



Crown Care Newsletter

Patient advocacy, Insurance navigation and In-home assistance for clients of all ages

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Services:

- Medicare and Social Security Navigation
- Insurance Navigation
- Patient Advocacy
- Medical Bill Review
- Hanai Ohana (Senior companionship)
- Estate Document Organization

Fighting VOG on Oahu

I incidentally had the opportunity of reading University of Hawaii's (Hilo) website describing the natural hazards of Big Island. The section on VOG was of particular interest. Of the many gases released with volcanic activity, sulfur dioxide (SO_2) is the most irritating and is especially a burden on those with lung disease such as asthma or COPD. Interestingly, as this aerosolized sulfur dioxide (SO_2) and sulfuric acid (H_2SO_4) wafts from Big Island to the smaller islands they react with small amounts of ammonia in the atmosphere and are almost entirely converted to ammonium sulfate which, although not acidic, is still irritating to the eyes, throat, and lungs.

The good news is that it is very soluble in water!

Thus the VOG on the smaller islands can be easily reduced in your home. Many of us combat the VOG with air-conditioning and occasionally dehumidifiers thinking they filter out the VOG. In fact, they work by allowing the ammonium sulfate to dissolve in the water which accumulates on the condenser. However, these devices are not energy efficient. A cheaper equally effective technique is a wet cheesecloth or loosely woven towel soaked in water and draped over a standing fan won't work on a ceiling fan). I hijacked a few pictures from their website to illustrate this. Ignore the box of baking soda used on Big Island to neutralize the acidic SO_2 . Although the wet towel can be hung on either side of the fan, I figure it's better out front so that it does not suck humid air through the fan possibly rusting the motor parts.



Outside the home you can soak a paper mask or bandanna with water replenishing it as needed to filter out the ammonium sulfate. The more sophisticated/expensive masks are only required on Big Island.

Remember to **take your mask off** when entering a bank.

IRS Telephone SCAM



I just got a call this morning from **203-347-5726**. A man, named, Jake Johnson, informed me that he was an investigator from the IRS.

Jake: May I speak with Linda O'Grady.

Me: Yes, this is she.

Jake: This is Jake Johnson I'm an investigator with the IRS. Do you know that you have an open case with the IRS?

Me: No.

Jake: Did you receive any mail from the IRS about your case?

Me: No.

Jake: You are on a recorded line and anything you say may be held against you in court. The line is recorded for my supervisor and the Attorney General's office. Do you understand?

Me: Yes.

Jake proceeds to ask me about foreign transactions and my taxes. No - foreign transactions and yes I used a CPA to do my taxes since forever.

Long story short -he told me that I was being charged with 1) foreign transactions 2) fraudulent tax filings and 3) breach of Homeland Security - this is all a violation of the U.S. Constitution.

When I told him I was hanging up, he threatened me by stating that the police are on their way to arrest me and that I would be held for 72 hours. He sounded very authoritative and even called back and left a message saying the police should be there in minutes.

How to protect yourself:

- 1) IRS will never call you or ask you for personal information - they send you a notice via United States Postal Service - good old fashioned mail.
- 2) **DO NOT** provide any personal information - City or state you live in, address, birth date, social security number or any family or friends' names or addresses.
- 3) **DO NOT** confirm any personal information they provide you.
- 4) If any government agency leaves you a message, **DO NOT** call back immediately - Look up the agency and the number in your local phone book or internet.

You may report any IRS scam here. <http://www.irs.gov/uac/Report-Phishing> or (from IRS website) "If you know you don't owe taxes or have no reason to think that you owe any taxes (for example, you've never received a bill or the caller made some bogus threats as described above), then call and report the incident to the [Treasury Inspector General for Tax Administration](#) at 1.800.366.4484."

It has been several hours since the phone call and I'm still home waiting for the police to pick me up.