

## Stop the Mail!



Many seniors unknowingly get deeply involved with sweepstakes, free offers and scams that arrive through the US postal service. Companies call this mail they send you, “advertising.” Those who receive it often call it “junk mail.”

Although some offers may be legitimate, other offers are not, but certainly sound attractive. Many offers are just a way to get your contact information for more sales and marketing lists. Others, that are more harmful promise huge opportunities for prizes if you will send in money. Legitimate sweepstakes offers cannot by law give any preference to those who have sent money to increase their sweepstake odds over those who didn't.

Once on the sweepstakes and free gifts lists, the mail starts multiplying. It isn't uncommon to receive 100 pieces or more a day! If you are caught in this situation and want to stop future contact from sweepstakes companies, or unsolicited credit card offers, or prizes and giveaways or just junk mail in general there are steps you can take.

To cancel Publishers Clearinghouse mail, phone 1-800-645-9212. To stop American Sweepstakes, whose spokesperson is Ed McMahon, phone 1-800-237-2400.

Much junk mail can be stopped by contacting the:

Direct Mail Association Mail /Preference Services  
Mail Preferences Ass.  
P.O. Box 643  
Carmel, N.Y 10512

You can also contact each of the 3 credit bureaus or you can contact each company individually from the address that it on their mail. To limit mail, when you do join or purchasing something, such as magazines, you can write on the order form, please do not share contact information. Many companies will honor this request.