

Today's Seniors

... A Vital Part of Our Community

"SeniorBusters" launched to combat telemarketing fraud

SeniorBusters, a volunteer service that will help seniors protect themselves against telemarketing fraud, is now in operation.

"SeniorBusters is seniors helping seniors to effectively fight an insidious type of crime," said Ontario Premier Mike Harris at the PhoneBusters headquarters in North Bay. "It's an innovative program in which crime prevention solutions are shared with those most vulnerable to help prevent the ruined family lives and financial losses that have resulted from this brutal crime against our seniors."

This type of fraud cost Ontario seniors more than \$3.5 million in 1997. Co-ordinated by the Ontario Provincial Police, the program is part of Project PhoneBusters, the national task force to combat telemarketing fraud that was developed cooperatively by federal and provincial police services and crime prevention experts in 1993.

In 1997, PhoneBusters estimates that 56 per cent of the total number

of telemarketing prize pitch victims have been over age 60, with an average dollar loss of \$12,000 each. Of all victims, seniors represent 85 per cent of those who have lost more than \$5,000.

In SeniorBusters, more than 40 volunteers over the age of 50 help to reduce the level of fraudulent telemarketing against seniors by educating seniors, providing emotional and moral support and ensuring seniors have a place to turn if they need assistance. Volunteers will contact family members, local police agencies, elder abuse committees and other support agencies to provide seniors with the necessary tools to effectively fight this crime and aid seniors in regaining their dignity.

Anyone who has been the victim of telemarketing fraud or is currently being targets, should call PhoneBusters at 1-888-495-8501.

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Exercise & Arthritis : What's best?

- always exercise gently—avoid fast or sudden movement
- do frequent stretching and exercises, repeating simple exercises throughout the day is better than a single workout
- try a mix of exercise routines—this will help to strengthen and stretch different muscles
- focus on range of movement rather than the amount of weight, resistance or muscle bulk

Notes on Arthritis

Arthritis is a common ailment for those over the age of 50. It generally results in inflammation and swelling of the cartilage and lining of the joints. In the foot, which has 33 joints, arthritis can be particularly agonizing because there is no way to avoid the pain of the tremendous weight-bearing load on the feet.

Treatments include anti-inflammatory medications, physical therapy and exercise, as well as custom shoe inserts, called orthotics, which can help control foot functions.

For more information visit www.footmaxx.com or call 1-800-779-3668.

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