

Air Force One-Behind the Scene

Please join us for a special presentation at the November S.A.L.T. meeting. Guest speaker E.E. Van Valkenberg served five presidents during his 15 years as Chief Communicator of Air Force One. He also flew with heads of foreign countries and many movie stars. Come hear "behind the scene" stories as he shares some of his most memorable moments.

There is not a West side meeting this month due to Thanksgiving, so join us at the East Side location for this special presentation. *Please note the meeting date is earlier than usual.

Camas Police Dept. 2100 NE 3rd Ave. in Camas
***Monday, November 14, 11 a.m.-noon**

S.A.L.T. meetings are free and open to all seniors. Bring a friend!

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



E.E. Van Valkenberg

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

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Tips to Help You Stay CyberSafe on Your Holiday Travels

The holidays are right around the corner, which for many of us means traveling to celebrate with friends and family. Whether you are just traveling for a weekend away to see the grandkids or going on a long winter vacation overseas, it is important to be cyber secure. Travelers are often easy prey for hackers as they are forced to rely on public Wi-Fi or computers and may need to leave their electronic devices unattended in hotel rooms or in-transit. Follow these simple steps before and during your journey to help stay protected the next time you're away from home.

Before You Leave:

Along with confirming your itinerary and packing, add these to-dos to your checklist:

- 1. Minimize the number of electronic devices you bring on your travels to those you can carry on your person.** This makes it less likely for your devices to get stolen or compromised.
- 2. Update your mobile software before you go.** Keep your operating system software and apps on your mobile device updated, which will improve your device's ability to defend against malicious software also known as 'malware'.
- 3. Turn off Wi-Fi and remote connectivity when idle.** Some devices will automatically seek and connect to available wireless networks. Bluetooth, for example, enables your device to connect wirelessly with other devices, such as headphones or automobile infotainment systems. Disable these features so that you only connect to wireless and Bluetooth networks

when you want to.

- 4. Create strong passwords.** Before you leave home, make sure you have strong passwords on all of your electronic devices. Passwords should be at least eight characters in length with both numbers, letters and special characters (@!\$?). Create unique passwords for each device.
- 5. Enable stronger authentication.** Stronger authentication (also known as two-factor or multi-factor authentication) adds an extra layer of security beyond using a password to access your accounts. Most major e-mail, social media and financial platforms offer multi-factor authentication to their users. Be sure to ask your service provider if you can activate this feature before departing on your trip. To learn more, visit the White House's new stronger authentication campaign at www.lockdownyourlogin.com.

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Prepping the Home for Winter

Fall and winter bring numerous challenges for independent seniors living at home. Help your senior by covering the areas below. Make sure that their home is ready for the colder, wetter months ahead.

- Ensure that all lights around the outside of the home are working properly and illuminate the correct area (entrances, stairs, etc.).
- Turn off exterior faucets, preventing issues with frozen pipes when temperatures dip below freezing.
- Make sure that water drains well and that there are no areas of standing water (During colder months, these areas can become very slippery and pose as

serious fall risks).

- All gutters are clear of debris for maximum roof drainage.
- Doormats are usable and not frayed or damaged.
- Smoke and carbon detectors are in working order.
- Trees and bushes are trimmed to prevent any damage to the home during an untimely storm.
- Make sure there is an emergency kit within the house.
- All doors and windows are sealed and insulated properly to prevent warm air from escaping.

Sound Options, Inc.

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While You're Away:

Be mindful of your Internet activity and how you can protect your privacy as well as your device:

1. **Keep your phone locked.** Always lock your device when you are not using it. Even if you only step away for a few minutes, that is enough time for someone to steal or destroy your information. Use strong PINs and passwords for your accounts and lock screen.

2. **Think before you connect.** Before you connect to any public wireless hotspot such as those in an airport, hotel, train/bus station, or café be sure to confirm the name of the network and exact login procedures with appropriate staff to ensure that the network is legitimate. Many fake networks have seemingly legitimate names.

3. **Protect your money and your information.** Do not conduct sensitive activities, such as online shopping, banking, or

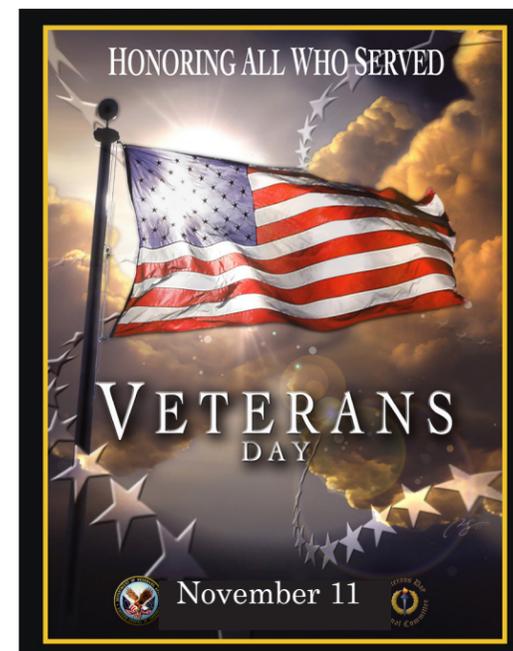
sensitive work, using a public wireless network or a public computer.

4. **Delete your cookies and cache.** If you use the Internet on a public computer (such as at a hotel or café) while you are traveling, be sure to delete your cookies in the web browser after you have finished. When you are on the Internet, a browser saves your information and this saved data is called a "cookie." This data, which can include login credentials or other personal information, can then be accessed by other individuals that may use the computer. Please read the Federal Trade Commission's OnGuard Online article (<https://www.consumer.ftc.gov/articles/0042-online-tracking>) to find out more about cookies and how you can remove them.

5. **Don't broadcast your location.** Many social media platforms offer location-tagging

as part of their features, which allows users to include their location when they post online. Avoid using these location features and do not announce on social media that you will be out of town. You could be telling stalkers exactly where to find you or telling a thief that you are not home.

Article source: AARP and the Washington State Attorney General's Office



Maintaining Balance During the Holidays

The holidays are almost here. Each person experiences this time of year differently. Whether you are full of anticipation for festivities to come, dealing with feelings of sadness or loneliness, or feeling overwhelmed with too much to do, here are a few things to consider.

• **Get clear.** What do you want most for your holiday season? Write down the top 5 things that make the holidays special for you that you can create or take part in.

• **Steer clear.** Reflect on what you find draining or resent doing. Give yourself permission to say no. Practice if necessary! Something like: "Thank you for asking, I'm saying no for this year".

• **Maintain your balance.** Every day: laugh a little (or a lot), learn a little, reflect a little, move a little and forgive a little.

• **Start each day with these three:** before getting out of bed, take 1 minute to...

- Take three long deep breaths to fill your lungs with fresh H2O.
- Think of one simple thing you are grateful for (this affects your biochemistry - you can't produce stress chemicals while experiencing gratitude).
- Direct your mind! What do you want to experience today? Ease? Satisfaction? Laughter? Tell your brain what you want (since the brain doesn't process negatives, frame this in the positive, i.e. "I am happy, full of good energy and productive", not "I won't let myself be drug down by others who are negative").

• **Get outside.** Do something physical for 10 minutes

each day: stack wood, rake leaves, or walk around the block with your friend, yourself, your pet or your child.

• **Give yourself a generous dose of sleep (7-8 hours), fresh food, and water.**

• **Who or what makes you laugh?** Turn on your favorite comedy or go find your humorous friend. The goal: laugh until you pee or cry :-).

• **Who and what enriches your life?** Give your time and attention to those people, places, and events.

• **Take a 10 - 15 minute solitude break every day to connect and catch up with yourself.** Ask your heart what it feels and what it needs.

• **Give up the need to do it all,** or do it all perfectly.

• **When you get stressed or uncomfortable: acknowledge it.** Telling ourselves our truth takes us out of defense. It's normal to feel stressed or uncomfortable when we have lots going on.

• **At the end of the day, check to see if you are holding onto resentment or bitterness about something that day.** Choose something to forgive. Then notice a few things you are grateful for. Notice what brought you fun and enjoyment - do more of these when possible.

If you have experienced major loss this year, take extra time to honor how different this holiday might feel. Be gentle with yourself, and let it be okay to experience sadness and sorrow in the midst of a celebratory season. Love and affirm the loss and the parts of you that are in sorrow.

And finally, keep it all in perspective. What's really important? Treat yourself well. Greet your loved ones with affection and kindness.

Robin Rose robin@robinrose.com

