

## ON-LINE CLASSES, HEALTH TOPICS AND TECH FOR SENIORS

### [GetSetUp Resources](#)

#### HEALTH TOPICS OF INTEREST

- [Osteoporosis.](#)
- [Arthritis and Key resources.](#)
- [Falls Prevention.](#)
- [Influenza](#)
- [Department of Health COVID-19](#)
- [Tips for Caregivers for Managing COVID19](#)
- [Smoking Cessation](#)

#### SCAMS AND FRAUD TARGETING SENIORS PREVENTION

##### [New Jersey Division of Consumer Affairs in cooperation with the Division of Aging Services](#)

- **"Ten Red Flags That It Might Be a Scam"**  
*A simple list of red flags for seniors to watch out for when they are solicited in person, by phone call, by mail, or through the internet.*
- **"Common Computer Scams" and "Tips to Avoid Computer Scams"**  
*Descriptions of scams using computers, email or related technology that targets seniors, and tips on how to avoid such scams.*
- **"Common Door-to-Door Scams" and "Tips to Avoid Door-to-Door Scams"**  
*Descriptions of scams arising from door-to-door solicitations, including charities scams and contracting scams, and tips on how to avoid such scams.*
- **"Common Mail Scams" and "Tips to Avoid Mail Scams"**  
*Descriptions of scams that may be reaching seniors through the mail, including lottery scams and the IRS tax scams, and tips on how to avoid such scams.*
- **"Common Phone Scams" and "Tips to Avoid Phone Scams"**  
*Descriptions of scams that may originate as phone calls to seniors, and tips on how to avoid such scams.*
- **"You Can't Out-Scam a Scammer"**  
*Guidance on why seniors should not "play along" with a scam phone call, even when they realize it's a scam.*
- **"Important Phone Numbers"**  
*List of important phone numbers that seniors can call if they suspect that they have become a victim of a scam.*
- **"Suspected Scam Calls Log"**  
*Phone log that seniors can use to keep track of phone numbers used by fraudsters to make scam phone calls.*