

# YELLOWKNIFE SENIORS' SOCIETY

October, 2023

## Computer scams are everywhere Here is a common one

In January, 2023, Mieke Cameron was approached by the Alzheimer's Society of Alberta/NT, to write something. The following was published online:

I have lived with the mystery of Dementia for many years. I have learned so much and continue to be deeply involved in this learning. My husband Les has Alzheimer's. I have been his full-time caregiver for the past 10+ years, and in December 2022, he was placed in full time care at Avens. This has brought another level of pain, but also comfort. We are both adjusting to this new kind of life. I see him almost daily. We have been married 54 years. He was a smart, well-loved Physics and Art teacher.

My favorite memory is a continuing one, the discovery that although so many things are no longer possible, there are new ways to find joy in our daily encounters. And now, no longer tied into his 24/7 caregiving, I spend quiet hours with him enjoying each another's company in his new place, as his wife not as much caregiver, although I'm still doing that in small ways. Not a day goes by that I wouldn't like to have him at home, but this is now necessary. I live in the present, and count the many blessings I find in the day. Tomorrow comes soon enough.



Mieke attends monthly drop-in sessions with the Yellowknife Alzheimer Society. The next is October 21, 1-2 pm. For more details, contact Mieke at [miekecameron@gmail.com](mailto:miekecameron@gmail.com) or text her at 867-446-4673. Mieke will be sharing her experiences with Alzheimer's in future newsletters

Computers and cell phones are wonderful conveniences but they have also become a favourite tool of criminals to relieve you of your money. Senior citizens are often victims in part because of our relative unfamiliarity with the technology. We didn't grow up with computers in our schools or cell phones in our pockets.

There are many different schemes and scams in existence with more appearing every day. The most common type of cyber fraud is phishing. Phishing (pronounced like "fishing") is an attempt to acquire sensitive data, such as user names, passwords, credit card numbers, bank account information or other important data, through a fraudulent solicitation in email or on a web site.

A phishing scam starts with an email or text message that looks like a legitimate message from a known organization or company. It will often look real using their well-known logo, colour and general design but it's a fake. It will claim that your account requires updating, or some other problem requires your attention in order to remain active and invites you to click on a link to fix the problem. Phishing emails often contain an unfamiliar greeting like "my dear", grammatical errors or misspelled words or email addresses and domain names that don't match. They usually convey a sense of urgency for you to act. If you follow the link, the fake website may ask you to input information which may enable the scammer to access your bank or credit card accounts or use your identity. The scammer may also use the information to install malware on your computer.

### What precautions can you take to avoid becoming a victim?

- Delete obvious phishing emails. If you don't do business with the entity (like a bank you do not deal with), just delete the message.
- Do not click on website links contained in an email.
- Communicate personal information by phone, only if you initiated the call.
- Only supply or edit personal information on a secure website you access with your password.
- Use unique passwords that are not easily guessed. Consider using a password vault and generator.
- Protect your computer with an anti-virus program.
- Review your bank, credit or other important accounts periodically.
- Check for any irregularities in online transactions and any recent logins or changes to your contact information.

### Here are some signs that a basic phishing attack has been successful:

- Identity theft.
- Unfamiliar transactions.
- Locked accounts.
- Unprompted password reset requests.
- Spam email coming from your account.

## Seniors' Health

If you had chickenpox, and 99% of our age group did, you are at risk of contracting shingles. The virus that causes chickenpox (varicella-zoster virus) stays in the body and reactivates as shingles later in life. Shingles is a painful, usually itchy, blistering rash that develops on one side of the face or body. Older persons are more likely to develop shingles and experience complications.

Fortunately, there is an excellent vaccine that effectively prevents shingles and is fully covered under the Seniors Extended Health Benefits Program. The vaccine, Shingrex, is administered in two injections six months apart and provides at least ten years of protection.

If you would like more information about Shingles or the vaccine, speak to a registered nurse by calling 811, your family doctor or public health.

## Activities are up and running at Baker Centre

Our regular activities are resuming after our evacuation adventure. Check the calendar on our web page and get involved.

## Keeping The Financial Boat Afloat

The past few years have been a significant financial stress test for our Society. The COVID years followed by the evacuation robbed us of significant revenue, forcing us to use much of our reserves to meet expenses. While we are currently projecting another deficit for 2023, we still have a way to avoid another year in the red.

The Board and Executive Director are working to identify new potential sources of revenue to support our operations. We are always eager to hear your ideas.

Currently we have our major Fund-raising effort, the raffle draw, underway but are experiencing a shortage of volunteers to sell tickets on the weekends. So, if you can help, we need you. You can choose a time and location on-line, sign up at the Baker Centre or contact Kim.

### What can I do if I have been phished?

- Change all your passwords for the accounts that have been compromised as well as the accounts that use the same or similar passwords to those that have been captured by the hacker.
- If you entered your credit card information, contact the issuer and put a fraud alert on your credit account. Cancel your card.
- Take your computer offline or delete your email account to avoid spreading phishing links to your contact lists.
- Scan your device for viruses.
- Keep a close watch on bank and credit accounts and watch for warnings of identity theft.

## Earl's Hunan Kung Pao

I often eat at Earls when I venture south and this is one my favourite dishes. It's very easy to prepare and just like the original. (from Earls, the Cookbook)

- 1 1/2 lb fresh Chinese egg noodles
- 2 tbsp vegetable oil, divided
- 2 bird's eye chilies, or to taste
- 8 oz. diced chicken breast or thigh
- 1/2 cup diced red onion
- 1/2 cup diced red pepper
- 1/2 cup diagonally cut carrots, sliced 1/8 inch thick
- 1/2 cup diagonally cut celery, cut 1/4 inch thick
- 2 cups chopped yu choy, cut 1 inch thick (Bok choy is a good substitute)
- 1/4 cup roasted peanuts

### Hunan sauce

- 1/2 cup soy sauce
- 1/2 cup chicken stock
- 2 tbsp brown sugar
- 2 tbsp minced ginger
- 2 tbsp minced garlic
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp cornstarch

Bring a pot of salted water to a full boil over high heat. Blanch the noodles for 2 minutes, stirring well to loosen up the clumps of noodles.

Drain the noodles immediately and flush them with cold water to stop cooking. Allow to drain and cool completely. Coat lightly with 1 tablespoon (15 mL) of vegetable oil to prevent sticking. Heat the remaining tablespoon (15 mL) of vegetable oil in a wok or nonstick skillet over high heat until it ripples.

Add the desired amount of chilies to the oil and cook until blistered. Toss in the chicken and allow to sear on one side, Separating each piece to ensure that the chicken cooks evenly, approximately 2 minutes. Flip each piece of chicken to sear the second side. Add the onion, pepper, carrots and celery, cooking for 2 minutes until the vegetables are blistered and begin to soften.

Toss in the yu choy and continue cooking until it turns bright green from the heat, approximately 1 minute.

Add the Hunan sauce and bring to a simmer. Push the chicken and vegetables to one side of the pan. Add the noodles to the empty side. Toss very well to coat each ingredient with sauce. The sauce will thicken slightly as the chicken and vegetables cook thoroughly. Check to see if the largest piece of chicken is cooked. The vegetables should be tender but not limp.

Divide into bowls and garnish each bowl evenly with roasted peanuts.

We welcome original content for this newsletter and ideas for future content. Let us know what content you would like to see and we'll do our best to deliver. You can contact us at [logsdon@theedge.ca](mailto:logsdon@theedge.ca) or [miekecameron@gmail.com](mailto:miekecameron@gmail.com). Photographs are very welcomed.