

The Better Business Bureau (BBB) predicts that product shortages and increased online shopping are likely to result in even more online purchase scams this holiday season. In 2021, holiday scams accounted for nearly 40% of all scams reported to BBB Scam Tracker. There are ways to keep yourself safe while shopping this holiday season. The BBB recommends the following to “shop safe and shop smart” while online shopping:


- Research before you buy. BBB.org and shopper reviews can help you do your homework before paying.
- If the deal looks too good to be true, it probably is. The top motivating factor for people who made a purchase, then lost money, was price. Don’t shop on price alone.
- Beware of fake websites: Check the URL, watch for bad grammar, research the age of the domain, and search for contact information.
- Professional photos do not mean it’s a real offer. Respondents reported that website photos motivated them to engage with scammers, especially for pets/pet supplies, clothing/accessories, and vehicles.
- Make sure the website is secure. Look for the “https” in the URL (the extra S is for “secure”) and a small lock icon on the address bar.
- Be careful purchasing sought-after products. The risk of online purchase scams rises during the holidays because more people are making online purchases, and scammers offer the most popular products for the season at great prices.
- Beware of making quick purchases while scrolling through social media. Scammers have access to tools they need to learn about your buying behaviors, offering exactly what you want at enticingly low prices.
- Look for the BBB seal. BBB Accredited Businesses pledge to uphold the BBB Standards for Trust and to deal fairly with consumers. If a business displays this seal, verify it by going to BBB.org.
- Use secure and traceable transactions and payment methods. According to BBB’s research, those who paid with a credit card were less likely to lose money.
- Shipment tracking information can be faked. Look closely to make sure it is a legitimate business. Avoid clicking on the tracking link. Go to the website and type in the code. If you think you may have been a victim of a scam, you should do the following:
- Try to contact the merchant. Attempt to contact the merchant and keep a record of your outreach. Contacting them in writing is a good way to leave a paper trail of the attempts.
- Contact your credit card company. If you used a credit card to make a purchase, contact the credit card company and open a claim dispute.
- Contact the BBB and submit a claim. Claims can be submitted to the BBB through their secure website: <https://www.bbb.org/file-a-complaint>

Friends of Sutton Elders
Holiday Market
Gift Baskets, Knitted Items & New to You Selections
Scratch Tickets Raffle
Grab & Go Meatball Subs and Turkey Soup
Saturday, December 10
10:00 - 2:00
Sutton Senior Center
19 Hough Road

Spaghetti Luncheon hosted by
 Sutton Police Department
 Tuesday, December 20
 11:45am
 Sign up at the front desk



Sutton Librarian Shannon Duffy
 will be visiting the
 1st Wednesday of each month
 beginning
 Wednesday, December 7
 11am to 12:30pm
 Come and see what's new and
 available for you at the library!



Christmas Craft with Andrea
 Friday, December 16th 10am
 Christmas Centerpiece \$15 per person
 Sign up at the front desk



Goodbye 2022 Feast
 Friday, December 30
 11:45
 Honey Glazed Ham
 Mashed Potatoes
 Peas & Carrots
 Assorted Goodies
 RSVP to Michelle Saucier by 12/27



Monday	Tuesday	Wednesday	Thursday	Friday
	DECEMBER		1 9am Tai Chi 10am Pitch 10am Computer Club 1pm Chair Yoga	2 9:30am I'm Sorry 1pm Bingo
5 10am Chair Yoga 12:30pm Mat Yoga	6 10:30am Darts 1:30pm Cardio Barre	7 10am Muscular Strength 10am Blood Pressure 11-12:30 Sutton Librarian Shannon Duffy	8 9am Tai Chi 10am Computer Club 10am Pitch 1pm Chair Yoga	9 9:30am I'm Sorry 1pm Bingo Cancelled
12 10am Chair Yoga 12:30pm Mat Yoga	13 10:30am Darts 1:30pm Cardio Barre	14 10am Muscular Strength 10:30am Blood Pressure 12:30 pm Movie Spirited	15 9am Tai Chi 10am Computer Club 10am Pitch 1pm Chair Yoga UGLY SWEATER DAY	16 9:30am I'm Sorry 10am Christmas Craft with Andrea 1pm Bingo
19 10am Chair Yoga 12:30pm Mat Yoga	20 10:30am Darts 1:30pm Cardio Barre 11:45 Spaghetti Luncheon hosted by Sutton Police Department	21 10am Muscular Strength 10am Blood Pressure 12pm Christmas Tea	22 9am Tai Chi 10am Computer Club 10am Pitch 1pm Chair Yoga	23 9:30am I'm Sorry CLOSING at NOON
26 CLOSED	27 10:30am Darts 1:30pm Cardio Barre	28 10am Muscular Strength 10am Blood Pressure	29 9am Tai Chi 10am Computer Club 10am Pitch 1pm Chair Yoga	30 9:30am I'm Sorry 11:45 Eve of the Eve New Years Luncheon 1pm Bingo

Handling Grief & Depression during the "Happiest Time of the Year"

The holidays are celebrated as a time for joy and togetherness, but they aren't happy for everyone. When you or someone you love is struggling with loss, depression, or illness, the holiday season can be painful to navigate. Our emotional pain affects each of us differently. Whatever issue we're dealing with—divorce, sickness, job loss, a death in the family—the holidays are uniquely challenging when we're struggling. Because they are full of company, traditions, and events, the holidays can trigger and heighten feelings of loss or depression. But feeling sad, mad, or empty isn't always a bad thing. After all, they are your feelings and should not be minimized. **Try these 10 strategies to help through a difficult holiday: Recognize that grief and depression are very personal and very complex.** Don't be disheartened if you can't just "snap out of it" despite the festivities. When these negative feelings strike, ask yourself what you need. Do you want to be alone to process your feelings? Would you prefer some company from friends and family? Do you need a positive distraction? Make whichever decision is best for *you*. **Don't deny your feelings.** There's a lot of pressure to act happy throughout the holidays, but if you're unhappy, you shouldn't deny it. These feelings are telling you something important. If you've lost someone you love, grief is one way of honoring their place in our lives. Allow yourself to cry. Experts agree that experiencing the pain of loss enables you to continue healing. **Make plans to go out, but have an exit strategy.** Being around others can help, but if it becomes overwhelming, take a time out. When you accept an invitation to a holiday gathering or event, know that your feelings about participating in it may change, sometimes even during the event itself. If possible, plan to attend with a friend for support, but make it clear that you may decide you no longer want to attend or need to leave early. **Scale back.** If you suspect certain traditions or activities will be too difficult, allow yourself to skip them. You may want to decorate less or not at all. You may struggle with gift giving. Take things one step at a time. Don't feel pressure to embrace the holiday if you're not feeling up to it. **Focus on good health.** Don't use drugs or alcohol to numb your feelings. Get plenty of rest, eat a nutritious diet, and make time for exercise. Not only will it help you feel better by boosting serotonin, it also helps prevent holiday weight gain and mitigates stress. **Help others.** Volunteering can help counter personal depression and grief. Doing something meaningful and positive for others connects us to our community. Community service, such as working at a food bank, charity gift exchange, animal sanctuary, or homeless shelter, places you around other helpers and can create a feeling of goodwill. **Create a new tradition.** Look for a new decoration, event, or food to add to your celebration. A new tradition can help you reconnect to what you find important after a challenging year, honor a lost loved one, or symbolize a fresh start. **Express yourself.** It's normal to struggle. Whether you need an afternoon of crying, laughing, or both, make time for it. Expressing your feelings, whatever they may be, is an important part of coping with personal struggle and loss. As long as we do not pair our pain with distorted thinking like "I'll never be happy again," embracing emotions like sadness can be very healthy. **In the face of loss, share their story.** Talking about a lost loved one can be therapeutic. The holidays are some of the most challenging times after losing a loved one, but you shouldn't avoid talking about your or someone else's loss. Not broaching the loss can make you and others feel stifled or imply they can't broach the subject themselves. If you aren't sure where to start, consider looking through photos or sharing a song or story that they loved. You may also consider honoring the memory of a lost loved one by donating to a charity or cause they cared about in his or her name. **Seek help.** You don't have to go through this alone. If you are struggling or feel like no one understands what you're going through, talking to someone specially trained to help can make a difference. If you are looking for company and to talk to others who personally understand loss or depression, consider attending a support group. Find a healthy strategy that works for you, and most importantly, make time for yourself, your thoughts, and your needs this holiday.



Wednesday, December 14 12:30pm

Afternoon Movie

Spirited

A musical version of Charles Dickens' story of a miserly misanthrope who's taken on a magical journey.

With Will Ferrell and Ryan Reynolds



Christmas Tea

Wednesday, December 21

12pm

Grab a friend and share some holiday cheer.

Assorted tea and assorted pastries.

Sign up at the front desk