



The S.A.L.T. Communicator

Seniors and Law Enforcement Together

Serving & Protecting Senior Citizens

April 2003

Coordinated by Milton Township Trustee Ken McNatt

Healthcare Services in the Home

Marcy Fairbank, Community Awareness Coordinator for Community Nursing Service (CNS), presented a very detailed program to the S.A.L.T. Council on services available in the home through CNS, which is the oldest and largest comprehensive home care agency in Illinois. The agency offers skilled nursing services, hospice care, physical, occupational and speech therapies, psychiatric care, social work and homemaker services. These services range from short-term care to more intensive care as medically necessary. CNS homecare agency is Medicare certified and state licensed. This means any services deemed medically necessary and covered through Medicare can be billed for and payment made to CNS directly from Medicare.

In order to qualify for home care, three requirements are necessary. The patient must need "skilled" care, be homebound and have a physician's order. A nursing assessment of physical status, response to medication changes, wound care, education related to diet, medication and disease process is completed to determine if the requested services meet the Medicare standard of "skilled" care.

Mission Statement

The purpose of Milton Township S.A.L.T. Council is to determine and to meet the needs of Senior Citizens by reducing crime and abuse and by enhancing safety through communication and education in cooperation with the Township, law enforcement agencies, and other community agencies and organizations.



Marcy Fairbank,
RN, BSN

Once medically necessary, services are determined and treatment can be provided by Nursing, Physical Therapy, Occupational Therapy and Speech Therapy, along with other supportive services as appropriate. Each of the various supportive programs and the professional therapies, has guidelines to determine the level of care, treatment and length of care.

Hospice is also a part of CNS services designed to enable patients with a life threatening illness to manage pain and symptoms so their last days may be spent with dignity and quality in their own home or a homelike setting. There are specific criteria to be eligible for Hospice.

Private services are also available. Marcy Fairbank would be happy to answer any questions or direct

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healthcare services continued

questions to the appropriate person. Feel free to contact this wonderful community resource if you would like to learn more about what is available through Community Nursing Services or other Home Care Agencies. *You can look them up in the yellow pages under Home Health Care, on the World Wide Web at www.cns.org or call 630.665.7000.* ■

Becoming A Drug Detective!

Sue Davison, a Medicare Advocate associated with Central DuPage Hospital, provided important and useful information to a group of S.A.L.T. Council members regarding talking to your doctor and prescription drug information for the average citizen who is using prescription drugs on a regular basis.

Ms. Davison suggested some very simple guidelines and directions for prescription drugs and for communication with your physician regarding your medicines.

- ✓ Shop around the different pharmacies for the best price.
- ✓ Ask your doctor for a less expensive drug.
- ✓ Ask your doctor for free samples of the prescribed drug to try before filling an entire prescription.
- ✓ If/When filling a prescription, ask the pharmacist for a small amount of the drug first to see if you have a reaction.
- ✓ Do not order meds from outside the country. You do not know what you are getting.
- ✓ Travel the internet for different sources of obtaining medications.

- ✓ In most cases, AARP has very reasonable costs for medications.
- ✓ Order medication for a three-month supply. It is cheaper in the long run.

Ask your doctor the following questions regarding prescriptions:

- ❓ What is the name of the medicine and what is it supposed to do? Is this the brand or generic name? Is there a generic version available?
- ❓ How and when do I take the medicine and for how long?
- ❓ What foods, drinks, medicines, dietary supplements, or activities should I avoid while taking this prescription?
- ❓ What are the possible side effects and what do I do if they occur?
- ❓ When should I expect the medicine to begin to work and how will I know if it is working?
- ❓ Will this prescription work safely with the other prescription and non-prescription medicines I am taking?

Sue also talked about the *Circuit Breaker Program*, which is a tax relief program that helps seniors and disabled persons with specific prescription medications. There is also a new program called *Illinois Senior Care* intended to help low income seniors pay for prescriptions.

If you are interested in where to find out about these programs or have a specific question about your Medicare Statement, contact Sue Davison or one of her colleagues. ■

Telephone: 630.933.4243
Email: s_davison@cdh.org

NUMBER ONE CRIME

Identity Theft

You cannot turn on the television, radio or pick up a newspaper without hearing about Identity Theft these days. Cpl. Ron Kerstein and Cpl. Bill Shreffler, Deputies from the DuPage County Sheriff's Department spoke about this number one crime to the S.A.L.T. Council in December of last year. Identity Theft is defined as the wrongful use of another person's identifying information such as credit card, social security, or drivers license numbers, to commit financial or other crimes.

The identity thief gets your personal information by:

- ❑ Stealing your wallet or purse
- ❑ Pilfering information from your mailbox
- ❑ Posing as your employer, loan officer or landlord to get your credit report
- ❑ Watching your transactions at automated teller machines and phone booths to capture your personal identification number
- ❑ Going through trash for credit card receipts or loan applications

DuPage County Deputies

Cpl. Ron Kerstein
and
Cpl. Bill Shreffler



How does one protect themselves from the identity thieves?

- ❑ Shred paper or tear receipts, bank statements and credit card offers.
- ❑ Give out your social security number only when required. Don't have it printed on your drivers license and or/personal checks.
- ❑ Reduce the number of cards you carry to a necessary minimum. Don't carry your social security number, birth certificate or passport.
- ❑ Get a copy of your credit report at least once a year and be aware of others around when entering your PIN at the bank or teller machines.
- ❑ Pay attention to your billing cycles. ■

For more information contact:
1.877.IDTHEFT or
www.consumer.gov/idtheft

Area Code Alert!

Submitted by Bill Parbs, S.A.L.T. Council

Area codes 809, 876 and 284 are on the do-not-call list issued by AT&T recently. These are area codes in the Caribbean not regulated by U. S. telephone rules that are being used in a scam to run up your long distance phone bill.

The scam usually starts with a message left on your answering machine that says you have won a prize or some relative has had an accident. You are told to call a number at area code 809, 876 or 284.

Since there are so many new area codes and most people are not familiar with ones outside the U. S., the scam artist relies on greed and/or scare tactics to get you to pick up the phone and dial his overseas area code.

The cost to you can run up to \$2400 or more. They use all types of delay methods to keep you on the line as long as possible and increase the charges. To protect yourself from this scam, ***disregard any message when you do not recognize the area code or check with a long distance operator to verify the area code.*** ■

DONOTCALL



Serving & Protecting Senior Citizens

S.A.L.T. Council Members

Ken J. McNatt, Chairman • Joe Vanest, Vice Chairman • Gail Hinkle, Social Services Coordinator
Carl Lofgren, Seniors Coordinator/Asst. to Assessor • Bill Parbs, Director of Communications

DuPage Sheriff's Office

Kyle Southern, DePuty Sheriff Liaison • Jim Hatcher, Director of Senior Services • Bill Mennell

Sue Davison, Medicare Advocate CDH • Chief Phillip DiMensa, Winfield Fire Dept.
Marcy Fairbank, Community Nursing Service • Jodie Hefler, Glen Ellyn, Senior Services
Rich Janske, Wheaton Police Dept. • Debbie McKenzie, Glendale Heights Police Dept.
Clifford Mortenson, Wheaton Fire Dept. • Chief Douglas Riner, Winfield Police Dept.
Lt. Bill Rizer, Winfield Police Dept. • Kathy Sommerfield, Wheaton Police Dept.
Mark Tobias, Glen Ellyn Police Dept.

Citizen's Committee

Hector Fuster • Larry Gage • Miriam Hartigan • Sister Peg Ivers, St. Daniel the Prophet
William Krick • Rose Palma • Jeanne Pitra • Don Russell • Claude de St. Paer • Barbara Smith
Jack Udelhofen

In Cooperation with DuPage Sheriff's Office – John Zaruba, Sheriff

- ▶ Healthcare Services
- ▶ Prescription Drugs
- ▶ Identity and Telephone Scams
- ▶ Elder Abuse
- ▶ Township Assistance

HOT Topics

1492 N. Main Street
Wheaton, IL 60187



PRST STD
U.S. POSTAGE
PAID
CAROL STREAM, IL
PERMIT NO. 475

Scam Alert

If you are asked by anyone to push 90# on your telephone keypad, do not do it!! One of the current scams occurring are telephone calls made from individuals identifying themselves as an AT&T Service Technician who is conducting a test on your telephone lines. They will tell you in order to complete the test you should push 90 and then the # (pound) sign and hang up.

Do not under any circumstances follow the request without checking directly with AT&T Telephone Company. If you comply with the request, you will be giving the individual full access to your telephone line, which enables them to place long distance calls on your line, and they will be billed to your telephone number.

If you receive a telephone call of this nature, hang up immediately! ■

FILE OF Life

At any moment a serious life-threatening event could happen to you. Without emergency professionals knowing your medical condition, precious minutes are lost and your life could be in danger. To have this information readily available, the File of Life packet is a free, simple, easy way to document your health, medications and family contacts.

Available as a magnet for your refrigerator and a pocket size card for a wallet or purse, this information can be available quickly in case of an emergency.

File Your Life! Call 630.668.1616 for your FREE packet.



Residents Response Survey

Ken McNatt, Chairman of the S.A.L.T. Council, and the members of this committee are seeking your response. We want to hear from you, the residents of Milton Township. *All responses will be entered in a drawing to be held for a gift certificate to a local restaurant or store.*

Please take a few minutes by checking off your response to the questions below. You may share additional comments with us in the space provided.

1. Have you had your home inspected for security and safety by a professional organization?
 Yes No
2. Have you had your home inspected for fire safety by a professional organization?
 Yes No
3. Do you have an evacuation process for your personal home, condo or apartment?
 Yes No
4. Are you aware your local police and fire departments offer these inspection services free of charge?
 Yes No
5. If you have not had any of these inspections done, what are your reasons for not using these free services.
 Not aware of services
 Do not need these services
 Have not found the time to do this
 Uncomfortable with outsiders in my home
 Other: _____

Additional Comments: _____

Your Name _____

Address/Phone _____

Please tear off this panel and mail back to us in an envelope at: SALT Council, 1492 N. Main Street, Wheaton, IL 60187. Your time and comments are very important to us. Thank you!

Elder Abuse – All Too Real!

Submitted by Gail Hinkle, S.A.L.T. Council



“Senior citizens, the developmentally disabled and persons with disabilities deserve respect and understanding – not abuse”, says Augusta Clark, Assistant State’s Attorney, Special Victims Unity of DuPage County. Ms. Clarke gave an informative presentation to the S.A.L.T. Council describing what types of crimes are committed against seniors in DuPage County.

A common threat to senior citizens is the financial exploitation from caregivers and/or family relatives. The majority of crimes committed against seniors in DuPage County are financial crimes. Banking scams are prevalent among the senior citizens. Forty to fifty percent of local area banks are involved in a program called “Be Safe”. If a banker should notice a senior being abused or scammed, the bank will either intercede for the victim or may call the police.

Telemarketing scams are one of the fastest growing scams in the county. The best method to protect oneself is to hang up the telephone. Don’t give out any information.

If a senior citizen feels that he / she has become a crime victim, they may contact the Special Victim Unit at 630.784.3794. ■



S.A.L.T. Council Member, Shirley Swanson, Winfield, recently passed away. She was very active in her community and had been a support to the council and its mission. Shirley will be greatly missed.

Help is Available in Our Own Neighborhood

Milton Township helped 1,689 households with 5,195 individuals this year

There are three programs referred to as “General Assistance”, “Emergency Assistance” and “Food Pantry” available to Milton Township residents. If you are not aware of these programs, allow us to inform you!

Chris Heidorn, Township Supervisor, is responsible for administering these programs and relies on his caseworkers to handle the intake and screening procedures to assist those who need help.

General Assistance is a locally administered State mandated program intended to meet the basic needs of individuals and/or families. It provides monthly financial assistance to residents of Milton Township who qualify through the use of vouchers for goods and services such as food, shelter and clothing. The program served 57 recipients during 2002.

Emergency Assistance is a companion program that seeks to address life-threatening circumstances, forestall eviction, prevent the shut off of utilities or assist with an expense, which threatens persons continued employment. During 2002, 221 families qualified for emergency assistance and those families made up a total of 605 people. Shelter was provided for 129 households and 65 received assistance with utilities. This past year 60 families were provided food vouchers to assist them.

The **Food Pantry** is operated as part of the General Assistance Program and is a 501c(3) non-profit corporation. It provides low-income residents with non-perishable, refrigerated and frozen foodstuffs.

If you are in need of assistance or know of someone who is, please contact the Township at 630.668.1616. ■