

★ Recruiting NOW Volunteers! ★

The Clark County Sheriff's Office and Vancouver Police Department are accepting applications for NOW (Neighbors on Watch), a non-confrontational citizen patrol volunteer program. Citizens interested in the safety of their neighborhoods are encouraged to apply! NOW volunteers receive specialized training and patrol in pairs throughout the city and county looking for suspicious activity such as car prowls and graffiti, attend community events and other assignments as needed. The next training academy begins in September 2014.



Applicants must live in Clark County, be a U.S. Citizen, be over 21- years old, pass a background check, drive their own vehicle and attend a 28 hour training academy. For more information or to request an application contact Clark County Sheriff's Office Outreach Unit at (360) 397-2211 ext. 3380 or email: sheriffcommunityoutreach@clark.wa.gov. Citizens who live in the city limits of Vancouver can contact the Vancouver Police NOW Program Coordinator, Kelly Cheney, at (360) 487-7467 for an application or more information. Applications are due by July 23 to be considered for the next NOW Training Academy.

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
 Clark County Sheriff's Office
 P.O. Box 410
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Seniors And Law Enforcement Together

S.A.L.T. TIMES

July 2014

S.A.L.T. Picnic

Monday, July 21, 2014
 11:00 a.m.-12:30 p.m.

Join us for the annual S.A.L.T. Picnic at the new Lacamas Lake Lodge in Camas! Sponsored by S.A.L.T. (Seniors And Law Enforcement Together), your local law enforcement will be serving seniors a picnic lunch complete with chicken, hot dogs, potato salad, baked beans, fruit and ice cream!

The Old Time Fiddlers are always a hit and will be back again this year. The lodge is a beautiful facility with the option to be inside or outside. So come meet and mingle with your local law enforcement. The picnic is free and open to 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.

Parking is limited so please carpool if possible.



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Prevent Home Garage Fires

Did You Know?

Garage fires tend to spread farther and cause more injuries and dollar loss than fires that start in all other areas of the home.



Every year, there are 6,600 garage fires in homes that result in an average of:

- 30 deaths.
- 400 injuries.
- \$457 million in property loss.

Of these fires, 93 percent occurred in one- and two-family homes. The leading cause of garage fires is electrical malfunction. This can be due to shorts in wires, damaged wires, and overloading electrical outlets.

U.S. Fire Administration www.usfa.fema.gov

Keep your home safe by following a few easy tips.

- Store oil, gasoline, paints, propane and varnishes in a shed away from your home.
- Keep items that can burn on shelves away from appliances.
- Plug only one charging appliance into an outlet.
- Don't use an extension cord when charging an appliance.



Scam Alert!

With many banks offering fraud alerts for credit and debit cards, it can be easy to fall for fake versions. Watch out for automated phone calls and text messages that claim your card has been deactivated. It's really an attempt to get you to share banking information.



How the Scam Works:

You get a text message or automated phone call claiming that your credit, debit or ATM card has been deactivated. Reactivating your card is easy. You just need to call a customer service number and confirm some information. One commonly received message reads: "Your ATM card has been put on hold. Call Customer Department now 1-205-XXX-XXXX."

You dial the number given, and you get an on hold message. The message to instructs you to enter your 16 digit credit card number. Don't do it. It's a scam! Share your card information, and you will open yourself up to credit card fraud.

These tips will help you spot and stop scam text messages:

- Call your bank or check out their website. Find your bank's phone number on the back of your credit/debit card and call to confirm the status of your card. Don't call the phone number given in the text message.
- Ignore instructions to text "STOP" or "NO" to prevent future texts. This is a common ploy by scammers to confirm they have a real, active phone number.
- Forward the texts to 7726 (SPAM on most keypads). This will alert your cellphone carrier to block future texts from those numbers.
- Be familiar with your bank's communication methods: Did you sign up for text messages alerts? Be aware of how your bank communicates with you, because anything out of the ordinary may be a scam.

Better Business Bureau <scamalert@council.bbb.org>

Living Like a Traveler: Wisdom for Aging

One of the most common items on the bucket lists of baby boomers and retirees is traveling and enjoying adventure with the people they love. The traveler for many is a symbol of life well lived, freedom, independence, enjoyment, and life-long learning. At the heart of these characteristics is a foundation of healthy behaviors that support the traveler along the way. In fact, the traveler's wisdom can teach us a great deal about wellness and aging. Whether you are an aging adult or helping care for an aging parent, here is part 1 of 10 insights from the road to help you on your elder care journey. Look for part 2 in the August newsletter.



now and the quality of life we want to have in the future.

2. Eat for Your Life

Let's be honest, at least half of travel is about the food. Travel really changes our relationship to food. We try new things, we nourish ourselves with the journey in mind, we eat when we want to eat and not just because it's on the schedule and we are more intentional about what we put in our bodies and how it makes

us feel. Nourishing ourselves with a balanced diet that is appropriate to the needs of our age is key to decreasing the risk of injury and chronic disease while building an adaptable, strong body.

1. Caring for the Body

When we travel, we are intimately reacquainted with how much we rely on our bodies every day. We rely on them to carry us from point A to point B and our health, wellness, and vitality are the foundation for our travels. Aging well is really about building that foundation of health that will allow us to go where we want and continue to do the things we love in safety and freedom. Our biggest fear as a society is that we will "die before we die". We want longevity, but we don't want to grow old and lose our independence or ability to enjoy life. When we treat our bodies as the mode by which we travel, we are better able to see the connection between the way we live our lives

3. The Gift of Walking

Hand in hand with eating is exercise and using our bodies. The traveler packs good comfortable shoes because they know they will do more walking on their trip than any other time, but they also know that the body is made to walk. In fact, there is no single thing that has more of a positive impact on our health and wellness than walking. Walking just 30 (non-consecutive) minutes a day dramatically reduces the risk of diseases and chronic illnesses that make up the most common and costly causes of death in the United States. We tend to overcomplicate our exercise plans and goals, but walking is the simple prescription

that we can write ourselves every day.

4. Learn Something New

Our minds work much like cities and the neural pathways that our thoughts travel are the roads that connect all the traffic in our minds. Thoughts that we have on a regular basis create "ruts in the road", in our well-traveled synapses. When we choose to be a beginner at something, though it may feel uncomfortable, we are actually doing our minds a favor. Our brains are able to adapt and change throughout our lifetimes. This is known as neuroplasticity or brain plasticity. We create new synapses when we learn something new which helps keep our minds active and diversified. While we may want to stick to activities or situations that we have mastered over the years, the traveler knows that moments of growth and learning happen when we step just outside of our comfort zone and push ourselves to be a beginner.

5. Live in the Moment & Focus on the Positive

Much of our life is spent ruminating about the past or contemplating the future and very little time is spent in the present moment. These activities of fortune telling or gazing into the past can create a toxic cocktail of negativity such as regret, fear, and anxiety. The traveler knows that what we chose to focus on really shapes our experience of the trip. Practicing gratitude as we age can really help us to stay in the present moment and focus on the positive aspects of our lives.

Source: Sound Options Inc.