



October
2020

Moscow City Council has continued the city-wide restriction that residents and visitors must continue to wear masks in public settings where social distancing cannot be maintained until Jan.5, 2021.

ARE YOU GOING TO VOTE IN 2020?

Deadline to **Register** to Vote is October 9 OR You May Register to Vote When You Vote In Person! !

Last day to Request Absentee Ballot is October 23

There is Drop Box for Ballots in the Latah County Court House Parking Lot.

Early In Person Voting Available at Court House starting Oct. 13, 9:00 - 4:00

Also, Sat, Oct. 17, 9:00 – 1:00, and Sat, Oct. 24, 9:00 – 1:00

For More Information: idahovotes.gov or call 208-883-2249

Due to the National AARP Shut Down till Dec. 31, there are no currently scheduled meetings or activities.



October 4th is International World Animal Day!

Consider giving a donation to an animal shelter.



Remember Your Vote is GREAT Too!

What are the key races in Moscow / Latah County?

U.S. President: Joe Biden (D); Donald Trump (R)

ID U.S. Senate: Jim Risch (R); Paulette Jordan (D); Natalie Fleming (I); Ray Writz (C)

ID U.S. House: Joe Evans (L); Russ Fulture (R); Rudy Soto (D)

ID State Senate Dist. 5: Dan Forman (R); David Nelson (D)

ID State House Dist. 5A: Dulce Kersting-Lark (D); Brandon Mitchell (R)

ID State House Dist. 5B: Renee Love (D); Caroline Nilsson -Troy (R); James Hartley (C)

Latah County Commissioners: Kathie LaFortune (D); Tom Lamar (D); Gabriel Rench (R)

AARP is urging older Americans to ask the candidates 5 key questions:

1. Just over half of all older Social Security beneficiaries rely on the program for at least 50 percent of their income. If elected, how will you ensure that current and future Social Security benefits are not cut as part of deficit reduction?
2. Half of the people with traditional Medicare spend at least a sixth of their income on health care. If elected, how will you protect Medicare from benefit cuts, as well as lower health care costs and ensure seniors continue receiving the affordable health care they have earned?
3. Unemployment during the coronavirus crisis reached the highest levels since the Great Depression, and older Americans have been affected disproportionately. If elected, how will you help Americans over the age of 50 recover economically from the effects of the coronavirus?
4. Americans pay the highest prescription drug prices in the world. If elected, how will you cut prescription drug prices for all Americans?

5. COVID-19 has caused death and suffering for too many older Americans who require long-term care. If elected, how will you make sure seniors can access safe and affordable long-term care at home, as well as in facilities like nursing homes and assisted living?



Congratulations, Carolyn Strong. Watch for Secretary Carolyn Strong's photo in the Daily News. Carolyn was chosen for the Statewide Idaho Hospital Assn **L.O.V.E.** Award. (Leader of Volunteer Excellence) It is awarded to someone with exceptional and long-term participation and leadership in volunteer activities. Carolyn is current president of the Gritman Auxiliary (since 2016) as well as Latah AARP Secretary. In addition, she and her husband, Gary, participate in other volunteer activities - - too many to list here.



Have You Heard About Social Security SCAMs?

They are common and impact Seniors significantly. Here are Seven Tips to Help You Avoid Telephone Social Security Impersonation SCAMs:

- ✚ **Never** Give Out Personal Information Over the Phone **UNLESS** You Called Them.
- ✚ SSA will **Never** tell you Your Social Security Number has been Suspended.
- ✚ SSA will **Never** call Demanding Immediate Payment Or Ask for Debit/Credit card numbers.
- ✚ SSA will **Not** require a specific means of payment such as cash, gift or prepaid debit card.
- ✚ Do **Not** be afraid to call SSA's Inspector General, toll free 1-800-772-1213 to verify the Call or Request. Do it **Before** You Agree with Anything Demanded/Requested by Any Caller.
- ✚ If you Believe you have been a victim of a SCAM, Report it to SSA's Inspector General at <https://secure.ssa.gov/ipff/home> or call 1-800-269-0271. You May Also Call the Aging Committee's Fraud Hotline at 1-855-303-9470.
- ✚ **Two Important Points** - - 1. **When in Doubt - - Hang UP! !**
2. Ask for the Caller's Name & Phone Number & say You'll call them back After You verify their information.

Who/What Do You Give Time & Money To? ?

During this Pandemic, many of us can Not participate in our usual activities. Have You Thought about Giving Money? Who/What do You normally support? Needs have Not gone away, in most cases, they have increased. Food Banks still need food (they can buy it with dollars) as requests have increased. Most of our small communities (Genesee, Troy, Potlatch, etc.) have food banks. The Humane Society still needs Cat & Dog food - - \$10 or \$20 can buy a lot of food or kitty litter? Organizations like Habitat for Humanity and Gritman Auxiliary can Not do their annual fund raisers, but their services are still needed. Assistance for organizations like Alternatives to Violence on the Palouse still exist, and, important cultural organizations like Festival Dance, Public TV & Radio. Choral Society, Symphony & the Prichard can all use your help - - Who/What do You support? Your Church or School can also use your help. Think about it. Every \$5, \$10, \$50 counts - - And, it will make you feel better - - ***I Promise, LOUISE***

Potential Latah AARP Project

Since Latah AARP can Not meet as a group till 2021 - - we have been thinking about something we might do that would both serve a purpose AND maybe make us feel better. Two holidays are coming soon. Veteran's Day is November 11 and Thanksgiving is November 26. What if we were to write cards &/or letters to Vets who are living in either the Lewiston Veterans' Home or the one in Spokane? Might this be something of interest? We have some talented people

in Latah AARP who might make their own cards. Me? ? I'd settle for ones I can buy, but, I AM very good about writing. You could include news, a poem or two, some pictures, news articles, or whatever. We could obtain names & addresses from the two institutions and proceed. You might even 'grow' into an on-going 'pen pal' situation. What do you think? Is this something YOU might be interested in? If so, send an email to President Louise at regelinl@genesee-id.com or send a note to P. O. Box 9212, Moscow ID 83843-1712. **NOTE:** This is another way to support our local Postal Service which is under attack from several directions. In a rural state like Idaho, mail service is critical. We already have the biggest and best and most economic postal service in the world – we need to support and protect it. Send Me (or someone) a letter or card - - Today? **Note:** In the U.S. you can send a one ounce first class letter from Fairbanks to Orlando for 55 Cents. In Most countries, (including Canada) it would cost much more. I Also admit, it costs 55 cents to send the same letter from Moscow to Pullman.

Time to get your Flu Shot

Now is the best time for older adults to get their flu shots, doctors and public health experts say. This is an especially important year to do so, with both the coronavirus (SARS-CoV-2) and influenza circulating at once. A flu shot won't prevent COVID-19, but it can help reduce severe respiratory complications.

Have YOU Had Your FLU Shot?

Best Medical Advice: Get Your Flu Shot Early. With the potential impacts of the COVID-19 pandemic, flu shots may be

even More Important this year. We have no ideas what might happen IF you were to have the flu Together with COVID. Be Safe, Get Your Shot. Several places in Moscow (Safeway, Rosauers, Walgreens) already offer Flu Shots. Or course, You can call Your Medical Provider (Doctor) to ask about getting one. In addition, various 'clinics' are being held in Moscow & Latah County. Please keep your eyes & ears open and get Your shot. Another resource: You might call Occupational Health at Gritman at **208-883-6284** to see about making an appointment and getting Your Shot.

Our Financial Conference



(This is a Virtual Conference in lieu of the Women's Financial Conference normally held at this time of year in Moscow)

Don't forget to register online for "Our Financial Conference." We have great presenters, amazing information and awesome resources waiting for you.

It is completely free! Make sure that you invite friends, family, co-workers, enemies 😊, anyone that thinks money is helpful to have.

But you have to register on the link below to get in. If we don't know you are coming, we can't open the door.

After registering online you will receive an email confirmation with the link to join the ZOOM meeting.

Virtual Financial Conference

FRIDAY OCTOBER 2, 2020
8:30 A.M. – 3:00 P.M.

https://uidaho.zoom.us/meeting/register/tJlrc-2qrDkjHdVKVYjh9sW2_yltVMhD_ZTY

Karen Richel, M.S., AFC®, Certified Money Coach (CMC)®
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208.883.2241 (direct line)

Sorting Fact From Fiction

AARP of Washington has a wonderful Speaker Series that I encourage anyone with a computer to follow. Below is the information and links to the series.

<https://states.aarp.org/washington/sorting-fact-from-fiction-finding-truth-in-an-infodemic>

Finding truth in an infodemic

From false rumors and online hoaxes, to claims of “fake news” or downright lies, we’re left wondering what to believe and who we can trust. To help Washingtonians better sort fact from fiction, AARP, the Center for an Informed Public at the University of Washington and BECU are offering a series of free online events. Join us as our speakers offer tips on how to spot misinformation and scams, where to go for the facts behind the claims, and what

you can do to better navigate today’s information overload.

Note: Participate in this presentation via an online platform on your computer, tablet, or smartphone. A weblink will be emailed to participants prior to the event. All events are free, but pre-registration is required.

You must pre-register for each presentation you are interested in.

- **EVENT ONE / Confronting Misinformation: How to avoid falling for and spreading misinformation, disinformation, and “fake news.” / Sept. 16, 2020**

Did you miss our Sept. 16 event? No problem - scroll to the bottom of the page to view the full video. And be sure to sign up for our remaining events in October. Information and registration links for each event are included below.

- **EVENT TWO / Inside the Mind of "The Original Internet Godfather": A former Dark Web mastermind details how scammers convince you to hand over your hard-earned money.**

Saturday, October 3 / 11:00am – 12:30pm

[REGISTER FOR EVENT #2 BY CLICKING HERE](#)

Brett Johnson, former Dark Web con artist

Deep within the internet is the Dark Web, a space where criminals can

anonymously buy and sell illegal goods and private information. Known as the “Original Internet Godfather,” Brett Johnson created one of the dark web’s first online stores where criminals bought stolen credit cards, Social Security numbers, drugs and guns. After serving seven years in prison, Brett turned his back on criminal enterprise and became a consultant for the Secret Service and the cybersecurity industry.

Want to get a rare look inside the mind of a master con-artist? Join us for this special event as Brett Johnson reveals how he became a con man and why he changed his ways. You’ll learn how to protect yourself from cybercriminals and you’ll have the opportunity to ask Brett your own questions.

- **EVENT THREE / The Future of Lying: The new rules of deception and trust**

Wednesday, October 14 / 6:00pm – 7:00pm

[REGISTER FOR EVENT #3 BY CLICKING HERE](#)

Jeffrey Hancock, PhD, Stanford University

Jeff Hancock is founding director of the [Stanford Social Media Lab](#) and is a Professor in the Department of Communication at Stanford University. Professor Hancock and his group work on understanding psychological and interpersonal processes in social media. The team specializes in using computational linguistics and experiments to understand how the words we use can reveal psychological and social dynamics, such as deception

and trust, emotional dynamics, intimacy and relationships, and social support. Recently Professor Hancock has begun work on understanding the mental models people have about algorithms in social media, as well as working on the ethical issues associated with computational social science.

Professor Hancock is well-known for his research on how people use deception with technology, from sending texts and emails to detecting fake online reviews. His TED Talk on deception has been seen over 1 million times and he’s been featured as a guest on “CBS This Morning” for his expertise on social media. His research has been published in over 80 journal articles and conference proceedings and has been supported by funding from the U.S. National Science Foundation and the U.S. Department of Defense. His work on lying and technology has been frequently featured in the popular press, including the New York Times, CNN, NPR, CBS and the BBC.

- **EVENT FOUR / The Truth is Out There: Fact checking tips and resources**

Saturday, October 24 / 11:00am - Noon
[REGISTER FOR EVENT #4 BY CLICKING HERE](#)

Join us for this roundtable discussion with experts Jevin West, Director of the nonpartisan Center for an Informed Public, and David Mikkelsen, the founder of Snopes.com. Jevin and David will provide a detailed look at the history and current state of misinformation and will equip you with

the tools and resources you need to distinguish fact from fiction. Learn how to determine if the sources you're using are reputable, how to report misleading information and scams, how to best approach friends or family who have shared inaccurate content, and much more.

David Mikkelson, founder of fact-checking site Snopes.com

David Mikkelson founded the site now known as snopes.com back in 1994 as a creative outgrowth of his wide-ranging interests in a variety of subjects and his professional expertise in the computer industry. Handling everything from researching and writing articles about urban legends to managing the site's technical infrastructure, David saw snopes.com quickly become the go-to place for Internet users to query about anything questionable they encountered online, establishing it as the oldest and best known online fact-checking outlet operating today. David's educational background includes a B.S. in Computer Science from the University of Texas (San Antonio) and about a zillion course hours of post-graduate classes at California State University Northridge taken with no particular degree program in mind.

Jevin West, Director of the nonpartisan Center for an Informed Public at the University of Washington

Jevin is an Associate Professor in the Information School at the University of Washington. He is the co-founder of the DataLab and the Director of the new Center for an Informed Public at UW. His research and teaching focus on

the impact of technology on science and society, with a focus on slowing the spread of misinformation. He co-developed a course, Calling BS, that teaches students how to combat misinformation wrapped in data, figures, and statistics. He is also the co-author of the book, "Calling BS: The Art of Skepticism in a Data-Driven World."

Pre-registration is required. **Register for each presentation you are interested in using the links above.**

**Latah County AARP Chapter
2020 Board of Directors**

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Interested in Serving Your
Local AARP Chapter?

Your Latah AARP Chapter is looking for people who are interested in serving on the Chapter Board or as Officers.

If you are interested in serving or wish to nominate someone, please contact President Louise at 208-882-2789 or by email at regelinl@genesee-id.com

If you have newsletter information you feel our local AARP Chapter members would be interested in, please email it to Rhonda Comstock at comstock@moscow.com