

## June S.A.L.T. Meetings

### Topic: Social Isolation and Elder Abuse

Guest speaker: Lisa Rasmussen, SWEAP

In the U.S. alone, more than half a million reports of elder abuse, neglect and exploitation get reported each year. And millions more go unreported.

Many studies show a connection between social isolation and higher rates of elder abuse, according to the National Center on Elder Abuse.

Presentation highlights:

- How does isolation happen?
- What is self-neglect and what are the signs?
- Signs of elder abuse

*Meetings are free and open to all seniors!*



**WEST Meeting**  
Monday, June 18  
11:00 a.m.- noon

40 et 8 Community Room  
7607 NE 26th Ave.  
Vancouver, WA 98665  
(next to Bingo)

**EAST Meeting**  
Monday, June 25  
11:00 a.m.- noon

Camas Police Dept.  
2100 NE 3rd Ave.  
Camas, WA 98607

To receive the free monthly S.A.L.T. Times Newsletter, call 360.397.2211 ext. 3380 or send an e-mail to: [sheriffcommunityoutreach@clark.wa.gov](mailto:sheriffcommunityoutreach@clark.wa.gov). For other formats: Clark County ADA Office, Voice 360.397.2322 Relay 711 or 800.833.6388 E-mail [ADA@clark.wa.gov](mailto:ADA@clark.wa.gov)



Seniors And Law Enforcement Together

# S.A.L.T. TIMES

June 2018

## Publishers Clearing House Imposters Keep Coming

Who wouldn't love to be that winner you see on TV holding a great big sweepstakes check? That's what con artists are counting on when they claim to be Publishers Clearing House. This trick is an oldie but goodie for scammers.

The scam starts with a call or letter saying you've won the Publishers Clearing House sweepstakes. But to collect your prize, they say, you need to send money to pay for fees and taxes. Typically you'll be asked to send money by Western Union or MoneyGram, or by getting a reloadable card or gift card. Scammers ask you to pay these ways because it's nearly impossible to trace the money — and you'll almost never get it back.

But that's not the only way scammers get your money with this scam. Some will send you a realistic-looking fake check in the mail. You're told that, to claim your prize, you need to deposit the check and send some of the money back for made-up expenses. But when the check you deposit bounces — even after it seemed to clear — you may be on the hook for the money you sent.

If you think you've won a prize, here are a few things to know:

- Never send money to collect a prize, sweepstakes



check, or lottery winnings. If you have to pay, it's a scam.

- Never deposit a check and send back money, even if the funds appear in your account. That's a sure sign of a scam.

- If anyone calls asking you to pay for a prize, hang up and report it to the Federal Trade Commission at <https://www.ftc.gov/>.

Still think it's real? The real Publishers Clearing House says it will never ask you to pay a fee to collect a prize. Check out Publishers Clearing House's fraud protection page at <https://info.pch.com/category/fraud/> for more tips.

Sheriff Chuck Atkins  
Seniors And Law Enforcement Together  
Clark County Sheriff's Office  
P.O. Box 410  
Vancouver, WA 98666



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# Yoga and Older Adults

Yoga is a mind and body practice that typically combines physical postures, breathing exercises, and relaxation. Researchers are studying how yoga may help improve health and to learn more about its safe use in older adults.

If you're thinking about practicing yoga, keep the following in mind:

**Put safety first.** Yoga is generally safe in healthy people. However, if you have special health considerations such as a joint replacement, arthritis, balance problems, high blood pressure, glaucoma, or other health issues, talk with your health care provider before starting yoga. Start with an appropriate yoga class—such as one called Gentle Yoga or Seniors Yoga—in order to get individualized advice and learn correct form.



**Look for a well-trained instructor who's attentive to your needs.** Ask about the teacher's experience and training. Standards for teacher training and certification differ depending on the style of yoga. The International Association of Yoga Therapists has developed standards for yoga therapy requiring at least 800 hours of training.

**Practice mindfully.** Be sure to let your yoga teacher know about any medical issues you have and ask about the physical demands of yoga. Listen to your body. Yoga poses should be modified based on individual abilities. Be careful to avoid overstretching. Because older adults are at higher risk of developing strains and sprains when doing yoga, you may need to modify or avoid some poses to prevent injury.

For more on yoga for seniors, including help finding a yoga teacher who has specialized training in working with older adults, go to [www.yoga4seniors.com](http://www.yoga4seniors.com).

# June is National Safe Driving Month

There are more than **41 million** licensed drivers age **65 and older** on the roads, up from **26 million** 20 years ago.

As you age, changes in health—including problems with vision, hearing, and reflexes—may affect driving skills. You may also notice physical changes in your strength, flexibility, and coordination that can affect driving. The risk of being injured or killed in a motor vehicle crash also increases.

But it's your health, not your age, that matters most in driving safely. By accurately assessing age-related changes, you can adjust your driving habits to remain safe on the road or choose other kinds of transportation.



## Be a Safe Driver

Maybe you already know that driving at night, on the highway, or in bad weather is a problem for you. Some older drivers also have problems when yielding the right of way, turning (especially making left turns), changing lanes, passing, and using expressway ramps.

## Safe driving tips:

- Have your driving skills checked by a driving rehabilitation specialist or other trained professional.

- Take a defensive driving course. Some car insurance companies may lower your bill when you pass this type of class. Organizations like AARP, American Automobile Association (AAA), or your car insurance company can help you find a class near you.

- When in doubt, don't go out. Bad weather can make it hard for anyone to drive. Try to

wait until the weather is better, or use buses, taxis, or other transportation services. Avoid areas, such as highways, where driving can be a problem.

- Ask your doctor if any of your health problems or medications might make it unsafe for you to drive. Together, you can make a plan to help you keep driving and decide when it is no longer safe to drive.

## Before you leave home:

- Plan to drive on streets you know.
- Only drive to places that are easy to get to and close to home.

- Avoid risky spots like ramps and left turns.
- Add extra time for travel if you must drive when conditions are poor.
- Limit how much you drive at night.
- Don't drive when you are stressed or tired.

## While you are driving:

- Always wear your seat belt and make sure your passengers wear their seat belts, too.
- Wear your glasses and/or hearing aid, if you use them.
- Stay off your cell phone.
- Avoid distractions such as eating, listening to the radio, or chatting.

## For More Information About Safe Driving

National Highway Traffic Safety Administration  
1-888-327-4236 (toll-free)  
1-800-424-9153 (TTY/toll-free)

[www.nhtsa.gov/older-drivers/safe-driving-older-adults](http://www.nhtsa.gov/older-drivers/safe-driving-older-adults)

*National Institute on Aging*

# Knowledge and Resilience Seminar Series

SW Washington Elder Abuse Prevention Coalition (SWEAP) is happy to announce a FREE COMMUNITY EDUCATION SEMINAR SERIES. SWEAP received a grant from the Clark County Realtor Foundation to bring education about issues important to seniors and their caregivers, with the goal of reducing incidents of elder abuse, mistreatment and exploitation in our community and improving community response to such incidents.

**SWEAP invites you to join them for their first of four lectures: "Experiencing and Addressing Mistreatment and Exploitation in Clark County – Learn What is Happening in Your Community"**

**Date: June 26, 2018**

**Time: 9:00 to 4:00 p.m.**

**Location: Keller Williams Premier Partners - 2211 E. Mill Plain Blvd. (Parking is free)**

Topics for this session will be:

- Vulnerable Adult Protection Orders
- How does law enforcement investigate
- Financial exploitation and how financial institutions are alerted
- Power of Attorneys - Guardianships

A light continental breakfast and lunch will be provided, as well as snacks and drinks throughout the day. **The seminar is free but seating is limited, so RSVP early to: [sweap.hsc@gmail.com](mailto:sweap.hsc@gmail.com) or call 360-281-2887.**