

Golden Outlook...a publication for Senior Citizens

Thea M. Guilfoyle, Editor
Community Services Department

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Michael S. Procuk, Mayor

Editor's Message

Spring is almost here - honestly!! Warmer temperatures and no snow in the forecast will be especially welcome this spring after a tough winter!

Please note the articles on the snow removal and senior lawn cutting programs. Also, in this issue, please note the important articles on scams, mail drop box theft and preventing identity theft in our very digital world.

We hope to see you at the March 15th senior luncheon to celebrate St. Patrick's Day with a traditional Irish meal and a presenter from the Metro Parks giving a history of Irish Bend.

Mark your calendars to join us for a Fish Fry dinner on Friday, March 18th!!

Have fun with this months puzzles and stay well!

Thea M. Guilfoyle
Director
Community Services



COMMUNITY SERVICES DEPARTMENT

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Located in the Service Building, 233 Tuxedo Avenue

Hours: 8:00 a.m. to 4:30 p.m., Monday through Friday (Call first! We're also working remotely!)

Be sure to leave messages in the General Mailbox, Ext. 0

St. Patrick's Day Word Search

BEER
BELFAST
BISHOP
CABBAGE
CELEBRATION
CELTIC CROSS
CHRISTIAN
CLOVER
CORK
CORNED BEEF
DANCING
DUBLIN
EVENTS
FEAST DAY
FESTIVAL
GREEN
GUINNESS
HERITAGE
HISTORY
HOLIDAY

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

HOLY DAY
IRELAND
IRISH
LEPRECHAUN
LIMERICK
MARCH
MISSIONARY
MUSIC
PARADE
PATRON SAINT
POTATOES
SEVENTEENTH
SHAMROCK
SNAKES
SODA BREAD
TRADITION
YEARLY

Leprichoun Brain Games



HOW MANY WORDS CAN YOU MAKE FROM

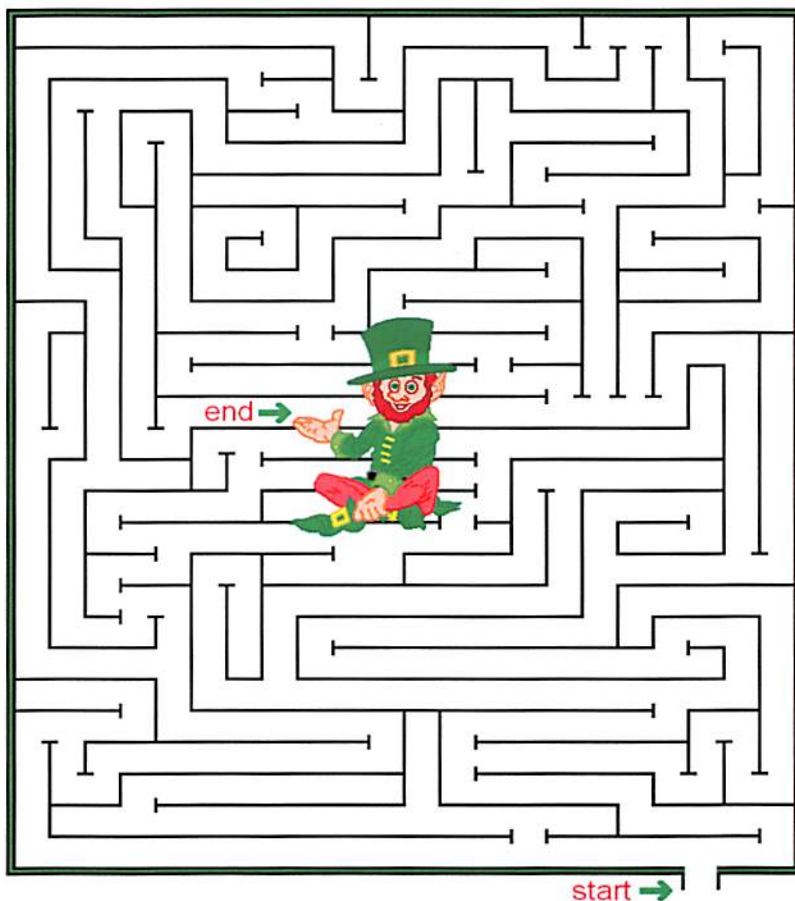
SHAMROCK

Using each letter only once in a word, see how many different words you can make out of "SHAMROCK".

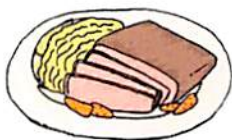


ST. PATRICK'S DAY WORD SCRAMBLE

CRLENPAEUH	
AIOWRNB	
AHSMKCRO	
HMRAC	
ARDLIEN	
GNERE	
CYLKU	
ODRNCE EBEF	
TPO FO DLGO	
ONDRTIATI	
DAPARE	
IGJ	



MARCH SENIOR LUNCHEON



Our next Senior Social is scheduled for **TUESDAY, MARCH 15TH** at Noon at the Community Center. We will have a visit from our Police Department and a presentation by Doug from Metro Parks. Doug's presentation will be on Irishtown Bend and he is always interesting and engaging! Lunch will be a corned beef meal for St. Patrick's Day! Wear green!!

YOU MUST CALL TO REGISTER ~ EVEN IF YOU DON'T NEED TRANSPORTATION!

All seniors and retirees are welcome and there is no charge. Come and enjoy lunch and entertainment with your neighbors and friends. Transportation is available by calling us at 739.3702.

SNOW REMOVAL WRAP-UP



With the Snow Removal program almost behind us remember to call Community Services if your lawn was turfed from the snow plows. It was a rough winter!

The contractor will begin to repair any damage done to the lawns in the spring. The last date to report damage caused by the snow removal program is Friday, May 6th, 2022. Reports after this date will not be accepted.

The contractor will also be removing the stakes from your yard. **PLEASE DO NOT REMOVE THEM!!** They are the property of the contractor.

LAWN CUTTING PROGRAM



We are happy to have this program in place and equally as happy to have our Service Department cutting the lawns. Thanks to Mayor Mike and our Village Council, the cost has been reduced to \$200 for the 2022 program. HEAP recipients will pay \$80. Applications will be mailed directly to each senior household next week - call us if you do not receive one. Please submit your applications as soon as possible! They can be dropped off at the Municipal Center, mailed to 233 Tuxedo Avenue or dropped off at our office in the clearly marked plastic bin on our office door.

USPS MAILBOX THEFT



Have you noticed some USPS mail drop boxes are taped shut? Some have also been fitted with a device to prevent it from opening more than an inch or so. Thieves are using various tactics to retrieve mail, especially utility bill payments and other mail that contains a personal check. In addition, a postal carrier was held up by gunpoint and forced to give his mailbox key. That suspect has not been caught yet and has access to many local mail boxes. The thieves look for any personal information and use that to steal your identity. If you must send a check through the mail, it is best to walk it into the post office instead of using the USPS mail drop boxes.

JOIN US FOR A FISH FRY

We will be taking seniors on Friday, March 18th to St. Joseph Byzantine in Brecksville to enjoy a Fish Fry dinner.

The cost is \$14 per meal and includes your choice of Fried Walleye, Baked fish, shrimp or Pierogi plus choice of potato, applesauce, coleslaw & pudding or Jell-O.

The deadline to sign up is Tuesday, March 15th.



Remember to move your clocks **AHEAD** one hour on Sunday, March 13th. Best to do it Saturday before you go to bed!





WHAT IS A QR CODE?

A *QR code* is a type of *barcode* that can be read easily by a digital device and which stores information as a series of pixels in a square-shaped grid. This machine-readable optical label contains information about the item to which it is attached.

With the rise of QR Code usage since the pandemic, many businesses have incorporated QR Codes into their marketing strategies to bridge the gap between the physical and digital worlds. QR Codes are being widely used in the restaurant business. From contactless menus to payments, QR Codes are doing it all.

TIPS TO PROTECT AGAINST DANGEROUS QR CODES

If you see a QR code randomly stuck on a lamppost or sidewalk, don't scan it. There is no telling where the embedded link will take you.

- Once you scan a QR code, check the URL to make sure it is the intended site and looks authentic. A malicious domain name may be similar to the intended URL but with typos or a misplaced letter.
- Practice caution when entering login, personal, or financial information from a site navigated to from a QR code.
- If scanning a physical QR code, ensure the code has not been tampered with, such as with a sticker placed on top of the original code.
- Do not download an app from a QR code. Use your phone's app store for a safer download.
- If you receive an email stating a payment failed from a company you recently made a purchase with and the company states you can only complete the payment through a QR code, call the company to verify. Locate the company's phone number through a trusted site rather than a number provided in the email.
- Do not download a QR code scanner app. This increases your risk of downloading malware onto your device. Most phones have a built-in scanner through the camera app.
- If you receive a QR code that you believe to be from someone you know, reach out to them through a known number or address to verify that the code is from them.
- Avoid making payments through a site navigated to from a QR code. Instead, manually enter a known and trusted URL to complete the payment.

Here are suggestions from the FBI on staying protected from malicious QR codes:

If you believe you have been the victim of stolen funds from a tampered QR code, report it to your local FBI field office at www.fbi.gov/contact-us/field-offices. The FBI also encourages victims to report fraudulent or suspicious activities to the FBI Internet Crime Complaint Center at www.ic3.gov.



BRIEF HISTORY OF CLEVELAND'S ST. PATRICK'S DAY PARADE

Saint Patrick's Day, or the Feast of Saint Patrick, is an Irish cultural and religious celebration held on March 17, the traditional death date of St. Patrick, the foremost patron saint of Ireland.

The very first parade in Cleveland was organized in 1842, according to research done by the Irish American Archives Society in Cleveland. St. Patrick's Day celebrations began with Mass at St. Mary's on the Flats, the only Catholic church in Cleveland's city limits, and continued with a Parade of the Catholic Temperance Society.

Various organizations have sponsored and participated in the Parade at different times over the Parade's 175-year history. The United Irish Societies of Greater Cleveland has managed the Parade from 1958 through today.

The Parade Committee has announced the return of the Cleveland St. Patrick's Day Parade on March 17, 2022. The parade has been canceled in each of the past two years due to the pandemic. The theme of this year's parade will be "Ireland's Scenic Coastlines."



SIMPLE RULES TO FOLLOW

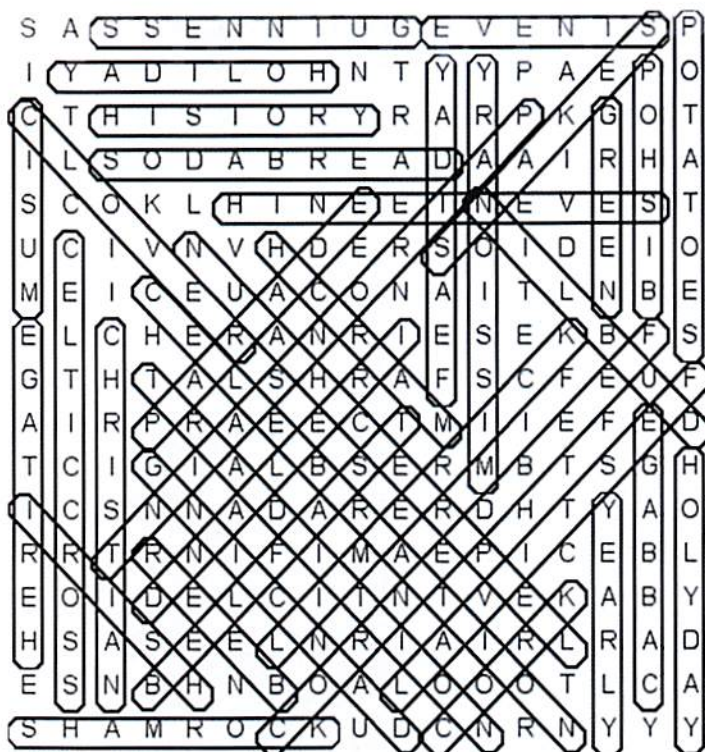
If you don't know...

- who called on the phone DO NOT GIVE PERSONAL INFO
- who is texting you DO NOT RESPOND
- who sent you an email DO NOT RESPOND, DELETE IT
- who sent a Facebook msg DO NOT RESPOND, BLOCK THEM
- who is at your door DO NOT OPEN THE DOOR

IMPORTANT REMINDERS FROM THE BETTER BUSINESS BUREAU:

- ▶ **IGNORE TESTS FROM STRANGERS.** If you receive a text from someone you don't know, simply don't reply. It's the safest route. If you engage with a scammer, even briefly, they will mark your number as active and you could receive additional shady texts in the future.
- ▶ **BLOCK NUMBERS THAT APPEAR TO COME FROM SCAMMERS.** Unsolicited texts that ask you to click on links are probably not safe. Block these numbers to prevent scammers from contacting you again.
- ▶ **NEVER GIVE YOUR PERSONAL INFORMATION TO STRANGERS.** Never share your credit card or banking information, your full name, home address, or social security number with someone you never met in person.
- ▶ **DON'T ASSUME AN OFFER IN A MESSAGE FROM A FACEBOOK FRIEND IS LEGITIMATE.** Call or talk to them in person to verify if they contacted you.
- ▶ **REMEMBER, GOVERNMENT AGENCIES DO NOT COMMUNICATE THROUGH SOCIAL MEDIA.** Be wary of any unsolicited messages.
- ▶ **ASK ABOUT PAYMENT METHODS.** Government or other agency officials will NEVER call and demand payment in gift cards. The IRS also states on its website that they do not accept payment via wire transfer or prepaid debit cards.
- ▶ **KNOW THE POLICY.** The IRS always mails a bill and then follows up with a phone call, and they'll NEVER demand immediate payment over the phone. The IRS also DOES NOT threaten to involve law enforcement and they CANNOT revoke your driver's license, business license or immigration status.
- ▶ **DON'T TRUST YOUR CALLER ID.** If you receive a suspicious call, don't make any important decisions based on what your caller ID says. Avoid answering calls from phone numbers you don't recognize, even if they appear to be local. If it's important, the caller will leave a message.

Word Search Solution



FALSE TEETH

While working for an organization that delivers lunches to elderly shut-ins, I used to take my four-year-old daughter on my afternoon rounds.

She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs.

One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

Author Unknown



MEDICARE AND COVID COVERAGE

As a Medicare beneficiary, you may have questions about your coverage for healthcare related to COVID. First, the vaccine is fully covered by Medicare, so you have no copay, deductible or administrative fee...**NO COST TO YOU**. As always, beware of scams and make sure you receive your vaccine through a reputable provider.

Next, if you are homebound, speak with your physician regarding an order for home health care to administer the vaccine to you. PCR and rapid COVID-19 testing, provided by a medical provider, is covered under Medicare Part B; no healthcare provider order is required.

Should you require any prescription drugs to treat COVID-19, Medicare Part D covers these costs. If your medical provider orders monoclonal antibody treatments, this can be covered by Medicare Part B if:

- you've been diagnosed with COVID-19 through a positive test
- your symptoms are mild to moderate, or
- you're considered high risk for developing severe COVID-19. As always, Medicare Part A covers hospitalization, if medically necessary

During the pandemic, your medical provider may want to limit your in-person exposure. Under Medicare Part B, certain telehealth appointments are covered, including those related to COVID-19. It is recommended you discuss coverage with your provider's office. Just as with an in-person visit, you will still be responsible for any co-insurance and deductibles.

Should you have any further questions regarding coverage you can call 1-800-Medicare or visit www.medicare.gov/medicare-coronavirus.

Source: *National Council on Aging*



CHAIR YOGA POSES

