



# Red Oak Residence

## SCAMS

Police Departments are warning citizens about a new text message AND email scam that looks to be from FedEx about a package delivery. The scammer sends a text message to your phone (or email) which will direct you to a fraudulent, scammer-operated site that will try and steal your personal information and money. DO NOT CLICK on the link!

When in doubt about a tracking number, go to the main website of the shipping company and search the tracking number yourself.

Social Security is another one making a round on the scamming list. Just today one of our residents received a call advising him that his Social Security Number had been suspended and to call right away. Please do not fall for this scam.

And let's not forget the IRS scam as it's that time of year for taxes. In this scam, someone is claiming to be from the IRS saying you owe back taxes and hints that legal action is pending against you. This is all bogus.

Older adults lose an estimated \$2.9 billion each year to financial scams, according to the Senate Committee report release this week. And Law enforcement struggles to fight these scams because it's "like playing a game of whack-a-mole" said Senator Susan Collins (R-Maine), who chairs the Special Committee on Aging, before a hearing on fighting elder fraud.

Remember, Con artists and scammers who prey on the elderly rely on two key things: The assumption that the elderly are unfamiliar with modern technology and that the elderly are unaware of all

the different ways to have their personal information stolen. So whenever you feel the least bit suspicious of an email, phone call, or text message, hang up, don't reply to the email, and call a family member to let them know.

## Roads to Health

Most of us enjoy traveling in a variety of different ways to different places. But did you know travel can actually be good for you, as in actual, measurable, therapeutic, worth-the-money good?

An interesting body of evidence shows the real health benefits of getting out of the house and traveling. Let's start with stress reduction. Stress leads to higher level of cortisol in the blood, which over time can contribute to high blood pressure, Type 2 diabetes, fatigue and other maladies. The remedy is simple: When you get out of a stressful situations, your cortisol levels drop. Then your attention moves to other, more manageable concerns,.

Research has also found that travel can be good medicine for the heart, with certain travel-active groups of men and women experiencing lower risks of a heart attack over time, and for the brain. In regard to the latter, the belief is that



new experiences, for example, the type enjoyed through international travel challenges your brain, boosting cognitive health and lowering the risk of dementia





I'm sure you have noticed a certain glow about people who have just returned from a vacation. A 2013 study looked into that pleasant aura and found that participants reported great improvements in mood and outlook, stress levels, physical well-being, friendships and mental stimulation after traveling.

So there you have it. Traveling and vacations are an important part of keeping us healthy and happy, so find something that fits you and make traveling part of your 2020 plans. Doctor's orders!!

**Library of Love  
A Display of Resident**



**Wedding Pictures**

On Valentine's Day, Friday February 14th, we will be displaying Wedding Photo's of residents who agree to participate in the foyer of Red Oak. Our house-keeper, Francine, will pick up the photo's on Thursday, February 13th. They will be kept safely locked up over night and put out on display on Friday morning, February 14th. All photo's will be returned in the late afternoon. Please help us celebrate Valentines Day with this special observance of Love !



**Family Valentines  
Dessert Buffet  
Saturday, February 15th**

Red Oak is hosting a special event for resident and their families and cordially invites you to join us. Last year's dessert potluck was a spectacular success. We invite everyone to bring your favorite dessert, kids and grandchildren. This promise to be an especially sweet deal !



**Super Bowl Sunday**

Are You Ready For Some Football? You're invited to Our Epic Super Bowl Party February 2nd at 3:30 in the Country Kitchen. Even though our beloved Seahawks are not in the Super Bowl, Super Bowl Sunday is a reason to party !! So come join us for some pretzels, drinks, awesome commercials, a halftime show, and oh yeah, someone said something about a football game.



Red Oak prohibits this kind gesture.

Many of our residents greatly appreciate the care our staff provide, and wish to show their appreciation with a small monetary tip.

Please do not tip our employee's or try and sneak a small tip on the housekeepers cart, as she is required to report this to the Administrator.

If you would like to show your appreciation, a simple verbal thank you or a hand written note is accepted. If you have any questions on this matter, please contact the front office.



**Congratulations Francine !!!**

We have the most amazing house keeper here at Red Oak! Francine was nominated for her out going personality and for going above and beyond when cleaning our residents rooms. She cares about each and every one of you, and it shows!

On Francine's day off you can find her stepping up to a "20,000 Steps A Day Challenge" and trying to out step her fellow co-workers. She also loves to take hikes in Arizona with her husband.

Francine also has a green thumb! Her garden is absolutely beautiful and the locals like to come and visit when no one is looking.

