

Attorney General Bill Schuette's **Senior Brigade**

A MICHIGAN SENIORS INITIATIVE



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Free Apps!

Download these apps (applications) for your iPad, iPhone and Smart Phones for FREE.

1. Slacker Radio - Get your favorite music via your mobile device, and basic subscription is free!

www.slacker.com

2. Skype - Free video calling & free skype to skype calls anywhere in the world.

www.skype.com

3. Evernote - Help you get organized and keep all your pictures & other digital media together in notebooks for quick & easy retrieval.

www.evernote.com

For more info on additional free apps read AARP's article at:
www.aarp.com.



NEW! Senior Brigade Seminar

The newest Senior Brigade seminar, "Protect Yourself: Online Safety" teaches you how to recognize Internet scams, protect yourself from online fraud, and what steps to take if you become a victim.

The Top 5 Online Activities For Seniors*

1. Send or read e-mail.
2. Use a search engine to find information.
3. Search for a map or driving directions.
4. Look for health/medical information.
5. Look for information on a hobby/interest.



NEVER provide personal information in response to an unsolicited request!

Be e-mail savvy! Check the originating sender's e-mail address, and if unsure, delete it. If an e-mail shows up in your Junk Box from a reliable sender — BE CAREFUL!

Treat e-mail links with suspicion. Unless you initiated the contact, use CAUTION. Don't forward suspicious or urban legend e-mails, delete them.

To register for the free "Protect Yourself: Online Safety" seminar visit www.michigan.gov/seniorbrigade and click on the "Register Online" button.

* Source: Pew Research Center's Internet and American Life Project.

August is National Immunization Awareness Month

Immunizations aren't just for babies and children. We all need shots to help protect us from serious disease and illness.

Adults need a tetanus shot every 10 years.

At age 65, adults should get a one-time pneumonia shot. Talk to your doctor or nurse about which shots you and your family need. For more information visit www.healthfinder.gov.

