

COMMUNITY AND ENRICHMENT CENTER

Weekly Newsletter

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STAYING CONNECTED WHILE STAYING HOME

The COVID-19 outbreak requires us to change our daily habits, stay indoors unless absolutely necessary. If we have to go outside, keep a significant physical distance from others. But, social isolation can lead to loneliness and some studies show that both isolation and loneliness can put us at higher risk for heart disease, stroke and other mental health issues. The good news is limiting physical interaction doesn't mean we have to stop social interaction completely. Doing a variety of activities *online* can help you remain connected with your social circles. Here are some high and low-tech tips to help you stay connected and active while you're stuck at home.

E-mail a friend with whom you haven't been in touch in a while.

Read to a grandchild or family friend using your phone or even by using video chat.

Be a "little ray of sunshine"

Sometimes these days it seems that the only news is bad news so try to do something to help boost people's moods. Making loving gestures for others will lift our spirits.

- Sending funny photos or videos of your dog, your grand kids, etc.
- Send emails or texts with pics from the recent past: "Look what we were doing five years ago today!"
- Send fun items like postcards, letters, care packages—people love to get mail, especially when it is pleasant. in the mail.

Share memories Take out a box of old photos that you've been meaning to sort through. You can share your memories using your phone or video chat with family or friends.

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STAYING CONNECTED WHILE STAYING HOME (CONT'D)

Use text. Consider creating group text chains. These can be great, because there's a lot of conversation, humor, and information to be shared. It's comforting to know that you're in a group and can always get someone's attention.

Do an online workout. There are hundreds of fitness routines available on YouTube and they're free! From simple stretches to more challenging aerobic workouts, there's something for everyone.

Social isolation can be scary! The COVID-19 outbreak demands we all practice it to protect our health and well-being. By incorporating these activities it can make it more social than you ever expected and may even bring a smile to your face and make your family and friends happy too.



“ QUOTE OF THE WEEK

"Challenges are what make life interesting and overcoming them is what makes life meaningful."

-Joshua J. Marine

4 CORONAVIRUS SCAMS TO AVOID

By: Brandy Bauer - 3.18.2020

Scammers are quick to exploit emergencies to cheat people out of money, and the coronavirus pandemic unfortunately is no exception. Follow and share these four tips to ensure you or an older adult you serve is not among their victims!



1. Beware of fraudulent products claiming a cure

From special teas to essential oils to silver lozenges, numerous companies have been touting that their products have the ability to prevent or treat coronavirus. Recently, the Food & Drug Administration and the Federal Trade Commission (FTC) issued warning letters to seven companies whose advertisements made these false claims. Remember: There currently are no approved vaccines, drugs, or investigative products available to prevent or cure the virus. You can report suspected scams to the National Center for Disaster Fraud hotline at 866-720-5721.

2. Don't give money to charities you don't know

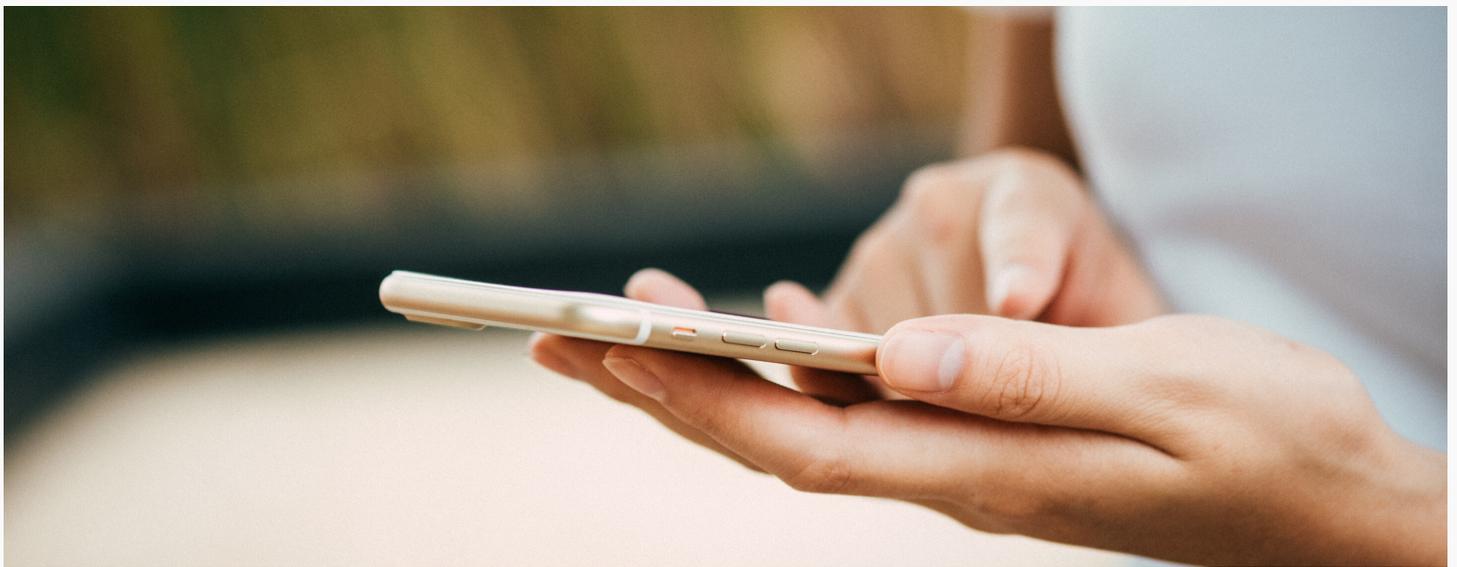
Whenever a crisis occurs, scammers will try to draw on individual goodwill to seek "donations" for a worthy cause. It's very easy for anyone to set up an account on crowdsourcing platforms to request support from the public. If you would like to contribute to efforts to support those affected by the coronavirus pandemic—such as older adults who are homebound and unable to access food or medication, or those who've lost employment and need financial relief—be sure to research a charity first. Sites like Charity Navigator, Guidestar, and the Better Business Bureau Wise Giving Alliance provide comprehensive, vetted reviews of top charities.

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4 CORONAVIRUS SCAMS TO AVOID (CONT'D)

3. Hang up on impostor callers

Phony callers pretending to represent a government agency were one of the top-reported scams in 2019. Last year alone, more than 166,000 people complained to the FTC about fake Social Security calls, wherein victims lost a median \$1,500 each. As more Social Security offices temporarily close and the IRS offers leniency on tax filing, you can bet that scammers will take advantage of these to cold call older adults and convince them to release personal information or face discontinuation of benefits. Get a call like this? Hang up! Note that government agencies rarely contact persons by phone unless you have ongoing business with them and they never make threats about arrest or legal action. Report suspicious calls to the SSA Office of the Inspector General by calling 1-800-269-0271, and report instances of IRS-related fraud to the Treasury Inspector General for Tax Administration at 1-800-366-4484.



4. Be wary of new investment opportunities

A biotech company you've never heard of is working hard on developing a vaccine for the coronavirus. If you buy company stock now, you're sure to get a windfall when the markets go up, right? If this sounds too good to be true, it probably is. The U.S. Securities and Exchange Commission has warned that fraudsters are using the current news to promote investments in their companies that promise dramatic returns based on so-called "research reports". If you are looking to invest in a company, be sure to do your research and remember that investment scammers often exploit the latest crisis to make themselves rich.

BLUEBERRY OATMEAL MUFFINS

Making wise snack choices helps to ensure that you meet their nutrient needs. This recipe for Blueberry Oatmeal Muffins is a low calorie, low-glycemic snack that combines the protein power of Greek yogurt with the antioxidants of blueberries.

Ingredients:

1 cup + 1 tbsp all-purpose flour, divided
1 cup rolled oats
2 tsp baking powder
1/4 tsp salt
2 large eggs, lightly beaten
1 cup plain Greek yogurt
1/3 cup honey
1/4 cup milk
2 tsp vanilla extract
1 cup blueberries, frozen or fresh



How to prepare:

Preheat your oven to 350 degrees F and either grease a muffin pan or line with 12 silicone liners. Combine 1 cup flour, oats, baking powder and salt in a large bowl. In a medium bowl, whisk together the eggs, yogurt, honey, milk, and vanilla until well combined. Stir the wet ingredients into the dry ingredients until combined. Toss the blueberries in the remaining flour and then carefully fold them into the batter. Divide the batter evenly among the muffin cups, filling to the top. Bake for 18-20 minutes, or until the tops are firm and just starting to turn golden. A toothpick should come out clean.

Serving Size:

1 muffin Protein: 5g Calories: 146 Sugar: 10g