



AARP Chapters are separately incorporated affiliates of AARP

To learn more about our chapter:

Visit our website at [www.aarpchapter3240.org](http://www.aarpchapter3240.org)

Email us at [aarpshelton@gmail.com](mailto:aarpshelton@gmail.com)

Call Walter Roog (President) at 203-278-7646

### **2019/2020 Officers**

President: Walter Roog

Vice President: George Ward

Secretary: Linda Gabor

Treasurer: Charles Vollaro

### **Monthly Meetings**

The Shelton Chapter meets at 1:30 p.m. on the third Tuesday of each month except during July and August. Meetings are held at the Shelton Senior Center located at 81 Wheeler St., Shelton, CT.

Meeting times and cancellations are listed on the Shelton Senior Center Info Line at 203-924-2355. Senior Center closings are also announced on WICC radio 600 AM and WTNH TV channel 8.

### **To Our Members and Friends**

During these difficult time, we hope you and your loved ones are all staying safe and well.

We know it will be a while until we have the pleasure of seeing you in person. Our next chapter meeting, scheduled for Tuesday April 21, 2020 is cancelled. Connecticut State AARP has also suspended their in-person events. We will continue to monitor the situation to determine if it will be appropriate to hold our chapter meeting on May 19, 2020 or our Spring Luncheon on Wednesday, June 10, 2020.

In the meantime, we will keep in touch through our newsletter and website. In this issue, we are sharing information on the Coronavirus from AARP, the state of Connecticut, and the Federal Government / CDC, as well as where to find the latest updates. We encourage you to share this information with your family, friends, and neighbors.

### **AARP Telephone Town Halls on the Coronavirus**

To help you keep informed about the coronavirus, AARP is holding weekly tele-town halls with experts from the federal government on Thursdays at 1:00 p.m. Eastern Time. Anyone can participate by calling 855-274-9507. You can also stream the call live or listen to previous calls at [aarp.info/CoronavirusTownHall](http://aarp.info/CoronavirusTownHall).

AARP Connecticut held a telephone town hall about the coronavirus on March 27, 2020. Speakers included Governor Ned Lamont, Connecticut State Epidemiologist Dr. Matthew Carter, and Connecticut Long Term Care Ombudsman Mairead Painter. They spoke about what coronavirus is, how the state is responding, how to keep yourself safe, and what this means for nursing home residents. You can hear the recording on the CT AARP Facebook page at [facebook.com/AARPCT/videos/2701722030063350](https://facebook.com/AARPCT/videos/2701722030063350).

## ***Getting Information on the Coronavirus***

General information on the Coronavirus and COVID-19 is available from a number of trusted sources. If you're experiencing symptoms, contact your medical provider.

**AARP National** maintains a site with extensive information relating to the Coronavirus: [aarp.org/health/conditions-treatments/info-2020/coronavirus-facts](http://aarp.org/health/conditions-treatments/info-2020/coronavirus-facts).

You can also find information in the publications *AARP The Magazine* and *The Bulletin*.

AARP has also started **AARP Community Connections** at [aarpcommunityconnections.org](http://aarpcommunityconnections.org). Users can find or organize local mutual aid groups. Anyone can request a “friendly call” using a request form on the website or by calling: 888-281-0145 (toll-free).

**AARP Connecticut** provides information on their home page: [aarp.org/CT](http://aarp.org/CT) and on their Facebook page: [facebook.com/AARPCT](https://facebook.com/AARPCT).

The **Connecticut State Government** provides information at [ct.gov/coronavirus](http://ct.gov/coronavirus) and on the Facebook page: [facebook.com/CTCovid19Response](https://facebook.com/CTCovid19Response). You can also get answers to general questions about COVID-19 by dialing the info hotline at 211.

Websites from the **Federal Government / CDC** include [cdc.gov/coronavirus/2019-ncov](http://cdc.gov/coronavirus/2019-ncov) and [coronavirus.gov](http://coronavirus.gov).

## ***Avoid Coronavirus Scams***

The Federal Trade Commission (FTC) has provided guidelines for avoiding potential Coronavirus scams.

- Hang up on robocalls. Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes.
- Ignore online offers for vaccinations and home test kits. Scammers are trying to get you to buy products that aren't proven to treat or prevent COVID-19.
- Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources.
- Know who you're buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't.
- Don't respond to texts and emails about checks from the government. Anyone who tells you they can get you the money now is a scammer.
- Don't click on links from sources you don't know. They could download viruses onto your computer or device.
- Watch for scam emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus.
- Do your homework when it comes to donations. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

For more information, visit: [consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing](http://consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing).

CT state officials also warned of scams in which fraudulent emails, text messages and social media posts falsely claim that you must fill out your 2020 U.S. Census form to become eligible for stimulus checks that are part of the federal relief. Only use the official census site, [2020census.gov](http://2020census.gov), not any links you may receive in an email, etc. If someone threatens to take away money or benefits unless you surrender personal information, it's a scam.