

Attorney General Mike Cox's **SeniorBrigade**

A MICHIGAN SENIORS INITIATIVE



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Number 3

Consumer Protection

Each month we will highlight a new section of the website. This month's featured section focuses on consumer protection.

Consumer complaint?

Contact the
Attorney General's
Consumer Protection Division
toll-free at
1-877-765-8388.

Click on a link below for more information:

[CHARITY SCAMS](#)

[HOME IMPROVEMENT SCAMS](#)

[HOW TO REDUCE TELEMARKETING & JUNK MAIL](#)

[IDENTITY THEFT](#)

[MOST COMMON SCAMS](#)

[SENIOR BRIGADE GUIDE](#)

[SWEEPSTAKES SCAMS](#)

[TRAVEL SCAMS](#)

[FEATURED LINKS](#)

Want More???

If there is something we have not yet covered and you would like us to include here, send an e-mail to: miseniorbrigade@gmail.com and we'll consider adding it to the next monthly newsletter.

March is National Nutrition Month®

Eating right and being fit are keys to staying healthy throughout life. Because our nutrient needs change as we get older, it is important to know which foods offer the vitamins and minerals that will promote good health as we age.



National Nutrition Month® March 2010
American Dietetic Association

Help feel your best by learning how to make healthy food choices – especially those that are lower in calories and packed with vitamins, minerals, fiber and other nutrients – and by being physically active every day.

Learn more about nutrition for older adults and Eating Right for Health and Life:

[Special Nutrient Needs of Older Adults](#)
[How Many Calories Do Older Adults Need?](#)
[Preventing Food Poisoning for Older Adults](#)
[Food Safety Risks for Older Adults](#)

[Healthy Eating for Older Adults](#)
[Nutrition and Older Men](#)
[Nutrition and Older Women](#)

Source: American Dietetic Association, www.eatright.org.

Michigan Senior Brigade Guide

The Senior Brigade Guide, "Protect Yourself Protect Your Future" is available in its entirety or as a text-only version online at www.seniorbrigade.com. Day or night you have access to a wealth of information on anything from how to avoid becoming the next victim of ID theft to how to avoid phone & mail scams.

Organizations may request a print copy of the guide by sending an e-mail that includes your mailing address and contact information to miseniorbrigade@gmail.com.

