



Senior Fitness

Tammy Jones, Senior Advisor at Firstenburg Community Center, will be the speaker at our March S.A.L.T. meetings. Learn about programs like SilverSneakers® and Silver&Fit® designed to increase muscular strength, range of movement, and activities for daily living. Dress comfortably if you would like to participate in some light stretching and resistance exercises.

West S.A.L.T. Meeting:

**Monday, March 16, 2014
11:00 a.m.- Noon**

40 and 8 Community Rm.
7607 NE 26th Ave.
Vancouver, WA 98665

East S.A.L.T. Meeting:

**Monday, March 23, 2014
11:00 a.m.- Noon**

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

*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. **For other formats:** Clark County ADA Office, **Voice** (360) 397-2000, **Relay** (800) 833-6384, **E-mail** ADA@clark.wa.gov



Seniors And Law Enforcement Together

S.A.L.T. TIMES

March 2015

S.A.L.T. Senior Luncheon

The annual S.A.L.T. (Seniors And Law Enforcement Together) Luncheon held on February 16 was another great event! The first S.A.L.T. luncheon was in 1992! And although some things change from year to year, the best thing about every luncheon has been the opportunity for friendship and interaction between seniors and law enforcement- and this year's law enforcement presence from several local agencies was more impressive than ever. It could not have been a more beautiful day! Several seniors took advantage of the paper shredding service and the prescription medication drop-off. Chuck Par-Due returned with his vocal talent to take us on another journey to the big band era. There was a table full of information and resources on senior-related topics. And thanks to Georgia Pacific, every senior left with an arm full of paper products!

A very big thank you to everyone who donated their time and resources for the senior luncheon: Columbia Ridge Assisted Living, Elite Care, Addus HealthCare, Georgia Pacific, your local law enforcement, S.A.L.T. Advisory Board, Walmart Employees, Shred-It and Clark County Sheriff Reserves. On behalf of your S.A.L.T. Advisory Board and law enforcement partners, we thank all our seniors for attending the annual S.A.L.T. Luncheon. We hope you had a great time! If you haven't been to a S.A.L.T. meeting or event come check it out! Our next big event is the picnic so mark your calendars now for July 20. Information about the monthly meetings is on the back page of the monthly S.A.L.T. Times newsletter.



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



IN THIS ISSUE

Page 2

Sending Money Out of Love, or Sending a Scammer Money?



Page 3

Move Over It's the Law



Page 4

S.A.L.T. Meeting-Senior Fitness



Sending Money Out of L♥ve, or Sending a Scammer Money?

Love is a powerful thing. So when a loved one calls or emails, saying they're in trouble, you'd want to help, right? If they ask you to send cash immediately — should you follow your heart?

The short answer is: no. Unfortunately, scammers pretend to be someone you know to trick you into sending money. They might pressure you to wire money quickly to help with an emergency — to get out of jail, pay a hospital bill, or leave a foreign country.

In the rush to help, you might not stop and think: does this make sense? But even if the story sounds legitimate, take a minute and run through these steps:

• Stop. Don't act immediately, no

matter what they say the crisis is.

• Check with the person who seems to be in trouble. Use a number or email address that you know is right. Check out the story. If you don't reach the person immediately, check with someone who might know his or her situation. If the caller says not to tell any other family members or friends, that's a sign of a scam.

• Don't wire money to anyone who asks you to. Wiring money is like sending cash — once you send it gone, it's gone. The same goes for prepaid debit cards. Nobody ever needs to be paid in prepaid debit cards.

If you think you've responded to a scam, report it immediately to the FTC or call 1-877-FTC-HELP.



Sunday, March 8, 2015 at 2 a.m.

MOVE OVER It's the Law

The National Highway Traffic Safety Administration (NHTSA) is calling on you to help put an end to roadside fatalities among law enforcement officers.

Law enforcement officers put their own lives at risk when they step onto the side of the road to conduct traffic stops, help motorists, or investigate crashes. To address the heightened danger involved in these roadside stops, every state has enacted "Move Over" laws, requiring motorists to change lanes and/or slow down when approaching stopped emergency vehicles.

These laws can only save lives if:

- Motorists are aware of them;
- Drivers obey them; and
- Law enforcement officers enforce them.

In 2013, 46 law enforcement officers were killed in traffic-related incidents. We don't want one more law enforcement officer to be killed in the line of duty by motorists who don't move over. We need your help in



educating all drivers that moving over to give space to emergency personnel isn't just a courtesy—It's the Law.

When an emergency vehicle using any visual signal is stopped or parked on or next to a roadway, drivers approaching the emergency vehicle should (1) make a lane change into an available lane not immediately adjacent to the emergency vehicle; or (2) if unable to safely make a lane change, slow down to a reasonable speed for existing weather, road, and vehicular or pedestrian traffic conditions.

All 50 States have enacted "Move Over" laws, but very few Americans know they exist! Don't be one of the 71% who's unaware of these laws. Visit www.DrivingLaws.AAA.com to find out your State's law.



Bridging the Gap Senior Transitions

Where do I start?

Is staying at home becoming difficult for you or a loved one?

Join us for a FREE lunch and seminar to explore your options.

Resource Panel Includes

- Attorney
- Moving Specialist
- Councillor
- Realtor

March 19th

9 a.m.-11:00 a.m.

Lunch provided

Door Prizes!

RSVP by March 17th, 2015
360-335-1238

For more information call 360-335-1238
Columbia Ridge Senior Living~2300 W. 9th St. Washougal, WA 98671

Grief Support Group

Columbia Ridge Senior Living
2300 W 9th ST Washougal WA 98671

Monday March 16th, 2015

3:00-4:30 P.M.

Meetings held every 3rd Monday of the month

Facilitated by Scott Selfridge of
Community Home Health and Hospice

All welcome



Celebrating the ART of Life

DISABLED PARKING PATROL VOLUNTEER PROGRAM

Join our team of volunteers!



Do you have a few extra hours a month? We are looking to expand our great team of volunteers who monitor and enforce parking spaces designed for use by disabled persons. Disabled Parking Patrol Volunteers have a limited commission and actively patrol business parking lots throughout Clark County to help ensure parking space availability for those who need it the most. Volunteer programs are non-confrontational.

Applicants must be over 21, have a valid driver's license, be a U.S. Citizen and live in Clark County. All volunteer applicants must successfully pass a screening process which includes; criminal background investigation, fingerprints, interviews and reference check.

If you are interested in applying for the position of Disabled Parking Patrol Volunteer, please contact the Clark County Sheriff's Office Community Outreach Unit at:
(360) 397-2211 ext. 3380 or email: sheriffcommunityoutreach@clark.wa.gov.