

West View Savings Bank

“Over 100 Years of Quality Banking”

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NEWSLETTER

September 2015

Have You Thought About Long Term Care?

A Message from Our President David J. Bursic

When planning for life as a senior citizen, it would be smart to include Long Term Care on that bucket list. Statistics show that 70 percent of people over 65 will need long-term care services of one kind or another, and it can be very expensive.

Medicare coverage will not pay for most of the long-term care services that may be needed. There are federal public programs, such as the Older Americans Act, that pay some long-term services, but like Medicaid they target people with the most functional and financial need.

The National Clearing House for Long-Term Care Information reports that there is a very good chance some or all of the services may have to come from personal income and resources. Even with a modest need for assistance at home with personal care, such as a home health aide visit three times a week, based on 2008 average costs could run \$18,000 per year.

To help seniors understand the types of Long-Term Care available, the Mayo Clinic has broken down the various types of services that may be required:

Home Care. Personal or home health aides may help with bathing, dressing and other personal needs at home, as well as housekeeping, meals and shopping. Home health nurses provide basic medical care at home.

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Computer Security Tips for Bank Customers: A Basic Checklist

Computer-related crimes affecting businesses or consumers are frequently in the news. While federally insured financial institutions are required to have vigorous information security programs to safeguard financial data, consumers also need to know how to protect and maintain their computer systems so they can steer clear of fraudsters. Here is a short checklist.

1. Protect your computer. Install anti-virus software that scans your computer for malicious software ("malware") that can steal login IDs, passwords and account information (including credit or debit card numbers). Also use a firewall program to guard against unauthorized access to your computer.

2. Safeguard your smartphone, tablet and similar mobile devices, especially when using them for banking or shopping. Reduce your risk of downloading "apps" (applications) that contain malware by using well-known app stores, such as those established by your phone manufacturer or cellular service provider. Also, to ensure that you have the latest fixes to software problems affecting mobile devices, opt for automatic updates for your operating system and apps or manually download updates as soon as you receive notice that they are available. You can also purchase the software from a reputable vendor. Don't leave your mobile device unattended, and use a password or other security feature to restrict access. Enable the "time-out" or "auto-lock" feature on your mobile device to secure it when it's not used for a period of time.

3. Understand your Internet safety features. When you are buying something online or filling out an application that contains sensitive personal information, you can have greater confidence in a Web site that encrypts or scrambles the information as it travels to and from your computer. Look for a padlock symbol on the page and a Web address that starts with "https://." The "s" stands for "secure."

4. Be careful where and how you connect to the Internet. A public computer, such as at an Internet café or hotel business center, may not have up-to-date security software and could be infected with malware.

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Day Program. Day programs for adults offer social interaction, meals, and activities—often including exercise, games, field trips, art, and music—for adults who do not need round-the-clock care. Some programs provide transportation to and from the care center as well as certain medical services, such as help in taking medications or checking blood pressure.

Senior Housing. Many communities offer rental apartments intended for older adults. Some senior housing facilities offer meals, transportation, housekeeping, and activities.

Assisted Living. Assisted living facilities offer staff members to help with medications, bathing, dressing and basic medical care, as well as meals, transportation, housekeeping and activities. Some assisted living facilities have on-site beauty shops and other amenities.

Nursing Home. Nursing homes offer 24-hour nursing care for those recovering from illness or injury. Nursing homes also offer end-of-life care. Services may include help with bathing, dressing, and toileting, wound care, rehabilitative therapy, and can help with respirators or ventilators.

Continuing-Care Retirement Community. Continuing-care retirement communities offer several levels of care in one setting—such as senior housing for those who are healthy, assisted living for those who need help with daily activities, and round-the-clock nursing care for those who are no longer independent. Residents can move among the various levels of care depending on their needs.

The costs of services in some community programs, such as adult day service programs, are often provided at a per-day rate, but vary based on overhead and programming costs. Many care facilities charge extra for services provided beyond the basic room-and-board charge, although some may have “all inclusive” fees.

The average costs across the nation in 2009 were:

- \$198/day for a semi-private room in a nursing home
- \$219/day for a private room in a nursing home
- \$3,131/month for care in an Assisted Living facility (for a one-bedroom unit)
- \$21/hour for a home health aide
- \$19/hour for homemaker services
- \$67/day for care in an adult day health care center

The total amount spent on long-term care services in the U.S. in 2005 was \$206.6 billion.

On an aggregate basis, the biggest share, 49 percent, is paid for by Medicaid. On an individual basis, however, “who pays for long-term care”, can look very different. People with their own personal financial resources do not qualify for Medicaid unless they use up their resources first paying for care, so-called “spending down”. If you have reasonable income and assets, most likely you will be paying for care on your own.

Computer Security Tips for Bank Customers: A Basic Checklist

Also, when doing online banking or shopping, avoid connecting your computer, tablet or smartphone to a wireless network at a public “hotspot” (such as a coffee shop, hotel or airport).

5. Be suspicious of unsolicited e-mails and text messages asking you to click on a link or download an attachment. It's easy for fraudsters to copy corporate or government logos into fake e-mails that can install malware on your computer. It's best to ignore any unsolicited request for immediate action or personal information, no matter how genuine it looks. If you decide to validate the request by contacting the party that it is supposedly from, use a phone number or e-mail address that you have used before or otherwise known to be correct. Don't rely on the one provided in the e-mail.

6. Use “strong” IDs and passwords and keep them secret. Choose combinations of upper- and lower-case letters, numbers and symbols that are hard for a hacker to guess. Don't use your birthdate or address. Also don't use the same password for different accounts because a criminal who obtains one password can log in to other accounts. Finally, make sure to change your passwords on a regular basis.

7. Take precautions on social networking sites. Criminals can go there to gather details such as someone's date or place of birth, mother's maiden name or favorite pet and use that information to figure out and reset passwords. Fraudsters also may pretend to be your “friend” to persuade you to send money or divulge personal information. More tips on avoiding fraud on social media sites are available from the FBI and the Internet Crime Complaint Center (<http://www.ic3.gov/media/2009>).

Congratulations West View Savings Bank



West View Savings Bank has been selected as a winner in the PACB 2015 Grow Your Community Awards program. The Bank will be publically recognized and honored for its submission during the September 26th General Session of the PACB 138th Convention in Colorado Springs. The Bank will also be featured in the September issue of *Transactions Magazine*.

With over 100 years of continuous service to the surrounding communities, West View Savings Bank is proud to represent the Commonwealth of Pennsylvania as a bank that continues to be a driving force in economic recovery, job growth, volunteerism and good works.

10 Money Tips Every College Freshman Should Know

As college students head to campus for the fall semester, money management should be on their personal syllabus. The American Bankers Association (ABA) encourages college students to get an early start on securing their financial future.

"It's important for college students to take control of their financial future by saving wherever and whenever they can," said Frank Keating, ABA President and CEO. "They should treat personal finance like a second major and avoid unnecessary expenses now to reduce financial burden when they graduate."

The ABA offers the following tips to help college students form a strong foundation for money management.

Create a budget. You're an adult now and are responsible for managing your own finances. The first step is to create a realistic budget or plan and stick to it.

Watch spending. Keep receipts and track spending in a notebook. Pace spending and increase saving by cutting unnecessary expenses like eating out or shopping so that your money can last throughout the semester.

Use credit wisely. Understand the responsibilities and benefits of credit. Use it, but don't abuse it. How you handle your credit in college could affect you well after graduation. Shop around for a card that best suits your needs.

Take advantage of the Bank's resources. Our Bank offers online banking and bill pay tools to manage your account night and day. Use these tools to check balances, pay bills, and monitor transaction history.

Lookout for money. There's a lot of money available for students -- you just have to look for it. Apply for scholarships, and look for student discounts or other deals. If you need a student loan we offer iHELP student loans. See our website, or visit a branch, for more information.

Buy used. Consider buying used books or ordering them online. Buying books can become expensive and often used books are in just as good shape as new ones.

Entertain on a budget. Limit your "hanging out" fund. There are lots of fun activities to keep you busy in college and many are free for students. Get the most from your student ID. Use your meal plan or sample new recipes instead of eating out.

Try to only use the Bank's ATMs or a Freedom Alliance ATM. Avoid fees by using ATMs owned by or affiliated with the Bank. If you must use an ATM that is not affiliated with the Bank, take out larger withdrawals to avoid having to go back multiple times. See www.freedomatm.com for a list of Freedom Alliance ATMs.

Expect the unexpected. Things happen, and it's important that you are financially prepared when your car or computer breaks down or you have to buy an unexpected bus ticket home. You should start putting some money away immediately, no matter how small the amount.

Ask. This is a learning experience, so if you need help, ask. Your parents or your bank are good places to start, and remember -- the sooner the better.

For more tips and resources on a variety of personal finance topics such as mortgages, credit cards, protecting your identity and saving for college, visit www.aba.com/Consumers.

Financial Planning by the Decade

Tips for getting your finances in shape no matter what your age.

In your 60s Retirement Getting Closer

It's time to focus on the details of life after work.

Here are three things to focus on when you are in your 60's:

- Decide when to take Social Security. The longer you wait up to age 70, the bigger your check once you begin collecting. Do some calculations on <http://www.ssa.gov>.
- Sign up for Medicare. Unless you're still working, you must sign up by age 65 or face a penalty. Medical costs can be a big part of retirement expenses, so look into a supplemental policy also.
- Fine-tune your retirement income plan. Review your projected expenses, add up reliable income and determine if your portfolio will cover the gap. Consider more conservative assets, but don't forfeit safer growth.

Know When You Are Being Fooled:

Fake Checks

This common scheme can occur in many forms, be it a fake check for something you've sold or payment for a "work from home" or "make fast cash" opportunity. Bogus checks can be used to pay for something you're selling, especially through local sites such as Craigslist. It could be for a smaller amount if you're selling a piece of furniture or a larger amount if you're selling something like a car. While these checks may look official and certified, there's no guarantee that's the case. It's always best to ask for payment in cash or a wire transfer if it's for a larger amount of money. If you do accept a check, contact the institution whose name appears on it before finalizing the exchange with the buyer. If you deposit a fake check, it will bounce and you'll be on the hook with your bank to settle the fee.

Scammers often use emails, phone calls or other methods of communication to trick people into revealing their passwords, credit card information or Social Security numbers, in addition to other personal information that can be used to steal identities, open credit lines or other damaging activities. Never respond to an email or phone call asking for financial passwords or other personal information, no matter how urgent it seems. Instead, contact your bank or the business that made the request to verify it is legitimate. These institutions will never ask for this type of information via email, no matter how credible it looks. Also, never click on hyperlinks in suspicious email messages and keep your computer's antivirus and anti-phishing software up to date.

The Grandparent Scam

The elderly are often targeted by scam artists who view them as easy targets. This scheme works by a scammer, perhaps someone who identifies himself as a grandson or nephew, saying he needs help because of an accident or arrest in a foreign country so money needs to be wired immediately. The bottom line is don't give money to anyone without verifying his or her identity. If you get a call from a friend or relative asking for help, politely hang up and call the person's home or cell phone number to find out if the call truly came from this person and if the emergency is real. If you're unable to reach the person, call another relative or close friend to confirm the story.

KID'S KORNER

Patchwork Cobbler



Topped with squares of sugar-crusted pastry, this cobbler shows off summer fruits in a rich, just-sweet-enough filling.

INGREDIENTS

CRUST

- 2 cups all-purpose flour
- 3 tablespoons granulated sugar
- 1/4 teaspoon table salt
- 1 cup cold butter, cut into pieces
- 1 large egg yolk
- 3 tablespoons ice-cold milk

FILLING

- 8 cups peeled and sliced firm, ripe peaches (about 7 large or 3 lb.)
- 6 cups sliced red plums (about 9 medium or 2 lb.)
- 2 cups fresh blueberries
- 2 teaspoons vanilla extract
- 1 3/4 cups granulated sugar
- 1/2 cup all-purpose flour
- 1/4 cup butter, melted
- 1 large egg
- Sanding sugar or sparkling sugar

1. Prepare Crust: Stir together first 3 ingredients in a large bowl. Cut 1 cup butter into flour mixture with a pastry blender until mixture resembles coarse meal. Whisk together egg yolk and milk; stir into flour mixture just until dough starts to form a ball. Shape dough into a flat disk using lightly floured hands. Wrap disk in plastic wrap, and chill 1 to 24 hours.

2. Prepare Filling: Preheat oven to 425°. Place peaches and next 3 ingredients in a large bowl. Stir together 1 3/4 cups sugar and 1/2 cup flour; sprinkle over peach mixture, and gently stir. Spoon into a lightly greased 13- x 9-inch or shallow 3-qt. baking dish. Drizzle with melted butter.

3. Place dough disk on a lightly floured surface; sprinkle with flour. Place a piece of plastic wrap over dough disk. (This makes the dough easier to roll.) Roll dough to 1/8-inch to 1/4-inch thickness; cut into 2-inch squares. Arrange squares in a patchwork pattern over peach mixture, leaving openings for steam to escape.

4. Whisk together egg and 2 Tbsp. water; brush dough with egg mixture. Sprinkle with sanding sugar or sparkling sugar.

5. Bake on lowest oven rack at 425° for 40 to 55 minutes or until crust is deep golden and peach mixture is bubbly, shielding edges with foil during last 5 to 10 minutes to prevent excessive browning. Transfer to a wire rack; cool 1 hour.

WORD SEARCH!

BACK TO SCHOOL

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

WORD LIST	P H C G W J A X L I B E R P
ACADEMY	M T A R E H C A E T Q C S V
ALGEBRA	C A F L P O N U Q U A N R F
BELL	A M E B L Y G U M R K E E Z
BLACKBOARD	U H T L I M E R B B A I K U
BOOKS	Q U E I T Z O E A D R C C S
BUS	L B R T E D G N I P L S O T
CAFETERIA	P N I E R L O N I A H L L U
CHALK	L D A R A S G H S T F Y A D
CIVICS	A Y D U T S Z S W T O Y D E
CLASS	Y L O E U G E O M E T R Y N
DESK	G O V E R N M E N T A O M T
GEOGRAPHY	R O T N E R M E V O G T E S
GEOMETRY	O H C H A L K C B L I S D Y
GOVERNMENT	U C I D K M S K O O B I A R
HALL MONITOR	N S V Q V Q C U J B F H C W
HISTORY	D V I E G A U G N A L E A G
LANGUAGE	M E C C L I B R A R Y S S T
LIBRARY	W Z S B I X U T H U R S D A
LITERATURE	N O J K G S S E C E R B L P
LOCKERS	
MATH	
PLAYGROUND	
READING	
RECESS	
SCHOOL	
SCIENCE	
STUDENT	
STUDY	
TEACHER	



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WEST VIEW SAVINGS BANK

Will be closed

Monday, September 7, 2015 for the
Labor Day holiday.



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Cranberry Office	724-776-3480
Sherwood Oaks Office	724-776-4870
Franklin Park Office	724-935-7100
Lending Division	724-935-7400
Bellevue Office	412-761-5595

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