

Preventing Financial Abuse



Attorney Chris Babich from Dimitrov, Senescu & Babich will be our guest speaker for the May S.A.L.T. meeting. Learn more about how to protect yourself and your loved ones from financial abuse and exploitation.

Due to Memorial Day there is only one meeting this month so please join us on **Monday, May 19, 2014 at 11:00 a.m., at the West meeting location: 40 and 8 Community Room, 7607 NE 26th Ave. Vancouver, 98665 (next to bingo).**

Meetings are free and open to all seniors.

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



Volunteer Opportunity

The Southwest Washington Regional Long Term Care Ombudsman Program is currently seeking volunteers. An Ombudsman listens to concerns and questions and works with residents, families and staff; local and state agencies; and other organizations to resolve problems or answer questions. Volunteers are asked to commit to approximately four hours of service a week.

The next training series will be held May 15 ~11 a.m.-5 p.m., May 21 and 22~ 8 a.m.-6 p.m. at the Area Agency on Aging and Disabilities located at 201 NE 73rd St. Suite 201 Vancouver, WA 98665. Call 360-694-9007 for more info or to register.

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

May 2014

Lotto Scam Poses as Consumer Protection Bureau

SCAM ALERT!

This lottery scam is up to the same old tricks... with one big exception. They built a website for a fake consumer protection agency and are using BBB's mailing address. Watch out! How the Scam Works:

Lottery and sweepstakes scams are common.

Here are tips to avoid them:

You get a call from someone claiming you won a lottery. Your prize is \$500,000, but you need to pay \$5,000 for "delivery insurance" first. The caller assures you that this is a real prize and even directs you to the "US Consumer Protection Bureau" website to verify its legitimacy.

- You can't win a contest you didn't enter: You need to buy a ticket or complete an application to participate in a contest or lottery. Be very careful if you've been selected as a winner for a contest you never entered.

You decide to check out the offer, so you go to the website and call the phone number at the bottom. An "agent" answers and asks if you are calling about a lottery. He/She offers to check out your \$500,000 prize, and, sure enough, verifies that you are a real lottery winner.

- Verify. Check if an offer is real, but don't call the phone number in the email or website you suspect may be a scam. If it is a con, chances are the person on the other line will be involved too.

Don't fall for it! This lottery scam has an extra layer of deception. The website and the "Consumer Protection Bureau" are fake and just part of the scam. The bureau doesn't exist, and the address given on the fake website is really for BBB's office in Arlington, Va.

- Don't pay up to claim your prize: You should never have to pay money or buy products in order to receive a prize. Be especially wary of wiring money or using a prepaid debit card.

- The only legal lotteries in the United States are the official state-run lotteries. Foreign lotteries are illegal.

source: bbb.org

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50+ Connections EXPO

Are you an empty nester? Thinking about retirement? Looking for resources and opportunities for yourself, or aging parents? All ages are welcome to attend the **Connections Expo, Sunday May 18th, 11 a.m. to 4 p.m., at the Vancouver Hilton Convention Center, 301 W 6th Street.**

This extraordinary event presented by the Retired and Senior Volunteer Program and The Messenger, will give you the opportunity to encounter exciting services, ideas, and resources available for your active, healthy, independent lifestyle! Nowhere else in Vancouver can you find one place that provides such an array of businesses and non-profit agencies that have the information you need as a Vancouver/Portland resident over 50. "This year is particularly exciting with our stage theme 'A Community In Service'! All shows on the stage promote service in our community. Be sure to fit these shows in between your visits to all our exhibitor and sponsor tables!" says Jeanné Phipps, Manager of the RSVP program.

- 130+ Interactive & Informative Exhibits
- FREE Health Screenings
- Meet Rojo & Smokey the Llamas
- Main Street Magician Jay Obenour Performs
- Vancouver Symphony Orchestra Performances
- Grand Prize-Victoria Canada Trip Package
Courtesy of AAA Travel

Expo attendees can park at the Vancouvercenter Park 'n Go Garage located on 6th between Washington and Columbia, the West Coast Bank Parking Garage on 5th and Broadway, or at the free on-street parking.

A suggested donation at the door supports the Retired & Senior Volunteer Program. For full details visit <http://www.hsc-wa.org/50-plus-expo> or <https://www.facebook.com/ConnectionsExpo>

Hazel Dell/Salmon Creek Business Association
Proudly Presents the 50th Annual

Parade of Bands Theme: Golden Jubilee

Saturday, May 17, 2014 at 10:30 a.m.

Marching bands, floats, clowns, horses, antique cars and so much more. Come enjoy the biggest and best parade in SW Washington! Be sure to get your spot early along Hwy. 99 or Hazel Dell Ave.

Lions' Club Breakfast before the parade- 7 a.m. to 10 a.m. at Fire District 6, Station #1 - 8800 NE Hazel Dell Avenue *Adults \$6.50 * Seniors/Children 6-12 \$5.50 * Children 5 and under Free.



**Older Americans
Month 2014**
**Safe Today. Healthy
Tomorrow.**

www.olderamericansmonth.org

Contact your local Area Agency on Aging office by visiting www.eldercare.gov or calling 1 (800) 677-1116 to find ongoing opportunities to celebrate and support older Americans.



Scam Jam

2nd Annual Senior Safety and Security Fair
Saturday, June 7 ~ 10 am -1 pm

Learn to protect yourself from:

- Fraud
- Identity Theft
- Falls
- and more!

**Location: Southwest corner of Macy's parking lot
at Westfield mall in Vancouver**

4 Nutrition Tips for Seniors Living Alone

Maintaining healthy eating habits is important at every age, but for seniors who live alone, getting proper daily nutrition poses some unique challenges.

In addition to being solely responsible for the task of regular shopping, meal planning and meal preparation, seniors living alone face emotional challenges when it comes to mealtime. Eating alone can result in eating poorly or sometimes not at all.

In the United States approximately 40% of the population age 75 and older – 6.7 million people – lives alone, according to the U.S. Census Bureau. These seniors face significant socialization challenges, particularly related to lack of shared mealtime experiences, often taken for granted by most Americans. A recent study conducted by Home Instead, Inc. titled Craving Companionship® reports that, of the 40 percent of U.S. seniors ages 75 and older who live alone, two out of every five show at least four signs of poor nutrition. Realities like these are especially worrisome for family caregivers who strive to help their senior loved ones make good nutritional choices.

Here are four convenient steps you can take to address these unique challenges and promote good nutrition for seniors living alone.



1. Keep the refrigerator clean.

Cleaning out the refrigerator regularly may not sound convenient, but the result can significantly impact mealtime prep and nutrition. An over-packed refrigerator not only makes it difficult to find the ingredients you need, it can also be a breeding ground for food-borne illness. Keeping the fridge free of outdated items can make mealtime easier and healthier.

2. Replace convenience foods.

The Craving Companionship study reports that over half of seniors who eat alone rely heavily on pre-made or convenience foods rather than self-prepared, healthful foods. Combat "convenience eating" by providing quick solutions that are as healthy as they are easy. Keep snacks such as yogurt, fruit and nuts handy for between-mealtime cravings. For heartier mealtime alternatives, try easy-to-prepare items like oatmeal, frozen vegetables and eggs.

3. Stick to the perimeter of the supermarket.

Shorten grocery trips and kick-start a healthier diet by shopping the outer aisles of the supermarket. Fruits, vegetables, dairy and other fresh food items tend to be located around the perimeter of the store. Focusing your grocery list on these items will not only increase the nutritional value of your diet, it will shorten your shopping trip and save you time as well.

4. Ask for help.

Living alone does not have to mean going it alone, even when it comes to grocery shopping and mealtime. Whether keeping a kitchen of healthy choices is a struggle or merely an inconvenience, in-home services can help. Consider professional non-medical in-home care services for assistance with grocery shopping, meal preparation and more.