



**Daylight Saving Time begins on Sunday, March 13, 2011 at 2 a.m.**

**Make it a habit to not only change your clocks, but do a few other semi-annual tasks that will improve safety in your home.**

1. Replace the batteries in your smoke detectors and carbon monoxide alarms.
2. Evaluate the contents in your emergency disaster kits. Check expiration dates on foods and medicines and replace batteries.
3. Check expiration dates on your medications, both prescriptions and over the counter.
4. Check your home, garage, sheds and other storage places for hazardous materials that need to be disposed of or recycled.
5. Check the AGE of your detectors. Replace smoke alarms every ten years and carbon monoxide alarms every five years.

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)



Sheriff Garry E. Lucas

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Seniors And Law Enforcement Together

# S.A.L.T. TIMES

March 2011

## Common Scams Targeting Seniors *And how to avoid them*

The best way to prevent crimes against the elderly is through education. Please join us for a combined S.A.L.T. meeting with special guest speaker Jim McAdams from the Washington State Attorney General's Office. His presentation will cover common scams that target seniors and what you can do to lessen your chance of becoming a victim.



**Date: Monday, March 28, 2011**

**Time: 11:00 a.m.**

**Location: Camas Police Dept., 2100 NE 3rd Ave., Camas**

*As always, meetings are free and open to all seniors.*

**About the speaker:**

Jim McAdams is the supervisor of the Vancouver Consumer Resource Center for the Washington State Attorney General's Office, managing a team of 18 volunteer Complaint Analysts. He has been with the State of Washington for eight years, five of which have been working in Consumer Protection.

The Federal Trade Commission has launched the website and blog for National Consumer Protection Week (NCPW) 2011, to be held March 6-12. The annual event, now in its 13th year, is hosted by the FTC and nearly 30 other government agencies, consumer groups, and national organizations. The website, [www.ncpw.gov](http://www.ncpw.gov), provides information about consumer rights, and promotes free resources to help consumers protect their privacy, manage credit and debt, avoid identity theft, understand mortgages, and recognize frauds and scams. Consumer experts will provide blog posts on a wide variety of subjects. The Consumer Topics section of the website has print and video resources to read, view, download, print, copy, and share. Check it out!

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Spring forward

# Spaghetti Luncheon & Senior Resource Fair Draws Crowd

More than 200 seniors attended the Spaghetti Luncheon and Senior Resource Fair in Camas put on by S.A.L.T. (Seniors And Law Enforcement Together) on February 21, 2011.

The spaghetti luncheon has been an annual tradition for more than a decade as a way to show appreciation for the great seniors of Clark County. Sheriff Lucas gets the credit for the success of the meal—his fantastic spaghetti sauce is always a huge hit! The resource fair, which brings many local businesses and community programs together to provide a wide variety of information and resources for seniors, became a part of the luncheon three years ago and keeps expanding due to its popularity.

New this year was a prescription drug take-back. Deputies collected

14 pounds of expired and unused medication and containers from the seniors who took advantage of this free program.

Camas resident Virginia Jester received special recognition from Sheriff Lucas for her many years of service and support of the S.A.L.T. program. Awards were also given to 2010 S.A.L.T. Advisory Board members Marion Swendsen, Mildred Piontek and Joanne Bond.

The S.A.L.T. Advisory Board and your local law enforcement sincerely thanks all of the businesses and community services who participated and donated door prizes. Also, thanks to the Sheriff's Office Explorers and Restorative Community Service youth who were a tremendous help.

It's because of all of you this event continues to be a greater success each year.



Lacamas Medical Group offered free blood pressure checks.



Several local vendors provided information on resources and services for seniors.



14 pounds of prescription drugs and containers were collected for safe disposal.

## Kinship Caregiver Conference

Information and resources for grandparents raising grandchildren, workshops, and more!

- Meet other kinship caregivers.
- Listen to great speakers.
- Learn about local resources.
- Have a relaxing day.

To register, or for more information call Tammy at (360) 695-1325 ext 4214 or e-mail [Tammyb@chs-wa.org](mailto:Tammyb@chs-wa.org)

**Saturday, March 19th  
from 10 a.m. to 3:30 p.m.**

at the Clark County Center for Community Health  
1601 E. Fourth Plain, Building 17  
Vancouver, WA

**Guest Speaker: Zac Carr**

# BBB Reports The Top 10 Scams And Rip-Offs

The Better Business Bureau released a list of the top 10 scams and rip-offs that took advantage of consumers and small business owners across the U.S. in 2010.

### Job Hunter Scams

– Scams targeting job hunters vary and include attempts to gain access to personal information such as bank account or social security numbers and requirements to pay a fee in order to even be considered for the job.

### Debt Relief and Settlement Services

– BBB warned consumers in 2010 to seriously consider third-party assistance for getting out of debt. These companies often require upfront fees and potentially leave the consumer drowning in even more debt. Complaints to BBB about debt relief and settlement services increased by approximately 30 percent in 2010, according to tentative year-end estimates.

### Work from Home Schemes

– Some work from home schemes promise to teach the secrets to making money online, others claim you can make money assembling items

at home or get paid to be a mystery shopper. Some victims even found that their opportunity to work from home was a job to fence stolen goods. The end result is that instead of getting paid, you can end up losing hundreds—if not thousands—of dollars

### Timeshare Resellers

– Complaints to the BBB about the timeshare industry—including deceptive resellers—increased by over 40 percent according to 2010 estimates. Timeshare owners who are desperate to get rid of their costly vacation property are being targeted by companies that claim they have an eager buyer. The company tells the seller they just have to pay up to several thousand dollars to cover fees. After paying the fees, the seller never hears from the company again.

### Not So "Free" Trial Offers

– Misleading free trial offers online for diet supplements, penny auctions and money making schemes blanket the internet resulting in thousands of complaints ever year. The free trial offers seem no-risk but complainants state they

were repeatedly billed every month and found it extremely difficult to cancel.

### Itinerant Home Repair/ Roofers

– BBBs across the country received complaints from consumers who answered a knock from a door to door salesman or itinerant worker who eventually failed to deliver on promises to fix their roof or conduct other work to the home. Complaints to BBB about roofing companies increased by roughly 40 percent in 2010, according to tentative estimates.

### Lottery and Sweepstakes Scams

– The victim—often a senior citizen—receives a letter in the mail or phone call from someone pretending to be with Reader's Digest, Publisher's Clearing House or a phony foreign lottery. The scammer claims that the victim has won millions but must first wire hundreds or even thousands of dollars back to the scammers to cover taxes or some other bogus fee. The victim wires the money, but the prize never arrives.

### Identity Theft

– There are any number of ways

a person can become a victim of identity theft. Through low-tech theft, phishing emails, vishing phone calls, smishing text messages, or even through no fault of your own as the result of a corporate data breach, millions fall victim to identity theft every year.

### Advance Fee Loan Scams

– A perennial problem, advance fee loan scams prey on consumers and business owners who are struggling financially. Victims are told they qualify for large loans but must pay upfront fees—often more than a thousand dollars. The victim wires money to the scammers, but never receives the loan.

### Over-Payment Scams

– typically target small business owners, landlords or individuals with rooms to rent and sellers on classifieds or sites like Craigslist. The scammers overpay the amount for the services or products and then ask the victim to wire the extra amount back to them or to another fraudulent entity. Ultimately though, the check is forged and the victim is out the money wired back to the scammers.