

Senior Fitness

Diane Toland, Senior Advisor at Lake Shore Athletic Club, will be at the April S.A.L.T. meetings to help seniors get fit!

Come and learn about:

- Why we need to exercise
- How to exercise with physical limitations
- How you can use your health plan to get free health club membership through Silver & Fit and Silver Sneakers.



Dress comfortably, bring a friend and learn how to get fit together! As always, meetings are free and open to all seniors.

WEST Meeting
Monday, April 19, 2010
11:00 a.m.
 40 and 8 Community Rm.
 7607 NE 26th Ave.
 Vancouver, WA 98665
 (next to Bingo)

EAST Meeting
Monday, April 26, 2010
11:00 a.m.
 Camas Police Department
 2100 NE 3rd Ave.
 Camas, WA

To receive the free monthly S.A.L.T. Times Newsletter, call 397-2211 ext. 3380 or send an e-mail to: sheriffcommunityoutreach@clark.wa.gov. **For other formats:** Clark County ADA Office, **Voice** (360) 397-2000, **Relay** (800) 833-6384, **E-mail** ADA@clark.wa.gov



Seniors and Law Enforcement Together
 Clark County Sheriff's Office
 P.O. Box 410
 Vancouver, WA 98666



Seniors And Law Enforcement Together

S.A.L.T. TIMES

April 2010

Who is Knocking at Your Door?

Spring is here! Everyone seems to come out of hibernation when spring arrives. Unfortunately, that includes door-to-door scam artists. While there may be legitimate businesses that go door-to-door to find customers, they are few and far between.

Many scam artists pose as a door to door sales person with the intent to rip you off or gain entry to your home and your pocketbook. Con artists operating door-to-door target seniors because seniors are likely to be home when the doorbell rings. Perhaps they're selling home improvement services such as storm

windows or siding. It could be magazines or cleaning supplies. They may want to clean your gutters or trim trees. While these services may be of use, it is very important to remain weary of these people. How can you tell who is legitimate? Here are some characteristics of door-to-door scam artists:

- You are greeted by name, in an attempt to establish a trusting relationship.
- They will use a variety of tricks to get into your home—such as a product demonstration.
- They usually want cash up front for

their products or services.

- Many of them will approach you outside, making it more difficult to say no without a door to close.
- They might play on your sympathy and try to make you feel bad for not making the purchase.

Protecting Yourself

You can protect yourself by never allowing anyone that you do not know into your home. Regardless of how legitimate the product may seem, it is more than okay to refuse and send them on their way. In order to spare their feelings and not appear rude, you can tell them that you would first like to



inquire with a spouse or other family members. Since honesty is never a bad route, you can also tell them that you are not ready to make such a decision or commitment at the time.

If a sales pitch does sound interesting, and many of them will, get everything in writing including price, warranty and all conditions. Tell the salesperson you will check it out and get back to them. Get the individual's business card and check with the company to verify this person is an employee.

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Sgt. Mike McCabe approved as the Washington State Crime Prevention Association director for Region IV.

You may have seen Sergeant Mike McCabe at a recent S.A.L.T. meeting, or serving lunch at the spaghetti luncheon in February. Sgt. McCabe serves in many capacities as the Clark County Sheriff's Office Outreach sergeant. Now he has another hat to wear. At a recent conference in Spokane, Sgt. McCabe was approved as the Washington State Crime Prevention Association director for Region IV, comprised of Clark, Cowlitz, Skamania, Lewis, Wahkiakum and Pacific counties.

Sgt. McCabe said the role will be a natural extension of his duties at the local level. He will take on the road the crime prevention education and training programs he now offers Clark County public and private groups, clubs, schools and law enforcement agencies.

"In the tough economic times, not all police agencies have enough staff or money to devote to crime prevention," McCabe said. But Clark County Sheriff Garry Lucas has been a strong supporter of community crime prevention efforts, and Sgt. McCabe will be able to share knowledge, skills and resources he's acquired during his nearly 16 years with the Sheriff's Office.

Sgt. McCabe said classes cover topics such as preventing investment fraud, identity theft, Internet use and cyber bullying as well as assessing your home, office building or neighborhood for security strengths and weaknesses.

To learn more about crime prevention, contact Sgt. McCabe at (360) 397-2104 or mike.mccabe@clark.wa.gov.

Heads Up for Falling Objects

Earthquakes strike suddenly, without warning. We have recently witnessed in Haiti just how devastating earthquakes can be. Ground vibrations during an earthquake are seldom the direct cause of death or injury. **The greatest danger is from falling and flying objects.** Studies of injuries and deaths caused by earthquakes over the last several decades show that you are much more likely to be injured by falling or flying objects.

Take a minute right now to check for hazards in your home. Do you have objects near you that are loosely attached to walls? Could come flying out of cupboards or shelves? Could tip over and create a blocking hazard?

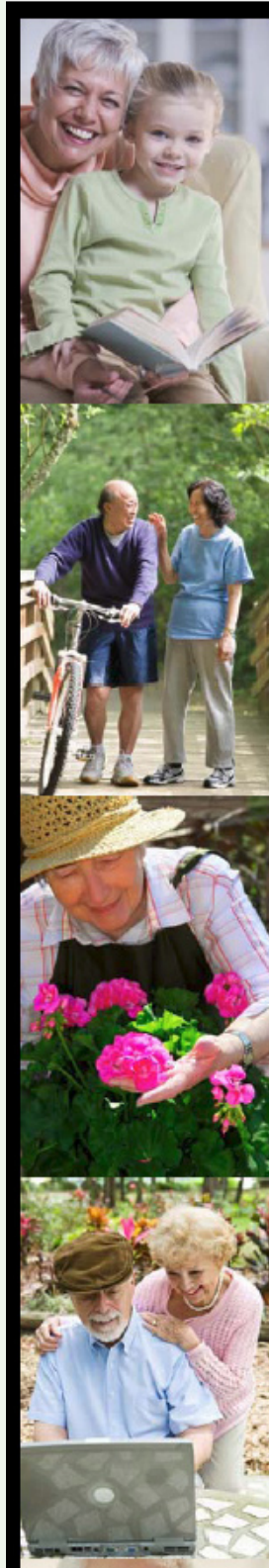
Here are some tips to help make your home more secure:

- Fasten shelves securely to walls.
- Place large or heavy objects on lower shelves.
- Store breakable items such as bottled foods,

glass, and china in low, closed cabinets with latches.

- Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people sit.
- Brace overhead light fixtures.
- Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
- Secure a water heater by strapping it to the wall studs and bolting it to the floor.
- Repair any deep cracks in ceilings or foundations. Get expert advice if there are signs of structural defects.
- Store weed killers, pesticides, and flammable products securely in closed cabinets with latches and on bottom shelves.

For more tips on preparing your home, including how-to videos, visit the Washington State Emergency Management web site <http://www.emd.wa.gov>.



The Human Services Council's Retired and Senior Volunteer Program and Senior Messenger present

Connections 50+ Expo

Sunday, April 11, 2010

11 a.m. - 4 p.m.

Vancouver Hilton

301 W 6th Street, Vancouver, WA

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

140+ Interactive & Informative Exhibits

Alaska Cruise Grand Prize

Courtesy of USA River Cruises & Sunshine Travel

Meet Rojo the Llama

Barefoot Books Sale

Meet Local Author Bonnie Nester

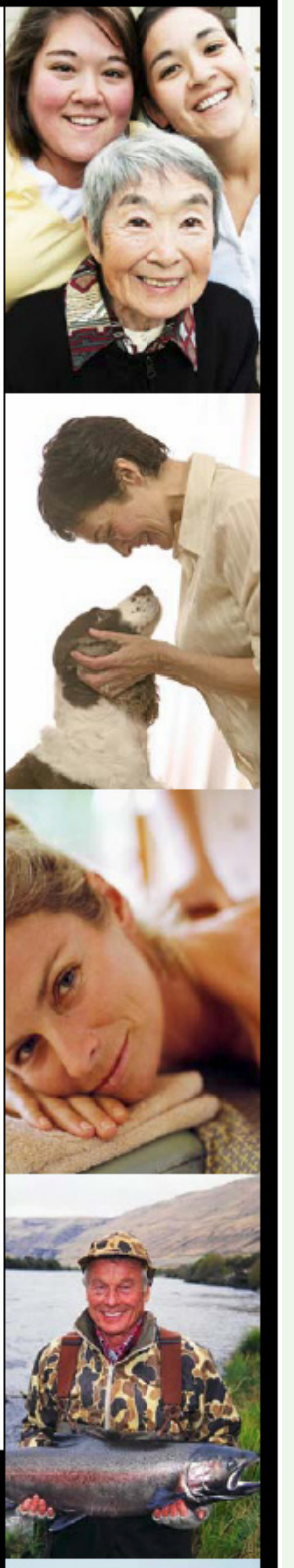
Free Health Screenings

Blood glucose testing, blood pressure, hearing screening, massages, audiograms, acupuncture and more!

Suggested \$3 Donation at the Door

supports the Retired & Senior Volunteer Program

360.735.3683 x www.50plusconnectionsexpo.com



THANK YOU SPONSORS AND CONTRIBUTORS!

USA River Cruises & Sunshine Travel, Waterford at Fairway Village, Glenwood Place Senior Living, Health Net of Oregon, At Your Place Senior Care, Human Services Council, Humana Inc., Home Instead Senior Care, A Caring Heart Senior Housing Referral Service, BrightStar, Fred Meyer, Kaiser Permanente, Care Management Associates, Inc., SW WA Agency on Aging and Disabilities

Contributors: Retirement Connection Guide and Sunny 1550