



GO

Macie Davey!

My name is Macie Davey, and I live in Pompey Pines. I attend Eagle Hill Middle School in the Fayetteville Manlius District. I'm 13 and heading to eighth grade in the fall. I currently play soccer and basketball, which I've played for the past six-ish years. This past spring, I tried a season of track, but soccer is definitely my favorite sport, and I've chosen to prioritize it above the others.

When I was younger, I loved running around and playing games outside with my friends and neighbors. Eventually, I just got used to running around, and I really enjoyed the satisfaction of scoring goals and playing with a team. I started playing FM Rec soccer, which then led to me joining the FM local travel team when I was about 9 or 10. A few years ago, I joined a team called Syracuse Development Academy (SDA) that I had heard about, and I continue with them today. I also play FM school soccer in the fall. I play mostly outside winger or forward, with a little bit of defense when needed. I'm planning and working to become mostly an offensive player.

My favorite part of playing soccer is that when you make a mistake, you can fix it. Unlike in track, when you're running a sprint and you get behind, there is really no time to catch up. My proudest accomplishment was during these past couple of months when my SDA team made it to State Cup, Regionals and then Nationals at the end of July in Disney! These moments made me think about all the hard work, time and effort we had put into every single training, no matter what was happening. I am amazingly happy to have such nice teammates and coaches who push me harder and help me improve every day! I am also thankful for my parents and sisters who are always there to cheer me on.

Besides playing soccer, basketball and track, I enjoy hanging out with my school friends and neighbors, shopping, going on vacation and spending time at the pool during the summer. My goal is to continue playing soccer and basketball throughout high school and soccer in college.



Do you have a sports fan at home? Please email aline.moses@n2.co.com.



senior living

By Marcy Cole, Director of Sales and Marketing, The Nottingham

FIVE COMMON SENIOR-TARGETED SCAMS AND HOW TO AVOID THEM

Technology can be an amazing tool for older people. Studies show it helps keep them connected with family and friends, can help reduce depression, and can be associated with better self-help and safety. It also encourages brain activity by playing games, researching topics and staying up-to-date on current events.

However, as technology advances, so does the number of scams. Unfortunately, scammers often target seniors. If you're a senior who has been the victim of a scam, don't be embarrassed — you aren't alone. According to the FBI, millions of elderly Americans are victimized by scammers every year.

Luckily, there are resources available to you to help avoid being the victim of these types of scams. Recently local law enforcement professionals visited The Nottingham to teach our independent living residents about the different types of scams and how to avoid them.

Here is a list of five common senior-targeted scams to look out for:

1. Romance Scam

- Scammers use dating apps or websites to meet seniors and pretend to be interested to steal money or personal information.

2. Grandparent Scam

- Scammers pose as family members, such as a grandchild, to ask for money.

3. Sweepstakes/Lottery Scam

- Suspicious emails or texts with a link stating you have won a gift card or prize. In addition, scammers will send checks in the mail and claim you are a winner.

4. Computer Virus Scam

- You receive a pop-up message on your computer screen, saying you have a virus or that someone has hacked you. They will then ask you to download software or insert banking information to fix the problem.

5. Government Official Scam

- Scammers will call to tell you that there is a warrant out for your arrest or that you need to provide money, threatening your arrest or prosecution.
- They may also try to tell you that a family member, such as a grandchild, is in jail and that you need to pay their bail.

Here are some key tips to keep you protected:

- When in doubt, call a tech-savvy family member/friend to ask for their opinion.
- Open your junk mail to look for hints that you were scammed or have fraudulent activity on accounts.
- Remember, if something seems too good to be true, it probably is.
- Don't transfer money to anyone you don't know.
- If you suspect you are dealing with a phony company, look for a call-back number or a valid mailing address.
- Never give out personal information including passwords, account information, PINS or social security numbers.

Remember, there are lots of great benefits to technology. By being informed, you can help avoid being scammed. The Scam Prevention program is just one of the many informative presentations we host at The Nottingham. So, if you want to know about all of the incredible speakers and valuable upcoming topics we've scheduled, Contact Marcy today at 315-413-3104 to learn more about living the good life at The Nottingham.



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