

## 12 WAYS TO FOIL ID THIEVES

1. Get off mailing lists for preapproved credit card offers –a gold mine for identity thieves – by visiting [optoutprescreen.com](http://optoutprescreen.com) or calling 1-888-567-8688 (toll free). Stop other junk mail at [dmachoice.org](http://dmachoice.org) (mailed requests cost \$1)
2. Enroll for free alerts from your bank and credit card issuers to flag unusual activity .
3. Ask your credit card providers to issue you new “smart cards” with safer EMV chip technology. If they’re unavailable, request replacement plastic with your photograph.
4. To safeguard personal data on your electronic devices, use a smartphone password that isn’t 1234, 0000, 2580, 1111, or 5555 –some of the most easily hacked. Set your smartphone on auto-lock. Make computer passwords at least 12 characters long. Use uppercase and lowercase letters, numbers, and symbols such as # and %. Use different passwords on different accounts and CHANGE them every few months.
5. Three times a year, access the free credit report you’re entitled to at [annualcreditreport.com](http://annualcreditreport.com).
6. If you don’t plan to apply for new credit, loans, insurance or utility services, freeze your report so crooks can’t get new accounts in your name. Rules vary by state, but the \$5 to \$20 fees are often waived if you are 65 or older or provide proof of past identity theft. Type “SECURITY FREEZE” at the websites of Equifax, Experian and TransUnion for instructions. A fraud alert is always free, but not as effective.
7. Mail outgoing payments from a U.S. Postal Service mailbox or the Post Office, not from your more vulnerable home mailbox.
8. Shred unneeded documents that contain personal information.
9. Ask if your internet provider offers free antivirus software. Set it for automatic security updates and a weekly full scan.
10. Never click on links in emails from strangers, or those purporting to be from a governmental agency, or your bank warning of a “problem”. The likely result is that identity stealing malware will be installed on your computer.
11. Carry your Medicare card –its number is the same as your Social Security number—only for planned doctor or hospital visits. You’ll get emergency medical treatment without it, but if you’re worried, carry a photocopy with several digits snipped out. Carry your Social Security card only for visits to Social Security offices.
12. NEVER provide personal information such as your Social Security number to anyone, unless you initiate contact. (Sid Kirchheimer)

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SOMETIMES THE SHORTEST DISTANCE BETWEEN TWO FRIENDS IS A SIMPLE HUG.

**2013 JPRPEA OFFICERS**

**Rodney de la Gardelle – President**

**Ned Pitre – Vice-President**

**Georgia Cloy – Secretary**

**Peggy Guccione – Treasurer, Newsletter Editor**

**2013 BOARD**

**Joy Armstrong**

**Gwen Bolotte**

**Carolyn Capdeville**

**John Comfort**

**David Duplantis**

**Cynthia Hebert**

**Jacqueline Marsh**

**Elizabeth Russell**

**TO: ALL "DUES PAID" MEMBERS ---  
COME JOIN US FOR THE**

# **FALL BARBEQUE**

**DATE: THURSDAY, SEPTEMBER 12, 2013**

**TIME: 12 NOON TO 3 PM**

**LOCATION: The ITALIAN-AMERICAN SOCIETY  
HALL, 1910 MONROE ST., GRETNA**

(Entrance on Porter Street between Monroe & Franklin Avenue – two blocks off the  
WB Expressway, Gretna)

**MENU: CATERED BY CORKY'S BBQ**

- Pork and Beef Brisket --Barbeque Sauce --Sandwich Buns
- Cole Slaw -- Baked Beans --Soft Drinks (no beer)
- Italian Spaghetti & Meat Sauce

**DESSERT:** Fudge nut brownies and Apple Cobbler

**COST: Members: \$15.00    Guests: \$15.00**

Only one (1) guest per member. All Costs Due in  
Advance

**If you are not a member and would like to join, send an additional  
\$10.00 for the current 2014 dues along with the above event costs.  
Paying your \$10 dues will also entitle you to attend the General  
Membership Meeting in December.**

## **ADVANCED REGISTRATION IS REQUIRED**

.....*Cut here and return to insure your reservation*.....

**R.S.V.P.** If you plan to attend, you **must** complete this form and mail  
it along with your check payable to the J.P. Retired Public Employees Assn.,  
P. O. Box 238, Marrero, LA 70073, **before Friday, August 30, 2013.**

**Member's Name** \_\_\_\_\_ **E-Mail** \_\_\_\_\_

**Member Cost** \_\_\_\_\_

**Guest Cost** \_\_\_\_\_

**TOTAL ENCLOSED** \_\_\_\_\_

**NEW MEMBER TOTAL** (if paying  
dues for the 1<sup>st</sup> time) \_\_\_\_\_

+++Non-perishable food and/or checks payable to SECOND HARVEST FOOD BANK will be  
collected. Participation is appreciated but not required. +++

## **HELPFUL PICNIC HINTS**

When taking food to a picnic, don't put the cooler in the trunk of the car. Put the cooler in the air conditioned car. At the picnic, keep coolers in the shade. Keep drinks in a separate cooler from the food, as the drink cooler gets opened much more frequently than the food cooler. Keep ice fresh. If ice melts completely or gel packs thaw, then chances are the foods that are supposed to be protected are no longer safe to eat.

Think about how much food to pack. If you don't take too much along, you won't have to worry about storing leftovers. Food should not sit out longer than two hours. If the temperature goes above 90 degrees discard food after one hour.

(Humana newsletter)

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## **WALKING IS BETTER FOR YOU THAN RUNNING**

The American Heart Association reports on a study that found that individuals who walked briskly were able to reduce their high blood pressure, elevated cholesterol and blood sugar (diabetes) as much as running did, and actually to a higher degree, according to Robert Glatter, MD. If you are looking to improve your overall health, walking can be better for you in the long run. (and a lot easier on your knees)

More than 33,000 runners and 15,000 walkers were tested. Their health was tracked for more than six years. The walkers lowered more of the risk of high cholesterol, diabetes, high blood pressure and coronary artery diseases than the runners. If you don't have the energy to run---take a lot of brisk walks. The same muscles are used in running and walking. Running just uses more energy.

(Humana newsletter)

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Walking and lending a helping hand to others can lead to a healthier life. "Giving back" has many benefits that make you feel good as you are doing good. It also takes the focus off of you and puts it on someone else.

## INFORMATION FOR RETIREES

Classes and seminars are available throughout Jefferson Parish sponsored by the hospitals, insurance providers and organizations. Most of them are free. Here is a list of some of the organizations that sponsor these classes.

West Jefferson Medical Center [www.wjmc.org](http://www.wjmc.org)  
1101 Medical Center Blvd  
Marrero, La 70072  
Jennifer Steel, Director Community Service 349-2051

East Jefferson General Hospital [www.ejgh.org](http://www.ejgh.org)  
4200 Houma Blvd  
Metairie, La 70006  
Nina Victory, Director Community Service 454-5548

Peoples Health [www.peopleshealth.com](http://www.peopleshealth.com)  
3838 N Causeway Blvd  
Metairie, La. 1-800-222-8600  
Senior Health Services 1-888-257-4515

Humana [www.humana.com](http://www.humana.com)  
Customer Service 1-800-457-4708  
Customer Care Team 1-866-396-8810

Classes and newsletters are available to members of the insurance companies

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Life is too short to wake up in the morning with regrets. So, love the people who treat you right, pray for the ones who don't, and believe that everything happens for a reason. If you get a chance, take it; if it changes your life, let it.

Nobody said it would be easy. They just promised it would be worth it.

## **SEAFOOD BOIL/ANNUAL MEMBERSHIP MEETING**

Our Annual Seafood Event was held on June 6, 2013. 119 “dues paid” members and guests enjoyed the event at Lakeshore Playground. Great food, friendship and important information from our guest speakers were shared. Deputy Pat Smith from Jefferson Parish Sheriff Newell Norman’s Office and Vickie O’Brien from the JP Credit Union gave us a lot of information to ponder over. The Credit Union also donated a check to the association and four \$25 gift cards.

Our General Membership Meeting will be held in December on the East Bank for our dues paying members. Information on the date, time, location, and cost will be provided in our next newsletter to our members. Board seats will be up for election. Each board member is elected to serve a three year term. If any member is interested in running for the Board, please contact us. Our mailing address is P O Box 238, Marrero, La 70073. Nominations may be made from the floor.

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## **HEALTH BENEFITS MEETINGS**

### **WEST BANK**

October 29, 2013 at 9:00 am and 1:00 pm

Belle Terre Playground Gym

5600 Belle Terre Road

Marrero, La

349-5044

### **EAST BANK**

October 30, 2013 at 9:00 am and 1:00 pm

Eastbank Regional Library

4747 West Napoleon

Metairie, La

838-1100