

Siouxland Aging Services will be offering “Shredtastic”, a free shredding event on Saturday, May 21. Absolute Mobile Shredding will have a shredding truck available from 11 a.m. to 1 p.m. at the parking lot at Stony Creek Inn, 300 3<sup>rd</sup> Street, Sioux City. With a focus on preventing seniors from becoming victims of identity theft, Shredtastic offers seniors or their caregivers the opportunity to shred up to two boxes of personal materials. Siouxland Aging Services’ SMP (Senior Medicare Patrol) and SHIP (Senior Health Insurance Information Program) advises Medicare beneficiaries to carefully dispose of paperwork such as Medicare Summary Notices, explanation of benefits notices from insurance companies, bank statements, credit card billings and applications and other documents that contain personal information. “We all need to be aware that numbers assigned to us from Medicare and Social Security, as well as bank account and credit card information are valuable and sell-able commodities to many scammers.” stated Chris Kuchta, Director of Advocacy & Community Relations at Siouxland Aging Services. She continued, “We are excited to be able to offer this service to seniors living in the Siouxland area.”

Shredtastic is part of a day planned by Siouxland Aging Services to celebrate Older Americans Month. The day will begin with a Senior Wellness Walk that will open for registration at 9:00 and begin the walk at 9:30. Walkers can choose between a half-mile or full mile routes. At 10:00, doors will open to the Senior Care Expo. Admission to all of the day’s events is free. For more information, contact Siouxland Aging Services at 712-279-6900 or [www.siouxlandaging.org](http://www.siouxlandaging.org).