Triad Newsletter

A Waldo County Joint Venture in Senior Safety

Volume 23, Issue 3 Summer 2025

Triad Happenings Events

Summer Fun

Are you looking for a fun project for yourself this summer? Kids are out of school and maybe you want a great activity to do with them?

Triad will be offering a tie-dyeing workshop on **Wednesday morning, July 23 in Belfast**. (The specific location has not been finalized as of this newsletter.) Each participant can dye up to three items. Bring 100% cotton white or light-colored shirts, pillowcases, sheets, towels, etc. Perhaps you have an item with stains that can have a new life with tie-dyeing.

Kelsey is very experienced at this art. She can help you make some interesting patterns on your project. The completed item will look entirely different from the original article.

To recover our costs, the fee schedule is as follows:

One person - $10
A group of 2 - $15
A group of 3 - 20
A group of 4 or more - $25

For this fee, each person will get the use of several dye colors, gloves sized to fit, rubber bands and other supplies required to do the project. You just bring whatever you want to color.

Registration is required to be sure we have enough supplies available for everyone attending. **Register by July 17.** We will contact you with the location.

To join us, send:

- **Name(s) of the participants**,
- **phone or email contact and**
- **A check** to:

Waldo County Triad
6 Public Safety Way
Belfast, ME 04915

Save the date!

Wednesday, July 23
10:00 a.m. - noon
Belfast (location to be announced)

Come by yourself, bring the kids or bring the grandkids.

It will be a good time!

Read about scams inside →

Scams from Our Readers

Scam Involving the Postal Service

A reader reports he gets a daily email saying it is from the postal service. It shows a picture of the package that will be left at his house today and a photo of the delivery man who will be leaving it. The message states that this is a service to let people know their packages have been delivered.

Then he gets a message stating the package could not be delivered as the address provided was incomplete and he should update his information. He has never clicked on the link but certainly it would lead to a scam site where a thief would collect his personal information to use for other scams or infect his phone or computer with a virus.

If your package is not delivered, contact the post office. Don't reply to an email.

Password Expiring Scam

A reader sent Triad a copy of an email message she received saying her password was going to expire on the next day. The notice stated that if she did not reply, her email account would be suspended. To correct the issue, she was directed to click on a link in the message and provide her password.

If the reader had followed those instructions, the sender of the message would have access to all of her accounts.

Be very cautious about clicking on any link in a message. Never give out your passwords. No one needs to know them.

Pass It Along

People who know about scams are more likely to be able to spot them. Triad asks you to share what you know about scams with your family and friends. The Triad board of directors would be pleased to add them to the newsletter list if they have an interest.

Credit Card Scam

A reader got a phone call offering a credit card with 2% back on every purchase. The reader had never had a credit card. Since she was having trouble stretching her Social Security payment, she decided that the 2% back could be helpful if she used it on most everything she purchased. She had not filled out a standard card questionnaire before but after she hung up, she thought some of the questions were odd. One question was "when do you get your Social Security payment?" Another was "what bank account will you use to pay the bill?"

When the reader got her next bank statement, she found $200 had been withdrawn that she had not authorized. She reported this to the bank and officials worked with her to create a new bank account, get new checks, etc. However, instead of getting a 2% refund on every purchase, she lost $200.

If you want a new credit card, it is safest to get it through your bank or your existing credit card company. When someone makes an unsolicited offer, you do not know who is really calling you.

Scam Involving CDC

A reader notified Triad that she had received a call showing on her Caller ID as coming from the Centers for Disease Control and Prevention (CDC). The scammer said the CDC was conducting a survey and asked a number of personal questions. The reader hung up after a short while. It has been learned that in addition to coming as a call, this scam is sometimes left as voice mail with a number to call back. Some of the scammers say they are seeking donations on behalf of the CDC to help improve public health.

There are now free downloadable apps available so anyone can make it seem as if their call is coming from any phone number in the world. This is a great boon to scammers! They use a number in your area so it seems local or they can use the name of a well-recognized organization.

More Scams

Property Notice Scam

People are receiving letters that look like correspondence from a bank. The letter says it is related to your property and has the words "Final Notice" printed on it. It says you need to call the given number immediately. Attached at the bottom is what looks like a refund check. If you read the small print, Ii says "this is not a check".

Those people who called the phone number said they got connected to someone selling either an extended warranty or a service contract on home appliances. This had nothing to do with a bank or with the attached check. Probably the official-looking mailer is to get your attention, convince you to call and then try to sell you something.

If you get a letter like this, before you call the number, do some research. Look up the phone number and the bank's name online plus one of the following words: "review" or "complaint" or "scam" This should give you some information about what other people have experienced. If they called thinking they were going to talk to a bank representative and got someone selling an extended warranty or service contract, it is a scam.

If you want to contact this bank or another bank, do not use the number in a mailer. Instead find one from a reliable source.

If you want a service contract or an extended warranty on your appliances, be sure you understand the terms. There are numerous companies fail to cover your costs when you try to make a claim. Some of them have a very lengthy list of circumstances under which they will not pay. That is usually provided in very fine print in the contract. Be sure you read it and fully understand when you might expect to get coverage. Be sure you get that information before you sign a contract. Some companies have been known to provide that information only after you sign the contract

Scam Involving Bureau of Motor Vehicles

The Maine Bureau of Motor Vehicles (BMV) is warning the public of a scam that comes as a text message notifying you of an unpaid you have an unpaid traffic ticket. The message claims that unless you pay within 24 hours, your vehicle registration and your driver's license will be suspended. The text says you will be subject to legal prosecution and credit rating damage.

Also, the message includes a link to click. If you get one of these messages, check the address closely and you can see it is not a government link. Delete it immediately. It is a scam. That scammer wants you to put in your credit card details, driver's license number and other personal information the scammers can use for their own purposes.

This scam has brought lots of people into the BMV offices around Maine to find out if this text was authentic. It is reported that the same scam is happening in New Hampshire and Vermont.

The BMV wants Mainers to know the department do not send out text messages regarding motor vehicle violations or payments due. Any contact they make will be through the mail.

Discounted Services Scam

There are lots of robocalls going around about a discount on phone, TV or internet service. Scammers are pretending to be businesses like Comcast, AT&T or Spectrum. They promise a 40-50% discount available on one of these services if you act now. The discount is said to be for future bills or service bundles. To get this deal, you have to pay up front with a gift card. To complete the deal, you have to call them back with the numbers from the gift card. When you are asked to pay with a gift card, it is always a scam. Gift cards are not traceable. The scammer can turn around and sell it or use that card and no one will know who actually bought it.

If you get an automated call about an offer from your phone, TV or internet company, call them back to find out if it is legitimate using a number they have previously provided to you.

Scams Involving Store Closings

There are a number of stores declaring bankruptcy and closing their doors. Frequently, before they close permanently, they offer deep discounts on remaining merchandise. Scammers are taking advantage of this situation. They are setting up fake websites that look very real and showing great deals on merchandise they do not have. When you order from these fake sites, your credit card gets charged. However, when you get your statement, you find the charge is not from the store where you thought you were shopping. The real store does not appear on your statement and the merchandise does not arrive.

Be wary of unusually good deals. Scammers often try to reel you in with "limited time" offers and very low prices to convince you to buy quickly. Slow down and make sure you are dealing with the company you think you are.

Know the details about how the store is selling out their products. Prior to the recent closing of Joann Fabric and Craft stores, they sold in-store only in the final days because what was left was different store by store. However, there were numerous online sites claiming to sell Joann merchandise.

Pay by credit card, if possible. They offer more protection than debit cards. Always keep records of your purchases so you can dispute charges if necessary. You will have the date of the purchase, the name of the company, and other information you will be required to provide.

Waldo County Wanderer Program

Do you worry about a loved one who wanders? Register him or her with the Waldo County Wanderer Program to help make a quicker return. Registration forms are at the offices of the Belfast and Searsport Police and the Waldo County Sheriff as well as on their websites.

Sign up today!

New Social Media Friend Scams

For years, there have been people posing on social media as lonely individuals looking for a romantic companion. Once the relationship was established, the scammer asked for money usually to come to meet. Once that payment was made, there would be a problem so that money had to be spent on something other than the trip and more money would be needed for transportation to see you. This becomes a never-ending cycle. Often thousand of dollars are lost in this scam.

Now there is a new twist. You meet a new person on social media who wants to become your friend. The person may claim to be a businessman or a service member. A relationship is established over a period of time. Unlike previous scams, there is no romantic intent here. However, eventually, the scammer askes for money. Maybe they need a ticket to come to meet you to help them with a complicated situation they find themselves in or maybe they need money for a car repair or medical bills.

The scam is the same as the romantic one with a different type of friendship attempted to be built so there is enough trust that the victim to be willing to send money to this new "friend". Don't send money to anyone you have only met online, no matter how trustworthy they seem or how long this relationship has been going on. It is almost always a scam. When they ask for money, cut the ties right away. You can bet this person is working on building relationships with other people and ultimately asking them for money, too. These scammers have figured out how to be very believable.

Something To Keep In Mind

If an offer sounds too good
to be true, it probably is!

Things to Know

Foster Grandparent Program

Some young children can benefit from a little one-to-one support. One way this is provided in public and non-profit settings is through the Foster Grandparent program. This might be in an elementary school, Head Start or a daycare center. The "grandparent" gives at least 15 hours per week with the children.

The Foster Grandparent is considered a volunteer. They get a $4 per hour stipend for their time plus transportation reimbursement if they use their car to get to the location. The "grandparent" must meet low-income guidelines and be at least 55 years of age. The stipend does not affect any state, federal or local assistance such as food stamps, Social Security, Social Security disability, fuel assistance or rent subsidy.

There is an orientation program before working with the children to be sure the grandparent understands the volunteer role. Also, they receive two days paid time off per month, 13 paid holidays, snow days and one week paid vacation.

If you might be interested in volunteering with young children, you can find out more about the Foster Grandparent program by calling:
1-800-215-4942

Thank You!

Waldo County Triad wishes to recognize the
Waldo County
Emergency Management Agency
for helping Triad to continue its work.

Thank you

to **Tarratine Tribe #13** for their support in helping Triad to keep Waldo County seniors safer in their homes and communities.

Wrap Them in Warmth

Waldo County has older people who have trouble keeping their homes warm enough in the winter. Triad is collecting new knitted, crocheted or quilted lap robes to add a little comfort for these folks.

If you would like to make one, we are making lap robes that are about 36" - 40" wide and 42" - 48" long. If you have patterns, you will find that many patterns for baby robes or quilts are about this size. If you would like to do this but need yarn or a pattern, just let us know by contacting Triad at:

Phone ***322-4149***

Email ***Triad@waldocountyme.gov***

The Libraries

Knit2Together is a program offered by the Belfast Free Library. It is an opportunity for anyone interested in knitting or crocheting to come to the Abbott room on Wednesdays from 4:00 - 5:30 p.m. This is a drop-in chance for knitters and crocheters of all ages and experience levels. Come to chat, learn from others, work on your project and get tips.

Hand Crafters Group is an opportunity available at the Palermo Community Library. Bring any portable art or craft project. You can draw, paint, knit , sew, make jewelry or whatever you do.. This is an informal group with no actual instruction but people can learn from one another and have a chance to socialize. This event takes place on Wednesday afternoons from 1:00 to 3:00 p.m.

Tech Help is being offered at the Carver Memorial Library in Searsport. You can bring your electronic device to have the librarians answer your questions. These sessions are to expand your skills and get guidance on your device's operation. They are not intended to be a replacement for professional tech support. This assistance is available on Mondays from 3:00 to 5:00 p.m.

Things to Know About Triad

Reflective House Number Signs

Triad sells reflective house number signs at cost. Signs are helpful to first responders as they look for a particular house, especially at night. It also helps delivery persons.

You can set the sign beside the road on a post or you can attach it to a rural mailbox. The cost for the sign is $10.

Send your order to:

Waldo County Triad
6 Public Safety Way
Belfast, ME 04915

Include your phone number so someone can contact you when the sign is ready. If it is helpful, someone can deliver it.

Support Triad with Returnables

Swan Lake Grocery accepts returnable cans and bottles for Triad. You can leave your returnables there and let them know the refund is for Triad. Every few months, the store will send a check to Triad for all the refunds made. We greatly appreciate their willingness to help support Triad in improving the safety of older Waldo County residents.

Friendly Caller Program

Many older Waldo County residents live alone without much contact with others. Triad offers the Friendly Caller program to give people a daily connection with the outside world and the opportunity to let someone know they are okay.

Participants call the County Communications Center every morning to have a chat with someone. If the person does not call in, the dispatchers will try calling the house. If there is no answer, they will contact the person designated by the individual to go to the house to check on them. Over the years, several enrolled people have fallen and been unable to get up. This program has been credited with saving lives. To register or to learn more about the program, call ***338-2040***.

Supporting Waldo County Triad

Triad is an all-volunteer organization. Funds are used entirely to support programs. Most services are free so that everyone can take part. If you would like to donate to Triad to help support a particular effort, below are the costs of three Triad services:

- Newsletter - $6 per year
- File of Life - $1.50 each
- Carbon monoxide/smoke detectors - $40 each

The cost of Triad's drug collection, daily call-in and 911 cellphone programs are all donated by member agencies.

To make a donation to help continue what Triad does, make a check payable to: **Waldo County Triad** and send it to:

Waldo County Triad
6 Public Safety Way
Belfast, ME 04915

File of Life

Triad offers a free medical information packet called a File of Life. It should be kept on your refrigerator door in the event of a medical emergency. It comes with a smaller version to keep in your wallet. Emergency responders are familiar with the File and look for it upon arrival. This packet can save the responders time as all the information they need to start helping you is in that packet. To receive a File of Life,

call: ***1-866-426-7555*** or

email: **triad@waldocountyme.gov**

If you have a File of Life with many edits, we can provide both large and small replacement inserts.

Contact Triad

If you want more information about Triad or its services, visit our website, call or email.

Website: ***waldocountytriad.com***

Phone*: 322-4149*

Email*: triad@waldocountyme.gov*

Community Opportunities

Triad Tie-Dyeing Workshop

Date: Wednesday, July 23
Start Time: 10:00 a.m. to noon
Location: Belfast
(specific location to be announced)

Come by yourself or bring the kids and grandkids. Kelsey is a very experienced tie-dyer and can help you create a variety of patterns.

Bring up to three white or very light-colored items to recolor. That can be shirts, towels, sheets, or whatever. They should to be100% cotton.

The fee schedule is designed to cover Triad's cost of providing the program. You will receive gloves, have the use of several colors of dye and other times required for the project.

One person - $10
A group of 2 - $15
A group of 3 - 20
A group of 4 or more - $25

Register by July 17.

Send: **names** of the participant(s)
phone number and a
Check to
Waldo County Triad
6 Public Safety Way
Belfast, Maine 04915

RFID Sleeves

RFID card sleeves block the transmission waves that come from credit/debit cards that allow a card reader to take payments. Scammers have a device that can read the data stored on debit/ credit cards. Triad will have protective RFID card sleeves available at coming events. Be sure to pick one up.

Triad has a Website!
Check it out at
Waldocountytriad.com

Winterport Senior Citizens Group

The Winterport Senior Citizens Group invites all seniors for socialization, fun, information and a potluck lunch.

Date: First and third Tuesdays
Time: 10:00 a.m..
Location: Victoria Grant Center
49 Park Drive
Winterport
.**Contact:** ***713-1716*** for questions

Searsport Senior Drop-In Center

The Searsport Senior Drop-In Center is open to anyone. There are games, Bingo, a free light lunch and a presenter offering information of interest to seniors.

Date: Third Wednesdays
Time: 9 a.m. - 2:00 p.m.
Location: Former Lions Clubhouse
44 Prospect St.
Searsport

Dining at the YMCA

Date: Last Wednesday of the month
Start Time: 11:30 a.m.
Location: YMCA
157 Lincolnville Ave., Belfast
Registration: Call ***338-4598***
(Please register so they have the right amount of food for those attending.)

Veterans' Services

A representative of the Maine Bureau of Veterans' Services will be at Spectrum Generations monthly if people have made appointments to see him.

Date: Last Wednesday of the month
Time: by appointment only
Location: Spectrum Generations
18 Merriam Rd, Belfast
Appointment: Call ***338-1190***

Waldo County Triad is a partnership of **seniors, law enforcement, and local organizations** dedicated to improving the safety of people 50 and older in their homes and communities through education and service.

Triad Phone Number: 322-4149
email: triad@waldocountyme.gov

Triad Officers

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Vice Chairman --Jeanne McIntyre
Secretary --------- Owen Smith
Treasurer ---------Matt Curtis

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Summer 2025

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- Evie Tinker
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Waldo County Triad programs are open to all residents who are age 50 or older.

To change your mailing address or to add or remove a name to this mailing list, call Waldo County Triad at 322-4149 or email at triad@waldocountyme.gov

Change Service Requested

Waldo County Triad
6 Public Safety Way
Belfast ME 04915

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