

BUZZ, BODY & BITES

A newsletter for actively aging adults
Virginia Cooperative Extension Family
& Consumer Sciences

January, 2021 Newsletter

Buzz



SIMPLE STEPS TO PROTECT YOURSELF AND YOUR FAMILY FROM SCAMS

- If you receive a questionable call, hang up, do not give them any personal information, and call or contact the Social Security Office of the Inspector General (oig.ssa.gov or 1-800-269-0271).
- If someone calls claiming to be from a financial institution you bank with, tell them you will call them back using the phone number on your financial statement or credit or debit card.
- Do not return unknown calls. Ask someone you trust for advice before making any large purchase or financial decisions.
- Don't be embarrassed to report a situation if you shared personal financial information or suffered a financial loss.
- Remember to file a report with your local law enforcement office. Share this information with friends and family.

Learn more at oig.ssa.gov/scam.

SPOTTING SCAMS AND YOUR FINANCIAL PROTECTION

By: Larry A. Connatser, PhD, Family Financial Management Specialist, Virginia State University

The COVID-19 crisis has created a unique financial situation for many individuals, especially older citizens. As we age, we are often more isolated from our families, friends, and social groups. We are often less able to travel to our banks to take care of business or to the social security office to get needed information. At the same time, scamming has become an "industry" of its own specifically designed to take our money. Scammers study various population groups and know their weaknesses, needs, and interests. They know if you are lonely, afraid, need additional income or security – and they have figured out ways to make you believe they can provide it to you – at a cost. So you must be aware!

Telephone scammers often pretend they are from Social Security or another government agency. The caller ID or documents sent by email may look official but they are not. The goal of the scammers is to get your personal information, such as your social security number, Medicare number, driver's license number, bank name and bank account number, etc. **Do not give it to them!** The scammers may make threats and demand immediate payment to avoid legal action. They may even promise you a special benefit in exchange for personal information or money.

According to Social Security, they may call you in some situations, but will never:

- Threaten you or demand immediate payment from you.
- Suspend your Social Security number.
- Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.
- Ask you to wire or mail cash or provide gift card numbers over the phone.

If you receive a suspicious call, from someone claiming to be from Social Security saying there is a problem with your Social Security number or account and they demand an immediate payment to fix it, know something is wrong!

Bites

Crispy Oven Fried Chicken

Chicken is a great source of low fat protein. Eating enough protein is important as we age to maintain strong muscles and immune system.

Ingredients:

- 1/2 cup fat-free milk or buttermilk
- 1 teaspoon poultry seasoning
- 1 1/2 tablespoons each of onion powder and garlic powder
- 2 teaspoons black pepper
- 1 teaspoon ground ginger
- 1 cup fine cornflake or bread crumbs
- 8 pieces chicken, skin removed
- a few shakes of paprika
- nonstick cooking spray



Instructions:

1. Add 1/2 teaspoon poultry seasoning to the milk.
 2. Combine all other spices with the crumbs and place in a plastic bag.
 3. Dip chicken into milk and shake in the bag with the crumbs. Place the breaded chicken on a plate, cover, and refrigerate 1 hour.
 4. Remove chicken from refrigerator and space evenly on a baking pan sprayed with nonstick cooking spray. Sprinkle with paprika
 5. Cover with aluminum foil and bake at 350°F for 40 minutes. Remove foil and cook 30 minutes more to an internal temperature of 165°F.
- Note: Do not turn the chicken during baking.

Body



Knee Extension

Works the thigh muscle

1. Sit up straight in a sturdy chair with your back supported by the chair.
2. Place a rolled towel under your thigh at the edge of the chair, balls of your feet on the floor.
3. Breathe out as you extend one leg straight in front of you without locking the knee. Be sure not to arch your back.
4. Flex foot to point toes toward the ceiling. Hold position for one second, then breathe slowly and lower leg back down.
5. Repeat 10 - 15 times on each leg. Rest for 15 seconds, then repeat one more set of 10 - 15 lifts.

Mind Games

Every Sudoku has a unique solution that can be reached with logic, dedication, and patience. Enter numbers into the blank spaces so that each row, column, and 3x3 box contains the numbers 1 to 9 without repeats. Enjoy this classic numbers game!

	8	6	4		7	5	9	1
				9	5			
		9			1		3	
			2	3			5	
	4	8	1		9	3	6	
	7			6	8			
	3		9			1		
			8	5				
6	2	5	7		3	9	8	

RESOURCES

Annual Credit Report:

For free weekly online credit reports Visit www.annualcreditreport.com or call 1-877-322-8228. Equifax/Experian/TransUnion.

BBB.org/scamtracker and U.S. Postage Inspection Service:

Visit www.USPIS.gov or call 1-877-876-2455 to report scams or mail fraud.

Federal Trade Commission:

Contact if you have been a victim of identity theft. Visit www.identitytheft.gov or call 1-877-438-4338

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