



S.A.L.T. TIMES

April 2008



How's Crime in Your Neighborhood?

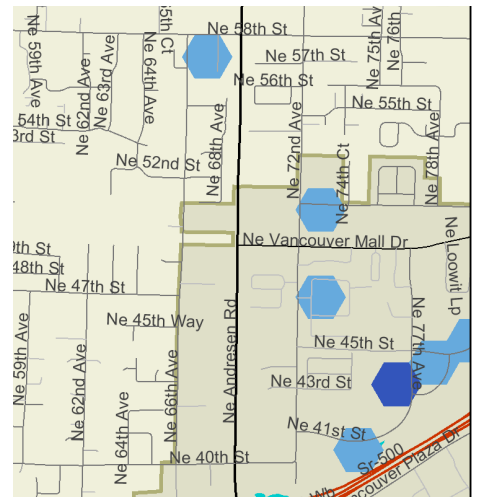
Citizens can now access "Crime Mapper," a new Web site that provides online access to current crime statistics in the county and Vancouver, Camas and Washougal.

Crime Mapper data is based on crime reports recorded in the electronic reporting system used by the Clark County Sheriff's Office, and the Vancouver, Camas and Washougal police departments. Data is updated weekly and shows statistics for a 12-week period. Phone calls to 911 are not included if they did not result in an incident report.

Crime Mapper was developed by Clark County Geographical Information Services under a federal grant awarded to the Vancouver Police Department.

Crime Mapper features

- Map of general locations and frequencies of crimes, including arson, auto theft, burglary, drug, forgery, fraud, malicious mischief, theft, and vehicle prowl. Two sizes of indicators are used on the map to protect the privacy of residents near crime locations.
- Crime summaries within a 1/4 mile radius of a specific location.
- Crime summaries per 1,000 people for neighborhoods officially recognized by the City of Vancouver and Clark County.



Crime Mapper can be accessed on the Vancouver Police Department Web site at www.vanpolice.org under the Neighborhood Crime Statistics link and the Clark County Sheriff's Office Web site at www.clark.wa.gov/sheriff.

To be placed on the mailing list to receive the FREE S.A.L.T. Times Newsletter, call the Clark County Sheriff's Office Outreach Unit at (360)397-2211 ext. 3380.

Watch Out for Tax Rebate Scams

The Federal Trade Commission is cautioning consumers looking forward to rebate checks from the government that they may be targets of scammers out to steal their identity. The agency has issued an alert to help consumers avoid this situation.

The schemes work like this: consumers get a call or an e-mail claiming to be from the IRS, the Social Security Administration, or some other government agency, and claiming to need some bit of personal information to process the rebate check. Consumers may be asked to provide their social security number, bank account number, or another piece of personal information that a skillful crook can use to commit identity theft. E-mails often include a link for a consumer to click: that link may take the consumer to an official-looking – but phony – web site that is simply phishing for the consumer's information. Or, the link may take the consumer to a legitimate site but install spyware or some other form of malware on the way.

Neither the IRS nor the SSA collects information about government rebate qualifications by telephone or e-mail. The IRS does not send unsolicited e-mail about tax account matters to individual, business, tax-exempt or other taxpayers. The IRS does not contact taxpayers to verify bank account information.

The FTC urges consumers who are contacted by phone or e-mail not to provide any personal information and to report the contact to the IRS at phishing@irs.gov.

Resource: Federal Trade Commission

Free Tax Help Available

Individuals who need to file a return this year to receive a stimulus payment may be able to take advantage of thousands of free tax preparation sites nationwide for low-income and older taxpayers.

Free File: Economic Stimulus Payment provides free tax preparation software and electronic filing for people who are submitting a return solely to receive their economic stimulus payment.

The Volunteer Income Tax Assistance (VITA) program provides help to low- and moderate-income taxpayers. Call 1-800-906-9887 to locate the nearest VITA site.

The Tax Counseling for the Elderly (TCE) Program provides free tax help to people age 60 and older. As part of the IRS-sponsored TCE Program, AARP offers the Tax-Aide counseling program at more than 7,000 sites nationwide during the filing season. To find an AARP Tax Aide site call 1-888-227-7669 or visit the AARP Web site.

Camas Fire Department Open House

Camas Fire Department invites local residents to their 8th annual Open House on **Saturday April 5, 2008** from **10 a.m. to 3 p.m.** at **Station 42** located at **4321 NW Parker Street**.

The event will include a visit from Life Flight, residential fire sprinkler demonstrations, fire extinguisher training and EDITH (Exit Drills In The Home), where children can learn how to escape from a burning house. Kids can also have bicycle and skateboard helmets fitted, which will be available for purchase, and visit with the Shriner's Clowns. The Washougal Fire Department will be providing child safety seat inspections. Some participants include Trauma Nurses Talk Tough, Clark County Sheriff's Peacekeeper Unit, American Red Cross and other fire, health and life safety related groups.

Please come and enjoy the day with your local firefighters and other public safety educators.



The Retired and Senior
Volunteer Program, Senior
Messenger and Southwest
Washington Medical Center present



12th Annual
**SENIOR
CONNECTIONS**

EXPO

Sunday,
April 13, 2008
11 a.m. - 4 p.m.
Vancouver Hilton
301 W 6th Street, Vancouver, WA

125+ Interactive & Informative Exhibits

**Art Show Featuring Award
Winning Local Artists**
Free Health Screenings
Pianist Jim Fischer

Living the Good Life Seminar All Day

7-Day Alaskan Cruise Grand Prize

(courtesy of USA River Cruises & Sunshine Travel)

Suggested \$3 Donation at the Door

(supports the Retired & Senior Volunteer Program)

PARKING

- Metered parking at Vancouvercenter Garage
(6th Street between Washington & Columbia)
- Metered parking at West Coast Bank Garage *(5th & Broadway)*
- Free on street parking
- Free Shuttle Service from 11 a.m.—4:10 p.m. from the Luepke Senior Center *(1009 E McLoughlin Blvd)*



**Learn about exciting services,
ideas, and resources
available for YOUR active,
healthy, independent lifestyle!**

Living the Good Life

THANK YOU SPONSORS!

- Retired and Senior Volunteer Program • Senior Messenger • Southwest Washington Medical Center • Sterling Health Plans • Glenwood Place Senior Living/The Quarry Senior Living • US Bank • USA River Cruises & Sunshine Travel • Northwest Healthcare Inc. • Home Instead Senior Care • iQ Credit Union • Waterford at Fairway Village • Discovery Tours • Van Mall Retirement & Assisted Living • Fred Meyer • Kaiser Permanente • A Caring Heart Senior Housing Referral Service LLC • Care Medical & Rehabilitation Equipment • Legacy Salmon Creek Hospital • CarePoint, LLC • Health Net of Oregon • Family Chiropractic at Salmon Creek Inc. •*

(360) 735-3683 phippjm@dshs.wa.gov www.humanservicescouncil.com

Clark County Sheriff's Office
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Vancouver, WA 98666

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Eating Healthy on a Budget

Guest Speaker: Joy Lasseter, Ph.D. Nutritionist

When we shop, we are often tempted by the unhealthy choices that gobble up our food budget and don't nourish our body. This is dangerous to our health. Nutrient deficiencies contribute to weakness, sickness and disease. We need to stretch our food dollars to get the variety of nutrients our body needs to stay healthy. *This increases in importance as we age.*

Dr. Lasseter will talk about:

- balancing meals with low cost proteins
- cutting down on fattening carbohydrates
- getting more fiber, vitamins and minerals from our food
- drinking healthy fluids to keep hydrated
- canned foods vs. fresh or frozen foods
- easy food preparation methods
- meal planning to avoid impulse buying

S.A.L.T. meetings are free and open to all seniors

WEST Meeting

**April 21, 2008
11:00 a.m.**

**40 and 8 Comm. Rm.
7607 NE 26th Ave.
Vancouver, WA**

EAST Meeting

**April 28, 2008
11:00 a.m.**

**Camas Police Dept.
2100 NE 3rd Ave.
Camas, WA**

To request special accommodations or alternative formats please contact the Outreach office, (360)397-2104 or the Clark County ADA Office at (360)397-2045; TTY (360)397-2445; or e-mail at ADA@clark.wa.gov