

Customized Senior Services  
to Maintain Lifestyle  
& Financial  
Independence

**Marcia L.  
Campbell, CPA**  
A PROFESSIONAL CORPORATION

Specializing in Elder Care,  
Trusts & Estates,  
Taxes & Small  
Business

Certified Senior Advisor (CSA)® ♦ Elder Care Professional ♦ Accredited Estate Planner (AEP)

Volume 13, Issue 8

August 31, 2018

**AUGUST ISSUE**

**Inside This Issue:**

IRS Warns of Scams Related to Natural Disasters	1-2
Fun Activities for Seniors	1-2
What our Clients Say About Us	2



**Fun Activities for Seniors**

Our loved ones need to be stimulated mentally, physically, and socially to maintain health and to avoid depression and isolation. Below are some ideas to get you thinking about ways to connect and inspire your loved one to keep learning, get stronger, and have fun.

**Games and Exercise**

- ♦ *Walks:* Even if it is just a once daily walk or even a ride in a wheelchair outside, the fresh air and change of pace can make a huge difference in mood and circulation. Take them shopping to the mall, to a favorite restaurant, etc.
- ♦ *Hand Strength and Coordination:* Use items like therapy dough to stimulate creativity and keep the hands agile and strong.
- ♦ *The Wii* can offer low-impact opportunities for moving around. Look around for games or fitness Wii cartridges that your loved one may enjoy.
- ♦ *Make Music:* Fiddle around with instruments. Kid instruments like thumb pianos, simple lap harps, and recorders can be inexpensive and fun.

*Continued on next page*

**IRS Warns of Scams  
Related to Natural Disasters**

The Internal Revenue Service is reminding taxpayers that criminals and scammers often try to take advantage of the generosity of taxpayers who want to help victims of major disasters.

Wildfire and hurricane seasons are upon us, and taxpayers need to be vigilant of scams that will undoubtedly pop up when these natural disasters occur.

Fraudulent schemes normally start with unsolicited contact by telephone, social media, e-mail or in-person using a variety of tactics.

- ♦ Some impersonate charities to get money or private information from well-intentioned taxpayers.
- ♦ Bogus websites use names similar to legitimate charities to trick people to send money or provide personal financial information.
- ♦ They even claim to be working for or on behalf of the IRS to help victims file casualty loss claims and get tax refunds.

**Others operate bogus charities and solicit money or financial information by telephone or e-mail.**

*Continued on next page*



Fun Activities for Seniors...*Continued From Pg 1*

### Activities to Stay Connected

- ♦ *Family Games* like Bingo and Chess can be an enjoyable way to connect. Researchers have found that engaging in games can have health benefits for the elderly.



- ♦ *Record History:* Have your loved one use a voice recorder to record family history as a gift to younger generations. You may need to structure questions they can answer.
- ♦ *Create:* Make a family cookbook with your loved one. You can test the recipes as a family, rate them, and have your loved one take pictures of the meal. Old and new recipes should be considered.

### Fun Ideas for the Home

- ♦ *Change Things:* Too often our loved ones have mobility issues that require them to stay in one room for a large part of their day. Move furniture or change where the person sits for a different view.
- ♦ *Think About Smells:* Some perfumes are too much and candles can be a hazard, but small potpourri bowls can make a difference.
- ♦ *Music Is Important:* Try different types to see what your loved one likes.
- ♦ *Change Pictures:* Have picture frames that are easy to change out. When people visit, take a photo of them with your loved one so these can be hung on the wall to remind the person of the visit.

Source: <https://sageminder.com>



You can e-mail us at

Katherine@MCampbellCPA.com to receive  
your newsletter by e-mail!

## What Our Clients Say About Us

***“Friendly & professional,  
a joy to work with.” CE***

IRS Warns of Scams ...*Continued From Pg 1*

### Help for disaster victims

Disaster victims can call the IRS toll-free disaster assistance telephone number (866-562-5227). Phone assistants will answer questions about tax relief or disaster-related tax issues. Details on available relief can be found on the **disaster relief** page on IRS.gov.

### Donate to real charities

To help taxpayers donate to legitimate charities, the IRS website, IRS.gov, has a search feature, **Tax Ex-empt Organization Search**, that helps users find or verify qualified charities. Donations to these charities may be tax-deductible.

- ♦ Contribute by check or credit card, never give or send cash, to have a record of the tax-deductible donation.
- ♦ Don't give out personal financial information such as Social Security numbers or credit card and bank account numbers and passwords to anyone who solicits a contribution.

Taxpayers suspecting fraud by e-mail should visit IRS.gov and search for the keywords **“Report Phishing.”** More information about tax scams and schemes may be found at IRS.gov using the keywords “scams and schemes.”

Source: [www.irs.gov](http://www.irs.gov)

Please contact our office for more information.†

***“Where there is charity and  
wisdom, there is neither  
fear nor ignorance.”  
- St. Francis of Assisi***