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Welcoming	The Board



**News around
The Highlands**

With no board meeting this month, things have been quiet. The next Board meeting will be **January 25th at 1:00 pm.**

Reflecting upon this past year, we have had some hard times. We have lost many of our neighbors and friends and others have had personal losses as well. Our hope is that the new year brings less losses and more peace.

Traditionally, a new year brings many new (or renewal of old) resolutions. Statistically, by March, they have all failed. So I would like to offer some new year resolutions that might be attainable.

1. Practice remembering where I left the keys/phone/glasses.
2. Gain weight.
3. Do something. (Leaving the house counts!)
4. Drink coffee.
5. Stop using the alarm clock.
6. Successfully get older.

UPCOMING EVENTS

For those of you who are missing Bingo, the Elks Lodge (749 Jackson St.) offer bingo every Tuesday night. Doors open at 5:00 pm and the games start at 6:30 pm

January 13, 09:00-11:00 am Birding at Ford's Pond.

Meet: 9 am at Ford's Pond parking lot -382 Church Rd,

Sutherlin. From I-5 take Exit 136, drive west on Hwy 138 and at 1 mile, turn left onto Church Rd. The walk will be approximately 2 hours long. Participants can leave when

ONGOING EVENTS

Bowling – 12:30 pm
Mondays at Ten Down
Bowling Lanes

Clubhouse Coffee –
every other Tuesday at
09:30 am, see Calendar

Billiards -
Mon/Wed/Thurs 11am

Walk Walk Exercise –
M-W-F 8:45-9:30 am

Chair Yoga - Mon/Wed/Fri
9:30-10:00 am

Bingo – Postponed until
summer

they need to. **Water-proof shoes** such as mud boots are suggested. Bring binoculars. Loaners are available.

January 15, 10:00 am -2:00 pm MLK Day River Clean Up at Stewart Park Pavilion. Sign up through JustServe.org. Wear appropriate clothes/shoes and bring a water bottle.

January 18, 5:30 Making Brats with Wayne at Melrose Vineyards. Tickets (\$65) limited to 45 people and includes appetizers, sausage dinner, 2 drinks, & 1 lb of brats to take home. Purchase tickets at <https://www.melrosevineyards.com>

SCAMS

It seems that more and more scams are creeping up in email, phone calls and on Facebook. if you are wondering if it is legitimate:

Carole Hogge has provided a flyer regarding phone scams below:

Attorney General Ellen F. Rosenblum

JUST HANG UP



THE PHONE ON IMPOSTER SCAMS!

IF THE CALLER...

- ✓ asks you to wire money or buy a prepaid card;
- ✓ says you have won a prize or a gift but you need to pay fees or taxes first;
- ✓ asks you to visit websites or download software;
- ✓ asks for usernames, passwords, account numbers, or your home address;
- ✓ says the offer is only good for today; or
- ✓ asks you to keep the call a secret, **JUST HANG UP!**



OREGON DEPARTMENT OF JUSTICE

CONSUMER PROTECTION

FIGHTING FRAUD ■ PROTECTING OREGONIANS

Contact us at 877-877-9392

For emails:

1. Look at the sender's address. If it is a private address and does not contain any information related to the email, it is not legitimate. For example, a email that has a logo that looks like your bank, suggests your account may have been hacked. Look at the sender's address above the main message. It will be above your email address. If it looks like a private email address and does not have the company's name in it, it is most likely from a scammer. The sender address will be in between the < and > signs. In the case below, the sender address is <admin@vigaro.com>

[Card Fraud Prevention] Activity On Your Debit or ATM Card On 12/28/2019 [MAIL ID:4435446]



Chase Fraud Alert <admin@vagarо.com>

Saturday, December 28, 2019 at 8:00 AM

Graham, Jefferson

[Show Details](#)

Email not displaying correctly? [View it](#) in your browser



Dear Customer,

We're letting you know that we've detected some unusual activity on your card on 12/28/2019. For your security, please verify the following transaction(s) so that you can continue to use your card

Do you recognize all of these transaction(s)?

Approved transaction at SQC*CASH APP for \$224.49 on 12/28/2019

Declined transaction at TOP UP B.V. for \$624.11 on 12/28/2019

Approved transaction at BESTBUY for \$124.59 on 12/28/2019

YES, I recognize all of these transactions

YES will make your card immediately ready to use again

NO, I don't recognize one or more of these transactions

NO will allow you to complete the verification process and file a fraud claim in Online or Mobile Banking

Please do not reply to this automatically generated message. If you have any questions, please call us at the number located at the top of your statement.

2. Urgent or threatening emails are also often clear indicators of a fake message. Such as the previous example from Chase. By creating a sense of urgency or fear, they'll trick you into clicking on a link or downloading a suspicious attachment. Don't click on it. Delete the email instead.
3. Check for spelling errors and incorrect grammar. If an email contains multiple spelling mistakes or poor grammar, it's likely from a bot rather than a real person.
4. An offer too good to be true. For example, you get an email that says you qualify to receive a prize from a company in Texas. You've never been to Texas and haven't entered any contests.
5. Missed package delivery. I actually received one of these during Christmas. It was from the US Postal Service and said they had tried to deliver a package but missed me. I was expecting a package that had to be signed for. It said I could schedule a Redelivery Date by clicking on the link below and filling out form PS 3849. I had never heard of having to do this. I looked at the return address and sure enough, it was from USPostalSystem <7asw76tem@efliorbitz.yahoo.com> A few days later, I HAD missed a delivery, but the post office left a little yellow slip, the kind I was used to, with the redelivery date.

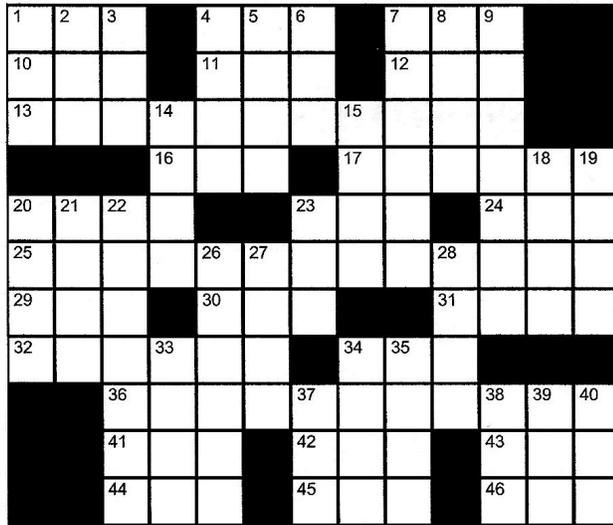
Facebook scams:

1. You receive a new message that you must verify your account by clicking on a link. This is not how they verify your account. Don't click on the link.
2. Before ordering anything from Facebook, check the Better Business Bureau and look up their company online.

Hope this helps!

BrainGames

PUZZLES BY STANLEY NEWMAN



CROSSWORD

Finish Lines

ACROSS

- 1 Close buddy
- 4 Astound
- 7 Math proof letters
- 10 Deploy
- 11 Lawn moistener
- 12 Colorado Native American
- 13 Usual finish for a major pro sport
- 16 Superlative suffix
- 17 Flower that's not a perennial
- 20 Taj Mahal city
- 23 "It's my turn"
- 24 IRS expert
- 25 Usual finish for a major pro sport
- 29 Raggedy doll

- 30 Grafton's ___ for *Ricochet*
- 31 Federal food grader: abbr.
- 32 *Mad About You* star
- 34 Glide down snow
- 36 Usual finish for a major pro sport
- 41 Close attention, for short
- 42 Praiseful verse
- 43 Daughter of a deer
- 44 Cry of amazement
- 45 Church seating
- 46 Be indebted to

DOWN

- 1 Defer, with "off"
- 2 Shade of gray
- 3 Floral necklace
- 4 Mentions further
- 5 Was in tears
- 6 Source of fleece
- 7 Protein source for vegans
- 8 Prince William's prep school
- 9 Takes away
- 14 Endmost
- 15 Italian meat sauce
- 18 Mimicked
- 19 Zhivago's love
- 20 Miles away
- 21 Depleted
- 22 Happen to meet
- 23 Mensa measures
- 26 Battlefield ditch
- 27 Dixieland trumpeter Al
- 28 Totally destroy
- 33 Tall rural structure
- 34 Competing team
- 35 Had no doubt about
- 37 Short plane flight
- 38 Oath affirmation
- 39 At this time
- 40 Cry of amazement

WORD PLAY

COMMON SENSE

Look up these words in the most popular English dictionaries, and their definitions each include the same three-letter adjective. What is it?



THINK!

THREE AT A RHYME

Using each letter just once, group the below letters to form three common one-syllable words that rhyme with each other:



BRAIN FUN

NEIGHBORLY NAMES

What is the only U.S. state that borders two other states that start with the same letter as that state?



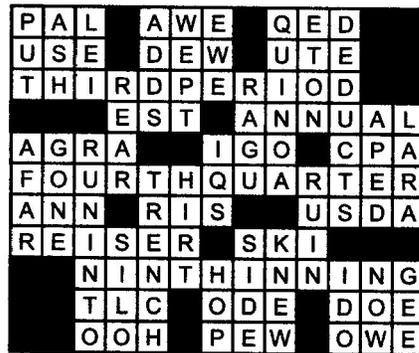
AARP.ORG/BRAINHEALTH
Up-to-date news, resources and tips on dementia and cognitive health

BRAIN TIP



Lighten Up! Ruminating on grudges, resentments and negative thoughts not only can put you in a foul mood but also has been linked to a decline in cognition and memory in people 55 and over, according to a study published by the Alzheimer's Association.

SOLUTIONS TO PUZZLES ON PAGE 75



COMMON SENSE HOT **THREE AT A RHYME**
LIE, BUY, HIGH **NEIGHBORLY NAMES**
ILLINOIS (bordering Iowa and Indiana)

Witty & Wise A Bunch of Flakes



They made me after they saw the Barbie movie.

Whoa. When did you get here?

I just rolled up.

Stop giving me the cold shoulder!

They ran out of carrots.

What are you doing today?

Just chillin'.

What do you want to be when you grow up?

An avak.

CRYSTAL
My husband surprised me with a romantic evening last night.

CAROL
How was it?

CRYSTAL
I almost melted.

If you could be anything you wanted, what would it be?

Warm

CHILLY
I have to take my computer in to get fixed.

WILLY
Why?

CHILLY
It's frozen.

Use your head. Were you born yesterday?

Yes. Yes, I was.

MR. COOL
Is everything OK?

FROSTY
Yes. Why?

MR. COOL
You seem a little cold lately.

You've missed work for a few days. Feeling OK?

I caught a really bad hot. But I'm better now.

Is your brother coming?

No, he's a flake.