

HEALTHY EATING FOR SENIORS

Join us for the November S.A.L.T. meeting. Robin Hammon, Registered Dietitian and Diabetes Educator from Legacy Hospital, will be our guest speaker. The presentation will include healthy eating tips specifically for seniors, recipes AND tips for healthy eating throughout the upcoming holidays (did you know you can still enjoy the holidays and you don't HAVE to gain that extra 5 pounds!)

There's just one meeting this month so please join us at the West side meeting location!
S.A.L.T. meetings are free and open to all seniors



S.A.L.T. Meeting
Monday, November 17
11:00 a.m.- Noon

40 and 8 Community Rm.
7607 NE 26th Ave.
Vancouver, WA 98665
(next to Bingo)

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
Clark County Sheriff's Office
P.O. Box 410
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Seniors And Law Enforcement Together

S.A.L.T. TIMES

November 2014

SCAMMERS TRICK SENIORS WITH "FREE" MEDICAL DEVICES

Watch out for scammers offering free medical devices. Fall is peak season for telemarketing calls that attempt to trick seniors into parting with personal information or agreeing to be billed for devices that don't exist.

How the Scam Works:

You receive a prerecorded telemarketing call saying that you have been selected to receive free medical supplies. Common offers include a personal emergency alarm system, medications or supplies for a specific health condition, such as diabetes.

In one version, the recorded call claims that you can get an alarm system or medical supplies worth several hundred dollars for free. You are just responsible for a low monthly charge. In another variation, the call claims that "doctor-ordered" medicine or medical device is already in the mail, and the call is confirming the shipment. In both cases, you will be asked to provide personal and/or insurance information. Just don't expect your "free" products to ever arrive.

Medical identity theft scams occur year-round, but they tend to peak in the fall. This is when the United States has Medicare open enrollment, which runs from Oct. 15 through Dec. 7. These scams typically target seniors, but anyone can become a victim.

How to Spot a Telemarketing Scam:

If a call does the following, it's probably a scam:

- **Tries to create a sense of panic.** Scammers try to scare victims into immediate action, don't fall for it.
- **Claims you have been specifically identified for an offer,** but doesn't know your name or anything about you. This is a sign that the call is actually being blasted out to thousands of phone numbers.
- **Promises something for free...** that really isn't. Be wary of "free" offers that ask you to pay a handling fee or other charges.
- **Implies an endorsement from a well-known organization.** In this case, the call claims the alarm system is endorsed by the American Heart Association and the "American Diabetic Association," which is really the "American Diabetes Association." Others claim a good BBB rating, so be sure to check this on BBB.org.
- **The business doesn't have a legitimate mailing address and website.** Victims of this scam report that staff refuse to provide basic business information, such as the address.

Source: Better Business Bureau

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S.A.L.T. Advisory Board Seeking Seniors

S.A.L.T. (Seniors And Law Enforcement Together) is a nationally recognized community policing initiative between seniors, law enforcement and service providers.

The S.A.L.T. Advisory Board is made up of representatives of the sheriff's office, Camas Police, and local senior citizens. We meet quarterly to discuss issues relevant to seniors, and plan meetings and activities. This is your chance to participate in the effort to improve the quality of life for our seniors.

If you are a senior in Clark County and interested in attending the board meetings, please contact the Clark County Sheriff's Office Community Outreach Unit at (360) 397-2211 ext. 3380 for more information. We would love to hear from you!

American Diabetes Month

Nearly 26 million children and adults in the United States have diabetes. Are you one of them?

If you need information, assurance, or resources join us for an informational evening to dissolve the myths, relieve any fear and answer common questions. Our key speaker, Mary Ellen Pierce (RN & Owner of Care Management Associates, Inc.) has specialized in Diabetes and other chronic diseases for over 35 years.

When: Nov. 12, 2014 6:30-8:00 p.m.

**Where: Cascade Inn
11613 SE 7th St.
Vancouver, WA**

RSVP: (360) 254-3555 prior to event



Beverages and dessert provided

Thank you Veterans!

Veteran's Day-November 11

Staying Safe on the Internet

The world that we live in feels increasingly complex. We turn on the news and hear of database breaches, credit card fraud, online scams, and identity theft. With each new technology comes new vulnerabilities. As we live longer, we become more physically and mentally vulnerable to chronic disease like dementia and heart disease. For all the security and medical advancement that we boast we still find ourselves as vulnerable people in the world. The question then becomes not how do we eliminate our inevitable vulnerability, but how can we mitigate the risks and advocate for the most vulnerable among us? Seniors continue to be a consistent target for many scams and often need family, friends, and professionals to stand in the gap and make sure they are protected and that "elder hood" is a time to age safely and well.



8 characters long and includes upper and lower case letters, symbols and numbers. Do not use a recognizable word in your password. Regularly change your passwords. If you need to document them on a piece of paper, store it separately from your computer and reference it. There are also secure apps that both help you generate and manage your passwords, such as 1Password (<https://agilebits.com/onepassword>)

◦Do not click on special offers that promise something of value if you give them your personal information. Again, some are okay, but most are scams and it is better to avoid them entirely. If you are interested in a deal from a company you recognize, it is better to visit their website or call them directly.

◦Turn off cookie tracking when browsing. Cookies are the trail you create when searching the internet that tracks all the websites you've been to and the content you have clicked on. This information is

often used by companies to send you targeted ads and information based on what you've looked at. To avoid targeted ads that may be tempting click bait, have a family member disable the cookie tracking on your computer or mobile device. Duck Duck Go (<https://duckduckgo.com/>) is a tracking free alternative to Google or Bing for internet searches.

◦Regularly use and update anti-virus software and avoid services that advertise on TV claiming to clean computers. This will help devices maintain functionality, speed, and protect your data.

◦Password protect wireless internet in the home especially if you are doing internet banking or bill paying online.

◦Do not enter your personal information or credit card information to any untrusted websites. Consider discussing online purchases before they are made to help vet trustworthy sites.

Sound Options, Inc.

The internet has brought us a wealth of information, connection with friends and family, and tools for making life simpler, but it has also brought its own complexities as well as risks for seniors. Computer viruses, phishing for passwords, identity theft, and bank fraud are just a few of the major offenders in the online world. Here are a few tips to help vulnerable adults and all of us be safe online.

◦Do not click on advertising banners or paid ads. While some may be fine, many are malicious attempts to direct you to a website that may contain malware.

◦Do not open links in your email from anyone you do not recognize. Spam is often used to gather data or spread computer viruses.

◦Have strong passwords for all your online accounts. Use a different password for each account that is

S.A.L.T. Holiday Dessert Social

Mark your calendar! The S.A.L.T. Holiday Dessert Social is on Monday, December 8, 11 a.m. at Camas Police Dept. Community Room 2100 NE 3rd Ave. Camas, WA.

Join us for an assortment of delicious desserts and fruit, coffee, holiday music, and visit with your local law enforcement.

Sponsored by Columbia Ridge Senior Living, "Providing assisted living resources to the residents of Camas and Washougal" in partnership with S.A.L.T. (Seniors And Law Enforcement Together), Clark County Sheriff's Office and Camas Police.

