



# CLUB NEWSLETTER

First Western Bank & Trust ★ 50 PLUS CLUB  
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## Picnic without the Ants

June 12 Club Event  
11 am at the  
Grand Hotel

Mark your calendar for the annual free turkey dinner to be held on June 12. A "Country Western" theme is planned so be ready to be entertained, have a great meal and win some prizes. Entertainment by Chloe Marie, and bingo will add to this fun event. Registration will open at 10:30 am with activities starting at 11 am. Please call 852-3711 by Tuesday, June 4, to reserve your spot.



July 17  
Club Event  
1:00 pm at the  
Grand Hotel

## A+ Entertainment

The NU Notes are retired and active teachers who love to sing and dance. They are members of DKG, a professional women educator's organization. They have been singing together for over ten years, and have performed around Minot and other cities in North Dakota. They have taken their show on the road to Medora, Spearfish SD and the Grand Ole Opry Resort in Nashville TN. Please call 852-3711 to reserve your spot by Friday, July 12.

August 13 Club Event at the Roosevelt Park Zoo

## TAKE A WALK ON THE WILD SIDE!

Minot's Roosevelt Park Zoo has been a major attraction in Minot and as a 50 Plus Club member you will receive free admission to the zoo on August 13. You will find ample parking in front of the Zoo on the south side. We will meet in the auditorium located next to the restrooms in the visitor center. There we will pass out admission tickets, a concession stand coupon and a ticket to ride the train. The concession coupon is good for a hot dog, chips, drink and an ice cream treat. Plan to pick up your tickets, coupons and train



ticket between 10:30 am and 12:30 pm. To avoid a long line, please use these guidelines: If your last name is A-M, come between 10:30 am and 11:30 am to pick up your tickets and food coupon. If your last name is N-Z, come between 11:30 am and 12:30 pm. You can spend the whole day or however much time you wish on your self-guided visit. The free admission and food concession coupon is good for August 13 only.

Please call 852-3711 to reserve your spot by Tuesday, August 6. See you all at the Zoo!

**Please remember the meetings and Events are for 50 Plus Club members only!**

Newsletters come out at least four times a year to announce upcoming meetings and events. Would you like to receive your newsletters electronically? Email your request to: [stephanie.hoffart@firstwestern.bank](mailto:stephanie.hoffart@firstwestern.bank) to be first to get them!

*(Continued from panel below)*

## PRESCRIPTION SCAMS

Another way to know if the online pharmacy is genuine is to use NABP's Buy Safely tool. This tool allows you to type in an online pharmacy website to see if it is supported by the NABP. The website is: **safe.pharmacy/buy-safely**. Type in the online pharmacy website address (not the pharmacy name) to do a search. You can also look for a symbol on the online

pharmacy website that shows if it is NABP-accredited.

The symbol resembles a vertical infinity sign (like the number 8) inside a circle and has the words "NABP Accredited Digital Pharmacy".

Before ordering online, check with your local pharmacy. Sometimes



you can find prices that are just as good.

**Reporting Medicare fraud:** If you think you have spotted fraud, report it right away. ND SMP (Senior Medicare Patrol) will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at [ndsmp@minotstateu.edu](mailto:ndsmp@minotstateu.edu) or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

## PRESCRIPTION SCAMS

### Online pharmacy dangers:

According to the FDA and the National Association of Boards of Pharmacy (NABP), using online pharmacies can come with several risks. The NABP reports at least 40,000 online pharmacies do not follow patient safety laws; and about 95% of websites are operating illegally.

### What does this mean for you?

When using online pharmacies, you don't always know who you are dealing with. The pharmacy could be

in another country that doesn't have the same level of quality control that the United States does, or it could even be a fake pharmacy. You may be risking more than your health. These fake pharmacies are looking to steal your personal information which puts you at risk for medical and identity theft.

### How to order from online pharmacies:

Here are some signs to watch for:

- ▶ Is the online pharmacy licensed with a state board of pharmacy?

- ▶ Does the online pharmacy have a physical address and phone number?
- ▶ Does the online pharmacy ask for a doctor's prescription?
- ▶ Does the online pharmacy have a licensed pharmacist available to answer your questions?
- ▶ Does the online pharmacy have prices that "are too good to be true"?
- ▶ Do they state that they will not sell your personal information?

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