

## Tips To Stay Safe

- If a mail, telephone, email or other offer sounds too good to be true, it is! No one really gives anything away for free.
- Never give credit card number or bank account information over the phone or by email to anyone who calls or writes. If It is really your institution, they already have all your information.
- Be suspicious of people who solicit home repair work or other door-to-door sales.
- Be aware of paying in advance for services. Tell them you will pay for materials when delivered.
- Report all suspected crimes to your local law enforcement as soon as possible. If you have been a victim of Identity theft you should contact your banking Institution immediately as well as any credit card companies.
- File a report with the credit bureaus and get a copy of your free credit report at [www.annualcreditreport.com](http://www.annualcreditreport.com) or 1-877-322-8228.
- If you suspect that you have been a victim of a scam, or Identity theft please contact Elders in Action Personal Advocate Services. We have trained volunteer Personal Advocates who can assist you through the process and help link you to resources.

**503 235-5474**

**We are here to help!  
Quality of life should never  
depend on age.**