

Exercise Safely Outdoors

Exercising outdoors has many benefits and can be especially helpful for your mood if you are currently spending a lot of time inside. Weather permitting, take time today to go for a walk or a bike ride and get some fresh air. Practice social distancing from others while outdoors. When you return home, make sure you wash your hands with soap and warm water for at least 20 seconds.



Here are a few tips that can help you stay safe before you get moving:

- Carry your ID and emergency contact information. If you're alone, bring your cell phone.
- Wear light or brightly colored clothing during the day and reflective material at night.
- If you listen to music, keep the volume low so you can still hear bike bells and other warnings.
- Feeling like social distancing is

interrupting your regular exercise routine? You can still stay active at home! Try these types of activities to keep moving in your own space:

- Gardening
- Heavy housework
- Go4Life Exercise Videos <https://go4life.nia.nih.gov/workout-videos>
- Sweeping
- Raking

You can also start planning to start your regular routine again successfully. You can take time to write down or revisit your goals. When you start back, go at a comfortable pace and gradually build back up.

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) 397-2000, **Relay** (800) 833-6384, **E-mail** ADA@clark.wa.gov



Seniors And Law Enforcement Together

S.A.L.T. TIMES

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Sheriff's Office Starts Program to Help the Elderly

Being alone and isolated is one of the greatest fears of older adults. The Senior Wellness Check Program allows older adults who live alone to have comfort and security in the knowledge that someone is checking in on them on a regular basis.



The Senior Wellness Check is a free service coordinated by your local law enforcement agencies utilizing current volunteers to make regular contact with participants by phone.

Sheriff Auxiliary members will be paired with seniors who sign-up for the program and will call to check on them at a time and frequency mutually agreed upon. If contact is not made after three attempts and the emergency contact cannot be reached, law enforcement will be dispatched to perform a welfare check. In addition to the Sheriff's Office, participating agencies include; Vancouver, La Center, Battle Ground, Ridgefield and Washougal Police Departments.

The timing of this new program is due to COVID-19 and the urgent need to provide a means of contact for our most vulnerable population, but it will be an ongoing service.

Older adults who live alone and are residents of Clark County need to fill out an application to receive the free service.


Applications can be requested from the Sheriff's Office Outreach Unit at 564-397-3380 or email: sheriffcommunityoutreach@clark.wa.gov. If you need assistance with the application process, see back page of newsletter for ADA options.


Seniors and Law Enforcement Together
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5 Important Questions to Ask Seniors During Social Distancing

With seniors among the most vulnerable individuals during the COVID-19 (Coronavirus) emergency, authorities have stressed the importance of checking on older adults. Isolation is a main concern, leading to the potential for health issues as well as depression.

If you can't be there personally, touch base via phone or video chat. "Emotional and mental health along with physical issues can come into play when seniors are alone," noted Home Instead Gerontologist and Caregiver Advocate Lakelyn Hogan.



It might not be advisable for a senior to go to the store. If you cannot be there to assist a senior at the grocery or pharmacy, help your loved one access online shopping and deliveries or encourage them to take advantage of special hours some retailers and grocery stores are offering to older adults. These tips can help older adults prepare to be home for a while.

3. Are you feeling worried or anxious?

Remind your loved one that the coronavirus situation will improve. The Centers for Disease Control and Prevention encourages the following ways to stay healthy including a well-balanced diet and

stress relievers such as deep breaths, and praying or meditating.

4. Are you having trouble sleeping?

Anxiety can lead to sleep problems. Encourage your senior to take breaks from watching, reading and listening to the news, which can fuel the type of anxiety that could lead to sleepless night. If the senior in your life continues to have sleep problems, contact their health provider.

5. What do you need help doing?

With limited access to services, perhaps the older adult in your life has things going on at home they need help completing. Are bills piling up? Are there maintenance issues in the house? Do they need help with yardwork? Ask about those issues and try to solve for them.

Home Instead

Avoid Scams During COVID-19 Isolation



While we are home, practicing social distancing to avoid the Coronavirus, remember that scammers are still busy trying to take advantage of people. Here are some current scams to be aware of:

Scammers are offering help with errands, and running off with your money

If you're an older adult or a caregiver for one, you may need help picking up groceries, prescriptions, and other necessary supplies. If someone you don't know offers to help, be wary. Some scammers offer to buy supplies but never come back with the goods or your money. It's usually safer to find a trusted friend or neighbor or arrange a delivery with a well-known company.

If you're ordering supplies online, know who you're buying from. Online sellers may claim to have in-demand products, like cleaning, household, and medical supplies when, in fact, they don't. Use an established delivery service, or order directly from the store. Many grocery stores and pharmacies are offering contactless delivery. If you need additional help for yourself or a loved one, the Eldercare Locator, (<https://eldercare.acl.gov/Public/>) a public service of the U.S. Administration on Aging, can connect you to services for older adults and their families. You can also call 1-800-677-1116.

Grandparent Scam

"Grandma: I'm in the hospital, sick, please wire money right away." Grandparent scams can take a new twist – and a new sense of urgency – in these days of Coronavirus. Here's what to keep in mind:

In grandparent scams, scammers pose as panicked grandchildren in trouble, calling or sending messages urging you to wire money immediately. They'll say they need cash to help with an emergency – like paying a hospital bill or needing to leave a foreign country. They pull at your heartstrings so they can trick you into sending money before you realize it's a scam. In these days of Coronavirus concerns, their lies can be particularly compelling. But we all need to save our money for the real family emergencies.

So, how can we avoid grandparent scams or family emergency scams? If someone calls or sends a message claiming to be a grandchild, other family member or friend desperate for money:

- Resist the urge to act immediately – no matter how dramatic the story is.
- Verify the caller's identity. Ask questions that a stranger couldn't possibly answer. Call a phone number for your family member or friend that you know to be genuine. Check the story out with someone else in your family or circle of friends, even

if you've been told to keep it a secret.

- Don't send cash, gift cards, or money transfers – once the scammer gets the money, it's gone!

Social Security Scam

Scammers are pretending to be from the Social Security Administration (SSA) and trying to get your Social Security number or your money. Here's what to know:

- Do not trust caller ID. Scam calls may show up on caller ID as the Social Security Administration and look like the agency's real number, but it's not the SSA calling.
- Your Social Security number is not about to be suspended. And your bank accounts are not about to be seized.
- Don't verify your Social Security number or any other personal information to anyone who calls out of the blue.
- SSA will never call to threaten your benefits or tell you to wire money, send cash, or put money on gift cards. Anyone who tells you to do those things is a scammer. Every time.
- Talk about it. If you're getting these calls, chances are your friends and family are too. Please talk with them about it.

May S.A.L.T. meetings are cancelled.
Watch your monthly S.A.L.T. newsletter for updates.