

FINANCIAL HEALTH

- **Don't give out your personal information, especially your social security number or financial information to people who call you out of the blue.** Scammers may use a technique which makes it appear that the call is coming from a legitimate organization or agency. Banks and government agencies will not call you to get this type of information for benefits or the COVID-19 stimulus payment. If you receive a phone call that you suspect to be a scam, hang up.
- **Be cautious of emails, social media, and online sellers.** Scammers are using fears surrounding the pandemic to try to take your money and get your personal information, by selling fake vaccines and treatments, offering "investment opportunities", even asking for donations to fake charities. If something sounds too good to be true or someone is trying to rush you into a decision, it's most likely a scam. If you suspect a scam, report it to the Michigan Attorney General at 877-765-8388.
- **Watch out for people you don't know who call or visit with an offer to help.** Call 2-1-1 for information on trusted local resources if you are in need of assistance or have questions.

PHYSICAL/EMOTIONAL/MENTAL HEALTH

- **Be aware of emails claiming to be from the Centers for Disease Control and Prevention (CDC)** or other experts saying that they have information about the virus. For up-to-date information, visit the CDC website at www.cdc.gov or call 800-232-4636. For updates and information on Michigan's response to the Coronavirus, visit www.michigan.gov/Coronavirus or call 888-535-6136.
- **Stay home**, only going out for essential items like food and medication, or for a medical appointment. If possible, have a trusted family member or friend bring you items that you need. If you must go out, wear a mask, don't touch your face while out, and wash your hands as soon as you get home. If you need assistance, call 2-1-1 for trusted local resources, including volunteer grocery shoppers who have been verified by the United Way of the Lakeshore/Senior Resources.
- **Stay connected to family and friends** through phone calls. Social connection is very important during trying times such as these.
- **Seek help if you are feeling physically or mentally unwell.** Connect with your health care provider or call one of these community resources:
 - ✓ Michigan COVID-19 Hotline: 888-535-6136
 - ✓ Disaster Distress Helpline: 800-985-5990
 - ✓ HealthWest (Mental Health) Crisis Line: 231-722-HELP (4357)
 - ✓ Suicide Prevention Hotline: 800-273-TALK (8255)

The **SafeSeniors** community partners work together to identify, advocate, and seek justice for older adult victims of abuse, neglect, and financial exploitation in Muskegon, Oceana, and Ottawa Counties.

The **Muskegon County SafeSeniors Task Force** conducts criminal investigations involving victims over the age of 60 with an emphasis on financial exploitation and physical abuse and neglect cases.

If you suspect abuse, neglect, or exploitation, call Adult Protective Services at (855) 444-3911.