


## S.A.L.T. Meeting: Senior Resources

Please join Marina Nazaretyan, Southwest Washington Agency on Aging and Disabilities, for an informative meeting about seniors and resources. The presentation will include information about:

- OAA programs and eligibility
- Highlighting resources and how to access them
- Living an active senior lifestyle

As always, 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](mailto: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](mailto:ADA@clark.wa.gov) 



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

WEST Meeting  
Monday, August 15, 11:00 a.m.  
40 and 8 Community Rm.  
7607 NE 26th Ave.  
Vancouver, WA 98665  
(next to Bingo)

EAST Meeting  
Monday, August 22, 11:00 a.m.  
Camas Police  
2100 NE 3rd Ave.  
Camas, WA 98607



Seniors And Law Enforcement Together

# S.A.L.T. TIMES

August 2011

## S.A.L.T. Hosts Annual Picnic

The air was filled with music from the Washington Old Time Fiddler's, laughter, and the delicious smell of roasted chicken at the annual S.A.L.T. Picnic on July 18. The Clark County Sheriff's Office and Camas Police put on the picnic each year to show appreciation for our seniors and to bring awareness to the S.A.L.T. (Seniors and Law Enforcement Together) program.

Watermelon, baked beans, fruit salad, potato salad, and rolls rounded out the menu for the event and cool treats from the ice cream truck were a big hit as always. Although the bounce house was booked at a kid's party, no one missed it because of the awesome demonstration that was put on by Washougal K-9 Officer Kyle Day and his partner Dingo.

Seniors attending the picnic received a paper product donated by Georgia Pacific. Over \$130 was raised to help with the cost of the picnic and other S.A.L.T. events thanks to generous donations from picnic attendees.

A big thanks to everyone who had a hand in making this event a huge success! We especially want to thank the Clark County Sheriff's Office Explorers, Columbia Ridge Assisted Living, and the Washington Old Time Fiddlers.



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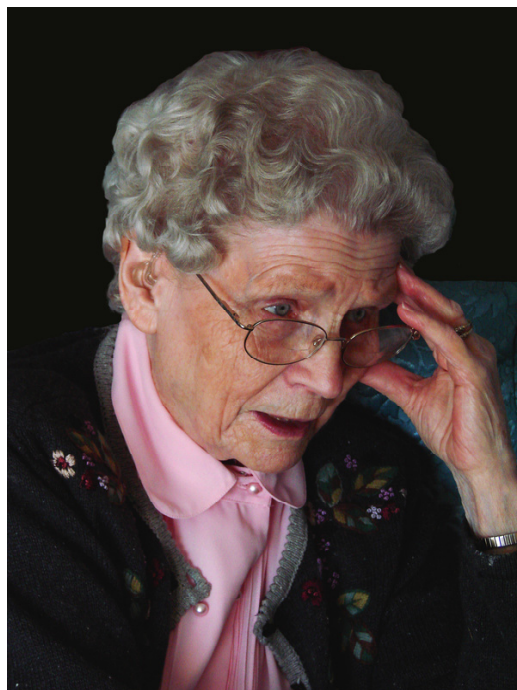
# Can Dementia and Alzheimer's Disease be Predicted and Prevented?

*Is the senior moment just experienced an indication of approaching Alzheimer's Disease or dementia? A recently developed dementia test may ease your fear.*

**W**ith an aging population comes increasing fear of a disease that may be more frightening to many people than cancer or heart disease. Both of those diseases—formerly death-sentences if diagnosed—are showing improving survival rates due to research breakthroughs and improved diagnosis and treatment. Alzheimer's Disease, though, is the scourge of the elderly and near-elderly. Alzheimer's Disease and other forms of dementia can reduce high-functioning adults to little more than large two-year-olds, robbing them of language, problem-solving abilities, reasoning, memory, and other cognitive functions.

To read the complete article, visit <http://www.suite101.com/personaldevelopment>

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# Emergency Travel aka "I've Been Robbed!" Scam

**W**ashington residents are losing thousands of dollars to manipulative criminals claiming to be relatives in need of help.

"You may have already heard the warnings and believe you'll never become a victim, but have you talked to your family members, especially the seniors in your life?" Attorney General Rob McKenna asked. "You could save your loved ones from joining the growing list of victims who have lost money because of wire transfer scams."

Here's how to identify one of the proliferate scams making the rounds in Washington:

The scam starts with a distress message sent by e-mail or message sent over a social networking site. Scammers first hijack the account then send a plea to their entire contact lists. The messages say the person was mugged or robbed during a vacation and needs money to pay the hotel bill, book airfare or replace a passport.

This scam actually includes two groups of victims: those that send money and those whose accounts were hacked. Remember to scan your computer periodically for viruses and malware. Use strong passwords and change them every so often.

## RED FLAGS:

- ▶ You're asked to send money quickly – and secretly.
- ▶ The call or message originates from overseas. However, you should be

aware that technology allows scammers to bypass caller ID systems.

- ▶ The person can't or won't answer questions that only the real person would know.

Any time someone asks you to send money by Western Union or Moneygram, it's invariably a scam. You might also be asked to send a check or money order by overnight delivery. Con artists recommend these services so they can steal your money before you realize you've been cheated. Money transfers can be picked up at any service location as long as the thief/recipient has the confirmation number.

## TIPS:

- Avoid volunteering information over the phone. Always ask callers to identify themselves by name and ask individuals who contact you to provide information that only you and people close to you would know.
- Call the friend or relative claiming to need your help to confirm whether the story is true, using a phone number you know to be genuine. If you aren't able to contact the person, call other friends or family members to confirm the situation.
- Refuse to send money via wire transfer.
- If you have wired money and it hasn't been picked up yet, call the wire transfer service to cancel the transaction. Once the money has been picked up, there is no way to get it back.
- Trust your gut.

Source: WA Attorney General