



# S.A.L.T. TIMES

March 2009



Garry E. Lucas

## Free Program Offers Assurance For Homebound Elderly

**D**id you know that there is a *free* program called RUOK available to Clark County senior citizens? The RUOK program is a computer-based telephone calling system designed to conduct daily checks on senior citizens who live alone or have specific physical or medical needs that would cause them to need daily contact to ensure they are okay.

### Here's how it works:

Every day at the time you pre-designate, the RUOK computer will dial your phone number. All you need to do is pick up your phone and listen to the pre-recorded message. The computer assumes you are okay if you

answer the phone. If there is a busy signal or no answer, the computer will attempt two more calls. If there is still no answer, an officer will be dispatched to do a welfare check.

This program can be used for a short period of time or long term. If you are going to be gone for the day or on vacation, you can stop service during that time and resume service when you return.

The RUOK program is a great program that can provide a little peace of mind, but is not intended to replace other medical alert programs. There are currently only 15 Clark County seniors enrolled in RUOK.

### ✓ Sign Me Up!

If you or someone you know could benefit from the RUOK program, call us today. To participate you will need to provide information such as your name, address, phone number, emergency contact, and brief medical history.

### Contact:

Tami Strunk

834-4151

or

Kasey Frazier

397-2211 ext. 3380

# Clark County Neighborhoods

## 1<sup>st</sup> Graffiti Clean-Up

**Saturday, May 2, 2009  
9 a.m. to 1 p.m.**

The Clark County Sheriff's Office was recently awarded a graffiti abatement grant from the Washington Association of Sheriff's and Police Chiefs. Now, it's time for the community to come together and rid our beautiful neighborhoods of graffiti!

The clean-up will be a combined effort by contracted graffiti removal crews, community volunteers and law

enforcement personnel. Volunteers must fill out an application and attend same-day training. Supplies will be provided by the Sheriff's Office.

### How can you help?

Survey your neighborhood and report sites of graffiti vandalism. You can also help remove graffiti on clean-up day.

To report graffiti for the clean-up or to volunteer,

call 397-2211 ext. 3380 or contact your neighborhood association.

For neighborhood association info, visit [www.clark.wa.gov/neighborhoods](http://www.clark.wa.gov/neighborhoods).

*Graffiti is the most common type of property vandalism. Be a part of the solution!*

## Camas Fire Department

### Open House & Safety Fair

**Saturday, April 4  
10 am to 3 pm**

There will be a lot of activities, vendors, and safety information. Bring the whole family!



**Fire Station 42  
4321 NW Parker St.  
Camas, WA**



## Happy St. Patrick's Day

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

The newsletter is now available electronically! Simply e-mail [Kasey.Frazier@clark.wa.gov](mailto:Kasey.Frazier@clark.wa.gov) to receive your newsletter via e-mail.



For other formats: Clark County ADA Office, Voice (360) 397-2000 Relay (800) 833-6384, E-mail [ADA@clark.wa.gov](mailto:ADA@clark.wa.gov)

# S.A.L.T. Mini-Fair Scores Big with Seniors!

**A**ttendance at the annual S.A.L.T. spaghetti luncheon and first senior mini-fair exceeded 200! If you missed it, then you will have to wait until next year to see what all the fun was about.

Although the spaghetti luncheon is a long-time S.A.L.T. tradition, the senior mini-fair was the idea of Tami Strunk, Community Service Officer with Camas Police. Tami saw this event as a great opportunity to bring valuable product and service information to seniors. She was right.

With several vendors participating, seniors were able to have their blood pressure, body fat, circulation and even their memory tested. Several other services were represented as well. Another great addition to this year's event was the Washington Old Time Fiddlers Association. Some seniors were seen on the sly tapping their toes to the delightful music!

Several great door prizes were awarded after Sheriff Garry Lucas thanked the seniors for making Clark County a better place to live. As seniors headed out the door, they were able to take a paper product of their choice. There was truly something for everyone. 🍷

Thank you to all the donors who generously contributed door prizes:

WalMart, Smokey's Pizza, Olive Garden, Blind Onion Pizza & Pub, Billygans, Tommy O's, Columbia Ridge Assisted Living, RSVP, LaCamas Medical Center, Twilight Pizza, Safeway, QFC, Lakeside Chalet, Southwick Speciality, Chuck Whitlock, Georgia Pacific, Haleys Flowers, Flowers Washougal, and Domino's Pizza.



Musicians from the Washington Old Time Fiddlers Association set the tempo for the event!



A \$50 gift certificate to Tommy O's Restaurant was just one of many fantastic door prizes!



Detective Tom Mitchum was on hand to give out ID theft prevention tips.

*Thanks to all the vendors, law enforcement personnel, restorative justice youth and our seniors for helping make this such a great event.*

Clark County Sheriff's Office  
P.O. Box 410  
Vancouver, WA 98666

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# Death Planning

Join us for a March S.A.L.T. meeting! Chris Dierickx from Straub's Funeral Home will be giving a presentation about planning for death.

Topics will include:

- Deciding what kind of services you want
- Choosing a funeral home or cremation & burial service
- Cemeteries
- Information for death certificate
- Information for obituaries
- Funeral Insurance

Information provided is general and applies to the State of Washington and most other states as well.

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

## WEST S.A.L.T. Meeting:

**March 16, 2009**

**11:00 a.m.**

**40 and 8 Community Rm.**

**7607 NE 26th Ave.**

**Vancouver, WA**



## EAST S.A.L.T. Meeting:

**March 23, 2009**

**11:00 a.m.**

**Camas Police Dept.**

**2100 NE 3rd Ave.**

**Camas, WA**