

Liberty Middle School Cafeteria  
1612 NE Garfield, Camas, WA

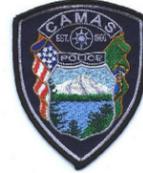
Directions to Liberty Middle School

WA-14 E via EXIT 27 toward CAMAS  
Take the WA-14 BUSINESS LOOP exit, EXIT 12, toward CAMAS.  
Take the ramp toward CAMAS. 0.1 mi  
Stay STRAIGHT to go onto NW 6TH AVE. 1.3 mi  
Turn LEFT onto NE GARFIELD ST/WA-500. 0.1 mi  
Turn RIGHT onto NE GARFIELD ST. 0.1 mi  
Turn RIGHT to stay on NE GARFIELD ST. 0.0 mi  
1612 NE GARFIELD ST is on the RIGHT

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](mailto: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](mailto:ADA@clark.wa.gov)



\*There is limited parking available on the streets and in the parking lot north of the school and on the street. Carpooling is recommended.



The spaghetti luncheon is Sponsored by S.A.L.T. (Seniors And Law Enforcement Together)-a partnership between Clark County Sheriff's Office, Camas Police and seniors of Clark County.



Seniors And Law Enforcement Together

# S.A.L.T. TIMES

February 2014

Free!

## Spaghetti Luncheon

Monday, February 17, 2014  
11 a.m.- 12:30 p.m.

(doors open 10:30 a.m.)



Please join us for the annual S.A.L.T. Spaghetti Luncheon at Liberty Middle School in Camas (directions on back).

A spaghetti lunch will be served by your local law enforcement personnel as their way of showing appreciation for the great seniors of Clark County!

There won't be a resource fair this year, but we will have a prescription drug take-back so if you have expired or unused prescription medication, bring it with you. We will have deputies on hand to safely dispose of them (please no liquids or sharps).

This is a free event for all senior citizens, although donations are always welcome. Hope to see you at the biggest S.A.L.T. event of the year!



Come enjoy singer/trumpet player Chuck Par-Due who has been playing for seniors for over 40 years. He and his wife Cheryl will perform hits from the 40's!

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



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# American Heart Month

*Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable*

Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. This American Heart Month, take your first step on the road to a healthy heart.

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's

1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women. The term "heart disease" refers to

several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.61 billion each year. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans

from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. CDC is providing a tip a day throughout February (visit <http://www.cdc.gov/>), but you can take these small steps all year long.



One Step at a Time

As you begin your journey to better heart health, keep these things in

mind:

- Don't become overwhelmed. Every step brings you closer to a healthier heart.
- Don't go it alone. The journey is more fun when you have company. Ask friends and family to join you.
- Don't get discouraged. You may not be able to take all of the steps at one time. Get a good night's sleep and do what you can tomorrow.
- Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

Source: CDC

# Maintaining Social Connections

Social activities serve many purposes. While some activities are purely for enjoyment, being socially active also helps keep the body, mind, and spirit active and alive. In fact, people who remain socially active are less likely to show physical decline as they age.

There are two important things that motivate most people to stay involved in life: interaction with people and contributing to life in some meaningful way.

## The Importance of Friends

Friendships have been found to have as positive an effect on healthy aging as keeping physically fit. Friendships help to:

- Extend the length of our lives.
- Have a positive impact on our immune systems.
- Help to protect our minds from mental decline as we age.

Those who participate in social activities or groups seem to experience protective benefits similar to those who remain physically active. Those who participate in work or volunteer activities and who socialize regularly with friends are less likely to show physical, emotional, and mental decline as they age.

Those who remain active with friends tend to revise the way they define friendship as they age. They no longer require being nearby or face-to-face.

Source: Washington State Department of Social and Health Services

# Tax-Related Identity Theft

Scams based on the United States Internal Revenue Service requirements increase every year during tax season. It's common to see online threats and tactics in which identity thieves and hackers try to convince taxpayers to reveal their personal and financial information.

Taxpayers can encounter identity theft involving their tax returns in several ways. One instance is where identity thieves try filing fraudulent refund claims using another person's identifying information, which has been stolen. Innocent taxpayers are victimized because their refunds are delayed. Be suspicious of emails that appear to be from the IRS. These might be phishing attempts to get your personal information. Remember, the IRS does not contact you using email. Instead you will receive a letter in the mail.



Look for warning signs if the IRS sends a letter stating that IRS records indicate you received wages from an employer you don't know. Store W-2 forms in a safe location. Avoid work offices, common living areas, cars and unlocked mailboxes. Place records in a locked file cabinet or if records are online, use a secure password on your computer.

# Check Your Credit

It's important to receive your credit report once a year to check for any suspicious activity or any inaccuracies. Checking your credit annually is one way you can help guard against identity theft. You can verify the information is accurate and make sure nobody else has obtained credit in your name. The law allows you to order one free copy of your report from each of the nationwide consumer reporting companies every 12 months. To receive your free report, visit [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com) or call toll-free, 1-877-322-8228. Many other websites claim to offer "free credit reports," "free credit scores," or "free credit monitoring" but [www.annualcreditreport.com](http://www.annualcreditreport.com) is the only authorized website. You must provide your name, address, date of birth, and Social Security number in order to receive your report.

Once you have your credit report in hand, take a good look at it. Is there loan activity on your report that you don't recognize? Do any of the balances look odd or inflated? Are there active credit card

## TIPS TO PROTECT YOU FROM BECOMING A VICTIM OF IDENTITY THEFT

- Don't carry your Social Security card or any documents with your SSN or Individual Taxpayer Identification Number (ITIN) on it.
- Don't give a business your SSN or ITIN just because they ask. Give it only when required.
- Protect your financial information.
- Check your credit report every 12 months.
- Secure personal information in your home.
- Protect your personal computers by using firewalls, anti-spam/virus software, update security patches and change passwords for Internet accounts. Avoid replying or clicking on links that take you to suspicious sites. You should delete these messages.
- Don't give personal information over the phone, through the mail or on the Internet unless you have initiated the contact or you are sure you know who you are dealing with.

If you become or suspect you're the victim of identity theft, contact the IRS Identity Protection Specialized Unit at 800-908-4490

accounts that you have no knowledge or memory of? Also, are the monthly statements for accounts you had opened in the past no longer arriving in the mail? These are all warning signs of identity theft.