

# Attorney General Bill Schuette's **Senior Brigade** A MICHIGAN SENIORS INITIATIVE



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## SCAMS

Read about these scams ranked among the top complaints to the FBI!



[Vacation Rental Scams](#)



[Puppy Scam](#)



["Pump & Dump" Fraud](#)



[ATM Ponzi Scheme](#)



[Health Care Fraud](#)

[Fraud Tips For Seniors](#)

If you have been a victim, you can file a complaint with the FBI's [Internet Crime Complaint Center](#).



**Reporting E-Scams**  
File a complaint with the FBI's Internet Crime Complaint Center or contact your local FBI office.

## September is Fall Prevention Awareness Month

According to the [American Geriatrics Society](#), falls are the leading cause of serious injury in older adults. Every year, about one third of older Americans are likely to experience a fall that could lead to hospitalization, nursing home admission, or even death. Falls increase with age, which is why it is important to take proactive steps in order to keep yourself comfortable and injury free at home. Though it may not seem like a lively topic, fall prevention is extremely important to your well being in the years to come!

Source: [www.americangeriatrics.org](http://www.americangeriatrics.org).

What *you* can do to prevent falls:

### Take care of yourself

1. Talk to your doctor about your medications and their side effects.
2. Exercise regularly, as it builds strength and improves balance and coordination.

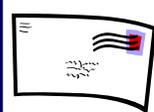
### Keep pathways clear

1. Keep walking areas clear of loose rugs, cords, shoes, etc.
2. Wipe up spilled liquids immediately.

### Slow down

1. Get out of chairs slowly. Sit up a moment before getting out of bed.
2. Don't rush to answer the phone or door bell.

Click [here](#) for more Tips and Prevention Ideas.



## Senior Brigade Seminar

*Protect Yourself: Phone and Mail Scams*

This 30 minute seminar will teach you how to recognize common scams initiated over the phone, by mail, or by e-mail. You will also learn how to reduce unwanted phone calls and junk mail and how to report a problem or scam.

To register for the free *Protect Yourself: Phone and Mail Scams* seminar visit our [website](#) and click on the "Register Online" button.