



NATIONAL ASSOCIATION OF TRIADS, INC.

BROWARD TRIAD NOVEMBER 1, 2011 ISSUE NO. 7

Hi Everyone,

Its been a long two months since our last Newsletter in September and a lot of stuff has happened. The most important one for us Seniors is that Social Security announced a 3.6% increase in our Social Security payments. What a long two years it has been since our last increase. Hoorah ! Gas prices have gone down a lot although in the past week it has gone up a little. And most notably, our soldiers currently serving in Iraq will be coming home after the longest War in the United States history comes to an end. On a sad note, Roberta Block has informed us her husband Marv has suffered a stroke. We wish Marv and Roberta strength & courage and hope that the months ahead will return Marv to better health. Marv and Roberta are active members of our Broward TRIAD and the Sunrise SALT Council. among other valuable volunteer activities.

Thanks to our TRIAD member Al Santana who volunteered placing our TRIAD Newsletter on the Web Site he authors for the District 10 COPS Program. Our Newsletter will be available at www.deerfieldbeachcop.com Thank you Al for your help in giving our members and friends another way to access and view the Broward TRIAD Newsletter. Also I have tried a different look or format for our Newsletter so it can be viewed more easily. Please let me know what you think and please remember our Newsletter is produced every other month on the first day of that month. I thank all those who have been providing articles and information to help us all. For those that have not, the opportunity is there. Please take advantage to get your Information, Community Events, Expo's, Council information, and Articles placed in the Newsletter. I will accept your submissions up to the last day before the next edition comes out but appreciate those that are sent no later than one week before its is scheduled to be published. Thank you one and all and hope to see everyone at our next Meeting.

**Joe Schwartz
jschw33073@aol.com
954-673-1400**

TRIAD Member

TRIAD Board Of Directors



Sheriff Al Lamberti

SECURE YOUR VEHICLE - SAVE YOUR IDENTITY!

There are new criminals in town - and these criminals are targeting you! Gone are the days when burglars simply stole belongings out of your vehicle and that was the end of it. Now, they steal your identity. These thieves move swiftly, often without being noticed, because it takes only seconds to commit this type of crime.

Unfortunately, the crime doesn't stop after your belongings are stolen. This can lead to many more offenses. Once a criminal steals your purse, briefcase or laptop - all of which usually contain your personal information - the door is open to swiping your identity.

Cleaning up your name and credit score after becoming an identity theft victim often takes months or even years. According to the National Crime Prevention Council, victims spend an average of 30 hours repairing their credit and name after an identity theft crime.

It's important to keep in mind that criminals target drivers who leave personal items in their vehicles while completing daily chores. This includes pumping gas at a local gas station, dropping your kids off at day care or school and running other errands.

Those who drive large vehicles, such as minivans and SUVs, are even easier targets because their view to the other side of their vehicle is often obstructed.

I want you to be aware of a few easy steps that will help keep your personal items and your identity safe:

- As soon as you enter your vehicle, lock your doors.
- Always pay attention to your surroundings and the people around you.
- Do not leave valuables such as your purse, briefcase or cell phone in plain view. Place the items under your seat or in the trunk before you arrive at your destination.
- Keep your windows rolled up. This will prevent a thief from reaching into your vehicle.

The men and women of the Broward Sheriff's Office are working hard to catch these

criminals, but we need your help to prevent the crime before it happens. I urge you to add these simple crime prevention tips to your daily life. Doing so will help protect yourself, your property and your identity.
To direct your comments and questions to the Sheriff, [click here](#).

OPERATION MEDICINE CABINET & SHRED-A-THON

2011 CALENDAR

**Saturday, November 12, 2011 9 am - Noon Oakland Park BSO Substation
5399 N. Dixie Hwy., Oakland Park**

**Saturday, December 10, 2011 9 am - Noon Lauderdale-by-the-Sea
Town Hall**

4501 Ocean Drive, LBTS

**By joining our efforts, you will help prevent
prescription drug abuse. Come early and receive a
\$5 gift card while supplies last.***

**Broward County residents can shred away identity theft by
safely disposing of their personal documents, check stubs,
credit card offers, receipts and any other material that
might contain sensitive data. This service is free of charge.
5 Box Maximum**

Community Programs

**The Broward Sheriff's Office actively encourages local citizens to become involved in
safeguarding their communities through a variety of educational and participatory
programs. Click on a program title for more information:**

**COP (Citizen Observer Patrol): local residents help BSO fight crime by patrolling their
own neighborhoods.**

Citizens Academy: learn how law enforcement works with this hands-on course.

**Senior Citizens Academy: an eight-week educational experience for Broward County
seniors.**

Posse: civilian volunteers assist BSO with activities.

TRIAD: a partnership designed to reduce criminal victimization of the elderly.

A Thank-From AARP Florida - The Driver Safety Course Free In November

**Posted October 5, 2011 3:39 PM EDT
You To Veterans**

St. Petersburg, Fla. -- In honor of Veteran's Day and in recognition of their dedication and commitment to service, the AARP Driver Safety Program (DSP) is waiving entrance fees to its classroom courses for veterans in Florida and across the country in November. All military personnel, active duty or retired, are eligible to receive a free DSP classroom course during the month of November (Nov. 1-30, 2011). Military personnel include those individuals who serve or have served in the U.S. Army, Navy, Air Force, Marines, National Guard/Reserves, or Coast Guard.

Military spouses (including widows and widowers) and dependent children are also eligible to take the class, free of charge, by presenting valid military spouse, widower, or dependent identification, such as a dependent ID card or a membership card to organizations such as the American Legion or Veterans of Foreign Wars. The classroom course normally costs \$12 for AARP members and \$14 for non-members. Since 1979, the AARP Driver Safety Program has helped over 13 million drivers learn safety strategies and adapt to physical and cognitive changes related to aging. The course teaches valuable defensive driving skills and provides a refresher of the rules of the road. Plus, participants may qualify for an automobile insurance discount by completing the classroom course.*

With more than 2,500 classes offered in communities throughout Florida in a typical year by more than 750 volunteers, veterans should have little difficulty finding a class that's conveniently located. Classes are limited in size, however, so those interested should call early to find a class that fits their needs. Registrations will be accepted on a first-come, first-served basis.

After signing up for a course, participants should bring a valid military identification to the classroom-such as discharge papers (DD Form 214), American Legion cards, dependent ID cards or Veterans of Foreign Wars (VFW) cards. Participating veterans will be asked to complete a Veteran Participation Form as part of the course, which will be provided on site by the instructor.

Locate a course near you by visiting DSP's online course locator at

www.aarp.org/findacourse or by calling 1-888-AARP-NOW (1-888-227-7669). Please note that this promotion is for the classroom course only. It does not apply to the AARP Driver Safety Online Course. For more information, visit <http://www.aarp.org/veterans> or email drive@aarp.org

Don't Miss Out on Drug Savings. Find out whether you're eligible for Medicare Part D's Extra Help program
by: Patricia Barry | from: AARP Bulletin | October 1, 2011

Uncle Sam provides low-cost prescription drug coverage for Medicare beneficiaries with limited incomes. But about 2 million people who are eligible for these savings - often worth thousands of dollars - have not applied, Medicare officials say. Under Part D's Extra Help program, you pay zero or reduced premiums and deductibles and low copayments for prescriptions. You qualify if your annual income is no more than \$16,335 (if single) or \$22,065 (if married) and your resources are worth no more than \$12,640 (single) or \$25,260 (married). Your home, cars and personal possessions do not count as resources.

Eligibility rules are more flexible than they used to be. "So if you were turned down for Extra Help in the past due to income or resource levels, you should reapply," says Centers for Medicare & Medicaid Services Administrator Don Berwick. To apply, call 1-800-772-1213 or go to ssa.gov/pubs/10525.html.

Reminder That The Medicare Open Enrollment Period This Year Is October 15th to December 7th This Year. This Is The Time You Are Allowed To Change Your Medicare Insurance Plan If You Choose. Make The Process less Confusing and Easier And Have A S.H.I.N.E Counselor Help You Navigate The Medicare System and Assist You n Finding The Health Plans Best For You. We Assist And You Make The Choice.

SHINE (Serving Health Insurance Needs of Elders)
1-800-963-5337

<http://www.floridashine.org>

Our Award-Winning SHINE Program Can Help You Understand Your Medicare and Other Health Insurance Choices

About SHINE

SHINE (Serving Health Insurance Needs of Elders) is a statewide, volunteer-based program offering free Medicare and health insurance education, counseling and

assistance to people with Medicare and their families and caregivers. SHINE is funded through a grant from the Centers for Medicare & Medicaid Services (CMS) and administered by the Florida Department of Elder Affairs. Our award-winning volunteers educate consumers and empower them to resolve problems and make informed decisions on health insurance issues. SHINE volunteers have assisted more than 600,000 people since the program's inception in 1993.

SERVICES

Volunteers in the SHINE program provide information, counseling and assistance on Medicare, Medicaid, Medicare supplemental insurance, long-term care insurance, prescription assistance and Medicare fraud. Counseling services are provided in person at counseling sites and via telephone. (The method varies by county.) Home visits can be arranged for homebound clients. In addition, SHINE has a strong community education and outreach component. Volunteers make educational presentations on Medicare and health insurance to a variety of community groups, and they disseminate information at hundreds of health and senior fairs throughout the state. Education and outreach activities focus on health promotion, beneficiary rights and consumer protection.

VOLUNTEERS

Approximately 400 volunteers throughout Florida provide SHINE services. SHINE volunteers have been honored with numerous awards, including the Davis Productivity Awards, J.C. Penney Community Service Awards, the State of Florida's Golden Choices Awards and the prestigious Beneficiary Services Award from the Centers for Medicare & Medicaid Services. Training and technical assistance are provided by the Department of Elder Affairs. Local support is provided by the Area Agencies on Aging and other local partners.

Mission Statement

To provide free and unbiased health insurance counseling through a dedicated network of volunteers, empowering Florida Seniors to make informed healthcare choices.

SHINE (Serving Health Insurance Needs of Elders) is a program of the Florida Department of Elder Affairs, funded through a federal grant from the Centers for Medicare & Medicaid Services, and operated in partnership with the state's 11 Area Agencies on Aging.

VOLUNTEER OPPORTUNITIES

People from all backgrounds, with an interest in helping others and learning technical material, are encouraged to volunteer for the SHINE Program. A volunteer must be willing to donate a minimum of sixteen hours per month to the SHINE Program. Volunteers may perform a variety of functions, including individual counseling, education and outreach (community presentations, etc.) and supervision of local volunteer units.

NOTE: Anyone holding an active insurance license in Florida (or with another clear conflict of interest) is not eligible to volunteer for SHINE.

COLLABORATIONS

The SHINE program maintains working relationships with all partners and stakeholders in the Medicare and health insurance fields, including the Centers for Medicare & Medicaid Services, the Agency for Persons with Disabilities, the Florida Department of Financial Services, the Medicare carriers and fiscal intermediaries, the Medicare Quality Improvement Organization, the Agency for Health Care Administration, the Department of Children & Family Services and the Social Security Administration.

FOR MORE INFORMATION:

To request SHINE services or inquire about volunteer opportunities with SHINE in your area, contact:

1-800-96-ELDER (1-800-963-5337)

The Florida Elder Helpline

For general information about SHINE, please contact: The Florida Department of Elder Affairs

SHINE Program

4040 Esplanade Way, Suite 270

Tallahassee, FL 32399-7000

(850) 414-2000

<http://www.floridashine.org>

Rev. 7/16/08

Did you know that a **free service** is being offered to those **seniors and disabled adults that are homebound, living alone or isolated from regular social contact**. If that's you, we know that being alone, isolated and without regular social contact is not fun and can be painful and depressing. We also know that people need regular social contact to ensure their personal safety and mental health. Wouldn't you want someone to call you on a regularly scheduled basis just to talk and let you know someone truly cares about you. Of course you would.

We can help and it's totally free with our program called **Tele-Friend**. At no cost to you, we will have a trained and screened volunteer call you, check to see that you are ok and have a friendly conversation on a regularly scheduled basis. If for some reason after a couple of attempts we can't reach you or your designated emergency contact, we will even call emergency services to come and check on you to see if you're ok or if you're having a problem, unable to help yourself and need assistance.

To participate in this free, caring and friendly service call 954-484 -7117. Don't delay and start benefiting from this free and valuable service brought to you by the Retired and Senior Volunteer Program.

You can gain peace of mind, a friendly conversation on a regularly scheduled basis, and a genuine feeling that someone really cares about you. Thank you and we look forward to receiving your call.

SAVE THIS DATE!

**25th Annual Broward Alzheimer's
Coordinating Council Conference**

**"Twenty-Five Years of
Caring and Sharing"**

**For Health Care Professionals, Aging Network Staff, and
Caregivers**

Friday, November 18, 2011

**North Broward Medical Center Conference Center
201 East Sample Road
Deerfield Beach, FL**

**For information or registration,
call Shari Baer (Exhibits) or Marion Connor (Co-chair)
at the Aging and Disability Resource Center of Broward County
(954) 745-9567**

Sponsored by BROWARD ALZHEIMER'S COORDINATING COUNCIL

SENIOR MEDICARE PATROL

It is widely recognized that fraud, errors and abuse within the Medicare programs cost taxpayers \$3 to \$4 billion dollars annually. Fraud often results in higher co-pays, premiums and cuts in services to our most vulnerable citizens. The Florida SMP Program's goals are to increase public awareness of fraud; help beneficiaries identify errors, report suspected fraud and abuse, and know where fraud often occurs. The SMP Program has established a toll free fraud hotline, 1-866-357-6677, to take calls from any Medicare recipient who feels that they may have been incorrectly billed for services. Trained staff is available to address your concerns or refer you to the proper help agency. Please, take the time to review your Medicare Summary Notice or any other billing for errors or charges for services not received. Call the toll free

number when you notice a discrepancy.

Walk To End Alzheimer's

Join The Alzheimer's Association And Start A Team, Join A Team or Donate.

Register Today! at alz.org/walk or call 800-272-3900

**Event Date And Location: Broward, Saturday, November 5, 2011 at
Hollywood North Beach Park, Hollywood**

Preventing Accidental Falls

Especially among senior citizens, accidental falls can be prevented. BSO's Department of Fire Rescue offers this advice:

Exercise Regularly

Reduce your chances of falling by beginning and maintaining a regular exercise program. Exercise makes you stronger, helps you feel better and improves balance and coordination. Non-strenuous exercise like Tai Chi can be very beneficial. Ask your doctor or health care worker about the best type of exercise program for you.

Make your Home Safer

About half of all accidental falls happen at home, so remove tripping hazards (papers, books, clothes and shoes) from stairs and places where you walk. Remove small throw rugs or use double-sided tape to keep the rugs from slipping.

In the Bathroom:

- **Install and use grab bars to get into and out of the tub or shower**
- **Use a bath chair or stool in the shower**
- **Don't use throw rugs or wax on the bathroom floor. Use non-slip mats in the bathtub and on shower floors**
- **Use a raised toilet seat with arm rails**
- **Use soap-on-a-rope or place a bar of soap in a nylon stocking with one end tied to a towel bar**

In the Kitchen:

- **Use a long-handled sponge/mop to wipe up spills**
- **Keep your floors smooth but not slippery**
- **Store your often-used supplies in easy-to-reach cabinets**
- **Avoid hard-to-reach wall phones; consider a table model or a cordless phone**

that can be carried from room to room

Around the House:

- Use nightlights for hallways and bathrooms; make certain stairways well-lit
- **Wear low-heeled, comfortable shoes with nonskid soles. Don't walk around in socks, slippers or stockings on bare floors**
- **Make sure carpets, including those on stairs, have skid-proof backing or are tacked to the floor**
- **Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare**
- **Have handrails put on all staircases**

Have your doctor or pharmacist examine the medicines you take (including ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines work in your body can change and make you drowsy or light-headed. Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision.

**5300 Hiatus Road
Sunrise, Florida 33351
Elder Helpline: (954) 745-9779
Administration: (954) 745-9567
Fax: (954) 745-9584
www.adrcbroward.org**

News Release

FOR IMMEDIATE RELEASE

September 30, 2011

Information provided by Florida Department of Elder Affairs

Be Aware of Abuse, Neglect and Exploitation

Getting older should afford you more respect, not less. No one at any age should be subjected to physical or mental abuse. If you are a senior and believe that you are in an abusive situation, it is important for you to know that you have rights and realize that elder abuse is a crime. As Americans, we all have the right to live our lives free from abuse, neglect and exploitation.

The Department of Elder Affairs is committed to working with the network of social services and law enforcement agencies throughout the state to protect Florida's elders from abusive situations and environments. The Adult Protective Services Act (Chapter 415 of Florida Law) requires the state to have specific procedures for reporting and investigating instances of suspected abuse, neglect or exploitation of disabled adults and the elderly. The Department of Children and Families' Adult

Protective Services Office serves as the lead agency for handling reports and investigations of abuse (see "Adult Protective Services").

How do you know if you have been abused? There are many forms of abuse. Any willful act or threat that causes (or is likely to cause) you significant physical, mental or emotional harm is considered an act of abuse. Common forms of abuse include: hitting, pushing, shaking, beating, yelling, verbal harassment, coercive behavior, intimidation and other acts that cause harm. Unfortunately, many seniors know their abusers well. Sadly, reports of abuse conducted by adult children, grandchildren, friends and neighbors, or in-home health care providers have become commonplace.

Neglect occurs when caregivers fail to provide elders with the essentials needed to maintain their physical and mental health. Your parent could be a victim of neglect anytime someone in charge of their care deprives them of food, clothing or medical care. In most cases, neglectful behavior is repeated over a period of time.

Exploitation involves the unauthorized handling or usage of an elderly person's money, property or other valuable resources. Unfortunately, there are many ways in which unsuspecting elders can be exploited. Those who misuse their power of attorney or their guardianship status in a way that results in the unauthorized appropriation, sale, or transfer of property or personal assets is guilty of exploitation.

For additional information on elder abuse, neglect and exploitation, contact Broward's Elder Helpline at (954) 745-9779. Also, if you suspect elder Abuse, Neglect or Exploitation, call Adult Protective Services at (800) 96 Abuse (22873).

Four Tips For A Better Memory

Techniques for **improving memory** go as far back as ancient Greece and Rome. The same strategies that Cicero used to memorize his speeches, medieval scholars used to memorize entire books. These memory pioneers figured out that the brain is more likely to retain visual or spatial information, so if you want to remember something your best strategy is to transform it into something else so colorful, exciting and different that you can't possibly forget it.

1. Associate hard-to-remember facts with some familiar space

One trick, known as the journey method or "memory palace," is to conjure up a familiar space in the mind's eye, and then populate it with images of whatever it is you want to remember. (For a shopping list, imagine a dancing can of soup on your front steps, rolls of toilet paper covering your front door, laundry detergent strewn across the foyer, etc.)

Memory palaces don't necessarily have to be buildings. They can be routes through a town or station stops along a railway. They can be real or imaginary, as long as there's some semblance of order that links one place to the next (front steps, door,

foyer, etc.), and are intimately familiar.

In his interview with Prime Time Radio host Mike Cuthbert, Joshua Foer suggests a wonderful side effect of developing your memory.

As we age, the world sometime seems to speed up, robbing us of simple pleasures and precious memories. Foer says his tools might reverse that unhappy slide.

[Hear the complete interview.](#)

2. Use "chunking" to remember numbers, such as passwords, credit cards or bank accounts

Chunking is a way to decrease the number of items you have to remember by increasing the size of each item. Chunking is the reason that phone numbers are broken into two parts plus an area code and that credit card numbers are split into groups of four.

The classic explanation of chunking involves language. If you were asked to memorize the 22 letters HEADSHOULDERSKNEESTOES, and you didn't notice what they spelled, you'd almost certainly have a tough time with it. But break up those 22 letters into four chunks - HEAD, SHOULDERS, KNEES and TOES - and the task becomes a whole lot easier.

The same can be done with numbers. The 12-digit numerical string 120741091101 is pretty hard to remember. Break it into four chunks - 120, 741, 091, 101 - and it becomes a little easier. Turn it into two chunks, 12/07/41 and 09/11/01, and they're almost impossible to forget. You could even turn those dates into a single chunk of information by remembering it as "the two big surprise attacks on American soil."

Next: [Rely on your memory, not digital devices.](#) >>

Related

[5 Puzzles to Improve Your Mind. Do](#)

[Keep Your Memory Strong by Walking. Read](#)

[Improve your memory with modest exercise. Read](#)

[Test your memory to stay sharp. Read](#)

3. Conquering the OK plateau

The "OK Plateau" is that place we all get to where we just stop getting better at something. Take typing, for example. You might type and type and type all day long, but once you reach a certain level, you just don't get appreciably faster. That's because it's become automatic. You've moved it to the back of your mind's filing cabinet.

If you want to become a faster typist, it's possible, of course, but you've got to bring the task back under your conscious control. You've got to push yourself past your comfort zone.

In the same vein, when you're trying to improve your memory, it's also important not to get stuck. For example, if you go to a lot of parties, you may have set yourself the goal of remembering the names of three or four new people you meet. How about

doubling that number at each party, or adding the names of their children, or where they were born? Maybe your goal can be to remember all this new information a week later.

This seems like simple advice, but you would be surprised how often people practice only what they are good at. Conquering the OK Plateau is how I improved my memory.

4. Pay attention

Once upon a time, people invested in their memories. They cultivated them. Today, of course, we've got digital cameras, and computers, and smartphones to hold our memories for us. We've outsourced our memories to digital devices, and the result is that we no longer trust our memories. We see every small forgotten thing as evidence that they're failing us.

We've forgotten how to remember, and just as importantly, we've forgotten how to pay attention. So, instead of using your smartphone to jot down crucial notes, or googling an elusive fact, use every opportunity to practice your memory skills. Memory is a muscle, to be exercised and improved.

CAR FIT EVENT

CarFit is a community based education event which looks at aging road users' comfort and safety in their vehicles.

Shari Baer is the local Coordinator for the CarFit Program. She is in need of additional Volunteers to be trained for the next upcoming Event. Contact Shari at 954-745-9567

Tuesday, Nov. 15, 2011 9 am. - 1 p.m. @ Rotary Park 3150 Taft Street, Hollywood, FL
Refresher
Training will be held the day before.

Free Alzheimer's Awareness Lecture

Dr. Murray Todd M.D.
Medical Director Of The North Broward Memory Disorder Clinic

**Sunrise Senior Center
Wednesday, November 9th
10am to 11am**

Sign Up At The Front Desk or call 954-746-3670

HOME SAFETY TIPS

Always acknowledge through the door that you are home if someone is knocking- most burglars will knock on the door to see if anyone is home then if no one answers the next thing you know they are breaking in the side or rear.

Keep a log of serial numbers, make, model, size, color of items and photograph unusually items, art or jewelry.

make arrangements if out of town for someone to pick up mail including free newspapers, and flyers that maybe left on door. Have post office hold mail and to stop newspaper. Remember if you see suspicious activity, suspicious vehicles or unusual people in area (including solicitors that maybe unlicensed) make a call- make a difference. Many of these individuals are in area committing criminal activities.

**Cindy Heafy, Community Involvement Coordinator
Coral Springs Police Department**

2801 Coral Springs Drive

Coral Springs, FL 33065

954-344-1833 (office)

954-346-1360 (fax)

NEW DRIVER SAFETY CLASS ANNOUNCEMENTS

**THE BROWARD SHERIFFS OFFICE IN PARTNERSHIP WITH
AARP WILL BE HOSTING TWO NEW DRIVER SAFETY
CLASSES:**

Nov. 14, 2011 9am-3:00pm
Cooper City District
10580 Stirling Road
Cooper City, FL 33024
Call Larry Bitkower To Register at
954-474-3343

December 7, 2011 9am-3:30pm
City Of Oakland Park, Collins Center
3900 N.E. 3rd Avenue
Oakland Park, FL 33334
Call Cynthia Jackson To Register at
954-739-2673 Monday to Thursday
9am to 12pm

SENIOR VOLUNTEER SERVICES Social Group Forming

Would you like to participate in a group with other 55+ individuals with similar feelings?

Our group meets Thursdays at 1 PM

**Here at Senior Volunteer Services offices;
4701 NW 33rd Ave.**

Refreshments will be served

Please call 954-484-7117

To Reserve Your Spot Today!