

AARP Maine SCAM JAM



The AARP Maine Scam Jam is coming to Bangor. Last June, this event was held in Augusta and was extremely informative and a general good time. Now Bangor seniors get to take part and learn about the latest scams and how to stay safe. Just when we think we know all there is to know about scams, a new one pops up and someone is victimized. The tactics scammers use are changing all the time as well. I am pretty savvy and I almost got taken a few

months ago. Mark your calendars for the Scam Jam at Spectacular Event Center, 395 Griffin Road, Bangor, Wednesday, June 1, from 10:00 to 2:30. Registration and snack gathering start at 9:15 sharp. Lunch will be served, of course, and best of all the whole day is free. “Identity theft, investment fraud and scams rob millions of Americans of their hard-earned money every year,” said Jane Margesson, communications director for AARP Maine. “Through events like our Scam Jam, we can raise awareness about these crimes and work together to empower Mainers and their families as fraud fighters.” The Scam Jam, brought to you by AARP’s Fraud Watch Network, works

diligently to educated the public on the dangerous activities of scammers. Topics covered at the Scam Jam will include scam trends in Maine, identity theft, common scams, preventive resources and more. There is a special treat too. During lunch, Maine Public Broadcasting Network (MPBN) will conduct a live broadcast of their call-in radio program Maine Calling featuring panelists Judith Shaw, administrator for the Maine Office of Securities, David Leach, Maine Bureau of Consumer Credit Protection and emcee for the Scam Jam, and Jane Margesson. During this Scam Jam, you will hear from Senator Susan Collins who is delivering the keynote address.

Senator Collins has been a long-time and vigilant supporter of fraud prevention among seniors. Jane Margesson will present Plays from the Con Artist’s Handbook to let you in on the scammers’ tricks so you can be forewarned of their best moves. And Sergeant Pat Hood, Maine State Police will discuss Maine Council for Elder Abuse Prevention. Also on hand, Rich Livingston, AARP Maine volunteer state president, and the incomparable Penobscot County Sheriff Troy Morton, who is also the Penobscot County Triad chair. There are two breakout sessions, as well. Will Lund, superintendent of the Bureau of Consumer Credit Protection, will present Imposter Scams: How to Spot the Wolf in Sheep’s Clothing and Maine State Police Cyber Security Unit will present Staying Safe Online.

AARP’s Fraud Watch Network is a national initiative that arms Americans with the tools they need to spot and avoid fraud and scams, said Margesson. You are encouraged to sign up for action alerts to stay up to date on the latest scams, from the Fraud Watch Network. It’s all free and anyone of any age can access these resources. AARP Maine staff and volunteers regularly deliver scam awareness presentations and work in collaboration with the Maine Council on Aging, law enforcement, community leaders and other organizations to combat fraud and scams in the state. And with good reason. In 2014, they released a survey of Maine registered voters age 50 and older which included statistics concerning residents’ experiences with scams. According to the survey, four out of ten registered

voters in Maine age 50 + have encountered a fraud or scam or know someone else who has. A security freeze safeguards a person’s credit report and it is one of the most effective ways to protect yourself from identity theft. Legislation was passed last October that eliminated the fees associated with locking and unlocking the report. Scammers are forging attacks against every one of us. Take all the steps necessary to protect yourself, like attending the Scam Jam. Registration is required so log on www.aarp.cvent.com/BangorScamJam to reserve your spot. Great information, lunch and door prizes. This is an event not to miss.

Carol Higgins Taylor is an advocate for seniors and owns Bryant Street Public Relations in Bangor. Email her at bryantstreetpr@gmail.com.

Girls Day Out

BANGOR — The Columbia Street Project, Food and Medicine, and Columbia Street Baptist Church will partner to present Girls Day Out, a resource and vision-setting day for women living in downtown Bangor as part of the Crossroads for Women leadership project, 10 a.m.-3 p.m. Saturday, May 21, at Columbia Street Project, 45 Columbia St. Events will include a resource fair of nonprofit organizations serving the needs of women and children, financial workshops, arts activities, health screenings and locally grown food workshops. Childcare will be provided. Lunch will be provided at the Columbia Street Baptist Church. Initiated by a grant from the North American Baptist Women’s Union, the Crossroads for Women project seeks to empower women in Downtown Bangor to improve their lives and the lives of their families by becoming contributing members of their neighborhood church, and participating in leading ef-

forts to improve their lives and the lives of their families and neighborhood in a holistic way incorporating economic, social, physical and spiritual well-being. Neighborhood women who have been identified as potential leaders have helped plan the event and will continue on an advisory council. Girls Day Out will help to identify the needs and personal assets of women in the neighborhood that could lead to involvement and leadership roles in outreach work. Once the visioning work is completed, a strategic plan will be developed targeting the identified needs. Funding will support programs that meet these needs and programs that will provide the necessary training to develop leadership skills in the women in the neighborhood. For information, call 945-6616.

Leathers for Literacy

BANGOR — Memorial Day weekend will bring area motorcyclists food, fun

and a chance to win big prizes during Leathers for Literacy, an 80-mile ride to benefit Literacy Volunteers of Bangor on Saturday, May 28. Registration begins at 9 a.m. on the Bangor Waterfront and riders put up their kickstands at 10:30 a.m. The route will take riders to Milo and Dover-Foxcroft and end in Hermon at Central Maine Harley-Davidson, where the fun will continue at the dealer’s open house. The event will feature lunch, entertainment by Bee Bop Bob DJ Service, and ice cream with Darling’s Ice Cream Truck for a Cause. A raffle will offer with more than 20 items, including an overnight stay at Hollywood Casino, a kayak and several gift certificates to area businesses. All proceeds go to Literacy Volunteers. Susan Gaspar, a tutor with Literacy Volunteers and a motorcycle enthusiast, has organized the ride for the past three years. Since 2012, she has tutored a woman who wanted to improve her reading so that she could be more active in

her community and feel better about herself. “I’ve combined two pastimes that I love -- being a tutor and riding motorcycles. I see this ride as a way bikers can do their part to put the brakes on low adult literacy,” she said. Interested riders are encouraged to register in advance and find more information at lvbangor.org/ride. The Ride has a suggested donation of \$15 per bike. Riders are encouraged to ask friends and other contacts to sponsor them; a pledge form also is available at the website. Literacy Volunteers of Bangor helps roughly 300 adults each year with their literacy and education goals. These free, individualized services are available through the help of hundreds of volunteers and private donations.

National Hospital Week

BANGOR — In what has become an annual tradition and one of the first signs of summer in Greater Bangor, Eastern Maine Medical

Center employees celebrated National Hospital Week on May 13, by cleaning up and beautifying Chapin Park. Employees spread mulch, planted flowers and picked up trash at the park in support of maintaining a safe, enjoyable space for healthy activity. The park, located a few blocks west of the hospital campus, is frequently used by children and families. EMMC employees have cleaned up the park each year since 1994 during National Hospital Week. The celebration highlights the contributions of EMMC’s staff, the hospital’s modernization and giving back to the community.


Fish Migration Day

ORLAND — Celebrate World Fish Migration Day 2-4 p.m. Sunday, May 22, at the Orland Village Dam where the alewife harvesting operation and fish ladder will be open to the public. Information about the dam, migratory fish and the Narramissic River will be available.

The dam is on Fish Point Road; parking will be available at F.L. Davis or at the old Orland Market in Orland Village. The event will be co-hosted by the Orland Dam Committee, Great Pond Mountain Conservation Trust and U.S. Fish and Wildlife Service.

SoulCollage cards

BANGOR — Connecting with a pet, family member or friend who has passed away can have a healing and profound effect on your life. Make SoulCollage cards with Sandy Joy, certified SoulCollage facilitator, 1-5 p.m. Sunday, May 22, at Qigong Studio, 29 State St. The cost to attend is \$45. Bring a journal and photos of loved ones (or color copies) to cut-up and paste on 5-inch by 8-inch cards. Bring as many photos as you like. There will be time to make two to five cards. Space is limited to 12 participants. Register with Qigong Studio by calling 945-4545. For information, contact Joy at stsandrajoy@gmail.com or 450-8566.




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