

SENIORS AND LAW ENFORCEMENT TOGETHER



# S.A.L.T. TIMES

November 2008



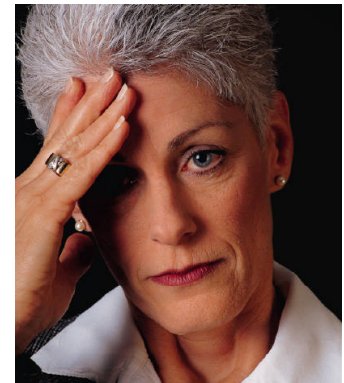
## How to Survive the Latest Financial Crisis

### When an Emergency Brings Panic and Anxiety

By Jerry Lopper

Headlines scream of crisis. Newscasters quote dire warnings from experts. TV news channels repeatedly run video clips showing the worst of the situation; the repetitions magnify the apparent crisis bringing on panic attacks. The public worries and tunes in continuously, hoping to find answers and hope, but usually finding only more reason for anxiety.

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To read the full article, visit:

[http://personaldevelopment.suite101.com/article.cfm/how\\_to\\_survive\\_the\\_latest\\_financial\\_crisis](http://personaldevelopment.suite101.com/article.cfm/how_to_survive_the_latest_financial_crisis)

# Welcome Sergeant Mike McCabe!

Michael McCabe is the new Clark County Sheriff's Office Outreach Unit sergeant. Mike is an Arizona native and a former employee of the Maricopa County Sheriff's Office in Phoenix, Arizona. He moved his family to Vancouver and joined the Clark County Sheriff's Office in 1994.

Mike has held the rank of Sergeant in both the Custody Branch and the Enforcement Branch.

"The experience of working within our jail system and within our patrol division has provided me with a unique perspective on the challenges facing both our patrol deputies and our custody officers here in Clark County."



"I am excited to join the Sheriff's Outreach Unit and work with our seniors, community volunteers and leaders." "I have seen first-hand the success that can be achieved when the community and those who serve it come together for a common purpose."

Sgt. McCabe can be reached at 397-2104 or email: [Mike.Mccabe@clark.wa.gov](mailto:Mike.Mccabe@clark.wa.gov)



*Not what we say about our blessings,  
but how we use them, is the true  
measure of our thanksgiving.*

*~W.T. Purkiser*

To be placed on the mailing list or e-mail distribution list to receive the FREE S.A.L.T. Times monthly newsletter, call the Clark County Sheriff's Office Outreach Unit at (360)397-2211 ext. 3380 or e-mail [Kasey.Frazier@clark.wa.gov](mailto:Kasey.Frazier@clark.wa.gov).

# Need Help During Difficult Times?



Here are some great resources for senior citizens

Service/Assistance Offered	Agency/Program	Contact Info
Utility and energy assistance programs Senior citizen rate credits	Clark PUD	360-992-3000 www.clarkpublicutilities.com
Energy Assistance	Low-income Home Energy Assistance Program	1-866-861-6354
Assistance to low-income households and senior citizens who are without telephones (WTAP)	Washington Utilities and Transportation Commission	1-800-562-6150
Meal Assistance	Meals on Wheels Loaves & Fishes	360-696-8076 360-695-3847/360-597-5711
Emergency clothing, food, shelter	American Red Cross	360-693-5821
Senior Information and Assistance	Southwest Washington Agency on Aging	360-694-8144
Directory and resource guide for seniors in Clark County	Senior Living Strategies	clarkcountywa.seniorliving strategies.com
Free, unbiased information about health care coverage, prescription drug plans, rights and options	SHIBA- Statewide Health Insurance Benefits Advisors	360-735-3686 www.insurance.wa.gov

**F.Y.I.**

## Clark County Senior Crime Information

Here are some 2008 Clark County crime stats for those who missed the October S.A.L.T. meeting.

- ▶ 1 out of 33 seniors in Clark county reported being a victim of a crime.
- ▶ The most common crime reported by Seniors is Theft - 20% of All Thefts reported to the sheriff's office are made by people over the age of 55.
- ▶ Only 5% of all Assaults reported to the sheriff's office have a victim who is 55 or older.
- ▶ Only 1% of Alcohol Crimes reported to the sheriffs office involve a senior.
- ▶ 1 out of every 3 Residential Burglary Cases, has at least one victim over the age of 55.
- ▶ 1 out of every 4 Fraud and Forgery Cases reported to the Sheriff's Office, has at least one victim over the age of 55.

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## SHIBA

Open enrollment for medicare begins November 15th. Join us for a combined S.A.L.T. meeting in November. SHIBA (StateWide Health Insurance Benefit Advisors) will be giving a presentation and answering questions about senior health care.

There will also be information about the SAR (Sponsor-A-Ride) program that assists seniors with transportation to medical appointments.

*As always, meetings are free and open to all seniors.*

### **Joint S.A.L.T. Meeting:**

**November 17, 2008**

**11:00 a.m.**

**40 and 8 Community Rm.**

**7607 NE 26th Ave.**

**Vancouver, WA**



**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)