

“For Your Information”

(A periodic publication by Sherwood Oaks president, Mark Bondi)

January 7, 2015

Flu Precautions

Many persons in the area and at Sherwood Oaks are experiencing flu like symptoms. We are asking that you please limit visits to the health center for the time being. If you are not feeling well, it is suggested that you limit your activities and drink plenty of fluids. A Community Nurse is available to visit your home if you experience any flu-like symptoms. They are also able to put your name on the home delivered meal list if you are unable to make it to dinner due to an illness.

Frequent and thorough hand washing is always a good idea. If you do not have symptoms, flu shots are still available. Please contact Community Nursing at ext. 8496 to see if you can get a flu shot here in the medical office or if you have to go to your Primary Care Physician.

Cold Weather Thermostat Settings

For best heat pump efficiency, be sure to:

- Turn on “emergency Heat/Auxiliary heat” when the outside temperature is expected to go below 25 degrees.
- Turn back to “Heat” when the outside temperature is expected to go above 25 degrees.

Home Delivered Meals

Our meal delivery system is currently being challenged with providing foods at the proper temperatures to our residents in their patio homes. As we are delivering many meals in this cold weather, please listen for your doorbell so that you can receive your meal from our dining staff while it is still hot. If you do not answer your door, the receptionist will attempt to call you. If you do not answer your phone, your meal will be left at your door. Meals are delivered between 5:10 and 5:40 PM. If you have any questions regarding a home delivered meal, please call Dining Services at extension 8662.

Resident Meeting

Please join me on Friday, January 16, 2015 at 1:30 PM in the auditorium for a resident get together. Mike Mills, Director of Security and Transportation, will be speaking about the Security Department. I will also give an update on the community and will answer any questions that you may have.

Farewell Reception

After 26 years of service, including many years as the dining room lunchtime hostess, Shirley Dixon has decided to retire. Shirley’s last day is January 16, 2015. Please stop by the lobby fireplace area on Thursday, January 15 from 1:30-2:30 to wish her well in her retirement. Cake and punch will be served.

Fraud Prevention Tips

Credit Cards – Recently, a Sherwood Oaks resident detected two \$1 charges on her credit card. She had never heard of the store issuing the charges. She called the credit card company and found that her card had been compromised. They gave her credit for the charges and sent her a new credit card.

I think this is not an uncommon occurrence. Many crooks “test” the credit card with small unauthorized charges before making large, fraudulent purchases. It is important to check your credit card statements and question any suspicious charges.

From the IRS Website:

The IRS doesn't *initiate* contact with taxpayers by email, text messages or social media channels to request personal or financial information. This includes requests for PIN numbers, passwords or similar access information for credit cards, banks or other financial accounts.

If you receive a phone call from someone claiming to be from the IRS but you suspect they are not an IRS employee, then:

- Record the employee's name, badge number, call back number and caller ID if available.
- Call 1-800-366-4484 to determine if the caller is an IRS employee with a legitimate need to contact you.
- If the person calling you is an IRS employee, get their number and call them back.