



Lindsay Fisher

# Is Your House in Order?

Lindsay Fisher, Vice President of Administration and licensed Funeral Director with Evergreen Memorial Gardens, will be our guest speaker at the June S.A.L.T. meetings.

Come find out what pre-arrangement services are available and how making arrangements in advance can help relieve the financial burden for your family. Presentation will also cover:

- Making a smooth transition from being independent to dependent
- Power of Attorney and Wills; myths and misconceptions
- and some fun stuff, too!

**West S.A.L.T. Meeting**  
**June 16, 2014 11:00 a.m.**  
 40 and 8 Community Rm.  
 7607 NE 26th Ave.  
 Vancouver, WA 98665

*S.A.L.T. meetings are free  
 and open to all seniors.*

**East S.A.L.T. Meeting**  
**June 23, 2014 11:00 a.m.**  
 Camas Police  
 2100 NE 3rd Ave.  
 Camas, WA 98607

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



Seniors And Law Enforcement Together

# S.A.L.T. TIMES

June 2014

## Crime Prevention Tips During the Warm Weather Months

**W**e generally like to relax during the warmer months of the year but criminals are never on vacation, so take a little time to protect your property and valuables with these tips:

Deception burglaries and home improvement scams are known to occur when the weather gets warmer. Typically these are criminals who are on the move. The elderly are the most likely targets since they tend to be trusting and very concerned about their property and their neighborhood. Adult relatives of senior citizens should remind them of this possible crime. Be alert to anyone in your neighborhood asking to gain entry into your home. Always ask to see identification and let them know you are going to call and get authorization from their company before allowing them access. If they are legitimate, they won't mind the wait. Remember,

do not intervene, but call 911 immediately with a description of the suspect and vehicle used in any suspicious activity. Investigators believe many deception burglaries don't get reported because the victim is too embarrassed or fears retribution. Neglecting to call may allow a criminal to go free and victimize someone else.

Often, burglars watch and wait to see where you are and what you are doing. Lock up while you spruce up!  
 •Out working in the yard or garden? Make sure all doors and windows - sheds, garages, patio, and house - are closed and locked. This is especially true if you are in the front yard and the storage area is in the back, or vice versa. Carry a key with you to lock and unlock these doors.

No one can prevent crime, but specialized locks and good

lighting are deterrents for would-be thieves. Burglars like to work in the dark. Remember these tips to avoid a burglary.

•Lock windows on the first floor or ground floor even if there is an enclosed or screened-in porch. It takes so little time and effort to cut through screen mesh and gain access to a home or apartment.  
 •Secure basement windows and doors. It can be easy to forget about this area of the house when we're running in and out doing chores.

Keep a check on your neighbors. If, for example, you see an elderly resident in conversation with a stranger, politely inquire about what is going on. If residents see strangers sizing up their neighbor's home, that could also be a sign something is wrong. Involvement such as this builds stronger bonds between neighbors, and helps maintain safe neighborhoods.

Adapted from Baltimore County PD

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## Diabetes Prevention Class

People with prediabetes or who are at risk for diabetes can sign up for a 16-week lifestyle program that supports changes to reduce the risk for type 2 diabetes.

Road to Health: Diabetes Prevention Program will be 6-7 p.m. Tuesdays, beginning June 10. It will be at the 78th Street Heritage Farm, 1919 N.E. 78th St.

The fee varies based on insurance coverage, income, use of flexible spending accounts and scholarships.

The program includes 16 weekly lifestyle sessions, eight maintenance weigh-ins, problem solving and group support.

A person's risk for diabetes includes a family history of the disease, a history of gestational diabetes and being over 45, overweight and inactive.

For more information on class, contact Sandra Brown, WSU Clark County Extension, (360) 397-6060 ext. 5700, browns@wsu.edu.



## Buyers Beware of Craigslist Scams:

Craigslist.org can be a great place to find deals on used vehicles, electronics, appliances and other major items. But watch out for a new, elaborate scam that's taking advantage of bargain hunters.

### How the Scam Works:

You are browsing Craigslist for a used car, boat or other large ticket item. You see an ad for exactly what you want, and the price is lower than you've seen elsewhere.

You email the seller. He replies, saying the item is available, but you need to purchase it through a company called "Easy Yard Sale." The writer claims his father recently died, and he inherited the boat or other item. He wants to sell it quickly, so he is using this service to handle logistics. You search online for the company's name and find a website that looks completely legitimate.

In his message, the seller says you need to wire the purchase price to Easy Yard Sale, and they will handle the rest. His email reads: "They will ship the boat to your address, will make the transfer of the propriety onto your name (The documents are already signed by me and notarized, so they are empowered to do this)." But you guessed it! After you pay up, Easy Yard Sale and the seller both stop responding. You will never receive the item and tracking down your money will be extremely difficult.

### How to Avoid Scams on Craigslist:

Follow our tips for shopping safely on Craigslist.org.

- Always meet the seller and see the item for sale before purchasing. Following this one rule will help you avoid most scams on Craigslist. This is also true for

housing rentals. If you can't tour the house or apartment before renting it, it's likely not available.

- Avoid deals involving shipping or escrow services. The "Easy Yard Sale" scam is only one take on this trend. Avoid them by purchasing directly from the seller.
- Never give out financial information
- Watch out for fake checks and money orders. Be aware that banks will initially accept checks, but will hold you responsible if they are later discovered to be fake.
- Never wire funds or use a pre-paid debit card to transfer money to someone you don't know. With these types of payment, once you send the money... it's gone.

Better Business Bureau Scam Alert

## June is National Drive Safe Month

### "Don't Trust Nobody"

We have met the enemy and he is us. You can never rely on what the other driver will do. Think back to all the mistakes you've made while driving over the years. Think ahead to the ones you know you will make in the future. All the other drivers are just like us! Don't trust them! While you are driving, keep a wary eye on the other guy and leave yourself plenty of room. Anticipate the mistakes he might make and be ready for them. Eventually, he will! Because he's just like us! When you are driving on "autopilot," you have turned control of your vehicle over to those other drivers - you are at their mercy. Their fate is your fate.

If you are too trusting, you are relying on that other driver for your safety. Is he worthy of that trust? Every few seconds, some drivers in this country find out this is a poor bet. Maybe some of those other drivers are returning from a beer festival! Maybe they just lost a job, or worse, a loved one. The other driver might be an 11-year-old who found Dad's keys. Approach driving with the idea that every other driver is an unpredictable menace and out to get you. Most collisions occur when the "other guy" does something we don't expect, or when we do something they don't expect.

If you accept that everyone makes driving errors, the next step is to drive with a wary attitude. Be careful of approaching red lights, because you know a light by itself never stopped anyone. Watch out for folks getting ready to pull out from parking beside the road. Look for gaps in lines of traffic which might be the result of someone pausing to let another vehicle cross in front of them. (I've personally witnessed three or four collisions in the past ten years that happened just this way). There are others: failure to signal a lane change or turn, or tailgating someone when they are poking along because they need to make a turn—a turn they suddenly WILL make when they see it at the last second. You can think of dozens of others. Be alert to the possibilities and have a strategy in mind for dealing with them.

See more at: <http://www.roadtripamerica.com/forum/content.php?8-Defensive-Driving-Don-t-Trust-Nobody#sthash.YWORVwFa.dpuf>

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## How Do you Know When It's Time to Give up the Keys?

When it comes to safe driving, it's not age but ability that matters. *Be aware of your changing abilities.*

It may be time to hang up the keys when any of the following occur:

- Familiar places become difficult to locate.
- You feel unsafe on the road.
- Your health care provider has encouraged you to restrict or stop driving.
- You've had several moving violations, near misses or actual crashes.
- You find yourself inadvertently drifting into other lanes.
- You feel anxious or confused by the presence of other drivers.
- You have difficulty reading road signs.
- Medicine you take makes you feel sleepy or dizzy.
- Other drivers honk at you frequently.
- Police, family or friends have expressed concern about your driving.

Source: Administration on Aging [Distracted.gov](http://www.Distracted.gov)