

**Join us each Tues. and Fri. at the Golden Lake Community Hall at 9:30 am for Mid Mobility Exercise Class.**