

★ Recruiting NOW Volunteers! ★

The Vancouver Police Department is accepting applications for NOW (Neighbors on Watch), a non-confrontational citizen patrol volunteer program. Citizens interested in crime prevention and the safety of their neighborhoods are encouraged to apply!

NOW volunteers receive specialized training and patrol in pairs throughout the city looking for and reporting suspicious activity, canvassing for missing people and helping at special events. Applicants must be at least 21 years old, pass a background check and attend a 30 hour training academy.



Citizens who live in the city limits of Vancouver can contact the Vancouver Police Volunteer Coordinator, Kelly Cheney, at (360) 487-7467 for an application or more information. [Applications are due by July 21 to be considered for the next training classes.](#)

If you live in Clark County (outside city limits) contact the Clark County Sheriff's Office Outreach Unit at (360) 397-2211 ext. 3380 or email: sheriffcommunityoutreach@clark.wa.gov.

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

S.A.L.T. TIMES

July 2016

S.A.L.T. Picnic

Monday, July 18, 2016
11:00 a.m.-12:30 p.m.

Join us on Monday, July 18th at 11 a.m. for the annual S.A.L.T. Picnic at the Lacamas Lake Lodge in Camas. Enjoy a picnic lunch complete with chicken, potato salad, rolls, watermelon and ice cream! The picnic is a long-time tradition of the S.A.L.T. program (Seniors And Law Enforcement Together). Your local law enforcement representatives will be serving lunch as a token of appreciation for our valued seniors.

The lodge is a beautiful facility with the option to be inside or outside. So come enjoy good food and visit with your local law enforcement. The picnic is *free* for all seniors.

Questions? Call 397-2211 ext. 3380

Lacamas Lake Lodge
227 NE Lake Rd.
Camas, WA

- Directions: from WA-14 E /Lewis and Clark Hwy E;
- Take the WA-14 exit, EXIT 12, toward Camas
 - Stay straight to go onto WA-14 Bus/NW 6th Ave. Continue to follow NW 6th Ave.
 - Turn left onto NE Garfield St./ WA-500. Continue to follow WA-500.
 - Turn right onto NE Everett St./ WA-500
 - Turn left onto NE Lake Rd.
 - 227 NE Lake Rd. is on the right.



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



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Signs of a Charity Scam

IF YOU'RE CONSIDERING A REQUEST FOR A DONATION TO A CHARITY, DO SOME RESEARCH BEFORE YOU GIVE. BY FINDING OUT AS MUCH AS YOU CAN ABOUT THE CHARITY, YOU CAN AVOID FRAUDSTERS WHO TRY TO TAKE ADVANTAGE OF YOUR GENEROSITY. HERE ARE TIPS TO HELP MAKE SURE YOUR CHARITABLE CONTRIBUTIONS ARE PUT TO GOOD USE. FOR MORE INFORMATION, VISIT FTC.GOV/CHARITYFRAUD.

These days, charities and fundraisers (groups that solicit funds on behalf of organizations) use the phone, face-to-face contact, email, the internet (including social networking sites), and mobile devices to solicit and obtain donations. Naturally, scammers use these same methods to take advantage of your goodwill.

Regardless of how they reach you, avoid any charity or fundraiser that:

- Refuses to provide detailed information about its identity, mission, costs, and how the donation will be used.
- Won't provide proof that a contribution is tax deductible.
- Uses a name that closely resembles that of a better-known, reputable organization.
- Thanks you for a pledge you don't remember making.
- Uses high-pressure tactics like trying to get you to donate immediately, without giving you time to think about it and do your research.
- Asks for donations in cash or asks you to wire money.
- Offers to send a courier or overnight delivery service to collect the donation immediately.
- Guarantees sweepstakes winnings in exchange for a contribution. By law, you never have to give a donation to be eligible to win a sweepstakes.

Charity Checklist

Take the following precautions to make sure your donation benefits the

people and organizations you want to help.

- Ask for detailed information about the charity, including name, address, and telephone number.
- Get the exact name of the organization and do some research. Searching the name of the organization online — especially with the word “complaint(s)” or “scam”— is one way to learn about its reputation.
- Call the charity. Find out if the organization is aware of the solicitation and has authorized the use of its name. The organization's development staff should be able to help you.

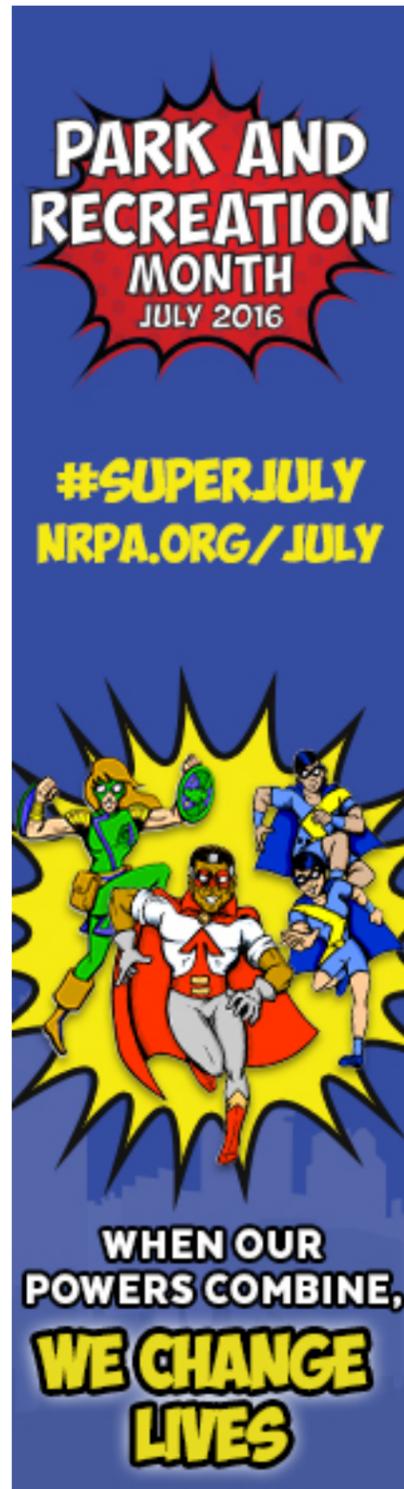
•Find out if the charity or fundraiser must be registered in your state by contacting the National Association of State Charity Officials.

•Check if the charity is trustworthy by contacting the Better Business Bureau's (BBB) Wise Giving Alliance, Charity Navigator, Charity Watch, or GuideStar.

•Ask if the caller is a paid fundraiser. If so, ask:

- The name of the charity they represent
- The percentage of your donation that will go to the charity
- How much will go to the actual cause to which you're donating
- How much will go to the fundraiser

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Alzheimer's Caregiving Tips: Exercise and Physical Activity

Being active and getting exercise helps people with Alzheimer's disease feel better. Exercise helps keep their muscles, joints, and heart in good shape. It also helps people stay at a healthy weight and have regular toilet and sleep habits. You can exercise together to make it more fun. You want someone with Alzheimer's to do as much as possible for himself or herself. At the same time, you need to make sure that the person is safe when active.

Getting Started

Here are some tips for helping the person with Alzheimer's disease stay active:

- Be realistic about how much activity can be done at one time. Several 10-minute “mini-workouts” may be best.
- Take a walk together each day. Exercise is good for caregivers, too!
- Make sure the person with Alzheimer's disease has

an ID bracelet with your phone number if he or she walks alone.

- Check your local TV guide to see if there is a program to help older adults exercise, or watch exercise videos/DVDs made for older people.
- Add music to the exercises if it helps the person with Alzheimer's disease. Dance to the music if possible.
- Break exercises into simple, easy-to-follow steps.
- Make sure the person wears comfortable clothes and shoes that fit well and are made for exercise.
- Make sure he or she drinks water or juice after exercise.

For more information about exercise and physical activity for older adults, visit <https://www.nia.nih.gov/>



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•Keep a record of your donations.

•Make an annual donation plan. That way, you can decide which causes to support and which reputable charities should receive your donations.

•Visit this Internal Revenue Service (IRS) webpage <https://www.irs.gov/charities-non-profits/organizations-eligible-to-receive-tax-deductible-charitable-contributions>, to find out which organizations are eligible to receive tax deductible contributions.

•Know the difference between “tax exempt” and “tax deductible.” Tax exempt means the organization doesn't have to pay taxes. Tax deductible means you can deduct your contribution on your federal

income tax return.

•Never send cash donations. For security and tax purposes, it's best to pay by check — made payable to the charity — or by credit card.

•Never wire money to someone claiming to be a charity. Scammers often request donations to be wired because wiring money is like sending cash: once you send it, you can't get it back.

•Do not provide your credit or check card number, bank account number or any personal information until you've thoroughly researched the charity.

•Be wary of charities that spring up too suddenly in response to current

events and natural disasters. Even if they are legitimate, they probably don't have the infrastructure to get the donations to the affected area or people.

•If a donation request comes from a group claiming to help your local community (for example, local police or firefighters), ask the local agency if they have heard of the group and are getting financial support.

•What about texting? If you text to donate, the charge will show up on your mobile phone bill. If you've asked your mobile phone provider to block premium text messages — texts that cost extra — then you won't be able to donate this way.