



# Age-Friendly Montgomery

**"I'm inviting you to enjoy our County's resources and programs."**

**County Executive Ike Leggett**

## **During Crime Prevention Month – Learn Some Do's and Don'ts to Lessen Your Chance of Becoming a Victim**

- **Don't** keep personal belongings, even spare change, in plain view in your car, even if it is locked. Theft from vehicles is the most common crime in Montgomery County.
- **Don't** give money to anyone who calls you on the phone, unless you know who the caller is. Telephone scams are continually taking place and seniors are frequently targeted.
- **Don't** immediately hire workers who randomly show up at your door offering to do odd jobs like: repave your driveway, repair your roof, or provide landscaping services.
- **Do** let a neighbor know when you will be away and do wait until you return to post vacation photos on social media.
- **Do** keep your wallet in your front pocket, or in a closed purse. Keep your purse in front of you at all times. An open purse is an easy target for a thief.
- **Do** try to be aware of what is going on around you. If you think a person, vehicle or situation is suspicious, call 301-279-8000, the police non-emergency number. Call 9-1-1 if you believe that a crime is occurring.

## **In Case of Emergency: Check the Fridge**

Emergency medical personnel arrive at the home of an older adult, only to find them unconscious or confused. They have few facts to go on. Does the patient have any existing conditions? Are they taking any medications? Do they have any allergies? The medics quickly seek information by looking through the medicine cabinet, while precious seconds tick by.

To enable rescue personnel to obtain an accurate medical history when a patient or family member is unable to offer one, the Montgomery County Fire and Rescue Service offers a program for seniors called the "File of Life." Each red, magnetic File of Life packet contains important medical information about you and, once completed, is kept on the outside of your refrigerator.

The File of Life also provides an area to list contact information for your doctor, family members and any other special circumstances that rescue personnel should know in caring for you.

**FREE** File of Life packets are available upon request to all residents of Montgomery County, Maryland. Call 3-1-1 or 240-777-2430 for information or to have one mailed to you. Visit us at [www.mcfrs.org/mcsafe](http://www.mcfrs.org/mcsafe)

## **Contact Us Today**

- **Aging & Disability Resource Line 240-777-3000**
- **3-1-1 or 240-777-0311 for County programs and services; 9-1-1 for emergency**
- **[www.montgomerycountymd.gov/senior](http://www.montgomerycountymd.gov/senior)**
- **"Seniors Today" airs on Sundays, Tuesdays and Thursdays at 6:00 p.m. on Comcast/RCN 6, Verizon 30**