

"Can You Repeat That?" Tips to Cope with Hearing Loss

Do you have trouble hearing over the telephone? Do you turn the TV volume so loud that others complain? You may have hearing loss. Here are some tips to help with your hearing.

- **Seek medical advice.** There might be a device that can help.
- **Let others know you have a problem hearing them.** Ask people to face you and to speak more slowly, clearly, and loudly.
- **Protect yourself from noise-related hearing loss.** Turn down your stereo, TV, and headphones.

Learn more about common hearing problems and possible ways to help in NIA's Hearing Loss AgePage at https://www.nia.nih.gov/health/publication/hearing-loss?utm_source=20151005_hearing&utm_medium=email&utm_campaign=ealert

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



Thank you,
Veterans!

Veterans Day
November 11



Seniors And Law Enforcement Together

S.A.L.T. TIMES

November 2015

Scam and Fraud Prevention for Seniors

Scams and fraud can happen to anyone. The best proven way to prevent becoming a victim of scams, fraud, or identity theft is to be a well-informed consumer.

Guest speaker Eric Moss, Consumer Protection Outreach and Education Coordinator for Washington State Office of the Attorney General, will be presenting on common scams happening to senior citizens right here in Washington, signs something might be a scam, and how to avoid and report scams or fraud. He will also be giving you the tools to help protect yourself and the people close to you.

Presentation overview:

- About the Office of the Attorney General
- About Consumer Protection
- Top "Gotcha" Scams
- How to Avoid Scams
- How to Report Scams

For general information ahead of time and a larger list of senior issues, you can visit <http://atg.wa.gov/senior-fraud>.

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. Bring a friend!



**S.A.L.T. Meeting
Monday, November 16
11:00 a.m.- Noon**

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

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



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Can You Repeat That?
Veterans Day

Clark County Sheriff's Office Annual Citizen's Academy

The Citizen's Academy is designed to give participants a general overview of the Sheriff's Office as well as the local law and justice system. Topics will include: Patrol functions/Specialty Units, Canine Unit, Drug Task Force, Crime Scene, Investigation, Clark County Court System, Jail Tour, a tour of 9-1-1 Center, Firing Range, and other presentations.

A series of twelve consecutive classes will be held Wednesday evenings, from 6:30 PM to 9:30 PM beginning March 2nd, 2016, at the Public Safety Complex (West Precinct) 505 NW 179th Street, Ridgefield, WA 98642, near the Clark County Fairgrounds.

The academy is provided at no cost to attendees but space is limited to 25 participants. All applicants are subject to a basic criminal history check.

Interested citizens should submit a brief statement of your interest to attend, your full name with middle initial, address, date of birth, email address, home and cell phone numbers and driver's license number. Please submit no later than February 19, 2016.



Applications may be mailed, emailed or faxed to:

Valerie Deming
Clark County Sheriff's Office
PO Box 410
Vancouver WA 98666
Fax (360) 397-2367

Email: valerie.deming@clark.wa.gov
Phone: (360) 397-2244



Neighborly

Neighborly is your own **LOCAL, free, and private Neighborhood network** to connect with your neighbors and public agencies about what's new in your neighborhood...

Neighborly is a local solution, brought to you by your friends at ClarkCountyLive, in partnership with Clark County, as part of the Connecting Neighbors Initiative. It's your digital destination where you can be dialed in to everything that affects you, your home and your neighborhood!



- News and updates from your Neighborhood Association, in partnership with the Clark County Neighborhood Outreach Program.

- Important Notifications from County Government, Clark County Sheriff, local Fire Districts, Regional Emergency Management, and other Public Agencies.

Plus everyday ways to make the most of a connected community:

- Borrow a shovel from a neighborhood tool shed, or, better yet, find a neighbor kid to pull those pesky weeds;

- Get a recommendation on anything from fixing a faucet to trimming a tree.
All from folks right in your own neighborhood.

From Garage Sales to HOA docs, used bikes to new babysitters, it's a one-stop resource for you and your neighbors. So whether you're looking for the neighborhood CERT leader, or someone to watch your dog; it's all right here. It's FREE, it's LOCAL and it's yours...

We're Connecting the Community - Next-Door and All Across Town!
Isn't it time we all got a little more Neighborly...

<http://clarkcountylive.com/neighborly/>

Disaster Relief Donations: Tips for Smart Giving

One thing there is never a shortage of is opportunities to give following a natural disaster. Here are some tips to donate wisely:

Be cautious when giving online.

Be cautious about online giving, especially in response to spam messages and emails that claim to link to a relief organization. If you want to give to a charity involved in relief efforts, go directly to the charity's Web site. In response to Katrina, Rita and the Asian tsunamis of several years ago, the FBI and others raised concerns about Web sites and new organizations that were created overnight, allegedly to help victims.

Rely on expert opinion when it comes to evaluating a charity.

Be cautious when relying on third-party recommendations such as bloggers or other Web sites, as they may not have fully researched the relief organizations they list. The public can go to www.give.org to research charities and relief organizations and verify that they are accredited by the BBB and meet the 20 Standards for Charity Accountability.

Be wary of claims that 100 percent of donations will assist relief victims.

Despite what an organization might claim, charities have fund raising and administrative costs. Even a credit card donation will involve, at a minimum,

a processing fee. If a charity claims 100 percent of collected funds will be assisting hurricane victims, the truth is that the organization is still probably incurring fund raising and administrative expenses. It may use some of its other funds to pay these costs, but the expenses will still be incurred.

Find out if the charity has an on-the-ground presence in the impacted areas.

Unless the charity already has staff in the affected areas, it may be difficult to bring in new aid workers to provide assistance quickly. See if the charity's Web site clearly describes what the charity can do to address immediate needs.

Find out if the charity is providing direct aid or raising money for other groups.

Some charities may be raising money to pass along to relief organizations. If so, you may want to consider "avoiding the middleman" and giving directly to those that have a presence in the region. Or, at a minimum, check out the ultimate recipients of these donations to see whether they are equipped to provide aid effectively.

Gifts of clothing, food or other in-kind donations.

In-kind drives for food and clothing, while well intentioned, may not necessarily be the quickest way to help those in need – unless the organization has the staff and infrastructure to distribute such aid properly. Ask the charity about its transportation and distribution plans. Be wary of those who are not experienced in disaster relief assistance.

Source: Better Business Bureau



S.A.L.T. Holiday Senior Social



Mark your calendar! The S.A.L.T. Holiday Senior Social is on Monday, December 14, 11 a.m. at Camas Police Dept. Community Room 2100 NE 3rd Ave. Camas, WA.

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

Sponsored by Columbia Ridge Senior Living, Addus HealthCare, S.A.L.T. (Seniors And Law Enforcement Together), Clark County Sheriff's Office, Camas and Vancouver Police.