

National Senior Citizens Day

With people living and working longer, it's increasingly important that we recognize the importance of supporting senior citizens.

August 21 is National Senior Citizens Day! Today we celebrate the people who are part of the fastest-growing demographic in the world.

In honor of National Senior Citizens Day, spend time with your favorite relatives or make a commitment to volunteer at a retirement home sometime in the next year. If you are a senior citizen yourself, check for special promotions and giveaways at your favorite restaurants and shops!

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interesting topic. There are opportunities for free education online now more than ever. For example EdX.com or iTunes U provide free online classes from a variety of reputable educational institutions.

Writing Group: Whether you journal daily, have an unfinished novel in a drawer, or are thinking of writing your memoir, a writing group can be a wonderful way to connect and work. Gather regularly and share writing prompts that can apply to any genre. Make a safe space for people to share or just enjoy the creation process together.

Storytelling Group: Storytelling is such a powerful art and organizations like StoryCorps have really reminded us of the value of our stories and the telling of them. Gather once a month with a group of people to tell stories around a particular theme. You will be surprised what you learn simply because you ask.

Source: Sound Options Inc.

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
 Sheriff Garry E. Lucas
 Clark County Sheriff's Office
 P.O. Box 410
 Vancouver, WA 98666



Seniors And Law Enforcement Together

S.A.L.T. TIMES

August 2014

What a Day for a Picnic!

Over 150 seniors and local law enforcement enjoyed a picnic lunch at the beautiful new Lacamas Lake Lodge on July 21. La Center and Battle Ground Jr. Police Chiefs attended and stole the hearts of the seniors. Thanks to Columbia Ridge Senior Living, Prestige Care, Addus Home Care, and Walmart for their contributions and for the CCSO Explorers, and all the volunteers who helped. And once again, the Old Time Fiddlers delighted the crowd with their music. We received \$160 in donations which will help fund future S.A.L.T. activities. Thank you everyone!

Just a reminder- there is no August S.A.L.T. meeting. Enjoy the rest of your summer!



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Customer Survey Scam Lures Victims with Gift Card

Take our short survey and receive a \$50 gift card! Offers like this claim to be gathering customer feedback for legitimate businesses, but they are really promoting spammy products or they are after your personal information.

How the Scam Works:

You receive an email or a text message inviting you to complete a customer satisfaction survey. The message says all you need to do is answer a few questions, and you will receive a gift card.

This scam poses as an Amazon.com customer survey.

The survey seems normal at first. One recent scam posing as an Amazon.com survey, asks where you shop online, how often you visit the website and how much time you spend on the Internet each day.

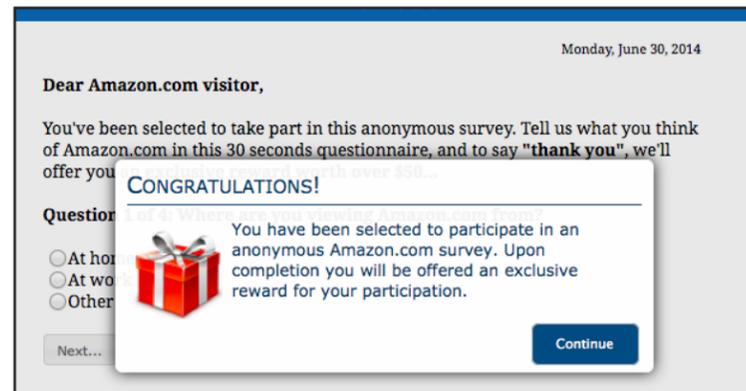
After you complete the survey, the site says you are now entitled to your prize. Unfortunately, the \$50 gift card is "out of stock," so you are instructed

to choose one of several dubious products, often something like a weight loss kit and wrinkle cream. The survey was just an elaborate hoax to promote these products.

In another version of this scam, the "customer survey" asks for personal information, such as address and credit card number. In this scam, con artists are really after information that can be used for identity theft.

How to Spot a Customer Survey Scam:

1. Don't believe what you see. It's easy to steal the colors, logos and header of an established organization. Scammers can also make links look like they lead to legitimate websites and emails appear to come from a different sender.
2. Legitimate businesses do not ask



for credit card numbers or banking information on customer surveys. If they do ask for personal information, like an address or email, be sure there's a link to their privacy policy.

3. When in doubt, do a quick web search. If the survey is a scam, you may find alerts or complaints from other consumers. The organization's real website may have further information.

4. Watch out for a reward that's too good to be true. If the survey is real, you may be entered in a drawing to win a gift card or receive a small discount off your next purchase. Few businesses can afford to give away \$50 gift cards for completing a few questions.

Source: Better Business Bureau Scam Alert

Love Where You Live: Aging and Engaging in Place



When it comes to "aging in place", the place we choose really matters.

We tend to associate place with individual homes, but the community equally plays a part in supporting safety and quality of life. Abraham Lincoln said, "In the end it's not the years in your life that count, it's the life in your years." One of the best ways to sink your teeth into life and build community as you age is to draw on the arts and culture of the city where you live. When thinking about retirement plans and looking for housing it is crucial to explore not just the type of long-term care options available but the access to cultural opportunities to be enriched, to play, and love where you live.

As we age and retire, it is important to build a new rhythm to our days and to make creativity and culture a part of that rhythm. Filling our days with the rich resources of our city and community can also help with the risk of isolation. When we are around others and engaging with the ideas and art of other people, there is a deep connectedness that we can foster in a particular time and place. If you are building your retirement plans or want to help an aging loved one engage in their community, here are a few ideas that can blossom into enriching local experiences:

- Farmers markets
- Independent film theaters
- Historical landmarks
- Local theatre/ plays

- Cuisine/ local restaurants
- Local shops
- Tour local artist studios
- Craft fairs and art festivals
- National, state, & local parks
- Art and history museums
- Music (local symphonies, opera, singing groups, jazz clubs, traveling artists)
- Libraries
- Free public lectures or classes from local academic institutions
- Charities and volunteer opportunities
- Political action groups around issues you are passionate about
- Religious institutions and faith communities
- Family including grandchildren and great grandchildren that may live close.

One of the best ways to engage and enjoy cultural activities is to do them in groups. Our experience of something new is made better by including the perspectives and thoughts of others. Here are a few ideas for building a tribe around activities you love:

Films: Pick a theme for the year and watch a film once a month together. Meet at a local theatre or someone's house for a meal, film, and discussion.

Books: Take your reading to the next level or try out a new genre by meeting with a group to read and discuss books, beautiful books!

Art Museum: Make quarterly trips to the local museums in your area.

Travel: Whether it is a "staycation" in your city, a destination in the states, or an international adventure, create a group that intentionally travels together.

Outdoor Adventure: Enjoy the beauty of the place you live by boat, car, bike, or foot! Get a group together to visit nature preserves, walking trails, or mountain retreats.

Walking: A walking routine is one of the best gifts that we can give ourselves. Doing it in groups gives the enjoyment, companionship, and accountability to make it a sustainable practice.

Makers: Do you always need to keep your hands moving? Find other people who love to create. Meet monthly and have people bring their knitting, jewelry, quilts, clay, paints, scrapbooks, whatever they make and work on it together.

Food Tourism: Who has the best BBQ? Whose recipe beats mama's cinnamon rolls? Gather a group of people together for a monthly meal that explores the good eating in your neighborhood.

Lovers of Learning: Gather a group of people who would like to take an online class together, learn a new language, or go to a seminar on an

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Columbia Ridge Senior Living Annual Hawaiian Luau

Saturday August 16th, 2014
11AM –2PM

2300 W 9th ST
Washougal WA 98671

**Food, Games, Raffles & Live Entertainment (\$10/person)

For more information call (360) 335-1238

