

# FRIENDS PLUS NEWS



## Cyber Security

On October 31<sup>st</sup> we heard from Dave Ryan, Craig Smith, Deb Dever, and Chief Shannon about the latest trends in fraud, how to best protect ourselves and our personal information. Many topics were covered, such as, elder abuse, internet phishing, social media scams, best practices for online activity, counterfeit checks, lottery, and grandparent scams. Chief Shannon also talked about what steps to take if you think you may have become a victim.



We have extra hand outs available if you would like to learn more about the topics covered, Sonia, Deb Dever, or Michele would be glad to pass them on to you.

## Holiday Open House



This year we will be hosting a holiday brunch as a small way to say “Thank You” to our Friends Plus family. Please plan on joining us Saturday, December 8<sup>th</sup>, between 10:00 a.m. and noon, at Regal Crown Receptions, 1003 N Washington St, Lisbon (*please note time change from past events*).

Please call with your R.S.V.P by Tuesday, December 4<sup>th</sup>, at 319-895-8835 or stop in the bank to let us know you are coming.

## Did you see us?

Hats off to bank employees, Laura and Emily as they cooked up some delicious chili for the Chili Cook Off this year. You might have also seen several other of our employees volunteering or sampling that day. We do love our chili!



### Types of Fraud

- Counterfeit Check Scheme
- Inheritance Scam
- Lottery/Publishers Clearing House Scam
- Grandparent Scam
- IRS Scam
- Debit Card Fraud
- Identity Theft

## Women & Money

We had 31 women attend our Women & Money event on October 10<sup>th</sup>. There was a lot of information provided and several great questions asked. If you would like to find out more about the topics covered that night please stop in and see Sonia or Lori anytime.



## Upcoming Events

- Nov 3<sup>rd</sup> Winter Farmers Market at First Street Comm. Center Gym, 10 a.m. to Noon.
- Nov 3<sup>rd</sup> Boy Scout Troop 40 Free Senior App Lunch, 11:30 to 1:30 MV Methodist Church
- Nov 12<sup>th</sup> Veterans Day Observed, Bank Closed
- Nov 24<sup>th</sup> Shop Small Saturday
- Nov 29<sup>th</sup> Mount Vernon’s Magical Night
- Dec 8<sup>th</sup> Friends Plus Holiday Open House
- Dec 8<sup>th</sup> Lisbon’s Holiday Jubilee

For more information about community events go to [www.visitmvl.com](http://www.visitmvl.com)

## **Fight the Flu - Preventive Actions**

*The following article is from the U.S. Department Health and Human Services Centers for Disease Control and Prevention (CDC) website.*

### **Everyday Preventive Actions That Can Help Fight Germs, Like Flu.**

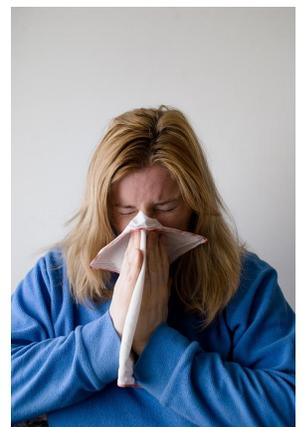
CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

### **How does the flu spread?**

Flu viruses are thought to spread mainly from person to person through droplets made when people with the flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

### **What are everyday preventive actions?**

- Try to avoid close contact with sick people.
- If you get sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.



For more detailed information visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or call 1-800-CDC-INFO