



NEUSE NEIGHBORS NEWS

JULY 2022

Helping Our Members Age in Place



FROM THE PRESIDENT

It's been a very busy year for Neuse Neighbors Network, and we're only half way through 2022! Our organization now has over 135 members and nearly 100 volunteers. Not surprisingly, as we continue to grow, we also continue to learn.

One thing that never ceases to impress me is the dedication of our volunteers. As service requests continue to accelerate, this team of amazing men and women continue to rise to the challenge.

To help you get to know some of these 'unsung heroes' a little better, each quarter our newsletter will feature "**Volunteer Connections**", a new segment dedicated to volunteer profiles and activities.

We hope you find these stories both informative and perhaps, inspiring *you* to become one of our essential volunteers!

- Jayne Demers, President

THINK BEFORE YOU CLICK!

Online scams are becoming more common and criminals love to target seniors. Recently, Chris Hobson, NNN's Director of Technology, shared tips to help protect you from being scammed:

- Pamlico County is blessed with great fishing spots but a technology 'phishing' attack can ruin your day. Criminals use sophisticated techniques to trick you into providing personal information, but don't take the bait! **Never click** on any link embedded in an email unless it's from someone you know and trust. If the email is from an organization asking you to "log on", do it from a separate page - not through the link!
- **Never click** on a pop up window when you're browsing the web!
- If you shop online, check the address of the website. If you see a padlock symbol next to it, it's a secure site. If you don't see the padlock, think twice about providing credit card information.
- Hackers love searching for personal information about you. Beware of sharing information online about your birthday, address, mother's maiden name, and never share your social security number!
- If you're out and about using a public Wifi, be extra careful about the information you share. The 'bad guys' troll these unsecured networks for private information. If at all possible, never access your financial accounts on these open hotspots.
- Change your passwords often and make sure your home Wifi is protected with a password that can't be guessed!

VOLUNTEER CONNECTIONS



GOING THE EXTRA MILE

Since the beginning of this year, NNN volunteers have provided 145 services to our members. Of those, roughly two-thirds have required rides - many involving round trips to New Bern and back for medical appointments. Some members who are recovering from surgery or illness need monthly transportation, and without the willingness of NNN volunteers to 'go the extra mile', these members would be faced with very costly commercial transportation, or missing critical health care appointments. If any 'proof' was needed, just ask Marilyn Long. Marilyn became a member of Neuse Neighbors Network earlier this year and since joining, NNN volunteers have provided Marilyn with rides to the grocery store, as well as to essential doctor's appointments. "I've thoroughly enjoyed every one of them," she says. "They've all been so very caring and helpful. They're just sweethearts." Volunteer David Tikkala also went the 'extra mile' when he surprised Marilyn with her favorite Bogue melon from Paul's Produce.

We love all our wonderful volunteers - and a BIG thanks to those who have answered the most transportation requests this year: Denise Meng, Susan Fletcher, Jean White, Bonnie Cap, David and Patty Tikkala, and Candy Noto. To 'meet' more of our great volunteers, be sure to check out future segments of "Volunteer Connections."

If you're a member who would like to tell us about special help you received from one of our volunteers, let us know! Call 252-665-8807 or email neuseneighbors@gmail.com!

Meet Veteran Volunteer Marsha Luhrs



When Marsha Luhrs and her husband, Bob moved to our area from St. Louis in 2006, they immediately involved themselves in volunteer activities. When they learned about NNN, "The flexibility appealed to me," Marsha says. "You can help when you have time, but it's not a regular commitment." While her husband offers handyman services, Marsha provides rides and runs errands for members. "Everyone just does what they're good at," she says. "It doesn't seem like much, but the members are so sweet and so appreciative. It gives you a good feeling." Marsha has also begun to see friends whose needs have increased as they age. Reflecting on the limited services available to seniors in our county, she feels NNN fills an important role.

"We're not far behind in needing help," she admits. It's nice to be able to give while we can, so it will be there for us when we need it."