



# The S.A.L.T. Communicator

*Seniors and Law Enforcement Together*

**Serving & Protecting Senior Citizens**

**October 2009**

## Milton Township S.A.L.T. Council Auto Inspection

Coordinated by S.A.L.T. Chairman Ken McNatt

**T**he ninth annual S.A.L.T. Senior Auto Inspection is scheduled once again on **Saturday, October 24, 2009, 9 am - 12:30 pm**. It is posted as the best one yet! It takes sizable teams of volunteers to accomplish this nine point inspection in a timely manner. Community agencies and local citizens have volunteered in the past and we hope to garner equal support this year.

The Auto Inspection of 2007 serviced 80 cars and there are big hopes that we can exceed that number this year. Where else can seniors go to get this valuable, trustworthy information free of charge?!

The success of this 2008 Auto Inspection Program, was due to the increased number of dedicated volunteers and the Wheaton Fire Department making its facility at Fire Station One available to the SALT Council. Everyone is returning for another experience.

This Annual Free Auto Inspection is underwritten by Community Bank and provided by the S.A.L.T. Council. No sales pitch or pressure...simply checking your cars safety for the winter months ahead. **Come join us!**

- Saturday, October 24, 9 am – 12:30 pm
- Wheaton Fire Station located 1 block north of Roosevelt on Fapp Circle behind the Target Store off County Farm and Roosevelt Roads.
- A nine point auto inspection will be provided free of charge by knowledgeable volunteers from the Sheriff's office and community volunteers.
- Free coffee and cookies while waiting for your turn.
- Written information will also be provided.



### 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.

## Are You Ready for a Disaster or Community Emergency?

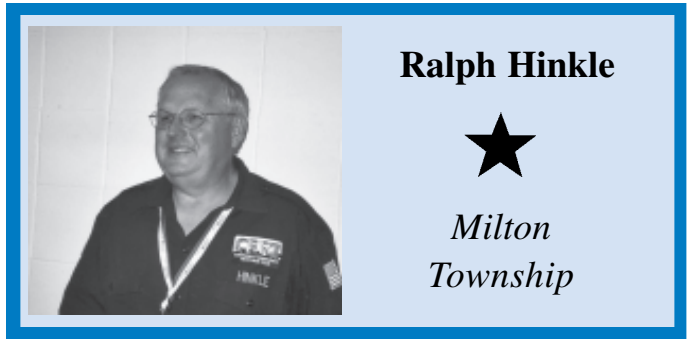
Submitted by: Ralph Hinkle, Milton Township

We are all familiar with “emergencies” that seem to crop up more often these days. Floods, fires, hurricanes, tornados and many other not so natural disasters! There are some basic items needed and some knowledge as to how to respond to an emergency situation. The more people who are prepared and knowledgeable, the better a community can survive. Ralph Hinkle from the Milton Township presented “Emergency Preparedness” to the S.A.L.T. Council.

### Basic Emergency Supply Kit:

- ✓ One gallon of water per person per day for at least three days
- ✓ At least a three day supply of nonperishable food
- ✓ Battery powered or hand crank radio and a weather radio with tone alert and extra batteries for both
- ✓ Flashlight and extra batteries
- ✓ First aid kit
- ✓ Whistle to signal for help
- ✓ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter in place
- ✓ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ✓ Wrench or pliers to turn off utilities
- ✓ Can opener for food (if kit contains canned food)
- ✓ Local maps

Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks.



The Ready Campaign asks three things to be in place and that includes (1) an emergency supply kit (2) a family emergency plan and (3) be informed about emergencies that could occur and their appropriate responses. If each family takes the time to prepare, think about how much this would help each of us, as well as volunteers who are attempting to help during the emergency.

### Family Emergency Supply Kit (in addition to basic kit):

- ✓ Prescription medications and glasses
- ✓ Infant formula and diapers
- ✓ Pet food and extra water for your pet
- ✓ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- ✓ Cash or traveler’s checks and change
- ✓ Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- ✓ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold weather climate.
- ✓ Change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold weather climate.
- ✓ Household chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.)

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(emergency continued)

**Family Emergency Supply Kit** (in addition to basic kit):

- ✓ Fire extinguisher
- ✓ Matches in a waterproof container or fire starter kept in a plastic bag
- ✓ Feminine supplies and personal hygiene items
- ✓ Mess kits, paper cups, plates and plastic utensils, paper towels
- ✓ Paper and pencil or lap top computer
- ✓ Books, games, puzzles or other activities for children

At minimum, a family should have the emergency supply list posted or handy somewhere so if they would have to prepare in a short period of time they could gather up as many items as possible. The best way to be prepared is actually put together a box of the necessary items and have them located where everyone is aware.

Plan evacuation methods from your home and fire safety. When evacuation is required you should have a plan in place as to where you would go. Choose several destinations in different directions so you have options.

**Gather more tips by visiting [www.ready.gov](http://www.ready.gov)**

**DuPage County Human Services  
&  
Caregivers' Fair**

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**Friday, October 9, 8:30 am - 12:30 pm**  
**DuPage County Fairgrounds**  
**2015 W. Manchester Road, Wheaton**

S.A.L.T. will have free giveaways

Sheriff's Department will be providing information/services

Free flu shots subject to availability  
**if you call ahead for an appointment**  
**630.407.6500**

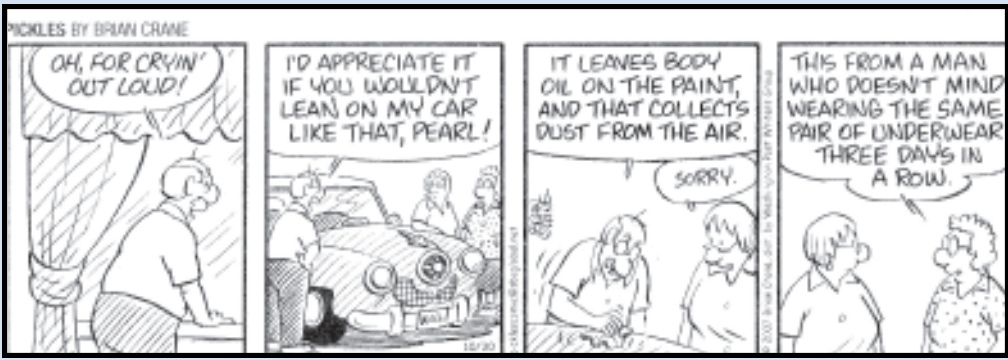
Free Parking

Free Health Services

Assistance for low income home energy help

Citizens Utility Board providing free analysis of telephone services

Pharmacist will provide answers to questions regarding drug interactions  
**& much more!**



The S.A.L.T. Council invites you to one of their upcoming meetings. To learn more call the Township at **630.668.1616**

## A Case Study in Protecting Seniors Against Scams

Submitted by: Joe Vanest, Milton Township

**T**his story was seen in the Wall Street Journal and I am passing it along in hopes that we can all benefit from it.

The first time a beloved relative in his mid 70's wired several thousand dollars to strangers, believing he was paying taxes on huge lottery winnings, it seemed like a fluke, a mistake he would understand once we straightened him out. Then it happened again. And again! In less than a year, this ivy League-educated professional sent at least \$23,000 to slick con artists who came to know his personal interests, as well as his bank account, credit card and other personal information. Yet even more shocking, than how effectively and efficiently scammers won his trust and his retirement savings was how impossible it was to stop him. The victim's begin to consider the callers their friends.

Once the gentleman responded, consumer and law enforcement experts say his name became part of a so called "sucker list" that would be sold again and again to scammers in places like Canada, the United Kingdom, Jamaica and the Netherlands. In fact, large amounts of daily junk mail are another sign that a person has been lured into fraudulent schemes.

After a "sucker" is identified, the phone calls start. Sophisticated crooks, working from scripts, spend a lot of time getting to know their victims and building their trust. They learn where they go to church, what pets they have, their family situation, as well as details about retirement and bank accounts, home equity, life insurance and credit cards.

With power of attorney, we found out that overdrafts were occurring at the bank...and guess what... they routinely do that for everyone today...and we had to have conversations at a manager's level to stop that practice. Even with power of attorney...our father was still sending

off money to these various scams. Most of these scams were overseas and local officials claimed nothing could be done because it was not in their jurisdiction.

This gentleman in many ways was a typical victim. After his wife died in late 2006, he moved alone to a new town, at least two hours from any other family member. In early 2008 he suffered a small stroke, but seemed to rebound quickly, conversing well and keeping up with his beloved Boston Red Sox. By midsummer, however, he was falling behind on his bills, his phone was cut off, and his condo association was clamoring for its fees. All signs, it turns out, that he may have been co opted by con artists. His family set up a conference call and he agreed to allow his son to be power of attorney.

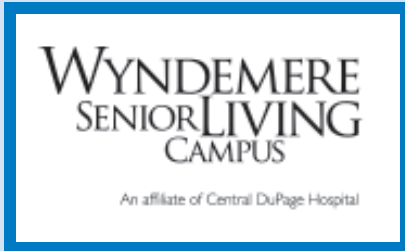
Our family's story is a cautionary tale in these tough economic times, when internet, telemarketing and direct mail con artists know that people of all ages are especially in need of a financial victory. We never found a law enforcement agency that cared; at least it appeared to us... nobody would do anything!

In a 2005 survey, the Federal Trade Commission estimated that 30.2 million U.S. consumers a year were victims of marketing frauds, led by bogus weight loss products. Fraudulent foreign lottery schemes were second, reeling in more than an estimated three million victims a year.

The National Consumers League says that 41% of the reports last year to its fraud hotline and fraud.org website were about fake check scams, up from just 6.5% in 2005.

How many Americans does this happen to that we never hear about? We are sharing this story to let you know that it can happen to you. Be cautious, vigilant and know who you are providing funds to.

**If some deal sounds too  
good to be true...  
It probably is!**



## 2009 SEMINARS & PROGRAMS

### Mental Gymnastics

Cathy Albright, RN, Psych, will present ideas and tips for keeping your mind fit. She will also talk about how to keep a positive attitude and be proactive about your emotional and mental health.

*Anderson Auditorium, Wyndemere*

**Tuesday, October 13, 2009, 1:30 pm**

### Managing Holiday Blues

Join the CNS Home Health & Hospice Bereavement Coordinator for a discussion of what can turn the holiday season, a time that should be joyous, into a time of sadness and stress. Effective strategies for keeping the "happy" in the holidays will also be reviewed. Presented by Tracy Hulett.

*Anderson Auditorium, Wyndemere*

**Tuesday, November 10, 2009, 1:30 pm**

### Understanding Your Lab Values

What do all those abbreviations mean? Beth Johnson, MD, Medical Director of the Central DuPage Hospital Lab and Chair of Pathology, will help you understand common lab tests, values and their implications.

*Anderson Auditorium, Wyndemere*

**Tuesday, January 12, 2010, 1:30 pm**

**All seminars and programs are free of charge, but do require preregistration. Please call 630.933.4234 and mention you saw this in the S.A.L.T. Communicator.**



**Dottie Kinzie**



*Senior,  
Wyndemere  
Senior Living*

## Social Media: The Senior Connection

**F**irst thing in the morning, Dottie Kinzie, a senior at Wyndemere Senior Living Campus checks her email and Facebook page, instant messages her friends, checks her cell phone and finally her landline. Sound like the typical activities of a college student? Well, for this 76 year old Wyndemere resident and self professed "communication addict," it is just an easier way to stay connected with family and friends.

"Everyone thinks Facebook is just for kids and it's not," said Dottie. "It really goes across generations and I love it." In fact, women over 55 are one of the fastest growing demographics on Facebook.

"I've traveled all over the world and lived in Minnesota, Connecticut and Kentucky," said Dottie. "It is easier to keep up with people without having to pull out pens and paper. Just this morning, I had emails from Samoa, Canada and New Zealand. I love IMs' and I can keep in touch with my three children and their friends."

"You can use the computer to Google a good restaurant, get Mapquest directions or talk with your friends. It's so easy....and it is fun!"

### SCAM ALERT

If you receive an email titled, "Mail Server Report" do NOT open it. This is a new virus that is circulating that will cause you to lose everything on your computer. The person who sent it can gain access to your email and password. Antivirus software does not seem to control this virus.

# Serving & Protecting Senior Citizens



## S.A.L.T. Council Members

Ken J. McNatt, Chairman • Joe Vanest, Vice Chairman • Jodi Hefler, Glen Ellyn Senior Citizen Coordinator/Community Relations • Dianna Taylor, Deputy Town Clerk  
Bill Parbs, Director of Communications

## DuPage Sheriff's Office

Jim Hatcher, Director of Senior Services • Sgt. Randy Groh, Deputy Sheriff Liaison • Bill Mennell

Richard Veenstra, Asst. State's Attorney • Chief Greg Berk, Wheaton Fire Chief • Sue Davison  
Chief Phillip DiMensa, Winfield Fire Dist. • Fire Chief Jerry Kleinwachter, Warrenville Fire Dist.  
Debbie McKenzie, Glendale Heights Police Dept. • Tom Staples, Glen Ellyn Police Dept.  
Clifford Mortenson, Wheaton Fire Dept. • Shirley Moreen, Wheaton Women's Dpt. Club  
Patti Terkovich, Arden Courts • Dennis Luehring, Wheaton Mosquito District  
Beth Cusack, Glen Ellyn Public Library • Mary Beth James, Comfort Keepers

## Citizen's Committee

Larry Gage • Rose Palma • Jeanne Pitra • Horace Polglaze • Don Russell • Barbara Smith  
Chuck Kramer • Leonard Tuggy

**In Cooperation with DuPage Sheriff's Office - John Zaruba, Sheriff**

This

Issue

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Highlights from Wyndemere Senior Living

Protecting Seniors Against Scams

Preparing for a Disaster or Community Emergency

2009 Auto Inspection

**HOT Topics**

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