



Online Food Ordering Scam

During the COVID-19 pandemic, ordering food from restaurants for delivery or carryout has been very common for many families. Scammers, however, have taken advantage of this practice to steal money and personal information from unsuspecting consumers.

How it works: You search the internet for a neighborhood restaurant that offers online ordering and provides delivery service to your residence. You find one with a suitable menu and delivery schedule. You click on the link, place your order, and enter your payment information. You patiently wait for the delivery, but the order never arrives. You call the restaurant and are told there is no record that you placed an order.

Instead of arranging for your order to be delivered, you may have opted to pick it up in person. You arrive at the restaurant at the designated time and are told there is no record of your order. You produce the “confirmation” that you printed from the website after placing the order, but you’re told that it’s a counterfeit document and was not sent by the restaurant.

Here’s what happened: The website on which you placed the food order is a fake and is operated by fraudsters. You were the victim of a scam that is commonly referred to as “phishing” and were tricked into revealing your personal information. The scammers use that information to steal your identity and make fraudulent purchases that are charged to your account. Your personal information is then sold to other criminals.

How to protect yourself:

- Call the restaurant before you place your first order and verify that they have online ordering. This will help establish the credibility of the restaurant’s website.
- Order only from websites that you know and trust. Verify the URL in the address bar before placing your order.
- Before entering your payment information, verify that the restaurant’s website contains a “padlock” or “https://” preceding the URL. The “padlock” image and the letter “s” in “https” confirm that the website is secure.
- If you’re satisfied that the site is secure, you should pay with a credit card. Credit card companies will usually assist their customers if disputes arise over fraudulent charges.
- Do not pay with a debit or gift card or send money by wire transfer. If you do, the money is gone and cannot be recovered. Warning: If a business insists that payment must be made with a debit card, gift card, or by wire transfer, you are dealing with a scammer.
- If you are a victim of this scam and paid with a credit card, contact your bank immediately to cancel the card and request a replacement. Consider putting a fraud alert on your credit reports at one of the three national credit reporting agencies (Trans-Union, Experian, or Equifax). Note: When you request a fraud alert at one credit bureau, it is automatically added at the other two bureaus.
- If you are a victim of this scam, file a report with your local police department.



THE S.A.L.T. COMMUNICATOR

Seniors and Law Enforcement Together

Serving and Protecting Senior Citizens

October 2021

AgeGuide Launches Learning Center:

New Opportunities for Seniors

Presented at the July 2021 Virtual Meeting

Alaine Kvedaras

Health Promotion & Education Specialist
AgeGuide of Northeastern Illinois



Ms. Alaine Kvedaras visited SALT to share a new program which AgeGuide of Northeastern Illinois had actually begun to design prior to the pandemic. The GetSetUp Program, an E-learning channel, connects people with live classes taught by retired professionals. This grant-funded effort will run through February, 2022, upon which Alaine hopes that the grant will be renewed.

AgeGuide has partnered with GetSetUp to provide free virtual classes for older adults to learn new things, make friends, ask questions and have a good time. Classes are open to all residents age 60+ in DuPage County and seniors may use their own equipment or apply for an internet-enabled smart tablet.

The AgeGuide Learning Center classes, begun in April of 2021, number 150 in thirteen categories. The top ten classes when the program began were all technology related, showing the need that seniors felt to learn how to take advantage of the internet to connect with others and take part in learning. Soon after, the top five of the classes were technology-related and shortly after that, four were related to learning technology, supplanted by health and wellness classes which were also of great interest to seniors. Classes include Basics of Zoom,

Google Photo Basics, Get Started with Gmail, Windows 10 Settings, Google Drive Basics, Using your Android Smartphone, and Creating Playlists. AgeGuide also offers programs virtually through local partners, such as Good Memories Choir, Sing-a-long Cafes, Music and Memory, Fit and Strong, Wits Workout, A Matter of Balance, Cyber Safety, Caregiver Counseling, Stress Busting for Family Caregivers, and Bingcize.

To further assist seniors who are not connected to the internet, or do not possess their own devices, the Tablets to Seniors program was begun in December of 2019. A joint effort of the Illinois Department of Aging Social Isolation Reduction Initiative in partnership with T-Mobile with AgeGuide, its goal is to connect older adults to family, friends, their community and also learning opportunities through an internet-connected tablet. With the supportive tutorials, seniors learn to utilize the tablet given by the program. Often embarrassment or fear of being taken advantage of keep seniors from connecting to others via the internet. The program works with individuals by offering tutorial classes and following up with local library support. These tutorials include internet safety courses, which are also available in the e-learning channel and other sources. Details to register for this program are on page 3.

To register for the AgeGuide Learning Center's GetSetUp Link, visit bit.ly/ageguide-getsetup

The Milton Township SALT website at miltontownshipSALT.com offers a trove of resources in our community. Check out our tabs on Transportation, Food Security, Housing, Safety & Communication, Legal & Financial services, Health as well as Age Guide.

An Evidence– Based Approach to Fall Prevention- Presented at the September SALT Meeting

Michael Svete and Alaine Kvedaras gave a Power Point Presentation on the following; an Overview of Falls and Fall Related Injuries; Approach to Fall Prevention, Evidence-Based Fall Prevention Interventions, and Opportunities to Partner with other Community Organizations.

Falls are Common: 1 in 4 people 65 and older fall each year 1 in 2 people 80 and older fall each year

Falls are Serious and Costly:

- One out of five falls causes a serious injury, such as broken bones or a head injury
- More than 95% of hip fractures are due to falls
- Falls are the leading cause of traumatic brain injury
- Fall-related injuries are a leading cause of hospital readmission
- Falls and Fall related injuries increase the risk of nursing home placement

Consequences of Falls are physical, psychological, and functional. Falling once, doubles your chances of falling again. Falls are not a normal part of aging-they can be prevented!

Three step approach to Fall Prevention is:

1. Screen: identify individuals that are at-risk for a fall; 30-second chair stand, TUG, 4-stage balance, and a survey
2. Assess: Identify modifiable risk factors including environmental, physical, medical, and psychological
3. Intervene: Use effective community-based strategies and programs to reduce risk of falls

Take Control of Your Health: 6 Steps to Prevent a Fall

1. Find a good balance and exercise program
2. Talk to your healthcare provider
3. Review your medications with a doctor or pharmacist
4. Get your vision checked annually and update your eyeglasses
5. Keep your home safe
6. Talk to your family members

(to learn more, visit ncoa.org/FallsPrevention)

Age Guide is the Northeastern Illinois Area Agency on Aging for DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, and Will Counties. Their Mission is to be a vital resource and advocate for people as they age by providing thoughtful guidance, support services, and meaningful connections. Their Vision is to enhance the quality of life for people on their aging journey.

Website: <https://ageguide.org> | Phone: (630) 293-5990

White Crane Wellness Center is an independent, non-profit organization whose objectives are to empower older adults to improve and sustain their health and to serve as an innovative model for a new approach to healthy aging. They equip older adults with the requisite tools, knowledge, and support necessary to remain healthy, active, and engaged in the community.

Website: www.whitecranewellness.org | Phone: (773) 271-9001

Wheaton Senior Housing Assistance

Applications Now Being Accepted!

The City of Wheaton and their Housing Commission sponsor a program to give monthly financial assistance to senior residents who qualify. Seniors who meet the three following requirements may apply for Wheaton Housing Assistance:

Age: must be at least **65** years or older

Residency: must be an *incorporated* Wheaton resident for at least the last consecutive **3 years**

Income: senior's annual *household* income cannot exceed **\$27,800 gross income**

If you meet these 3 qualifications, and would like to apply for Wheaton Housing Assistance, please contact Andrea Rosedale at the City of Wheaton at (630) 260-2019 for an application and more information. **If you are receiving Section 8 or DuPage Housing Authority assistance, you are NOT eligible to apply for this program**

MELBA'S LENDING CLOSET

The lending closet, located inside the Milton Township Office, provides the following medical equipment:

- Bath chairs
- Canes
- Commodes
- Crutches
- Walkers
- Wheelchairs



We are looking for donations of the above items. For more information or to donate items please call the Program Coordinator Amanda at (630) 668-1616.

Milton Township Food Pantry

APPOINTMENTS AVAILABLE WEDNESDAYS

8:30- 11:00



SUPERVISOR
JOHN MONINO

PLEASE CALL (630) 668-1616

If you are not available Wednesdays, call to see

Food Pantry's availability

You may visit the food pantry twice a month
Township Hours: Monday-Friday 8:30 A.M. - 4:30 P.M.

Upcoming virtual SALT Meeting

Tuesday, October 12, at 10 am

(one day later than usual due to the Columbus Day holiday)

at the

Glen Ellyn Police Department



SAVE THE DATE
MILTON TOWNSHIP
RECYCLING EXTRAVAGANZA
SATURDAY, OCTOBER 2, 2021

MILTON TOWNSHIP HIGHWAY DEPARTMENT
23 W 40 POSS STREET

Visit the SALT Senior Auto Inspection

Saturday, October 9th
9 am - Noon



Fire Station One
One Fapp Circle in Wheaton
(behind Target)

*Certified mechanics and volunteers will perform
a free 40-point check of each car and make recommendations
for the winter months ahead.*

*All tires including spares will be checked for air pressure and
inflated as needed. Fluids will also be topped of as needed.*

Coffee and cookies will be provided during your wait.



Want to read a past issue of this newsletter?

www.miltontownshipsalt.com

Want to call the Township?

630.668.1616

Want to visit the Township?

1492 N. Main St
Wheaton

Questions or comments?

A.seidel@miltontownship.net

S.A.L.T. Council Members

Chuck Smith, Chairman · Jodi Hefler, Vice Chairperson · Amanda Seidel, Social Services Coordinator, Milton Township · Arnold Shifrin, Director of Communications · Officers Jill Uhlir and Kayte Witten, Wheaton Police Dept. · Officer Joe Nemchock, Glen Ellyn Police Dept.

DuPage Sheriff's Office

Sergeant Ed Castillo · Corporal Troy Agema · Deputy Terri Albright

Chief Bill Schultz, Wheaton Fire Dept. · Fire Administrator Nicole Shanley, Glen Ellyn Volunteer Fire Dept. · Sue Davison, Glen Ellyn Senior Center · Fire Marshal Lee Westrom, Warrenville Fire District

Milton Township

Supervisor John Monino - Clerk Yadav "Nick" Nathwani

Trustees: Jeff Castle, Drew Ellis, Joe Soto, Dan Milinko

Want to "go green" and receive
The Communicator electronically?
Email a.seidel@miltontownship.net

DuPage County TCare and Money Mgmt. Programs

DuPage Senior Citizens Council

E-learning opportunities through AgeGuide

Inside this issue

www.miltontownship.net

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