

JUNE 2022



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### PLEASE NOTE

Westmoreland Federal Savings will be closed on Monday, June 20, 2022, in observance of Juneteenth National Independence Day and also Monday, July 4, 2022, in celebration of Independence Day.



## P2P Payment Pointers

Peer-to-peer (P2P) payment applications like Zelle, Venmo, CashApp and PayPal make paying for things a snap. Folks can transfer money from their bank account or from one payment account to another in real time.

While the technology platforms used in P2P payment apps are considered secure, the real time movement of funds is also attracting the attention of con artists. Scams are increasingly coming from individuals impersonating financial institutions. This type of fraud generally falls under two scenarios:

1. The scammer pretends to be a financial institution via spoofed text message or phone call. The fraudster coerces the victim into providing passwords and/or codes to gain access to a P2P payment app.
2. The bad guy impersonates a bank and manipulates a customer to send payments to remediate a fraud transaction that never occurred.

Some steps to take to help avoid a P2P scam include:

- ⇒ Do not use P2P service to purchase products online. If a retailer requires payment via a P2P payment app, it is likely a scam.
- ⇒ Only pay with P2P services you know. Also, P2P payments are meant to be used between friends and family or someone you know well.
- ⇒ Double- and triple-check the address, username and phone number of the recipient of the funds.
- ⇒ Opt in for stronger security, such as a personal identification number.

(Source: OCC Communication)



## 7 Reasons to Declutter

Organizing your possessions in retirement (and even sooner!) can enhance your life now and also be a huge help to your heirs. Here's why.

- 1) **Your heirs don't want to do it.** Many adult children have been traumatized by cleaning out the homes of deceased loved ones.
- 2) **Reducing can boost your life.** Decluttering is scientifically proven to help you focus. If you want retirement to be meaningful, consider ways to get rid of what doesn't really matter.
- 3) **Untidiness is dangerous as you age.** Folks who live in disorganized environments are more likely to make poor eating choices and be overweight. And, the clutter itself can be hazardous. One in 4 Americans aged 65 and older falls each year. Tripping is the leading cause of fatal and nonfatal injuries among older adults.
- 4) **Too much stuff can cause stress.** In one study, people who talked about clutter in their house had higher levels of the stress hormone cortisol and reported worse moods than those who lived in more organized residences.
- 5) **Mess blocks sleep.** Studies have shown that people who sleep in messy rooms have a harder time falling asleep and are more likely to awaken in the middle of the night.
- 6) **Storing stuff is expensive.** Lots of things usually equates to a bigger home, which is added expense. Also, storage is big business. It's estimated that 1 in 11 American households has a storage unit with a hefty monthly price tag.
- 7) **Tossing can make you happier.** Research suggests that paring down possessions can help you embrace what is important in your life. Stuff doesn't make you happy. Relationships and activities do.

So, organizing your things is an ideal post-retirement task. But why wait?

*(Source: Money Talks News "7 Reasons to Declutter Your Home in Retirement" by Kathleen Coxwell April 20, 2022 — Story originally appeared on NewRetirement.)*



## Did You Know?

Hummingbirds are found in North and South America, but they do not live on other continents. There are more than 300 hummingbird species. But only eight types of hummers reside within the United States, and about 20 others may visit the US from time to time.

The rufous hummingbird makes the longest journey, traveling more than 3,000 miles from Alaska or Canada to its winter retreat in Mexico. Ruby-throated hummingbirds fly 500 miles across the Gulf of Mexico in a single trip to reach their destinations.

You probably know that hummers drink sugar water from feeders and nectar from flowers, but did you know that they also need protein? When they're not drinking sweet nectar or water, the tiny birds often snack on mosquitoes, gnats, spiders and other small insects.

A hummingbird's brain makes up four percent of its body weight, greater than any other bird species. For comparison, the average human brain only accounts for two percent of total body weight. Hummers use their impressive memories to revisit areas of high food supply from past years. Enjoy the Hummer Summer!

*(Source: MSN "12 Heroic Facts About Hummingbirds That'll Make You Want to See More in Your Backyard" by Deirdre Mundorf-Tuesday May 2, 2022)*

