

Exercise and Heart Health

Your heart keeps your body running. As you grow older, some changes in the heart and blood vessels are normal, but others are caused by disease. Choices you might make every day can contribute to heart disease.

To keep your heart healthy, be more physically active. Aim for 30 minutes of moderate-intensity activity on most or all days of the week. It doesn't have to be done all at once—10-minute periods will do.



Easy steps to be more active:

- Put away the remote control—get up to change the TV channel. Stretch during commercial breaks.
- Walk around when you talk on the phone.

- Take more steps by parking the car farther away from stores, movie theaters, or your office.

Other important ways to take care of your heart:

If you smoke, quit. It's never too late to get some benefit from quitting smoking.

Follow a heart-healthy diet. Choose low-fat foods and those that are low in salt. Eat plenty of fruits and vegetables, and foods high in fiber.

Keep a healthy weight. Your healthcare provider can check your weight and height to learn your BMI (body mass index). A BMI of 25 or higher means you are at risk for heart disease, as well as diabetes and other health conditions.

National Institute on Aging

To receive the free monthly S.A.L.T. Times Newsletter, call 564.397.3380 or send an e-mail to: sheriffcommunityoutreach@clark.wa.gov. For other formats: Clark County ADA Office, Voice 564.397.2322 Relay 711 or 800.833.6388 E-mail ADA@clark.wa.gov

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Seniors And Law Enforcement Together

S.A.L.T. TIMES

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Seniors And Law Enforcement Together

Spaghetti **LUNCHEON**

Monday, February 17, 2020
11 am-12:30 pm
Doors open at 10:15 a.m.

Liberty Middle School- Cafeteria
1612 NE Garfield Camas, WA 98607

Local law enforcement will be serving a spaghetti lunch to seniors in Clark County.
Join us for food, fun and door prizes!

Luncheon is free! Seniors only please. No RSVP needed.

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Jury Duty Scam Preys on Law Enforcement Fears

Some scams just don't quit! Despite running for years, this con still successfully uses threatening calls and intimidating emails to scare people into paying up. Jury duty scams have staying power because they prey on a fear of law enforcement.

How the Scam Works:

You answer the phone, and it's someone claiming to be from the local law enforcement or judicial agency. The caller tells you that you've missed a jury duty summons and could be arrested. They may even claim that a warrant has already been issued. The caller may appear to be very legitimate -- with caller ID showing a police phone number and an official-sounding voice on the phone.

The scammer tells you that, fortunately, you can avoid arrest by paying a fine. The scammer asks you to wire money or put cash on a prepaid debit card and share the PIN. Of course, the fine -- and the jury duty summons -- were never real.

Like most long-running scams, jury duty cons have a few versions, not all of which ask you for money outright. In some cases, the jury duty scam may be used to trick you into providing sensitive, personal information that can be used for identity theft. In another version, scammers use email and allegedly attach your "jury summons" to the message. The file is really malware and downloading it will infect your computer.

Tips to Avoid a Jury Duty Scam:

- **Be skeptical of email and unsolicited calls.** Courts do not typically summon people via email, text message or phone. Unless you are involved in a case and have opted into receiving other types of communications, courts normally communicate through mail.
- **Pick up the phone.** If you ever question whether you need to appear in court, call the appropriate judicial agency. Don't call the number in the email, as that will likely just lead you to the scammer. Look for official websites in your jurisdiction... and be on the lookout for fake websites, too.
- **Ignore calls for immediate action.** Scammers try to get you to act before you think by creating a sense of urgency. Don't fall for it.
- **Beware of requests to pay via wire transfer or prepaid debit card** (such as MoneyPak, iTunes or similar cards). These are almost always a sign of fraud.
- **Ask someone for help.** BBB's research shows that asking someone else is an important factor in reducing the chance of being scammed. Ask a family member or friend, "Does this sound right?"

Avoid abbreviating the year 2020. Writing "1/20" without the first two digits may leave consumers vulnerable to scammers. Fraudsters can capitalize on the use of abbreviated dates in the new decade, altering document dates to their benefit by adding just two digits.

For instance, the date "1/10/20" could be changed to "1/10/2019," making consumers vulnerable to an array of fraud. Checks, bank drafts, pay orders, bills, legal documents and more are susceptible to alteration.

BBB.org



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