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May 2015 Issue 61

ATTORNEY GENERAL BILL SCHUETTE'S

Senior Brigade

MAY IS AMERICAN STROKE MONTH

May 1 is the official kick-off of American Stroke Month.

During this month, the American Heart Association / American Stroke Association urges Americans take the Stroke Risk Quiz and share it with loved ones.

For further information, please visit StrokeAssociation.org/strokemonth.

Follow [#strokemonth](https://twitter.com/strokemonth) activities by [joining the online Twitter community](#) and on [Facebook](#).

The American Stroke Association urges all Americans to be prepared to identify a stroke fast with their free F.A.S.T. mobile app.



Stroke Risk Quiz

Directions:

- For each risk factor, select the box (higher risk or lower risk) that applies to you. Select only one box per risk factor.
- Enter a 1 on the blank line next to each checked box.
- Add up your total for each vertical column.



Risk Factors*	Higher Risk	Lower Risk
Is your blood pressure greater than 120/80 mm/Hg?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with atrial fibrillation?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your fasting blood sugar greater than 100 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your body mass index greater than 25kg/m ² ?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your diet high in saturated fat, trans fat, sweetened beverages, salt, excess calories?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your total blood cholesterol greater than 180 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with diabetes mellitus?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you participate in 40 minutes of moderate to vigorous physical activity 3-4 days a week?	<input type="checkbox"/> No or Unknown _____	<input type="checkbox"/> Yes _____
Do you have a family history of stroke?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you smoke?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
TOTAL SCORE (add your points for each column)	_____	_____



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Senior Smiles



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SCAMMERS & YOUR LOYALTY CARDS

Scammers will go after **ANYTHING** that has a password. Their newest technique is to steal the loyalty cards hanging on your key chain.



While the value of the rewards may seem minimal, the end goal is to find a password that works with other accounts, especially financial ones.

Help protect your finances by following these precautions:

- Don't use the same password for all online transactions;
- Create various strong passwords;
- Change your passwords often; and
- Remove loyalty cards from your key chain for the stores you no longer frequent.

Source: [NBC](#)

SPRING CLEANUP



After a long hard winter, the sight of robins, rain and rising temperatures are glorious reminders that spring has sprung.

Before you hire someone to help with the clean-up, keep these recommendations in mind to avoid losing extra green.

- Don't sign documents you don't understand.

- Ask someone you trust, like a family member, to review the documents with you.
- Ask to see a copy of their current license and certificate of insurance.
- Verify a builder or contractor needs a license by contacting the Enforcement Division within LARA (Licensing and Regulatory Affairs) by phone at:

517-241-9202, [email](#), or on [LARA's website](#).

- Pay with a credit card or check.
- If the full payment is demanded up front or a contractor insists on cash only – **BEWARE**.
- Only pay in full when the work is complete and to your satisfaction.

Source: [Federal Trade Commission](#)



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