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would ask you to do.

If you owe — or think you owe — federal taxes, call the IRS at 800-829-1040 or go to irs.gov. IRS workers can help you with your payment questions. The IRS doesn't ask people to pay with prepaid debit cards or wire transfers, and doesn't ask for credit card numbers over the phone. When the IRS contacts people about unpaid taxes, they usually do it by postal mail, not by phone.

Report IRS imposter scams to the Treasury Inspector General for Tax Administration (TIGTA) online or at 800-366-4484, and to the FTC at ftc.gov/ complaint.

## Liberty Middle School Cafeteria 1612 NE Garfield, Camas, WA

### Directions to Liberty Middle School

WA-14 E via EXIT 27 toward CAMAS  
Take the WA-14 BUSINESS LOOP exit, EXIT 12, toward CAMAS.  
Take the ramp toward CAMAS. 0.1 mi  
Stay STRAIGHT to go onto NW 6TH AVE. 1.3 mi  
Turn LEFT onto NE GARFIELD ST/WA-500. 0.1 mi  
Turn RIGHT onto NE GARFIELD ST. 0.1 mi  
Turn RIGHT to stay on NE GARFIELD ST. 0.0 mi  
1612 NE GARFIELD ST is on the RIGHT

*\*There is limited parking available on the street.  
Carpooling is recommended.*

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

# S.A.L.T. TIMES

February 2015

## Senior Luncheon

Monday, February 16, 2015

11 a.m.- 12:30 p.m.

(doors open 10:30 a.m.)

Please join us for the annual S.A.L.T. Luncheon at Liberty Middle School Cafeteria in Camas (directions on back). This year the menu will include beef stroganoff, green beans, fruit, breadsticks and ice cream.

Lunch will be served by local law enforcement personnel as their way of showing appreciation for the great seniors of Clark County. Come enjoy singer/trumpet player Chuck Par-Due who has been entertaining seniors for over 40 years. He will perform hits from the 40's!

We will have a prescription drug take-back so if you have expired or unused prescription medications bring them with you. Deputies will be on hand to safely dispose of them (please no liquids or sharps). And also new this year- A free Shred Event! →

This is a free event for all senior citizens, although donations are always welcome. Hope to see you at the biggest S.A.L.T. event of the year! Questions? Call (360) 397-2211 ext. 3380.



Making sure it's secure.™

Do you have papers, bills, or documents that could put you at risk for identity theft? Don't have a paper shredder? Bring them with you to the luncheon! We will have secure bins on site where you can safely drop off your papers for shredding. Up to one small box or bag per person please.

Look for the canopies in front of the school's cafeteria entrance (on Garfield). You can just drive up and Sheriff's Office Explorer's will be there to unload your box into the secure bins. *Shredding service donated by Shred-it. Making Sure it's Secure."*



Sponsored by S.A.L.T. (Seniors And Law Enforcement Together)-a partnership between Clark County Sheriff's Office, Camas Police and seniors of Clark County



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



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# It's Tax Season: *Are You Ready?*

**R**eady for tax season? If you haven't heard about tax identity theft, you may not be.

Tax identity theft happens when someone files a phony tax return using your personal information — like your Social Security number — to get a tax refund from the IRS. It also can happen when someone uses your Social Security number to get a job or claims your child as a dependent on a tax return. Tax identity theft has been the most common form of identity theft reported to the Federal Trade Commission (FTC) for the past five years.

Tax identity thieves get your personal information in a number of ways. For example:

- someone goes through your trash or steals mail from your home or car
- imposters send phony emails that look like they're from the IRS and ask for personal information
- employees at hospitals, nursing homes, banks, and other businesses steal your information
- phony or dishonest tax preparers misuse their clients' information or pass it along to identity thieves

## **So what can you do about it?**

To lessen the chance you'll be a victim:

- file your tax return early in the tax season, if you can, before identity thieves do
- use a secure internet connection if you file electronically. Don't use unsecure, publicly available Wi-Fi hotspots at places like coffee shops or a hotel lobby
- mail your tax return directly from the post office
- shred copies of your tax return, drafts, or calculation sheets you no longer need
- respond to all mail from the IRS as soon as possible
- **know the IRS won't contact you by email, text, or social media.** If the IRS needs information, it will first contact you by mail.
- don't give out your Social Security number (SSN) or Medicare number unless necessary. Ask why it's needed, how it's going to be used, and how it will be stored.
- get recommendations and research a tax preparer thoroughly before you hand over personal information



- if your SSN has been compromised, contact the IRS ID Theft Protection Specialized Unit at 800-908-4490

- check your credit report at least once a year for free at [annualcreditreport.com](http://annualcreditreport.com) to make sure no other accounts have been opened in your name.

## **What if you are a victim?**

Tax identity theft victims typically find out about the crime when they get a letter from the IRS saying that more than one tax return was filed in their name, or IRS records show they received wages from an employer they don't know. If you get a letter like this, don't panic. Contact the IRS Identity Protection Specialized Unit at 800-908-4490.

More information about tax identity theft is available from the FTC at [ftc.gov/taxidtheft](http://ftc.gov/taxidtheft) and the IRS at [irs.gov/identitytheft](http://irs.gov/identitytheft).

Unfortunately, tax identity theft isn't the only way scammers are targeting taxpayers. The FTC has gotten thousands of complaints about IRS imposters who claim people owe unpaid taxes and will be arrested if they don't pay up. They may know all or part of your Social Security number, and rig caller ID to make it look like it's really the IRS calling. Before you can investigate, you're told to put the money on a prepaid debit card and tell them the number — something no government agency

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# Our Relationship to Change: Coping with Change in Aging Loved Ones and Ourselves

**T**he only constant is change. We've heard it many times before; however according to the research of psychologist, Dan Gilbert, we are terrible at estimating how much change we will experience. "Human beings are works in progress that mistakenly think they're finished," he said. We have all experienced the phenomena of the rate of change slowing over a human life span. Our children seem to change by the minute while our middle age friends seem to change very little. In several studies, individuals vastly underestimate how much change they will experience over the next 10 years. In fact, at every age people underestimate how much even their personality and basic preferences will change in the next decade.



In other words, we overestimate the stability of these things in our lives. Part of the cause of this phenomenon, according to Dan Gilbert is, "the ease of remembering versus the difficulty of imagining. It's easy to remember who we were 10 years ago, but we find it hard to imagine who we're going to be and then mistakenly think that because it's hard to imagine, it's not likely to happen."

We can't imagine our parents aging. We can't imagine ourselves aging! We can't imagine the need for assistance or long-term care in the future. We can't imagine a spouse or ourselves being diagnosed with a debilitating disease. We can't imagine it and we mistakenly operate and plan as though it is not likely to happen. By overestimating the stability of our circumstances and not talking about these possibilities, we can do ourselves and our families a great disservice. As Gilbert points out, our relationship to time and to possibility greatly impacts our relationship to change.

The world of constant change can be very scary if we see ourselves as static points with newness whirling around us. Good news! While the world and circumstances around us are changing, we can trust that we are changing too, that our abilities are capable of growth, that we can be resilient and adapt to new and difficult situations. If we see our lives more like a river, the new metaphor can impact the way we anticipate and respond to change. Rivers are constantly changing their seemingly stable flow to the ocean. There are sections of wild rapids and stretches of calm water. Rocks are being rubbed smooth, one day hidden in the deep, the next exposed in the shallows. One of our biggest fears about change is a false perception that whatever situation is happening at the moment is going to continue forever. We can project out the difficult situation further into the future than anyone can see. The image of a river reminds us that we can take a big picture view and locate ourselves in the journey we're on. We have not always been riding the intense white water rapids, and we will not always ride intense white water rapids. We have not always been a caregiver and we will not always be a caregiver.

When we trust that our lives are filled with more than one experience change can be a positive agent. Not only does it bring new challenges, but new beginnings, new opportunities, new insights. It may take a medical event like a fall or injury to help us see the subtle changes in an aging loved one. It may take a diagnosis with dementia to notice how much a parent's behaviors has changed this last year. The good news is that when those moments of change occur, you don't have to ride the rapids alone. As you begin a new year filled with relationships, careers, and commitments, remember that, in the words of Bob Dylan, "The times they are a changin'", but we are works in progress changed by time as well and we don't make the journey alone.

Source: [SoundOptions.com](http://SoundOptions.com)