

## Aging Mastery Program – Making the Most of the Gift of Longevity

The Aging and Disability Resource Center of the Lakeshore has a limited number of Aging Mastery Starter Kits available for qualified individuals age 60 or older. The starter kit is a fun, hands-on experience that encourages you to embrace your gift of longevity by spending more time each day doing things that are good for you and for others. It is designed for those who like to learn on their own.

The Starter Kit combines education with engaging activities to inspire you to take actions to achieve autonomy, mastery and purpose as you age. It includes Tai Chi Easy and Everyday Exercises DVDs, and practical tips for aging well across six dimensions: Gratitude and Mindfulness, Health and Well-Being, Finances and Future Planning, Connections and Community, Learning and Creativity, Legacy and Purpose.

**This Starter Kit will become a Book Club**, overseen by our Prevention Coordinator, in which a discussion will occur via phone call/video for about one hour each week for five weeks beginning in March, 2021. If you have any questions, or to register, please call the Aging and Disability Resource Center of the Lakeshore at 1-877-416-7083 and ask to speak to the Caregiver Program Specialist.



## Sign up for an email reminder through the Check Your Credit Report campaign



Credit reports can affect obtaining an affordable loan or insurance policy, getting a job, or renting a home. Because credit reports are so important to everyday life, federal law gives everyone the right to request three free credit reports each year. Because of the pandemic, consumers can currently order a free weekly credit report online through April 2021. You can request the reports from [AnnualCreditReport.com](http://AnnualCreditReport.com)—one each from the three credit bureaus: Equifax, Experian, and TransUnion. The free annual credit reports can also be ordered through the mail using the official request form found online or by phone toll free at 877-322-8228.

The “Check Your Free Credit Report: 2/2, 6/6, 10/10” campaign from the University of Wisconsin-Madison Division of Extension wants to make it easier to remember to order those free credit reports. Anyone can sign up to receive an email reminder from Extension three times a year—on 2/2, 6/6, and 10/10—on the campaign’s website: <http://fyi.extension.wisc.edu/creditreport>. More than 1,300 Wisconsinites from 71 counties have already signed up for email reminders.

In addition to email reminders and links to credit resources, the Extension “2/2, 6/6, 10/10” campaign website, [fyi.extension.wisc.edu/creditreport](http://fyi.extension.wisc.edu/creditreport), provides information for ordering, reading, and understanding your free credit reports. You can also find out how to place a free credit freeze or fraud alert on your credit reports and whether that’s the right decision for you.

- Get free weekly credit reports from AnnualCreditReport.com through April 2021.
- Did you know that people who check their credit reports have better credit than people who don’t? Make it easy to keep an eye on your credit by signing up for email reminders at [@UWMadisonExt #creditreport](http://fyi.extension.wisc.edu/creditreport)
- Your credit report from AnnualCreditReport.com is a record of your credit activities from the past 7-10 years. Credit reports are important to everyday life—getting a job, obtaining an affordable loan or insurance policy, or renting a home.

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