



THE FLASH

A monthly newsletter published by the

CHATHAM SENIOR CENTER www.chathamcoa.com

193 Stony Hill Road • Chatham, Massachusetts 02633 • (508) 945-5190

Mandi Speakman, Director

FEBRUARY 2021

Vol. 52 No. 2

LANTERN FESTIVAL-DRIVE THRU SOUP LUNCHEON

Wednesday, February 24th, 11am-12:30pm

The climax of the Chinese New Year holiday, the Lantern Festival, celebrates family reunions and society. Join us for this drive through event where we can reconnect with each other as COA “family”, celebrate our community connections and take home nourishing, homemade food to enjoy.

CHOOSE A HOMEMADE SOUP to go with a Dinner Roll and Winter Fruit Crisp With Brown Sugar & Pecan Crust:

1. Winter Squash and Sweet Potato Bisque *OR*
2. Tuscan White Bean and Potato Puttanesca Soup *OR*
3. Mushroom Barley Soup

**Call the COA to reserve your free meal at
508-945-5190!**



COOKING FOR ONE



Wednesday, February 10th at 9am

Join Chef Heather Bailey of The Optimal Kitchen for this free, live Cooking Class!

It can be a real challenge adjusting to cooking for just yourself, especially when it is so easy to heat up a can of soup or microwave a frozen dinner, often with not much difference in cost. However the cost is hidden in the fact that many processed foods may be harmful to our health and may have high doses of sodium, chemical additives and preservatives. Focus will be placed on smart menu planning to ensure you use up the perishable foods you have purchased in a variety of simple and healthful preparations.

Call the Chatham COA to register for this free, Zoom program at 508-945-5190.

NEW-COA BOOK CLUB

Join us for our newly formed live online *Zoom book club,
led by Liz Walker



“The Book Woman of Troublesome Creek” (2019)

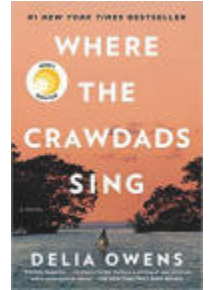
By Kim Michele Richardson

February 10, 2021 at 11am (via Zoom or call in)

“Where the Crawdads Sing” (2018)

by Delia Owens

March 10, 2021 at 11am (via Zoom or call in)



Contact us at the Chatham COA at 508-945-5190 to register.

**If you need technical assistance with Zoom, or assistance acquiring the book, please notify the Chatham COA. We have volunteers ready to help.*

Bending Towards Justice:

African Americans as Subject and Creators in American Art

Wednesday, February 10 @ 7:00 pm

Bending Towards Justice: African Americans as Subject and Creators in American Art: Martin Luther King, Jr. once said “The arc of the moral universe is long, but it bends towards justice.” This program examines that arc as it relates to African American history enshrined in American Art. From colonial era portraits to 19th-century and Jim Crow-era prints to 1960s Civil Rights photography, this program will provide a visual overview of African American oppression, struggle and progress towards equality. This program will be presented virtually via Zoom.



Registration is required. Call the Eldredge Public Library to register at 508-945-5170.

If you need technical assistance with Zoom, please notify the Chatham COA at 508-945-5190.

About the presenter: Jane Oneail curates and delivers art appreciation programs to audiences throughout New England. Jane holds a master’s in Art History from Boston University and a master’s in Education from Harvard University. A New Hampshire native, she has worked at some of the state’s most esteemed cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator. Jane has also taught at the college level for more than a decade, most recently at Southern New Hampshire University. For more information visit iamculturallycurious.com.



COA LIBRARY CORNER



February is the perfect time to return to our first love – reading. Books enable us to be “armchair travelers” ready to tour the world, explore other cultures, and eavesdrop on real or imagined conversations. This month’s selections highlight the life breath of literacy, love of libraries and the universal linkage shared stories provide.

The Lost and Found Bookshop by Susan Wiggs (2020)

Natalie is thriving in her high-powered career with a winery when tragedy strikes. She returns home to San Francisco to get her mother’s affairs sorted, care for her beloved grandfather and somehow save her family’s failing bookstore. (Highly recommended by Debi at Titcomb’s Bookshop in East Sandwich)

The Library Book by Susan Olean (2018)

Called “a love letter to libraries,” this is a true-life account of the intentional fire that damaged or ruined a million-plus books in the Los Angeles Public Library in 1986. Researching the library’s history and near-destruction sparked in Olean a renewed appreciation for the crucial role that libraries play in our lives.

The Story Hour by Thrity Umrigar (2014)

The novel opens with a domestic drama, but expands into an examination of cultural isolation and the power of storytelling. Psychologist Maggie and immigrant Lakshmi meet after an attempted suicide. They form a friendship that upends professional boundaries and nearly implodes as secrets are revealed.

The Storied Life of A. J. Fikry by Gabrielle Zevin (2014)

Island dweller A.J. Fikry’s life is in free-fall – his wife has died, his bookshop is tanking and his rare collection of poems is missing. He has isolated himself from those who want to help him, including a persistent book rep who seems unable to take “no” for an answer.

The End of Your Life Book Club by Will Schwalbe (2012)

After Schwalbe’s mother received a cancer diagnosis in 2007, their lifelong habit of discussing books shifts into high gear. Mother and son form a two-member book club that lasts until her death two years later. The author offers a touching portrait of his mother, who always read the end of a book first.

BEAT THE WINTER BLUES & COVID FATIGUE

Coronavirus Burnout and Pandemic Fatigue are real!

If your energy is low, the days are feeling gloomy and you're maybe anxious or sad, you are not alone. The pandemic has brought an additional layer of challenge for all coping with these important feelings.



Wednesday, February 10th at 1pm via Zoom

Please join us for helpful ideas and some fun tips on how to improve our mood and experiences this season. Presented by Nancy Sorbo, Grief Care Coordinator from Broad Reach Hospice. **Call the COA to register for this free, Zoom program at 508-945-5190.**



Getting Internet Services on your TV

by COA Volunteer Dick Kraycir

Church services, Zoom meetings and other virtual gatherings are much more enjoyable for me on the TV than on a phone or tablet. You can do the same for yourself! **There are several ways you can join services or see anything you would normally see on the internet through your large screen TV.**

Although the instructions below are to specific hardware, detailed instructions and videos are available on Google or YouTube. Type in a specific search request such as “How do I connect LG 50UN7300PUF TV to internet?”

IF YOU OWN A SMART TV

Many of the newer TVs can be internet connected. Check your manual to see if the set you have has a Browser (Chrome, Firefox, Safari or maybe one especially designed for your TV). Just having your TV attached to Comcast is not sufficient, you need to also have an internet wire going to the TV or the TV needs to be connected to the WIFI (many newer sets have WIFI capability). To find specific connection instructions for your TV, search online for “Your TV brand (Sony, LG, Samsung, etc.) TV network connection” Once connected, open the menu and select the browser, then type in any website you might choose.

WITH ROKU OR AMAZON FIRE

These are two different systems that will connect your TV to WIFI and are very inexpensive as well as easy to install. Merely plug the unit into one of the available connections on the back of your TV. There is a one-time cost of about \$30 with no additional monthly fee. Set-up is straightforward, and there is excellent support to help you. Try www.tomsguide.com and use the search function to find instructions for connecting your device (Roku, Amazon Fire, etc.) Once you have this, you can do anything on the internet. I use Amazon Fire and can watch PBS streaming (free with annual donation), You Tube (Free), IMDb (Free), Netflix (with paid subscription), Amazon Prime Movies (some Free, some paid after Amazon Prime membership) and many other sources.

ZOOM OR GOTOMEETING

The above are only for watching, if you want to do Zoom or GoToMeeting on your TV, you will need to connect your device to the TV. Nearly every TV has a series of inputs of different kinds, but today the standard is HDMI. So, what I am doing is connecting one of the sockets on the back to my computer using a 25' HDMI cable (available for about \$30 at Amazon or Best Buy). This allows me to have the camera in the laptop on me but see everyone else on the TV.

(Continued on page 5)



(HDMI cable)



(HDMI sockets on laptop and TV)



Some laptops, like mine, have a miniature HDMI connector. They need an adapter that stores like Best Buy or Nantucket Sound can help you select.

(Miniature HDMI adapter)

If you are connecting to an iPad or iPhone, you will need a different adapter. I suggest asking someone (or on-line help) as Apple does not standardize connections. Although, most today are called Lightning.

(Lightning adapter)



Once you are hooked up to the laptop, tablet or phone, the TV duplicates the image that is on the device once you select the device using the Input or Source button on the TV remote. The camera and microphone remain in the device so one does not have to sit right up in front of the TV.

I HOPE YOU WILL NOT THINK THIS IS OVERLY COMPLEX, IT ONLY SEEMS THAT WAY!

Often some help is required to do the initial setup, but use is no more difficult than connecting to any other website, or accepting a Zoom call. The results are well worth the effort. **Help is available from where you buy your equipment (perhaps Nantucket Sound or BestBuy) or call the Senior Center at 508-945-5190-we have volunteers ready to help!**



COASTAL CONNECTIONS

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education.

CLIMATE CHANGE, CLEAN ENERGY & CAPE COD

Tuesday, February 9, 2021, at 1pm (via Zoom)

In this presentation Mon Cochran, Vice President of the Cape Cod Climate Change Collaborative, will summarize the causes of climate change on Cape Cod and the primary ways of reducing carbon pollution on the Cape and Islands. He will then describe examples of major clean energy projects currently under way in the region. Mon will also talk specifically about steps the homeowner can take to reduce their family carbon footprint. He will be happy to answer questions from participants.

To register call the Orleans Senior Center at 508-255-6333.

(See page 7 for additional Coastal Connection programs)



SHINE NEWS...

Are you happy with your 2021 Medicare health Insurance plan?

Now that you are a few months into 2021, let's think about your 2021 Medicare health and prescription plans. Have you had some out of pocket expenses you did not anticipate? Were your co-payments more than you thought they should be? Are you struggling with premium expenses? Do you just need someone to explain what you have for coverage?

SHINE counselors can help explain your policies so you have a better understanding of what your financial obligations are. We can also look to see if you qualify for any assistance programs to help alleviate some of the out of pocket expenses.

We are here to help. Don't hesitate to give us a call if you have any questions regarding your Medicare coverage. ***You can make an appointment with a SHINE counselor at the Chatham COA, call 508-945-5190.***

Sincerely,
Tracey Benson-SHINE Program Manager



Falls Prevention

According to the National Institute on Aging, more than one in three adults over the age of 65 fall each year (<https://www.nia.nih.gov/health/prevent-falls-and-fractures>). Falls can result in serious injury and even be fatal. Many older adults are aware of this risk and some decrease their activity due to a fear of falling. Unfortunately, the resulting weakness from inactivity actually increases the risk. Below are some constructive ways to reduce your likelihood of falling.

- Stay physically active to keep your muscles strong and your joints, tendons and ligaments flexible. Mild strength training can also help keep your bones strong which may help prevent certain injuries if you were to suffer a fall.
- Have your hearing and eyes tested. Even small changes to vision and hearing can increase the risk of a fall.
- Educate yourself on the side effects of medications you take and take medications as prescribed. Understand which medications put you at highest risk for a fall and use caution.
- Get plenty of sleep. You are more likely to fall when you are tired.
- Limit the alcohol you drink, it may interact with medications you take and could affect your balance and reflexes.
- Stand up slowly, your blood pressure can drop when you stand up too quickly.
- Use an assistive device if you need help feeling steady while walking. A physical or occupational therapist can tell you which assistive devices might be most helpful, ensure correct sizing and provide education on how to use them safely.
- Be very cautious when walking on wet or icy surfaces.
- Wear non-skid, rubber soled, and supportive shoes with a low heel. Even inside your home it is important to avoid walking in socks, shoes or slippers with a smooth sole.
- Always report falls even if you are not injured. A fall can alert your doctor to a medical or medication concern and can also indicate the need for physical therapy, a walking aid or other assistance to help prevent future falls.
- Keep your home free from clutter and throw rugs that can be tripped over. Have railings put on both sides of stairs and install grab bars outside the tub and next to the toilet.
- Always remain diligent when it comes to your health maintenance, prevention is KEY!



VISITING NURSE ASSOCIATION
OF CAPE COD

Stephanie Lattanzio, RN-BSN (Public Health and Wellness Town Nurse, Visiting Nurse Association of Cape Cod)



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Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education.

FALMOUTH COA BOOK CLUB...All Are Welcome!

Tuesday, February 9, 2021 at 1:30pm (via Zoom)

Come join our live book club on Zoom for some great conversation. "Deacon King Kong" by James McBride is a New York Times Bestseller and an Oprah's Book Club Pick. **To register call the Falmouth COA at 508-540-0196.**

HOME IMPROVEMENT CONTRACTORS

Wednesday, February 10, 2021 at 11am (via Zoom)

Join Robin Putnam (Office of Consumer Affairs & Business Regulation) and Amy Schram (Better Business Bureau). Learn to handle guaranty fund, arbitration, and complaints in home improvement contracting. **To register call the Eastham COA at 774-801-3151.**

THINKING ABOUT HOW WE THINK

Thursdays, February 11 & 18, 2021 at 11am (via Zoom)

This two-part series will explore how human beings think, make sense of the world and develop beliefs and values by exploring metaphors, perception and fact-checking. A fun way of examining what we know and how we know it in this age of diverse ideas and opinions led by Loretta Butehorn, PhD, psychologist and homeopath. **To register call the Provincetown COA at 508-487-7080.**

(See page 5 for additional Coastal Connection programs)



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FEBRUARY 2021

Mon	Tue	Wed	Thu	Fri
1. SHINE 10:30 Zumba Gold Grocery & Rx Delivery Day	2. 10am FCCOA Board	3. SHINE 10:30 Zumba Gold	4. Grocery & Rx Delivery Day	5. 10:30 Zumba Gold
8. SHINE 10:30 Zumba Gold Grocery & Rx Delivery Day	9. 1pm Climate Change, Clean Energy and Cape Cod 1:30pm Falmouth COA Book Club	10. SHINE 9am Cooking Class 10:30 Zumba Gold 11am Book Club 11am Home Improvement Contractors 1pm Beat the Winter Blues 7pm Bending Towards Justice	11. 11am Thinking About How We Think Grocery & Rx Delivery Day	12. 10:30 Zumba Gold
15.  Town Offices Closed	16. Grocery & Rx Delivery Day	17. SHINE 10:30 Zumba Gold 12pm Healthy Meals in Motion	18. 11am Thinking About How We Think Grocery & Rx Delivery Day	19. 10:30 Zumba Gold
22. SHINE 10:30 Zumba Gold Grocery & Rx Delivery Day	23.	24. SHINE 10:30 Zumba Gold 11-12:30 Lantern Festival Drive Thru Attorney Lavender	25. Grocery & Rx Delivery Day	26. 10:30 Zumba Gold

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THAT SUPPORT OUR COMMUNITY**



Quick Peek: Your COA Monthly Offerings

In-person Programs and Services on hiatus. Virtual offerings noted below.

CHATHAM EMERGENCY OPERATIONS CENTER

Chatham EOC: The EOC is open Monday to Friday, 8am–4pm to respond to COVID-19 related community needs. Call 508-945-5191.

COA VIRTUAL PROGRAMMING

COA: Visit <http://chathamcoa.com/welcome/> or call 508-945-5190 for more information.

TRANSPORTATION FOR CHATHAM RESIDENTS

The COA currently offers free grocery and pharmacy delivery for Chatham residents. Call 508-945-5190 for more information.

The CCRTA is operational and running all of their routes, call 1-800-352-7155. If you are need of assistance in paying for transportation please call the COA at 508-945-5190.

FREE CAREGIVER SUPPORT

Alzheimer's Family Support Center

Caregiver & Dementia Support Group

NOW ONLINE, call 508 896-5170 or email at info@capecodalz.org

COA Outreach: Call COA at 508-945-5190

ESCCI-Coping With COVID While Caregiving

Call Sarah Franey 508-394-4630 x204

LGBT Caregiver Support Group

Call the Orleans COA 508-255-6333

HEALTH & WELLNESS

CALL 508-945-5190 FOR INFORMATION

Blood Pressure Screening

Foot Care

Hearing Screenings

Zumba Gold - Live Online M,W, F at 10:30am

LEGAL SERVICES

CALL 508-945-5190 FOR INFORMATION

Katherine Wibby: (housing, government benefits, health law, guardianship, reverse mortgage, consumer issues)

Michael Lavender (trusts, wills, estate planning)

SUPPORT SERVICES

Alzheimer's Family Support Center: *Coffee and Conversation For People Living With Memory Loss*

Call 508-896-5170 or visit

<https://www.alzheimerscapecod.org/>

For Family and Friends of People with Mental Illness

Call NAMI CC&I at 508-778-4277

For People with Mental Illness

Call Carolyn Witt at 774-722-4528.

Grandparenting Support Group

Contact Francie Joseph at 508-430-1692 or

fjoseph@monomoy.edu

Grief Support-Life After Loss by Broad Reach Hospice

contact Nancy Sorbo at 508-945-4601

Neuropathy Support Group

Call Kristina Meserve at 774-207-0153

Parkinson's Support Group

Call Betty Magnusson at 508-945-1106

SHINE-Serving the Health Insurance Needs of Everyone, call 508-945-5190

Sight-Loss Support

Meets via conference call, 3rd Tuesday monthly, 10:30am. Call 508-394-3904 or email info@sightloss.org

Stroke Support Group

Call Steve Franco 508-945-4611, ext. 245

Swift 911 Registration

Call the Chatham Fire Department at 508-945-2324 or visit <https://www.chatham-ma.gov/emergency-management>

LIBRARY SERVICES

Brooks Free Library

call 508-430-7562 or visit

<https://www.brooksfreelibrary.org/stuck-home-remote-resources-during-closure/>

Eldredge Public Library

call 508-945-5170 or visit

<https://www.eldredgelibrary.org/welcome-to-our-virtual-library/>

FREE Zumba Gold Live Online Classes

With instructor: Christina Arabadzhieva
Mondays, Wednesdays, & Fridays 10:30am - 11:30am



Class Generously Sponsored by the Friends of Chatham Council on Aging

Come Join Us Online!
Contact the Chatham COA at 508-945-5190.

To participate you must have a liability release form and a valid medical release form on file.
Once registered, you will receive the password and log-in instructions.

If you need technical assistance, please notify the COA. We have volunteers ready to help.

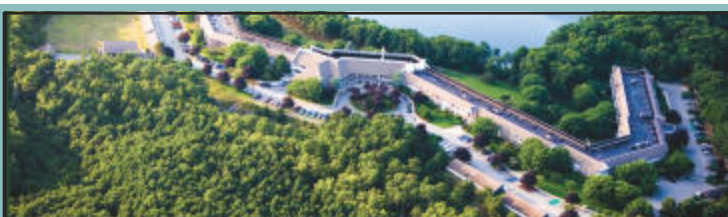


Councils on Aging are working closely with AARP Foundation to develop a plan to provide tax preparation services in compliance with local, state and federal COVID regulations and safety recommendations. Check the March newsletter or call the COA at 508-945-5190 for additional updates.

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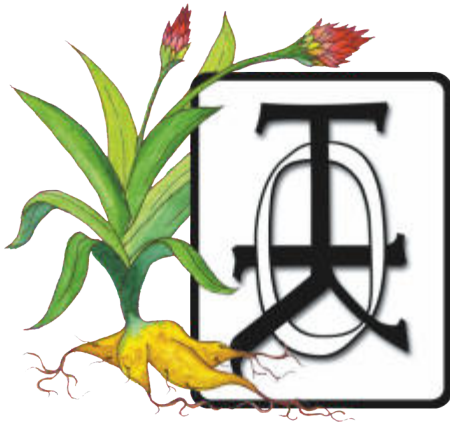
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HEARTY WINTER SOUPS AND STEWS

I would like to believe by the time this comes out in February, some of us may finally be getting vaccinated. The promise of an eventual return to a new normal has many of us excited, but we need to stay vigilant and keep ourselves healthy. Nourishing yourself goes a long way towards staying healthy, and when the weather is still cold and gloomy, and it's hard to get out for a walk to get exercise, it is even more important. The easiest way to ensure you are getting all the nutrients your body needs to thrive is to make a pot of soup full of vitamin and fiber rich vegetables.

Soup is also an economical way to eat healthy: first, it's a great way to use up forgotten produce in your refrigerator that has seen better days; second, since the vegetables cook in the broth or stock, all of the nutrients that leech out (and often are tossed with the steaming water) get incorporated into your soup; lastly, making a huge pot of soup once a week will provide not just a dinner but several lunches to enjoy.

An even better way to save money when making soup is to make your own stock (time consuming, but very easy). Simply save all vegetable scraps, carrot peels, onion skins, celery tops, whatever you would normally throw in the compost heap, instead throw in a container and store in the freezer; you can also save chicken and fish bones which add a variety of health boosting vitamins and minerals. When you have enough to fill your large stockpot, take them out, put them in the pot, cover with water and place over a low/medium heat. The key to a nice clear stock is to never let it boil, once your stock boils it will release certain proteins which will cloud the broth. This does not affect the nutrient value but your soup won't be as pretty.

With soup being one of the favorite comfort foods of winter it only makes sense to incorporate more homemade soups into your weekly meal planning. Soups need not be complicated, and they are a great way to experiment and try out new herbs and flavors. Follow some simple rules and you'll be sure to have a tasty pot of soup whenever you like.

Here are some of my other favorite recipes for hearty soups which are really more like stews. They are easy to prepare and use healthy inexpensive ingredients, many of which you might have already so they will undoubtedly become some of your favorite winter meals.

Mushrooms are a vegetable that fall in a variety of categories as far as the health properties they contain. Japanese varieties like Enochi and Maitake and more conventional varieties like shitake and oyster have beneficial compounds. Even better, they are meaty in texture and full of fiber making them an ideal food for those shifting to a plant-based diet.

(Continued on page 15)

MUSHROOM BARLEY

1 lb. assorted mushrooms (cleaned and sliced)
2 onions, minced
3 cloves garlic, minced
2 ribs of celery, finely chopped
1 cup barley
1 sprig of rosemary, thyme or parsley
1 quart + vegetable stock olive oil for cooking

1. sauté onions until clear and then add garlic, celery and mushrooms and cook until soft
2. add stock and bring to a low boil, add barley and simmer for an additional 25-30 mins (add more stock if necessary)
3. add fresh herbs and season with salt and pepper before serving

INDONESIAN GROUND NUT STEW

1 onion minced
3 garlic cloves minced
1 inch piece of fresh ginger minced
1 cup all natural peanut butter
1 (28) ounce can crushed tomatoes ½ tsp cayenne

1 large can chick peas, rinsed
2 cups peeled, cubed butternut squash (or other winter squash)
1 quart vegetable stock olive oil for cooking

1. sauté onions, garlic and ginger until soft, add peanut butter and stir well
2. add tomatoes and cayenne; continue to stir until tomatoes and peanut butter are combined thoroughly
3. add butternut chunks and cook for about 5 mins, then add chickpeas
4. cover with stock and simmer for 20 mins until squash is tender
5. serve as is or over rice

Orange vegetables are an important disease fighter this time of year. This soup is a great way to ensure you get all the Beta Carotene your body needs to fight off infection. This soup combines a wide variety of orange vegetables to make sure your body gets all it needs to be a disease fighting powerhouse.

MISSION STATEMENT

Since its inception in 1974, the Chatham COA has worked to unify the community in enriching the lives of our over 60 population and those who are caregivers. We offer a wide range of programs and services which are health and wellness oriented and which promote congenial, social and educational opportunities. As a dynamic organization the COA must work in these times to meet the evolving needs of Chatham's over 60 population. *We support Chatham residents age 60 and over with a range of health and wellness, social, educational and outreach programs and services to enhance the quality of their lives. We welcome the support of Chatham residents of all ages to promote our mission through community service and resource development.*

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The Chatham Council on Aging (COA) promotes programs and opportunities for patrons of the Chatham Senior Center to receive legal, financial, medical, recreational and other services or activities by volunteers or nominal cost practitioners. Seniors participating in these services or activities do so with the understanding that the COA, the Town of Chatham and/or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

*Thank
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From the Director's Desk...VACCINATION INFO AND SCAMS

Dear Community Members,

We have heard from so many of you regarding your questions about how and when to get the COVID-19 vaccine. I share your eagerness to move beyond this pandemic, and I hope you will also take the time to protect yourselves from fraud and scams (see the information box to the right).

In the meantime, checking with your primary care provider is always the best place to start. Another resource is the MA COVID-19 Vaccine webpage: <https://www.mass.gov/info-details/massachusetts-covid-19-vaccine-information>. The subpage entitled "When can I get the COVID-19 vaccine?" is updated on Tuesday & Thursdays by 5pm.

Be on the lookout for COVID-19 scams:

- ☒ 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 early.
- ☒ No one from Medicare or the Health Department will contact you.
- ☒ Beware of providers offering other products, treatments, or medicines to prevent the virus.
- ☒ No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.

**Contact the SMP to report Medicare fraud, errors, or abuse
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Take good care.

