

# Safe Driving Tips

Come to a January S.A.L.T. meeting to learn about tips for driving in winter conditions common to the Northwest. And also learn about normal age-related physical changes and how to adjust your driving to compensate.

Guest speaker Mike Ellis is currently an instructor for the AARP Safe Driver Program. He served with the Los Angeles Police Department and



retired from the California Highway Patrol. He has also been a Defensive Driver Instructor for National Safety Council. *\*The information provided in this presentation is not the AARP safe driver safety course and does not qualify for insurance discounts.*

*S.A.L.T. 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](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)



**WEST Meeting**  
January 19, 2015  
11:00 a.m.

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

**EAST Meeting**  
January 26, 2015  
11:00 a.m.

Camas Police  
2100 NE 3rd Ave.  
Camas, WA

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

January 2015

## Watch Out for Fall and Winter Contractor Scams

**B**eware of scammers going door-to-door and offering seasonal services, such as leaf raking, chimney sweeping or window installation. These con artists may just take your money without ever delivering the service.

### How the Scam Works:

You answer the door, and it's a "handyman." He says that he's been hired by the neighbors to clean the chimney, install storm windows, rake the leaves or perform another seasonal service. He claims that he can give you a discount price because he is already working in the neighborhood.

You need the work done, so you take him up on the offer. He asks for a partial payment upfront, and he will return the next day after he finishes the neighbor's job. However, he takes the money and is never seen again.

In another version of the scam, the contractor will arrive and perform the service. But in doing so, he finds

a "major problem" that needs to be fixed immediately. And of course, he's perfectly suited to perform the expensive repair.

### How to Protect Yourself from Contractor Scams:

Contractor scams appear when homeowners have the most work to do: after major storms and during the change of seasons. Follow these tips when hiring someone to work on your home.

- Work with local businesses: Make sure the contractor has appropriate identification that tells you it's a legitimate company versus a fly-by-night operator. Things like permanent lettering on trucks, uniforms, printed invoice and estimate sheets, business cards, physical addresses, land line phones, etc. are all signs of an established business.

- Check references: Get references from several past customers. Get both older references (at least a year old) so you can check on the quality

of the work and newer references so you can make sure current employees are up to the task.

- Check BBB.org: BBB Business Reviews are more than just a grade. You can also read past complaints from customers, find out about licensing and government actions, and more.

- Make sure it's legal: Confirm that any business being considered for hire is licensed and registered to do work in your area. Also, if in doubt, request proof of a current insurance certificate from a contractor's insurance company.

- Get it in writing: And always be sure to get a written contract with the price, materials and timeline. The more detail, the better.

- Watch for "red flags": Say no to cash-only deals, high-pressure sales tactics, and on-site inspections. Don't allow someone in your home or on your roof until you have had a chance to thoroughly check them out.

Source: BBB.org

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S.A.L.T.Meeting-  
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## 2015 S.A.L.T. Meeting Agenda

**January 19/26**  
Safe Driving

**February 16**  
Senior Luncheon

**March 16/23**  
Senior Fitness

**April 20/27**  
DeCluttering

**May 18**  
Healthy Aging Panel

**June 15/22**  
Financial Abuse Prevention

**July 20**  
S.A.L.T. Picnic

**August**  
No meeting-summer break

**September 21/28**  
Senior Nutrition

**October 19/26**  
Dementia/Choices in Care

**November 16**  
ID Theft/Scams

**December 7**  
Holiday Dessert Social

*\*Detailed meeting information will be in each monthly newsletter*

## S.A.L.T. Holiday Dessert Social Highlights



**T**hank you to everyone who came out for the S.A.L.T. Holiday Dessert Social on December 8. This was our biggest attendance ever! A huge thank you to Columbia Ridge Senior Living for providing a wonderful assortment of desserts. Maxine Terrell was the lucky recipient of the gift basket donated by Elite Care. It was an enjoyable time for all! The Seniors And Law Enforcement Together annual luncheon is on February 16 so mark your calendar and watch for more details next month.

*Happy New Year!*

## Helping your Senior with Bills and Junk Mail

**I**t is frustrating at times to walk into your senior's home and find that the bills and junk mail are stacking up beside the famous recliner where they sit nearly all day and night.

Not only is there mail piled up on the small coffee table beside the recliner there are magazines, newspapers, neighborhood ads and such strewn across the sofa leaving only an edge for the visitor to perch. Dirty dishes of half-eaten meals balanced on top of the chaos waiting for the dog to bump them just right and send everything flying.

Does this scenario remind you of your elder?

We have difficulty convincing them that they need to do something with the clutter. Yet, they say they will do it and nothing changes. How many times have you heard that one? If you are like me a naturally organized person, it is difficult to wait patiently for something to be done about the chaos.

Regardless if your senior is cooperative or uncooperative, here are some valuable tips that may help you and your elder to remove those piles.

\* Let your senior know that you want to help them, that it is not like them to get behind on the mail.

\* Start by offering to sort their mail, and assure them that you are not throwing anything out just dividing the important mail from the less important mail.

\* Provide a box for the junk mail to look at later when they feel like going through it. If they have not looked

at it within a week depending on circumstances, you may need to throw it out yourself.

\* Sometimes it can become a tug of war with the junk mail, because often a senior enjoys seeing the colorful ads and they like to purchase things from the offers.

\* This can become a problem especially in regards to identity theft and consumer fraud. Caution elder as to these issues and learn more about identity theft.

\* Over a period of time when your senior is used to you sorting the mail, then you might want to offer assistance when it comes to the bill paying, by stuffing the envelopes and then writing out the checks for them if that is an issue allowing them to sign the checks. Always keep records and show them what you are doing for them. Assure them that they are in control and you are only assisting them.

\* If they are in arrears on payments for certain bills encourage them to either contact the service provider and/or send out a check right away.

\* Suggest that your Elder have monthly bills such as phone, utilities, insurances, car and home payments automatically deducted from the bank. Most banking institutions can be of help in this area and can alleviate any concern for fraud or identity theft.

\* Provide file boxes and files so they have easy access to their important papers and set aside a time either weekly or monthly to assist them in their filing efforts.

\* If they really insist on keeping some of the junk mail, help them organize a file box for their favorites and then discard the rest.

\* As far as monthly publications and magazines, encourage your elder to donate them to the local library or senior center for others to enjoy.

Source: Retirement Connection

