

GET INTO THE ACT.

OLDER AMERICANS MONTH
MAY 2015

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

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.

www.olderamericansmonth.org

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

May 2015

Healthy Aging - A Panel Discussion

What does healthy aging look like? It's a big question because aging impacts our whole life in powerful ways – some challenging and some inspiring. This month, for the May S.A.L.T. meeting, we've invited a variety of professionals who each focus on different aspects of life to discuss their insights into thriving through the third age of our lives. Be sure to bring your questions.



Benjamin Surmi, gerontologist with The Hampton at Salmon Creek, will facilitate a lively discussion with our expert panel.

Cory Balkan, PhD
Assistant Professor, Department of Human Development
Washington State University

Michael Teater, DPT
Physical Therapist
Peak Motion Physical Therapy

Father Bob Edwards, MDiv
Chaplain
Iona Community Anglican Church

Monday, May 18, 2015
11:00 a.m.- Noon

Due to Memorial Day, there is only one S.A.L.T. meeting this month at the west location. Meetings are free and open to all seniors. Please join us!

40 et 8 Community Room
7607 NE 26th Ave.
Vancouver, WA 98665

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Older Americans Month:
"Get Into the Act"

50+

CONNECTIONS EXPO BRINGS ACTIVE LIFESTYLE NEEDS UNDER ONE ROOF

The Connections Expo is scheduled for **Sunday May 17th, 11 a.m. to 4 p.m., at the Vancouver Hilton Convention Center, 301 W 6th Street.**

The Connections Expo is presented by the Retired and Senior Volunteer Program (RSVP) of the Human Services Council, and The Messenger. Your \$5 donation collected at the door supports volunteerism in Clark County.

At the Connections Expo, you will find the amenities that enhance your life as a Clark County resident over 50, all in one convenient location. No other event brings together so many businesses and community resources that support active, healthy, independent lifestyles for people over 50. Over 100 exhibitors will be present featuring information and hands-on activities about travel, recreation, health care resources, nutrition, housing, finances, and more. Take advantage of free health services such as massages, ear canal and drum checks, blood pressure checks, spinal screenings, and foot analysis.

At the Meet & Greet, representatives from nonprofit organizations will be on-hand to talk about volunteer opportunities. Stop and see an exhibit of student artwork from the volunteer-run Discovery Art Program of Evergreen Public Schools. Visitors may enter to win one of several prizes donated by our event exhibitors, including a Grand Prize of two First Class Delta Air Lines Certificates courtesy of AAA Travel and Delta Air Lines.

Expo attendees can ride C-Tran routes 3 and 4, park at the Vancouver Center Park 'n Go Garage located on 6th between Washington and Columbia, use the West Coast Bank Parking Garage on 5th and Broadway, or park on-street for free. For more information, visit www.50plusconnectionsexpo.com or call 360-735-3683.

Hazel Dell/Salmon Creek Business Association
Proudly Presents the 51st Annual

Parade of Bands Theme: **WILD, WILD, WEST!**

Saturday, May 16, 2015 at 10:30 a.m.

The Parade of Bands is back again celebrating its 51st anniversary. The parade will be held on Saturday, May 16th at 10:30 am. This year's theme will be "Wild, Wild, West" led by Grand Marshal Retired Clark County Sheriff Garry Lucas. Marching bands, floats, clowns, horses, antique cars and so much more. Come enjoy the biggest and best parade in SW Washington!



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.

It's Spring! And Magazine Scams are Back

Like seasonal allergies and rainy weather, door-to-door magazine scams are an annual annoyance that return each spring. Be on the lookout for scammers selling fake magazine subscriptions.

How the Scam Works:

You answer your door, and it's someone selling magazine subscriptions. The seller may claim that he/she is raising money for a school or charity. The subscription prices seem steep. In fact, they are typically three times the typical price. However, the money goes to a good cause, so you purchase one anyway. Months pass, and your magazine never arrives. Turns out the magazine fundraiser is totally fake!

There are many versions of this scam. Sometimes the sales people call instead of going door-to-door. Other times, "subscribers" are charged monthly fees instead of an annual subscription rate. Some sellers don't even realize they are working for a scammer!

How to Avoid Magazine Scams:

- Don't fall for high-pressure sales tactics: Scammers use high-pressure tactics, hoping you'll make a purchase or bad decision before you can think it over. Don't fall for it.
- Ask to see the terms and conditions: Legitimate magazine companies will give you the details in writing, including the commitment period, total price and cancelation instructions.



- Request to see the seller's license. Many municipalities require a solicitation license before you can sell door-to-door. If your town has this law, be sure to ask to see the seller's license.
- Contact your magazine publisher. If you are uncertain about your magazine subscription, contact the magazine publisher directly with questions or concerns.
- Check with BBB. Not all door-to-door magazine sales are scams. Look up the seller on our website at bbb.org to see what others' experience has been, or call your local BBB for more information.

Scammers Pose as Credit Card Fraud Department

A FRAUDULENT FRAUD DEPARTMENT? IT MAY SOUND TOO WACKY TO BE TRUE, BUT SCAMMERS ARE NOW PRETENDING TO BE FROM CREDIT CARD COMPANIES' FRAUD DEPARTMENTS. IT'S A TRICK TO GET YOU TO REVEAL YOUR CARD'S SECURITY CODE.

How the Scam Works:

You answer the phone, and the caller says he/she is from your credit card's security department. This "fraud specialist" tells you that there's suspicious activity on your card. He makes up a bogus transaction and asks if you authorized it. When you reply that you never made the purchase, the "fraud specialist" offers to open an investigation into charge. The scammer may even give you a fake case number for reference.

Everything seems normal until the scammer asks one last question. Under the guise of verifying that the credit card is in your possession, he requests the security code on the back of your card. Don't give it to him; it's a scam! In this particular con, identity thieves already have your information. They know your name, credit card number, phone number and address. Now, all they need is

the security code on the back of your card. If you share it, you give the con artist the information he needs to rack up charges in your name.

What To Do if a Fraudulent Fraud Department Calls:

- Don't give the caller any information about your account - even if he already knows some of the details.
- Pick up the phone. Call the customer service number on the back of your credit card. Talk to the fraud or security department and ask about the unauthorized charges the caller told you about.
- Phone numbers can deceive. Some con artists use Internet technology to disguise their area code in Caller ID systems. Although it may look like they're calling from your credit card company, they could be calling from anywhere in the world.