



Say "I Love You" in sign language!



HELLO

ADRC Connection

Signs Your Loved One Should No Longer be Driving...

Are you worried about an older family member or friend driving? It can be hard for some people to recognize or admit when it's no longer safe to drive. You might want to observe the person's driving skills or ask them to consider doing a self-assessment of their driving. If it's not possible to directly observe the person's driving, watch for these signs:

- Multiple vehicle crashes, near misses, or new dents or scrapes on the car.
- Getting lost in familiar areas.
- Two or more traffic tickets or warnings within the last two years.
- Drifting into other lanes.
- Comments from neighbors or friends about erratic, unsafe, or aggressive driving.
- Anxiety about driving at night.
- Health issues that might affect driving, including problems with vision, hearing, and movement.
- Complaints about the speed, sudden lane changes, or actions of other drivers.
- Recommendations from a doctor to modify driving habits or quit driving entirely.
- Noticeably slower reaction times.
- Increased confusion or anxiety while driving, including overly defensive behavior.
- Mix up brake and gas pedals.

Special Days In April 2024

- 1 - April Fool's Day
- 2 - Autism Awareness Day
- 2 - **Howards Grove & Sheboygan Senior Dining Sites Closed for Voting**
- 7 - World Health Day
- 15 - **American Sign Language Day**
- 22 - Earth Day
- 26 - Arbor Day

- 1-7 National Public Health Week
- 14-20 **Volunteer Appreciation Week**
- 23-29 National Library Week!

April is...
Parkinson's Awareness Month
Distracted Driving Awareness Month

Would you like our newsletter delivered to your inbox?? Sign up for the electronic version of our newsletter at:

<https://www.mycommunityonline.com/organization/adrc-aging-disability-resource-center-of-sheboygan-county>



Sheboygan-County-Aging-and-Disability-Resource-Center
Know us Before You Need Us
www.sheboygancounty.com

920-467-4100
Your Sheboygan County ADRC
April- 2024

Senior Dining



**Senior Dining
Sites
Call for
reservation**

Fellowship, Food & Fun

Adell Area Community Center

510 Siefert

Phone: 920-994-9934

Open: Tuesdays & Thursdays

Sheboygan—Bethany Church

1315 Washington Avenue

Phone: 920-207-2522

Open: Monday thru Friday

Howards Grove-Village Hall

913 S. Wisconsin Drive

Phone: 920-467-4020

Open: Tuesdays

Restaurant Models

****No Reservation Needed**

Pic-a-Deli in Plymouth Generations

1500 Douglas Drive

920-892-4821 Extension 303

Open Monday thru Friday

Mary's Country Grove

322 Co Rd RR, Cedar Grove

Phone: 920-207-2522

Open: Thursdays 8-10 am

Kathy's 111 Trackside Café

111 Carroll St., Random Lake

Phone: 920-447-8065

Open: Fridays 8-10 am from April 5

ASK THE ADRC

SMP case study:

Marie is 66 years old and has Original Medicare. She was surprised to get a call from Medicare, saying that she would be getting a new card this year. The caller just needed her to provide her Social Security number and address to verify her Medicare number. Marie was about to enter her doctor's office so said she would call back later that day, using the callback number the caller provided. Marie sensed something was off, but her husband did say that he was sent a new card a few years ago, so this may be something that happens periodically.

What should Marie do?

- Marie should call her local SMP.
 - If she is unsure how to reach her local SMP, she can go to www.smpresource.org or call 877-808-2468.
- The SMP team member can tell Marie that Medicare beneficiaries are not receiving new cards, and the call was likely a scam. Medicare will not call you unannounced and ask for your personal information over the phone. If a new Medicare card was being issued, they would notify you by mail. Marie should not call that person back.
- The SMP team member will recommend that in the future Marie immediately hang up on people claiming to be from Medicare unless there has been a recent request for a callback from Medicare's customer service line.



Our Mission Statement

The Mission of the Aging and Disability Resource Center (ADRC) of Sheboygan County is to empower and support seniors, people with disabilities, and their families to ask for help, find a way to live with dignity and security, and achieve maximum independence and quality of life.



Contact Us At:

Sheboygan County Aging and Disability Resource Center

650 Forest Avenue

Sheboygan Falls, WI 53085

Phone: 920-467-4100

mail: adrc@sheboygancounty.com

BINGO NIGHT!!

Sponsored by the Sheboygan County ADRC (Seniors 60+)

Dinner

\$8 Suggested Contribution

BOXED LUNCH to include:

Ham & Cheese Or

Turkey & Cheese Croissant

With Fruit, Creamy Pasta Salad, Cookie

Coffee – Milk – Water

**YOU'RE INVITED TO PLAY WITH US
SPACE IS LIMITED – SIGN UP NOW!**

TUESDAY, MAY 14 – 4:30 TO 7:30 PM

Emil Mazy Hall

5425 Superior Ave, Sheboygan, WI



Bingo Cards Reserved only upon payment - \$2 each
100% Payout & 100% Fun!

RSVP Deadline: Tuesday, April 30, 4 pm

Pay at any Sheboygan County Senior Dining Site or
Call **920-467-4139** to reserve your spot

VOLUNTEERISM & HEALTH



Sheboygan County Elder Services would not be the same without our valued crew of volunteers. Whether they are trained facilitators for one of our health promotion workshops, work tirelessly at our senior dining sites, or drive senior residents to their medical appointments, they are an incredibly important part of our team. The Sheboygan County Elder Services department would like to formerly thank each and every volunteer who is involved with our programs.

As program providers, volunteer recruitment and retention can often be viewed as a task to help us offer health education programming and other services. But what if it's much more than that? Could volunteerism be a health education intervention itself?

Research shows that engaging in volunteer work has a significant positive impact on our health and here is why:

- Volunteering improves not only mental health, but physical health as well. Studies show volunteering has a favorable effects on depression, life satisfaction, and overall wellbeing. Some studies even show improvement in mortality rates for those who volunteer.
- Engaging in any volunteer opportunity is beneficial, but those who participate in continuous volunteering, and those who shifted from inactive-to-active volunteering, show better physical function and less depression.
- Volunteering provides a sense of purpose (vocational/career wellness) and teaches valuable skills (intellectual wellness).
- Engaging in volunteer opportunities can nurture new and existing relationships (social wellness).

We have an incredible opportunity to improve the health and wellness of our community by offering meaningful volunteer work, with a special focus on older volunteers. Research demonstrates that older adults experience greater increases in life satisfaction and self-esteem than younger generations, yet 76% of retirees don't volunteer at all! So let's get the word out!



If you are interested in volunteering with Sheboygan County Elder Services, please contact us at 920-467-4100.



INFORMATION & ASSISTANCE HAS OFFICE HOURS IN ADELL

On the 1st and 3rd Tuesday of the month, Information and Assistance Specialists are available at the Adell Area Community Center, 510 Siefert Ave., between 9 am and 1 pm.

Appointments are Encouraged by calling us at 920-467-4100.

However, we are there for you, so please feel free to walk in to talk with us.

COMMUNITY CALENDAR OF EVENTS

DEMENTIA & HEARING LOSS: What's the Connection?

Dr. Richard Flunker, Hearing Instrument Specialist, HearingLife Hearing Center
Wednesday, April 3, 10:30 am

Uptown Social
1817 N 8th St., Sheboygan
920-459-3290

TECH HELP @ UPTOWN SOCIAL

Thursday, April 4 11 am - Noon

Mead Library staff will be at Uptown Social to offer free one-one-one tech support. Bring your phone, tablet, or computer for help with email, navigating your device, setting up online accounts, word processing, and other tech questions. Be sure to bring any passwords and cords that your device needs to work.

1817 N 8th St., Sheboygan
920-459-3290

Simple Exercises to Improve Balance for Hiking and Stability at All Ages

Wednesday, April 10, 11 am

Uptown Social
1817 N 8th St., Sheboygan
920-459-3290

MEMORIES IN THE MAKING

April 12, 10 am - 11:30 am

The signature art program of the Alzheimer's Association that allows individuals living with memory loss to express themselves through art. Care partners and those living with memory loss join in an art session led by an instructor in a comfortable social gathering that allows people to connect, socialize, and build new support networks. Art supplies are provided.

Registration recommended

Uptown Social
1817 N 8th St.
Sheboygan, WI
920-459-3290

Plymouth Maple Festival

April 6, 2pm - 6 pm

Bring the whole family to this fun event that celebrates maple sugaring season in and around the Kettle Moraine State Forest! Local maple syrup producers will be on hand to demonstrate the tree-tapping and syrup-making process. Peruse local maple products, participate in kids' activities, and celebrate the start of spring with your neighbors and friends!

St. Paul's Episcopal Church will be serving up a delicious pancake breakfast, featuring real Drewry Farms maple syrup, breakfast sausage, and beverages.

Plymouth City Park
203 Suhrke Rd
Plymouth, WI
For full details on the event, please visit plymouthmaplefestival.com.



BRAIN TEASERS:

1. I left my campsite and hiked south for 3 miles. Then I turned east and hiked for three miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?

MEMORY CAFÉ

Spring Flowers & Gardening

April 26, 10 am - 11:30 am

Memory cafes offer themed social gatherings for people living with memory loss and for their families, friends, or care partners.

Registration Recommended

Plymouth Public Library
130 Division St
Plymouth, WI
920-892-4416

ANSWER:
1. White, since the only place you can do that is the North Pole, and Polar bears are the only kind of bears that live there.

How to Stay Well-Hydrated

Water isn't just a refreshing thirst-quencher, it's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health and as you get older it's even more important to focus on!

Seniors are more vulnerable to dehydration for a number of reasons:

- Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it and as a result may drink less than you need.
- Older adults experience body composition changes over time that leave them with less water in their bodies to start with.
- Seniors are more likely to take medications that increase dehydration risk.
- Older adults' bodies may not regulate temperature as efficiently. This means that during exercise or activity, seniors are more likely to become dehydrated through sweating.

Symptoms of dehydration: Even mild dehydration can cause an array of uncomfortable and debilitating symptoms. These may include:

- Dark-colored urine or urinating less frequently
- Fatigue or feeling weak
- Irritability
- Dizziness
- Headaches
- Muscle cramps in arms or legs
- Dry mouth
- Confusion or decreased cognitive function



How much water do you need to stay hydrated?

As a general rule, aim for half of your bodyweight in ounces each day. For example, if you weigh 140 pounds, aim to get about 70 ounces of hydrating fluids each day. However, it's best to talk to your doctor to determine how much water you should be drinking daily as some medications and medical conditions can change the amount of water you might need.

Tips to stay hydrated:

There are simple steps you can take to get the water your body craves. Here are some ideas to get you started:

- Choose foods with high water content such as cucumbers, watermelon, lettuce, strawberries, tomatoes, and celery. Soups, broths, and stews are also a good way to boost your fluid intake.
- Keep water with you! Consider a refillable water bottle to carry around with you.
- Avoid or reduce your alcohol intake. Alcohol is a diuretic, which means it prompts your body to remove fluids from your bloodstream.
- Change it up. Try adding flavor with sugar-free mixes or by infusing water with fruits and vegetables at home. Add slices of fresh lemon, apple, cucumber, or berries. Low-sugar sports drinks or protein and nutritional shakes may also be good options for you!



TECH-TIPS

Use privacy settings on social media

You can change your privacy settings on Facebook and other social media sites to control who can see your posts. If you leave your settings in public mode, anyone can see your posts' statuses and the photos you share. To ensure that only the people you trust can see your posts, change your settings so that only the friends you have connected with can see what you share online.

How to update privacy settings in Facebook:

- Tap in the top right of Facebook, then tap your name.
- Tap See More About Yourself on your profile.
- Tap or Edit to update your information. If applicable, use the audience selector when you tap or Edit to choose who you're sharing it with.

April Showers

S N Y V Y W E T A L O C O H C Z Q
E J A T H D E F G N I N N I G E B
K C D T H N N O T E K S A B M Q B
O U S W A R M E R W E A T H E R Y
J O L N T C X W C M W S I X I J E
U Z O F E J A O H H R U Q T E H L
Q S O Y Y E L R I N N N J L O G J
X R F M D A R G C N G J L T Q P S
B E L M Y I D G K J X Y Q C N L P
U W I C F A K H S O B S D P X A R
N O R C R U F V T E R W S X W N I
N H P O X W U L A R O V E G S T N
Y S A O H X N N O L A N I S K I G
E A S T E R S L P W L E R K Z N K
S E L D D U P N K H E B A L N G T
U U M O O L B X R S U R U A T F X
C A O B A S E B A L L O S M N E V

April Fool's Day
Beginning
Chocolate
Green
Planting
Spring

Aries
Bloom
Earth Day
Grow
Plow
Sun

Baseball
Bunny
Easter
Jellybeans
Puddles
Taurus

Basket
Chicks
Flowers
Jokes
Showers
Warmer Weather

WHAT WILL I FIND AT THE AGING & DISABILITY RESOURCE CENTER OF SHEBOYGAN COUNTY?

Elderly Nutrition Program:

Provides seniors, 60 years and older, low-cost, nutritious meals. Congregate sites provide well-balanced meals and an opportunity to socialize with peers various days of the week at sites located in Adell, Howards Grove, Plymouth, and Sheboygan. Restaurant-style sites provide nutritious menu options in a restaurant setting in Cedar Grove and Random Lake (seasonal). Home delivered meals are offered up to 5 days per week throughout the county for homebound seniors.

Transportation:

Rides are provided by volunteers and county operated handicap accessible vans. Persons over age 60 and those with a designated disability may utilize this program for transportation to any medical appointment.

Telephone Reassurance Program:

To help reduce isolation and loneliness, this program provides companionship for those who are homebound and/or living independently.

Family Caregiver Support Group:

Help find support from other caregivers on issues, concerns, and the joy of caregiving.

Evidence-Based Health Promotion Classes:

A variety of classes are offered to help seniors improve their strength and balance and be educated in various aspects of life. Classes include Tai Chi for Arthritis; Stand Up For Your Health; Walk With ease.

Information and Assistance:

Specialists provide you with knowledge about services, programs, and solutions for disability and long-term care issues such as living arrangements, health, adult protective services, and other publicly funded services.

Volunteer Opportunities:

Seniors and others are always welcome to join our core of volunteers at our nutrition and transportation programs.

Benefits Counseling:

Benefit specialists provide accurate and current information about private and government benefits and programs. They help you cut the 'red tape' when people run into problems with Medicare, Social Security, and other benefits.

Elder Benefits Specialist Mary Kempf holds office hours at the Adell Community Center - 510 Siefert Ave. - on the First and Third Wednesdays of the month.

By appointment only at 920-467-4100.

Accommodations can be made for those unable to travel.



If interested in any of the above services or programs, please call the ADRC at 920-467-4100.

Memory Screening

A Closer look at Memory Changes

Are you noticing changes?

A memory screen is a wellness tool that helps identify possible changes in memory and cognition.

It creates a baseline of where a person is at so that future changes can be monitored.



Thursday, May 2, 2024

12 Noon— 2:00 p.m.

(Confidential / Screening on First Come, First Serve Basis)

Lakeview Community Library

112 Butler Street

Random Lake, WI 53075

It's FREE and takes only 15 minutes!

Screening administered by the staff of
Sheboygan County



Get immediate results

Keep them for future comparison
and/or share them with your

Early detection is important

Just as blood pressure, cancer, diabetes, or
stroke screening contribute to prevention and
better treatments, so do memory screens.

Questions?

Contact the Aging & Disability Resource Center (ADRC) of Sheboygan County

920-467-4100

Senior Dining

Adell 920.994.9934, Sheboygan 920.207.2522, Howards Grove 920.467.4020

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 Denver Egg Bake	2 Howards Grove & Sheboygan Sites Closed Citrus Salmon (Adell ONLY)	3 Caprese Chicken	4 Pizza Casserole	5 Pork Tenderette w/ Onion
8 Salt and Pepper Cod	9 BBQ Grilled Chicken Breast	10 Stuffed Shells w/ Meat Sauce	11 Chicken Enchilada Bake	12 Beef Fajitas
15 Swedish Meatballs	16 Scrambled Eggs w/ Cheese	17 Beef Stew	18 Montreal Chicken Thigh	19 Ham Loaf w/ Raisin Sauce
22 Blackened Tilapia	23 Grilled Brat	24 Salmon Patty w/ Cucumber Salsa	25 Sweet & Sour Pork	26 Chicken Chimichanga
29 Mushroom Swiss Burger	30 Pork Chop w/ Sauerkraut			

In addition to the main entrees listed above, all meals include a variety of sides including fruits, vegetables, breads, pastas, rice, potatoes, fruit, and deserts.

Call the site directly to reserve your lunch by 9am the business day before.

Adell Serving Tuesdays and Thursdays
Howards Grove Serving Tuesdays
Sheboygan Serving Mon, Tues, Wed, Thurs, Fri

Senior Dining



Fellowship, Food Fun

**FOOT CARE CLINIC
SCHEDULE**

* Call individual site to schedule appointment with R.N. Nancy

LOCATIONS:

Ebenezer UCC - Sheboygan
 St. Paul's Lutheran - Random Lake
 Howard's Grove Senior Center
 For the above call 920-207-1654
 Generations in Plymouth call 920-892-4821



Dates in April	Location	Time
3	Ebenezer UCC	12:30 pm
5	Plymouth	9 am
9	Ebenezer UCC	12:30 pm
11	Plymouth	9 am
16	Ebenezer UCC	12:30 pm
18	Howards Grove	12:30 pm
19	Plymouth	9 am
23	Ebenezer UCC	12:30 pm
25	Plymouth	9 am
30	Ebenezer UCC	12:30 pm

Senior Dining @ Pic-a-Deli

Dine in only—Available Monday through Friday 11:00 am - 1:00 pm

At Generations in Plymouth

Wraps and Sandwiches

- **Chicken Bacon Ranch:** lettuce, cheddar cheese, and ranch served on a seminal role or while wheat wrap
- **Grilled Cheese:** bacon, tomato, served on Multigrain or White bread

Includes up to 2 sides

From the Grill

- **Hamburger:** ketchup, mustard, pickles, onions
- **Cheeseburger:** ketchup, mustard, pickles, onions
- **Chicken Strips:** dipping sauce

Includes up to 2 sides

Lighter Side

- **Soup of the day and 1/2 sandwich**
Ham, Turkey, Roast Beef, or Tuna with choice of cheddar or provolone

Includes 1 side

Side Choices: potato salad, coleslaw, steamed vegetables, or fruit.

Milk, water, and or first cup of coffee included with any meal
All meals come with fruit and dessert.

No meal substitutions—Other items may be purchased through Pic-A-Deli

Daily Specials Below :Available while supply lasts unless reserved in advance by calling 892-4821 ext. 303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Liver and Onions or Hamburger Mashed Potatoes Vegetables	2 Taco Salad Meat, Cheese, Sour Cream and Salsa	3 Turkey Breast and Gravy Mashed Potatoes Stuffing Vegetables	4 Ground Beef Shepard's Pie Mashed Potatoes Vegetables	5 Baked Chicken Scallop Potato Vegetable
8 Salisbury Steak Mashed Potatoes & Gravy Vegetables Bread/Butter	9 BBQ Chicken Au gratin Potatoes Vegetables	10 Lasagna Garlic Bread Vegetables	11 Meatball Sub Creamy Pasta Salad	12 Baked Fish Tater Tots Coleslaw Applesauce Rye Bread
15 Chicken Salad Croissant Potato Salad	16 Shredded Pork on Bun Baby Red Potatoes Baked Beans	17 Chicken Piccatta Wild Rice Vegetables	18 Beef Stew Corn Bread	19 Reuben Pasta Salad
22 Spaghetti with Meatballs Buttered Corn Garlic Bread	23 Swiss Steak Mashed Potatoes Mixed Vegetables	24 Chicken Parmesan Noodles Vegetables	25 Bratwurst/Bun Baked Beans German Potato Salad	26 Pork Spare Ribs Au Gratin Potatoes Vegetables
29 Fish Fry/Tarter Sauce Red Potato Cole Slaw Bread	30 Philly Cheese Steak Potato Salad			

ACTIVITIES

11 am
until
lunch
service

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sheboygan- Bunny Dice	2 Howards Grove and Sheboygan DINING SITES CLOSED – ELECTION DAY Adell – Word Games & Puzzles, Sheepshead (1:30)	3 Sheboygan- Sunshine Bingo	4 Sheboygan- Race Game Adell- Easter Bingo, Sheepshead	5 Sheboygan 
8 Sheboygan- Right-left-center	9 HG – Dime Bingo Adell – Word Games & Puzzles, Sheepshead (1:30) Sheboygan-Trivia Bingo	10 Sheboygan- Timeline	11 Sheboygan- Golf Dice Adell- County Dietician, Sheepshead	12 Sheboygan 
15 Sheboygan- Springtime Jingo	16 HG – Nutrition w/ Janeth Adell – Word Games & Puzzles, Sheepshead Sheboygan-Claire Carlson, SPARK from JMKAC	17 Sheboygan- Seven-Eleven	18 Sheboygan-Keno Adell- Bunny Dice Game, Sheepshead	19 Sheboygan 
22 Sheboygan- Five Card	23 HG – Bunny Dice Adell – Word Games & Puzzles, Sheepshead Sheboygan-Fifth Grader	24 Sheboygan- Sunshine Bingo	25 Sheboygan- Fifty-One Adell- Rocky Knoll Enrichment, Sheepshead	26 Sheboygan 
29 Sheboygan- Draw Game	30 HG – The Price is Right Adell – Word Games & Puzzles, Sheepshead Sheboygan- Birth- day Party w/music by The Accordion Club			

What is Parkinson's Disease?

A neurodegenerative disorder that affects predominately the dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra.

Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease. People with PD may experience:

-Tremor, mainly at rest and described as pill rolling tremor in hands; other forms of tremor are possible

-Slowness and paucity of movement (called bradykinesia and hypokinesia)

-Limb stiffness (rigidity)

-Gait and balance problems (postural instability)

In addition to movement-related ("motor") symptoms, Parkinson's symptoms may be unrelated to movement ("non-motor"). People with PD are often more impacted by their non-motor symptoms than motor symptoms. Examples of non-motor symptoms include: depression, anxiety, apathy, hallucinations, constipation, orthostatic hypotension, sleep disorders, loss of sense of smell, and a variety of cognitive impairments. For more information, visit www.parkinson.org.



BRAIN TEASERS

1. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?
2. There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

Tax Time Tips

Tax time is approaching! Check out the following quick tips and reminders to help you navigate tax season and safeguard your financial information.

- Keep all relevant tax documents, such as 1099s, W-2s, and receipts, organized and easily accessible. This will streamline the tax preparation process and help you maximize eligible deductions.
- Consider filing your taxes as early as possible. This not only helps you receive potential refunds sooner, but also reduces the risk of identity theft or fraud. Be mindful of the filing deadline (April 15) and tackle your taxes promptly for a less stressful experience.
- Double-check your personal information, including Social Security Number and address, to avoid any delays in processing your tax return.
- Ensure you have the correct bank routing and account numbers when setting up direct deposit for your tax refund or when utilizing tax software.
- Consider setting up alerts for account activity to quickly detect any unauthorized transactions or potential fraud.
- When your taxes are more complex, consult with a tax professional for personalized advice and ensure compliance with the latest tax regulations.

The Federal Trade Commission (FTC)* recently posted a reminder about tax-time scams: "If someone contacts you unexpectedly about a tax refund, the most important thing to know is that the real IRS won't contact you by email, text message, or social media to get your personal or financial information. Only scammers will."

Key reminders to protect your personal and financial information:

- Visit the IRS official website directly (www.irs.gov) for tax-related questions, forms, and to check the status of your potential refund.
- Be cautious of phishing emails or calls claiming to be from tax authorities. The IRS will never contact you through unsolicited calls or emails. Never click on links in these emails.
- Avoid sharing sensitive information, such as your Social Security Number or bank details, with anyone claiming to offer tax-related assistance. Verify the legitimacy of the request with your bank or tax authorities.