

Wellness Wednesday

Fraud & Scams



Join us for a conversation where we will share tips to identify and avoid fraud and scams!



Wednesday, November 12, 12:00–1:00 pm
Presented by Kim Eastman

Did you know...

- The FBI reports that more than 88,000 people over the age of 60 were victims of financial fraud schemes in 2022.
- In 2024, \$12.5 billion was reported stolen through scams and fraud.
- There are ways YOU can protect yourself against fraud and scams!

Wellness Session



Strategies for Dealing with SAD: Seasonal Affective Disorder



Monday, December 8th, 12:00–1:00 pm
Presented by Karmen Bleich

Karmen Bleich is the Program Director at Fairchild's Senior Life Solutions, an outpatient mental health program designed for older adults.

Join Karmen as she will be discussing strategies for dealing with SAD (Seasonal Affective Disorder):

- Recognize common symptoms and how they differ from winter blues
- Learn affective strategies to manage SAD
- Understand the relationship between sleep, vitamins, light exposure and SAD

