



S.A.L.T. TIMES

May 2008



Vacation: What to do Before You Leave

A vacation away from home should be a pleasant experience for you and your family. Returning to a home that has been broken into is a very unpleasant homecoming. Your vacation will be more enjoyable and carefree when you know your home is secure, so here are some tips that will help protect your home.

One month prior

- Repair broken doors or windows.
- Install quality locking devices on all exterior doors and windows.

Arrange to have a neighbor or friend:

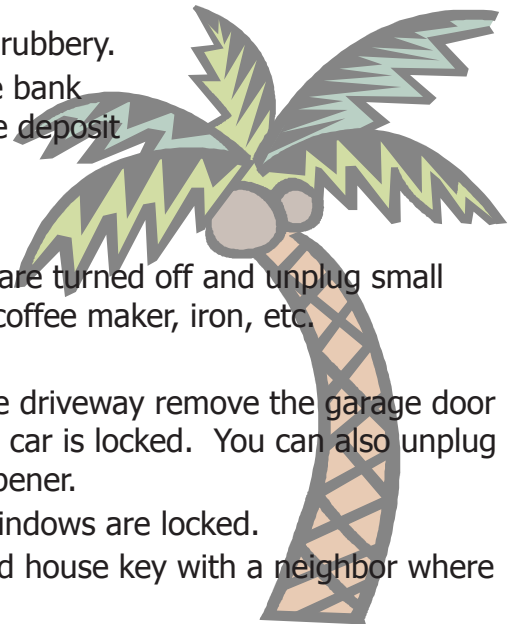
- Pick up your mail, mow and water your lawn, and pick up newspapers and flyers from your doorway or yard.
- Put your garbage cans out on pick-up days and put them away after pick-up.
- Feed your pets.
- Turn lights on and off for you, unless they are on a timer or sensor.

A day or two prior

- Mow the lawn and trim shrubbery.
- Take your valuables to the bank and lock them up in a safe deposit box.

Day of departure

- Make sure gas appliances are turned off and unplug small appliances such as a fan, coffee maker, iron, etc.
- Turn off the water.
- If you leave your car in the driveway remove the garage door opener and make sure the car is locked. You can also unplug the electric garage door opener.
- Make sure all doors and windows are locked.
- Leave a phone number and house key with a neighbor where you can be reached.
- Just before you leave, walk around the outside perimeter of your house and make sure everything is secure. Remove any items that could be used to break into your home.



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.

Mother's Day

May 11, 2008

There are a few things, which are common to all the mothers around the world. Apart from showering love and affection, mothers make it a point to keep an eye on every activity of their children- this of course arises as a result of her being too caring about her child, so that he/she is always unhurt. Here are some of the most common advice by mothers to their children:

- Make sure to change your underwear always; you never know when you'll have an accident.
- Don't make that face or it'll solidify in that position.
- Be careful or else you'll put your eye out.
- What if everyone jumped into a well? Would you do it, too?
- You have enough filth behind those ears to grow potatoes!
- Close that door! Were you born in a barn?
- If you don't have something nice to say, don't say anything at all.
- Don't put that thing in your mouth; you don't know where it's been!

Happy Mother's Day!

EVERYONE needs to wear a helmet in the City of Vancouver. Effective March 25, 2008.

Vancouver City Council voted to make it a law that everyone who rides a bicycle, skateboard or inline skates must wear a helmet.

Protect Yourself from Scams

Everyone must be on guard against scams, but seniors can be more vulnerable to fraud. Some seniors are trusting and willing to believe what people tell them. Many crooks—and even friends and family members—take advantage of the good nature of seniors to cheat them.

Seniors aged 60 and older account for about 15 percent of the U.S. population, yet according to some estimates they comprise 30 percent of fraud victims.

Here are some things you can do to protect yourself from scams.

- Don't be afraid to say no.
- You don't have to talk to telemarketers — hang up if you are uncomfortable or you don't trust the caller.
- Don't give in to high-pressure sales tactics.
- Call the police if you feel threatened.
- Don't reveal your credit card, bank account or Social Security numbers to unfamiliar companies or people.
- Do your own research on charities and other solicitors.
- It's your money — never be afraid to ask where it's going.
- Before you invest, do your homework, because you can lose money even on legitimate investments.
- Get the details of all deals in writing.
- If it sounds too good to be true, it probably is.

Source: Consumer Action



Don't Take the Fall

Young or old, spry or not- all of us are going to take the occasional spill. (We know, sometimes it's like the ground just reached up and grabbed your toes!) Whether you hit the pavement as a result is not about the initial misstep. It's about your ability to right yourself when you lose your balance.

Three ways to be sure and steady:



Choose dumbbells over weight machines. Dumbbells force you to balance the weights as well as lift them.

Hint: Tap your balance muscles by doing lunges with weights in your hands.

- Make like a flamingo. Try doing whatever you're doing on one foot. It will help improve your awareness of yourself in space, which leads to better balance. Hint: Brush your teeth or crank out a few bicep curls with this method.
- Buy a ball. Adding stability-ball exercises to your workout routine tunes up your balance muscles, too. Hint: Try doing crunches, push-ups (hands on the floor and feet on the ball) or leg lifts with it.

RealAge Benefit: Strength training can make your RealAge one year younger.

(YOU: Staying Young. Roizen, M. F., Oz, M. C., New York: Simon & Schuster, 2007)

The S.A.L.T. Times Newsletter is now available electronically!

If you would like to receive the newsletter via e-mail, please send your e-mail address to: Kasey.Frazier@clark.wa.gov or call 397-2211 ext. 3380

You can also view the newsletter online at: www.clark.wa.gov/sheriff/community/salt.html

I Love A Parade!



The 44th annual Parade of Bands presented by the Hazel Dell/Salmon Creek Business Association will feature the theme "The Music Man." **The parade begins at**

10:30 a.m. on Saturday, May 17, 2008.

With over 20 high school and middle school bands, fire engines, clowns, antique cars, several decorated vehicles, floats and much more, there will be something for everyone in the family to enjoy!

The parade begins at Fire District 6, Station #1-8800 NE Hazel Dell Avenue, travels south to NE 63rd St., east to Hwy. 99 and north on Hwy. 99 ending at NE 78th St.

Bring the grandkids and get there early!

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

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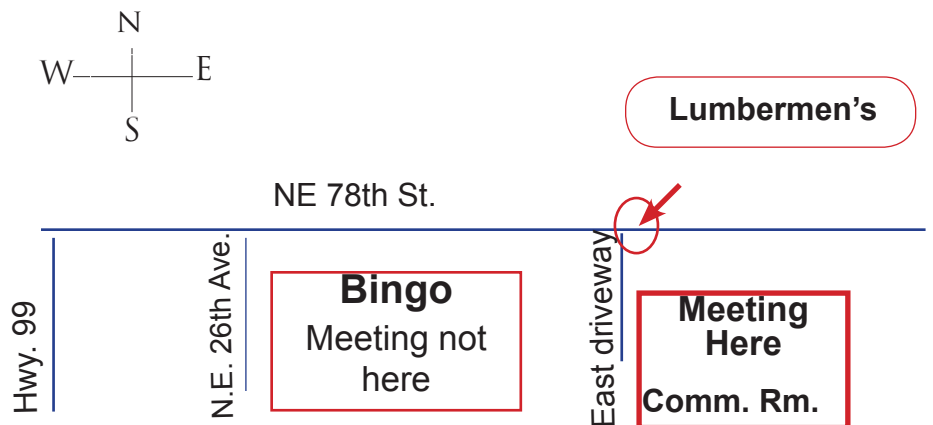
Alzheimer's Caregiver Support

Guest speaker Shanti Potts, Resident Director at Fort Vancouver Alzheimer's Care, will be speaking about caring for loved ones with Alzheimer's. Her presentation will include signs and symptoms, stages, behaviors, and caregiver support and resources.

There is only one S.A.L.T. meeting in May which will be held at the WEST meeting location (see map below). S.A.L.T. meetings are free and open to all seniors. *Please join us!*

JOINT Meeting
May 19, 2008
11:00 a.m.

40 and 8 Community Rm.
7607 NE 26th Ave.
Vancouver, WA 98665



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