

# S.A.L.T. Picnic Highlights

There are no S.A.L.T. meetings in August.  
Enjoy the rest of your summer!



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Seniors And Law Enforcement Together

# S.A.L.T. TIMES

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## How to Stop Unwanted Calls

*Why are you getting so many calls? Often, it's scammers calling. Here's what you need to know about unwanted calls and how to stop them.*

### Blocking Unwanted Calls

Scammers can use the internet to make calls from all over the world. They don't care if you're on the National Do Not Call Registry. That's why your best defense against unwanted calls is call blocking. Which type of call-blocking or call-labeling technology you use will depend on the phone — whether it's a mobile, traditional landline, or a home phone that makes calls over the internet (VoIP).

### What Is Call Blocking?

When we talk about call blocking,

we're talking about technologies or devices that can stop a lot of the unwanted calls you get — like scam calls and illegal robocalls — before they reach you. Mobile phones, landlines, and home phones that use the internet (VoIP) each have their own call-blocking options. Just know that call-blocking services could block some legitimate calls.



Some companies also offer call labeling. Call-labeling services show categories like "spam" or "scam likely" on your phone's display for incoming calls. Then you can decide whether to answer the call.

See what services your carrier offers. Some services are free, but some charge a fee.

### Download a call-blocking App

One of the best ways to block unwanted calls on a **mobile phone** is to download a call-blocking app. A call-blocking app acts like a filter. The company behind the app uses call data or reports from users to predict which calls are illegal or likely scams. The app then intercepts those calls before they reach you. Some apps are free, but others you have to pay for.

### Install a Call-Blocking Device

If your home phone is a **traditional landline** that doesn't use the internet (VoIP), you can buy and install a call-blocking device. Call-blocking devices are typically small boxes you attach to your phone.

Some devices use blacklist databases of known scam numbers but let you add numbers you want blocked. Other devices rely on you to create and update your own blacklist of numbers to

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Picnic Highlights



## National Senior Citizens Day

Do you have an elderly person in your life that you love and appreciate? August 21 —National Senior Citizens Day — is the day to let them know how much you care about them. Our senior citizens have contributed so much to our communities and helped make them what they are today. National Senior Citizens Day is the day to show them our appreciation and support and recognize their accomplishments. It's also a time to help raise awareness of various issues that affect senior citizens.

<https://nationaltoday.com/national-senior-citizens-day/>



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block.

Some use blacklists to:

- stop unwanted calls
  - divert calls to voicemail
  - show a blinking light when an unwanted call comes in
  - connect callers to a recording with options so a real caller can still get through
- Some devices also use whitelists of approved numbers. That helps you limit which calls get through, or lets you to set up “do not disturb” hours during which calls go straight to voicemail. There are also devices that try to weed out robocalls by playing a prerecorded message prompting callers to press a number to continue the call.

### What About the National Do Not Call Registry?

The National Do Not Call Registry is designed to stop sales calls from real companies that follow the law. The Registry is a list that tells telemarketers what numbers not to call. The FTC does not and cannot block calls.

Even though the Registry can't stop all of the unwanted calls you're getting, being on the Registry could make it easier for you to spot illegal calls. If a caller is ignoring the Registry, there's a good chance it's a scam. Even

if it's not a scam, you don't want to do business with or give your information to someone calling you illegally.

### What About Robocalls?

If you answer the phone and hear a recorded message instead of a live person, it's a robocall. Robocalls trying to sell you something are illegal unless you've given the company your written permission to call you that way. If someone is already breaking the law by robocalling you without permission, there's a good chance it's a scam. At the very least, it's a company you don't want to do business with.

Call blocking can help stop robocalls from scammers. But some robocalls might still get through. If you get an illegal robocall, hang up. Don't press a number, which could lead to more robocalls. Then report it to the FTC. Some robocalls are legal and don't require your permission, like purely informational messages, political calls, or calls from charities. But if they try to also sell you something on the call, it becomes an illegal robocall. Learn more at [ftc.gov/robocalls](https://ftc.gov/robocalls).

### Calls from Fake Numbers — or “Spoofing”

Call blocking technology can

sometimes stop calls from scammers who can make fake names or numbers show up on your caller ID. Scammers often use these “spoofed” names and numbers in government imposter scams to make you think it's Social Security or law enforcement calling. Then they try to convince you to wire money or pay them with gift cards.

In something known as neighbor spoofing, scammers display a number with your area code. They often match the first six digits of your phone number, so you're more likely to answer the call. Often the faked name and number belong to a real person who has no idea their information is being misused.

### Report Unwanted Calls

Report unwanted calls at <https://www.ftccomplaintassistant.gov/#crnt&panel1-1>. Report the number that appears on your caller ID — even if you think it might be spoofed or faked — and any number you're told to call back. The FTC analyzes complaint data and trends to identify illegal callers based on calling patterns. We also use additional information you report, like any names or numbers you're told to call back, to track down scammers.

## Find Your Two-Minute Version

We know the quality of our lives is based on the quality of our daily habits. Our habits either grow and support our best, or stall us, waste time or actually stress & weaken us.

Most people have an idea of a habit or two that they would like to begin, such as; go to bed earlier, spend more time with family or friends, plan & prepare, get more exercise, listen to more music, meditate, catch up with the laundry, read, eat healthier....

Is there a habit or daily practice you want to begin but don't have the time or much motivation?

### Try this: Find Your Two-Minute Version

Why? Your brain prefers small changes that are successful and repeated. This is how we both form new neural pathways, and we also get the reward chemical that leads to satisfaction which leads to repetition. Try to make it pleasurable to be more sustainable.

Two-Minute Version examples. Do you want to:

- Start running? Add a two-minute run to your walk.
- Read before bed each night? Read one page.
- Catch up on laundry? Fold seven items.
- Clean your desk top? Put away 5 items.
- Eat healthier? Add 2 salads or veggies a week.
- Hydrate? Drink an extra glass of water daily (try it first thing in the morning).
- Feel more organized? Make your bed as soon as you get out of it in the morning.
- Declutter? Pick up for 2 minutes before bedtime. Or commit to putting five things away before you go to bed.

Finding a small daily activity that supports a habit you want to establish begins to reshape your brain and repeated, forms a habit. A side benefit, most people don't stop at two minutes and very early on we have a greater experience of satisfaction and success. SO, find your two minute version and check it out.

-Robin Rose



## Is it Safe to Leave a Person with Alzheimer's Alone?

Over time, people with Alzheimer's disease become less able to manage around the house independently. They may forget to turn off the oven or the water or how to use the phone during an emergency. Being home alone can be a major safety concern for a person with Alzheimer's.

It's important for caregivers to continually evaluate the person's abilities as Alzheimer's progresses. You may want to seek input and advice from a healthcare professional to assist you in these considerations. Here are some questions to think about when deciding if your loved one can stay home alone.

Does the person with Alzheimer's:

- Become confused or unpredictable under stress?
- Recognize a dangerous situation, for example, fire?
- Know how to use the telephone in an emergency?
- Know how to get help?
- Stay content within the home?
- Wander and become disoriented?
- Show signs of agitation, depression, or withdrawal when left alone for any period of time?
- Attempt to pursue former interests or hobbies that might now warrant supervision, such as cooking, appliance repair, or woodworking?

As Alzheimer's progresses, it may no longer be possible to leave the person home alone. Learn about home safety for a person with Alzheimer's and find questions to ask when evaluating their abilities: <https://www.nia.nih.gov/health/home-safety-and-alzheimers-disease>