



# Kaleidoscope

June 2016  
Vol. XXVII No. 6

Moiliili Senior Center \* 2535 South King Street \* Honolulu, Hawaii 96826 \* PH: 955-1555

A Program for those 60 years old and above, living from Ward Avenue through to Hawaii Kai. This program is partially funded by State funds through the Elderly Affairs Division, Department of Community Services, City and County of Honolulu and the State of Hawaii Executive Office on Aging and administered by Moiliili Community Center. MCC - An Aloha United Way Agency

## SENIOR CENTER NEWS:

**New face in the senior office.** Please welcome **JUDY NAKAMOTO**. Judy is with the State run Respite Companion Program. She will be assisting us in the office. Judy is very friendly and helpful. Please welcome her to the senior center program.

**PARKING ALERT!** Summer at Moiliili Community Center has started. Children will be here at the center for all day care now through July 22. Limited parking. Be dropped off, take the bus or carpool. Also, **YOU** need to be aware of what is happening around you. **THINK OF YOUR SAFETY!!!** Don't be in a rush when being dropped off at the center. Have your driver pull up to the parking lot attendant and the tree, not in the middle of the driveway, in the tunnel or in front of the ramp. Watch for vehicles backing up - you are NOT stronger, faster or larger than a vehicle: don't try to walk around the back of the vehicle especially when it is backing up. **BE AWARE! BE PATIENT! BE SAFE!** Thank you.

Mark your calendar! We are planning a senior center picnic for Wednesday, July 13. More information to come in the July newsletter. Enjoy the day at a park with games, prizes and lunch.

MCC's Mother's Day Craft Fair which was held on May 7 was a great success. Thank you to all who volunteered that day to help us set up, sell and break down.

We are excited to be able to offer our ongoing and upcoming new classes to all of our seniors in 2016. Thank you all for your continued participation in our Senior Center Program. We continue to partnership with the Moiliili Community Center, as we are one program under the Community Center. Being that we are under the Community Center, the annual membership fee is \$30.00 for a calendar year. Your participation as MCC members help support our endeavors to continue to offer classes, activities and services. For MCC members, there is a new benefit: One Plus One Drive Inn will offer a 10% discount on a purchase of \$5 or more and Subway - Moiliili will offer a 10% discount on any sandwich/salad. Some exclusions apply to both places. Just show your 2016 MCC Membership Card to receive your savings. Offers are valid through the end of this year. Mahalo for your support of the Senior Center and the Community Center.

All the 2<sup>nd</sup> floor air conditioners are operational! The temperature should be set at 73 degrees. To turn the units on and off, please use the on/off switch that the unit is plugged into. You do not need to manually turn on and off the unit itself. When using the air conditioners, the windows and doors need to be closed. Thank you for your cooperation.

**VOLUNTEER WANTED:** We are looking for a volunteer to handle our telephone reassurance calls on Wednesday mornings from 7:45 - 9:00 a.m. If interested, please inquire in the senior office.

New piece for the newsletter! We are listening to you. Per your suggestion, we would like to start a "SUPER SENIOR" section in our newsletter. If you know of a senior who you think is "SUPER", fill out our nomination form and with the consent of the senior, we will feature the person in "Kaleidoscope". Forms are available in class attendance folders and in the senior office.

### "SUPER SENIOR"

**LILLIAN TAKEDA** submitted by anonymous  
Super volunteer!

**LILLIAN TAKEDA** submitted by anonymous  
Lillian has kindly volunteered her time to the Senior Center for many years as the instructor for the Stretch Balance/Fall Prevention class. In addition, she is always willing to give her time as a craft volunteer in order to help the Senior Center's fundraisers. But perhaps most importantly, her friendly demeanor always manages to cheer up anyone she comes in contact with.

We would like to thank everyone for their generous donations of goods to the Thrift Store and the Senior Center. Sometimes the main office is inundated with an abundance of goods and it becomes unsafe to walk through the office. For this reason, the main office would like to accept donations in bulk on Tuesdays and Fridays between 8:00 a.m. - 4:00 p.m. to reduce the congestion in the main office. Thank you for your cooperation.

October 7, 8 & 9 will be the 5<sup>th</sup> Rhythm & Life Exercise Taikai at Shizuoka, Japan. Rhythm & Life Chair Exercise Teachers will be participating at the Taikai and will include 6 days of tour.

-Nara, Kyoto, Hiroshima and Tokyo. Anyone interested in attending, call Faye Murata at 735-1323 or see any of the Rhythm & Life Chair instructors for more information.

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**MOILILI SENIOR CENTER WISH LIST:**

- 1) Volunteer instructors for the following:  
Educational classes/workshops  
Japanese language  
Painting  
English language
- 2) Heavy Duty Shredder
- 3) New and/or Used(no more than 2 years old) computer with monitor.

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To all our members who use the Weinberg studio for classes: PLEASE do not touch any of the articles that are stored in back, in the elevator and by the bathrooms downstairs. These are for the Thrift Store to sort, price and sell.

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**ATTENTION Seniors!** When paying by check for your membership, please **DO NOT** include your donation to the Senior Center on the same check. Please write **two** separate checks and note in the "memo" if you are making a donation to the Senior Center or paying for membership. If you are making a donation to the Community Center, then your membership and donation can be on one check. Reminder - **ALL** checks must be written to: **MOILILI COMMUNITY CENTER**, not the senior center. Returned checks will be assessed a \$25.00 fee. Mahalo.

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**Fire & Lockdown Drills:** MCC will hold periodic fire and lockdown drills. Please listen to staff for instructions. Thank you.

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**Your Kokua,** please. Your help in maintaining the rooms, emptying waste baskets, turning off lights & fans, and reporting problem areas immediately will help in alleviating further problems. Also, your help in maintaining the restrooms is needed. Only wash your hands in the sink to avoid any clogging. Mahalo.

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**Senior Helpline** phone number **768-7700**, for the island of Oahu: They can assist you in finding the resources or information you may need.

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**DONATION POLICY:** Donations are welcomed to help balance our budget: **\$2.00 suggested per activity, or \$20.00 per month. REMEMBER, this is a suggested amount and is a donation, so if you are unable to, don't worry. Subsidy monies are available for those interested in participating and find it difficult to pay; see**

**Director.** All Senior Center participants are asked to pay the MCC membership fee of \$30.00 for 2016.

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**MAHALO! MAHALO! MAHALO! to performers:**

- \*Heels N' Harmony members at Central Union Church & Franciscan Adult Day Care.
- \*Ohana Karaoke members at Maunalani Nursing & Rehab Center.
- \*RLC Niko Niko Genki Club members at Lanakila Multi-Purpose Senior Center & Island Nursing Home.
- \*Shiyukai members at Maunalani Nursing & Rehab Center.

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**Attention all class participants:** It is **YOUR** responsibility **TO CHECK YOURSELF IN THE CLASS ATTENDANCE FOLDER AND CHECK FOR ANY FLIERS OR ANNOUNCEMENTS**, which include last minute notices or other information. All participants **MUST** be registered with the senior office.

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**MCC NEWS:**

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**VACATIONSHAWAII** - Help Moilili Community Center earn travel credit by booking your travel with Vacations - Hawaii Custom Packages department at 591-4700. When making a booking, refer to their loyalty Rewards and mention Moilili Community Center. If we have enough credit, they will donate a trip to Vegas for MCC's next fundraiser.

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**VOLUNTEERS WANTED:** Looking for "responsible", regular volunteers for the Thrift Store, especially for Thursdays, Fridays or Saturdays. If interested, see Bonnie at the Thrift Store.

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**A REMINDER:** Sign up for any of the special activities noted, such as seminars, workshops, excursions. Activities may be canceled due to lack of interest or at speaker's request, and only those on the list would be notified. Also, if you have any suggestions or ideas for activities, please submit information to the senior office.

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**ACTIVITIES, SPECIAL EVENTS & EXCURSIONS**

- \*Sign up for all excursions, seminars, workshops, special events, etc. in person. NO phone reservations.
- \*Sign up for you and your spouse only.
- \*Call for cancellations. NO REFUNDS for late cancellations.
- \*Payments for excursions due one week prior.
- \*Those needing assistance must bring a companion.
- \*Seminars and workshops are scheduled to provide education and information and do not constitute an endorsement of a product or company by the center.

**MOVIE: "JOY" (2015)**

(2-hrs. & 4-min., DVD, Biography, Comedy, Drama.  
 Rated PG-13 - for brief strong language.)

Starring Jennifer Lawrence & Robert De Niro. Joy is the story of the title character, who rose to become founder and matriarch of a powerful family business dynasty.

Date: Friday, June 17 Time: 12:15 p.m.  
 Place: MSC, room 202 Cost: Donation

**CRAFT WORKSHOP: CHIGIRI-E**

The Japanese style of doing a collage picture by tearing washi paper to form. Workshop for all ages and levels. LIMIT: 12.

Date: Saturday, June 4 & July 2 Time: 9:00 a.m.  
 Place: MSC, room 202 Cost: Supplies

**CRAFT WORKSHOP: KUMIHIMO**

Traditional Japanese art of braiding cord; can be used with a pendant or other decorative ways. Beginners learn basic braids; Advanced do own project. LIMIT: 10 per class.

Date: Thursday, June 2(Adv) & June 9(Beg)  
 Time: 9:00 a.m. Place: MSC, room 209  
 Cost: Supplies

**CRAFT WORKSHOP: CREATIVE MEMORY PHOTO KEEPER**

Do you wonder what you should do with your pictures? Join us for a morning of creativity. Amy Toba will teach us a great way to store your valued pictures. BRING: Elmer's glue, scissors, pictures, 5 - 6 envelopes to hold 4"x 6" photos (we have some available). Sample available in the senior office.

Date: Thursday, June 16 Time: 9:00 a.m.  
 Place: MSC, room 209 Cost: Donation

**ACUPUNCTURE by Heijiro Ikeda**

Originally from China, acupuncture is currently practiced all around the world. Heijiro Ikeda (son of Phyllis Ikeda, MSC's former Qi Gong Instructor) graciously volunteers his time to help our seniors. This is your chance to see if acupuncture can help you. Sign up for an appointment. Anybody late for an appointment may not be seen by Heijiro. Please call if you need to cancel your appointment.

Date: Tuesdays Time: 9:00 - 11:00 a.m.  
 Place: MSC, room 207 Cost: Donation

**SEMINAR: EAT SMART, LIVE STRONG**

Enjoy fun and lively activities with other older adults! Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong. Sponsored by Lanakila Meals on Wheels.

Date: Tuesday, June 7 Time: 9:15 - 10:30 a.m.  
 Place: MSC, room 105

**SEMINAR: ANGINA**

ANGINA! It is a scary word! Particularly if you don't entirely understand what it means to your health. By special request, Anne of 'Ohana Health Plan will explain in words you will be able to understand and perhaps take action on! So mark your calendar and come to this seminar.

Date: Friday, June 17 Time: 9:15 a.m.  
 Place: MSC, room 105 Cost: Donation

**SEMINAR: MEDICATION REVIEW**

Bring your medication and supplements and find out when the best time to take them are to get the best results. Reviews will be conducted by Walgreen's Pharmacists. They will also be offering blood pressure readings.

Date: Friday, June 24  
 Time: 9:15 a.m. Place: MSC, room 105

**SEMINAR: IBD (INFLAMMATORY BOWEL DISEASE)**

What is IBD? Is it curable? How do you treat it? Attend this seminar conducted by Dr. Kristi Lopez and find answers to these questions and more. Dr. Kristi Lopez joined the Queen's medical Center in 2015. She graduated from UH John A. Burns School of Medicine and did her residency training at the UH Internal Residency Program and was the Chief Medical Resident at Kuakini Medical Center. She then went to the University of Missouri - Columbia for her fellowship in gastroenterology. Dr. Lopez is a gastroenterologist who performs esophagogastroduodenoscopies and colonoscopies. She has training in capsule endoscopy, esophageal manometry, esophageal pH studies and radiofrequency ablation for Barrett's esophagus.

Date: Tuesday, June 28 Time: 10:45 a.m.  
 Place: MSC, room 105 Cost: Donation

**EXCURSION: ARCADIA RETIREMENT RESIDENCE**

By popular demand, we have set up a guided tour of Arcadia Retirement Residence. Find out what this senior living community has to offer you. Lunch on your own at Manoa Marketplace MAXIMUM: 13

Date: Wednesday, June 22 Departure Time: 9:40 a.m.  
 Return Time: 12:45 p.m. Cost: \$3.00 donation

**EXCURSION: HALAWA XERISCAPE GARDEN**

The Halawa Xeriscape Garden displays a series of Xeric (dry) plants in a residential-scale setting to demonstrate species capable of providing a visually attractive garden, while using less water than most currently popular plants. The Garden was opened to the public by the Board of Water

Supply to educate residents on ways to save water in lawns, gardens and landscaped areas. Join us for a presentation, garden tour and an origami paper pot planting activity. Lunch on your own at 99 Ranch Market. For security requirements will need to provide the following for all participants: **full name, birth date, and home address**. On tour day, participants are required to present a **valid photo identification card** and sign the consent of entry form. Shoes, sneakers or slippers required. No high healed shoes. Insect repellent, sunscreen, rain jacket or ponchos are recommended, depending on weather conditions. Please be advised that all bags, backpacks, packages and boxes, etc. are subject to inspection. Other restrictions may be imposed by the BWS in the interest of public safety. Deadline to sign up is Tuesday, June 21. All information needs to be turned into BWS a week before the excursion.

Date: Wednesday, June 29      Departure Time: 8:50 a.m.  
Return Time: 1:15 p.m.      Cost: \$5.00 donation

**CLASS/ACTIVITY ANNOUNCEMENTS: Sign up  
Senior Office, rm. 203**

**\*SOLO UKULELE I & II;** Classes begin July 8, 2016. Classes are in an 18-week session, room 202. SUI - 11:00 - 12:00 pm; SUII (must complete SUI and instructor must approve advancement.) - 9:30-10:45 am. Inst: Allen Tanabe. Learn to read music and play the melody. Must have own ukulele & dedication to practice. Cost: \$20 for text book & \$10 is due at the beginning of the course to cover the cost of music notes, music sheets and additional study materials. Other optional fees will be announced if the need arises. See information sheet for required materials. Maximum: 12 students per class.

**\*Adult Hula Auana** with Kumu Hula April Chock. Begins 6/11, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members.

**\*Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class begins Saturday, 7/16, 9:30 am - noon and Wednesday, 7/20, 10 am - 12:30 pm, room

207-8. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.

**\*Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins 6/25, 10 weeks, Fridays, 9:30 am - 12 noon, room 102. Bring sharp pair of scissors, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Cost: \$20 - MSC seniors; \$30 - MCC members.

**\*Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 - 6:30 p.m., room 305, 10-week session begins Monday, 6/27. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups and floor exercise and cool downs. Bring towel & water. Cost: \$30 - MSC & MCC members.

**CLASS REMINDER:** Do not enter the classroom until the previous class has vacated. Those in class, gather your belongings & exit quickly to allow for the next class to set up. Visit with friends outside, not in the classroom.

**LANAKILA MEALS-ON-WHEELS AT MCC**

LMOW serves hot and nutritious meals at the Center Mondays through Fridays, at 11:00 a.m. There is no charge for meals to registered participants in the nutrition program. Participants are given an opportunity to make a donation to the program and all contributions are used to support Lanakila's Group Dining nutrition program. To register to participate - come to MCC, room 105 on weekdays from 8:00 a.m. to 12:00 p.m. and see Gerath for more information or to register in the program.

**MCC THRIFT STORE**

Thrift Store: Open Tuesday - Saturday, 10:00 a.m. - 3:00 p.m.. Drop off donations when store is open. \*Note: MCC members get 25% discount with purchase of \$10 or more.

**COMMUNITY ANNOUNCEMENT:**

**5<sup>th</sup> ANNUAL MOILILI SUMMER FESTIVAL**, Saturday, July 2, 5 - 10:30 pm., Varsity Building, 1110 University Avenue. Great food vendors, arts & crafts and the largest bon dance in Honolulu.

Our wishes to our **June** birthday participants.

CABRAL, ERNA  
CHANG, WAYNE  
ENOMOTO, PATRICIA  
GRAFF, ELEANOR  
GUM, LAURETTA  
HAMADA, SHIRLEY  
HANAUMI, ANN  
HASEGAWA, FAYE  
HIRAI, ELSIE  
HORSTMAN, PHYLLIS  
ISHII, JUNE

KANESHIRO, LINDA  
KIKUTA, HENRIANN  
KITAGAWA, GRACE  
KODANI, IRENE  
KON, BETTY  
LEE, MAY  
MAEDA, CLYDE  
MATSUKAWA, ELSIE  
MATSUMOTO, TERUKO  
MIHARA, AMY  
MURAKAMI, NANCY

MURRAY, MIMI  
NAGAMI, MACHIKO  
NAITO, CARL  
SAKAMOTO, NANCY  
SATO, JANE T.  
SATO, SETSUKO  
SHIMABUKURO, RICHARD  
SHIOHIRA, JEANETTE  
SUEHISA, MICHIKO  
SUSAKA, YACHIYO  
TAKAMURA, ITSUKO  
TAKARA, RICHARD  
TAKESHITA, EDNA

TAMAKI, KENJI  
TANABE, ALLEN  
TANNA, MASAE  
TERAMOTO, CYNTHIA  
TERUYA, DEBBIE  
TERUYA, KATHLEEN  
TSE, SILVIA  
TSUKAMOTO, SACHIE  
UYETAKE, JUDITH  
WADA, EDNA  
WOLFF, MARION  
WONG, FLORENCE  
YOSHIOKA, EVELYN

**Moiiliili Senior Center  
Schedule of Special Events  
June 2016**

*Days to remember in June:  
8 - Best Friend's Day  
10 - Kamehameha Day Observed - Center Closed.*

*14 - Flag Day*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Acupuncture 9 am Rm 207		Craft Workshop: Kumihimo - Adv 9 am Rm 209		Craft: Chigiri-e 9 am
		Acupuncture 9 am Rm 207  Seminar: Eat Smart, Live Strong 9:15 am Rm 105		Craft Workshop: Kumihimo - Beg 9 am Rm 209	Holiday! Kamehameha Day Observed. Center Closed.	
		Acupuncture 9 am Rm 207		Craft Workshop: Creative Memory Photo Keeper 9 am Rm 209	Seminar: Angina 9:15 am Rm 105  Movie: "Joy" 12:15 pm Rm 202	
		Acupuncture 9 am Rm 207	Excursion: Arcadia Retirement Residence 9:40 am		Seminar: Medication Review 9:15 am Rm 105	
		Acupuncture 9 am Rm 207  Seminar: Inflammatory Bowel Disease 10:45 am Rm 105	Excursion: Halawa Xeriscape Garden 8:50 am		* Light the Night for Sight Month * * National Candy Month * * Cancer in the Sun Month * * Dairy Month * * National Fresh Fruit month * * National Iced Tea Month *	
26	27	28	29	30		
19	20	21	22	23	24	25
12	13	14	15	16	17	18
5	6	7	8	9	10	11

# Molili Senior Center Class Schedule June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 No Class	8:00-9:00 Fall Prevention (Room 105)	7:30-1:00 Mah-Jongg (Room 207-8)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	8:00 - 9:30 Beginner's Line Dancing I (Weinberg)	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	9:00-12:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	FULL	9:00-11:00 Shodo (Room 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi (108) (Room 305)	8:30-10:30 Crochet/Knit (Room 209)	9:00-10:00 Tai Chi(108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. I)	9:30-12:00 +Ribbon/Croch. (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	9:30-11:00 Rhythm & Life (Int. II)	9:15-10:00 Group Singing (Weinberg)	Closed	Begins 6/25 Lei Making (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	10:45-11:45 Soroban (Room 209)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	Begins 6/25 Solo Ukulele II (Room 303)
10:15-12:00 Rhythm & Life (Adv. I)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:30-11:30 *Sumie (Room 209)	9:30-10:30 Brain Training (Room 202)	Closed
1:00-3:00 Buyo & Enka (Weinberg)	11:30-1:00 Zumba/PiYo (Weinberg)	10:15-11:45 Beginner's Line Dancing II (Weinberg)	12:00-2:30 *Citizenship (Room 202)	10:00-10:30 R&L Chair Exer (Room 105)
5:30 - 6:30 +Spec. Aerobics Begins 6/27 (Room 305)	12:00 - 2:30 *Citizenship (Room 202)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Weinberg)	1:00-2:30 Line Dancing (Room 105)	Closed
	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beg.) (Room 305)	Reminder: No class the last Thur. of the month. 2:30-3:30 Zenidaiko (Weinberg)	11:15-12:15 Dahn Yoga (Weinberg)
	+ Tuition based classes. Walk-in fee \$5.	12:00 - 2:00 Ohana Karaoke (Room 209)		12:00-1:30 Rhythm & Life (Int. I) (Room 305)
		12:30 - 3:00 Kitsuke (Weinberg)		Closed
				Saturday
				9:30 - 11:00 +Adult Hula Auana (Room 105)
				Begins 6/11 +Jpns/Okwn Doll Making & Oshie (Room 207-8)

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director: Sunday Kamai-Regidor & Akira Goto.

The Senior Medicare patrol is... **LOOKING OUT FOR YOU**  
 Date: 5/1/16  
 Subject: IRS Warns Seniors - Tax Thieves Never Sleep!  
 On April 18, 2016, tax deadline day, the local IRS office went on TV news to warn us: Even after the tax preparation season ended, scammers may contact you.  
 \*They may claim you have an overdue "tax bill," which you must pay immediately through a prepaid debit card or wire transfer. Or they may promise you a big refund in order to get personal information from you.  
 \*On the phone they will masquerade as the IRS, using methods like robocalls, spoofing, or fake caller IDs to trick you into believing they are legitimate IRS agents. On the web they trick you into clicking on links that look official. You may become a victim of identity theft when someone posing as you causes great damage to your credit and reputation.  
 \*A worse case scenario is when the IRS tells you they rejected your tax return because

someone used your name, Social Security number (also your medicare number), and counterfeit W-2 forms to file a return in order to collect a refund. You will have to face the harsh reality that you have been victimized and your identity stolen. A local man received such a letter from the IRS, it took him several phone calls and being on-hold for more than 45 minutes when he called IRS to verify his identity.  
**WHAT YOU SHOULD DO**  
 \*If you receive a phone call sounding like one of these scenarios, **HANG UP IMMEDIATELY!** Call the IRS at 1-800-829-1040 or contact the Federal Trade Commission Complaint Assistant at [www.ftc.gov](http://www.ftc.gov) and add the words "IRS Telephone Scam" to your report.  
 \*If you receive a suspicious email, report it to [phishing@irs.gov](mailto:phishing@irs.gov)  
 Since your Social Security and Medicare numbers are the same, you may become a victim of medical fraud as well, so call the Senior Medicare Patrol at 1-800-296-9422 for assistance.