

## **LOOK TO YOUR REFRIGERATOR DOOR FOR HELP**

Not everything we do at Seniors vs. Crime involves fraud and scams. Among the programs we support is distribution of the File of Life. The File of Life is a record of medical information which you can fill out yourself. The record is printed on heavy card-stock, and records such things as emergency contacts, your doctor's name, recent surgeries, medical conditions, and medication chart. Once filled out, this record is designed to slide into a bright red plastic sleeve with a magnetic backing. The magnetic backing allows anyone to attach the File of Life to their refrigerator.

So why fill this form out and stick it to the refrigerator door, where it takes up space you could fill with photos of grandchildren, or game schedules of sports-playing grandchildren? Because in the event you need an ambulance at your house, those paramedics who respond are trained to look at your refrigerator door for just this kind of thing. While they are treating the medical emergency and preparing the patient for transport, they can grab the File of Life, look it over, and make sure it gets to the emergency room with the patient. The emergency room staff can, with a glance at the card, get a pretty good idea of your medical history. And just as importantly, they can get an up to date record of the medications you are using.

Just consider what can happen if you don't post a File of Life on your refrigerator. When the paramedics arrive and get someone ready for transport, they will want to know about medications. So someone will need to scramble around collecting pill bottles, remembering how often the patient takes each pill, and how many pills they take each time. And communicate this to the paramedics. And this needs to happen as two or three or four paramedics, and maybe a police officer or two, are maneuvering a gurney through the house, along with whatever other emergency kit they need for the situation. Do you think there is a chance something might be overlooked, or forgotten, or mistakenly told to the paramedic? You can eliminate just that much stress in an awful situation by keeping the File of Life on your refrigerator door.

I mentioned the File of Life as an "up to date record". That means you need to keep it up to date. If your medication changes, note the change. If your medical conditions change, same thing. If you have not reviewed this card in the last year, maybe this is something to do right at the start of the new year, to get it right.

Seniors vs. Crime also distributes the mobile version of the File of Life, which we call the Yellow Dot. This is pretty much the same thing as a File of Life, except it comes in a yellow plastic sleeve. We recommend you keep this in the glove compartment of your car. Along with the yellow sleeve, we distribute a yellow dot decal, almost three inches in diameter. We recommend you place the decal on the back window of your car.

If you are involved in a car crash, or suffer from a roadside medical emergency, the responding paramedics will see the Yellow Dot, and know to check in your glove compartment for your medical record. If the paramedics take someone to the emergency room, the Yellow Dot packet goes along.

If the File of Life or Yellow Dot sounds like something you want, you can contact Seniors vs. Crime for them. The Clinton Fire Department also carries a stock of File of Life cards for distribution.

## CURRENT SCAM TRENDS

Three different people reported mystery shopper scams last month. Each wanted to earn a little extra money, and received unsolicited emails offering employment as mystery shoppers. So they applied and got accepted as mystery shoppers. Soon enough they received mail with their first assignment. That assignment was to cash the enclosed check or postal money order (written for \$950 to \$2600), and take the cash to a retailer who sold Green Dot Moneybags. They needed to purchase enough Green Dot Moneybags to use up all but their salary of \$200 from the cash. Next they needed to mail their evaluation of the retailer, and the serial number off the Green Dot Moneybags to their employer.

What's wrong with this picture? Well, for starters, the checks were counterfeit. Fortunately bank staff detected the checks or money orders as fake before anyone sent off any money, but it was a close thing.

Any time you get a job offer via an email, consider it as fake. If someone sends you a large check and asks for most that money back somehow, it is a scam. ALWAYS.

Let me know about scams, fraud, or other crookedness you run across. Most of what I learn, I learn from you. Contact me at Seniors vs. Crime, Clinton County Sheriff's Office, 563-242-9211 extension 4433, or email me at [randymeier@gapa911.us](mailto:randymeier@gapa911.us).

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