

SAIL- Stay Active & Independent for Life

SAIL is a Strength, Balance and Fitness Program designed for people 65 years or older to help improve balance and mobility; reducing the risk of falls and improving quality of life.

Kim Lehmann, Health & Fitness Director, Touchmark at Fariway Village, will be presenting the SAIL program at our March S.A.L.T. meetings. Dress comfortably and come join us!

Meetings are free and open to all seniors.

West S.A.L.T. Meeting:

Monday, March 17, 2014
11:00 a.m.- Noon

40 and 8 Community Rm.
7607 NE 26th Ave.
Vancouver, WA 98665



East S.A.L.T. Meeting:

Monday, March 24, 2014
11:00 a.m.- Noon

Camas Police Dept.
2100 NE 3rd Ave.
Camas, WA



Sunday, March 9,
2014 at 2 a.m.

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
Vancouver, WA 98666



Seniors And Law Enforcement Together

S.A.L.T. TIMES

March 2014

Fooled By a Fake Funeral Notice

Email users are increasingly savvy about spotting scam messages. So scammers are always on the hunt for new ways to evade the "delete" button. This scam email, disguised as a funeral notification, reaches a new low.

How the Scam Works:

You receive an email with the subject line "funeral notification." The message appears to be from a funeral home in Texas, but it could be from anywhere. The email invites you of an upcoming "celebration of your friends life service." The email looks real. It uses the business's actual colors and logo.

The email instructs you to click a link to view the invitation and "more detailed information about the farewell ceremony." But instead of pointing to the funeral home's website, it sends you to a foreign domain. Scammers place malware on these third party websites that downloads to your computer, giving scammers access to information on your machine.

As usual, watch for scammers changing up this con. They may hijack a different funeral home's name and/or change their message.

Article source: Better Business Bureau

Tips to Avoid Email Scams:

Spot common email scams no matter the circumstances, by following these tips:

1. Don't believe what you see. As in the example below, scammers can easily copy a real business' colors, logo and even email address.
2. Hover over links to check their source. Place your mouse over hyper-linked text and the true destination will appear.
3. Be wary of unexpected emails that contain links or attachments. As always, do not click on links or open the files in unfamiliar emails.
4. Beware of pop-ups. Some pop-ups are designed to look like they've originated from your computer. If you see a pop-up that warns of a problem that needs to be fixed with an extreme level of urgency, it may be a scam.
5. Watch for poor grammar and spelling. Scam emails often are riddled with typos.
6. Ignore calls for immediate action. Scam emails try to get you to act before you think by creating a sense of urgency. Don't fall for it.

IN THIS ISSUE

Page 2



Spaghetti Luncheon
Purse Theft Prevention
Computer Club

Page 3



What if the Hokey Pokey is What it's all About?

Page 4



S.A.L.T. Meeting-
SAIL Program
Spring Forward

Spaghetti Luncheon Re-Cap

Many thanks to everyone who helped make the 2014 Spaghetti Luncheon another great event! Despite the stormy weather and brief power outage, more than 100 seniors attended. Harpist Sarah Toland played beautiful music as seniors were arriving, followed by the vocal and trumpet talent of Chuck Par-Due who took us on a journey to the big band era. The helpful Explorers, tasty food, wonderful entertainment and hard work by the organizers were all mentioned by attendees who were clearly appreciative of the event. On behalf of your S.A.L.T. Advisory Board and law enforcement partners, we thank all our seniors for attending the annual S.A.L.T. Luncheon!



A very big thank you to everyone who donated their time and resources:

Columbia Ridge Assisted Living
Elite Care
The Hampton Salmon Creek
Chuck Par-Due
Sarah Toland
Georgia Pacific
Clark County Explorer Post #893
Your local law enforcement
S.A.L.T. Advisory Board

And thanks to everyone who contributed to the donation jar! (Donations are used to fund this and other great S.A.L.T. events).

What if the Hokey Pokey is What it's all About?

No matter where you are in life, every so often you need to stop and ask yourself the philosophical question this article poses: What if the Hokey Pokey is what it's all about? Think about it. Seriously. What if, when we get up to those pearly gates, they don't ask us how many awards we received or stuff we accumulated or software programs we finally mastered? What if we are asked how much singing and dancing we did with our friends and loved ones?

The Hokey Pokey is a great metaphor for focusing on the goals that matter. Not the stress and structure goals of youth, but the self-delighting goals that come when the hard stuff is done and a new world stretches before you.

Here are a couple tips on how to use the wisdom of the Hokey Pokey.



Put your hand in and shape the life you want. Be active about putting life into your life! The emerging field of psychoneuroimmunology (PNI) tells us our emotions directly influence our immune system. Where stress inhibits our immune responses, decreases bone density and accelerates memory loss, atherosclerosis, and a host of other problems, laughter and joy reverse those effects. An easy goal might be to seek out humorous, joyful people and allow yourself to be inspired by them, or . . . you could . . .

Put your hand out - to others.

The Hokey Pokey is a dance best not done alone! Create your own legacy of laughter and draw upbeat folks to you by sharing funny books, swapping jokes on the internet, or making wry observations in the coffee shop. Oh, and one caution on this humor business: don't be picky. People who are easily pleased, get pleased a lot!

Next, **Put your whole self in!** When you know what you want, commit to it. Set a time limit and keep focused. Life really is like the Hokey Pokey: whether it's your head, your heart, or your left foot, you only get out of it what you put into it.

Equally important, **Take your whole self out!** Don't get so committed to a goal that you lose sight of everything else. In life, as in the Hokey Pokey, the objective is always to come back to a point of balance. As the title of one of my speeches observes, "If you don't pause, nothing worthwhile will catch up with you."

There is more to the Hokey Pokey than simply putting body parts in and out. Sometimes our goal is inappropriate, and we have to **"turn ourselves around!"** The difference between success in life and simply not failing, is how often we take risks, refurbish postponed ideas,

or try new adventures. You can cling to the comfort of a motto like: Eagles may soar but weasels aren't sucked into jet engines. Or explore a more adventurous slogan like: You can't steal 2nd with your foot on first! The young say the early bird gets the worm, but as we get older we recall that it is the second mouse that gets the cheese!

Take some risks. If a journey of a thousand miles begins with one step, make it a dance step and Hokey Pokey into the next chapter of your life!

Article by: Dr. Patt Schwab, CSP

Purse Theft Prevention

Just a reminder: When you are shopping do not leave your purse unattended in the shopping cart.

There was just an incident of this in January; a senior citizen was grocery shopping in a local store and left her purse in the shopping cart. She caught a man looking through her purse but didn't realize her wallet had been stolen until her credit card was used at another local store shortly after.

Tips:

- Do not leave your purse or wallet unattended in your grocery cart while shopping.
- Keep your purse closed.
- Carry only items that are needed.
- Take only the credit cards or cash you plan to use
- Carry your purse close to your body, not dangling by the straps.
- Put your wallet inside your coat or in your front pockets.

Computer Club at Firstenburg Community Center

Dave Hunter presented an Introduction to Computers at the January S.A.L.T. meetings. If you are interested in attending his regular computer classes they are offered at Firstenburg Community Center, Thursdays 1-3 p.m. for beginners and 3-5 p.m. for intermediate to advanced. The cost per class is \$1.

**Firstenburg Community Center-
Trapedero Rm.
700 NE 136th Ave
Vancouver, WA 98684**