



Come find your treasures and support the Clark County Sheriff's Office Civilian Search & Rescue at their annual fundraising rummage sale!

Saturday, July 16, 8-5 and Sunday, July 17, 8-2 at the Clark County Sheriff's Office Central Precinct located at 11608 NE 149th Street in Brush Prairie.

Clark County Sheriff's Office Civilian Search & Rescue is a volunteer-based organization under the direction of the Clark County Sheriff. Volunteers work jointly with the sheriff's office as well as other public and private agencies to respond to community needs of search and rescue in Clark County and surrounding areas. Search and rescue operations include finding missing children, hikers, hunters, and Alzheimer's patients, body recoveries, evidence searches and assisting with floods and other disasters. For more information visit their website at: www.ccsso-sar-org.



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



Sheriff Garry E. Lucas

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

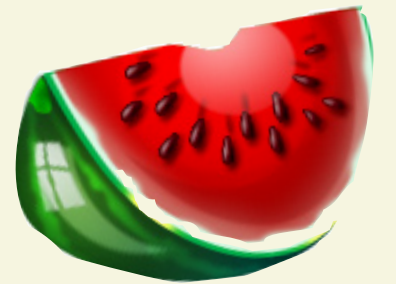


Seniors And Law Enforcement Together

S.A.L.T. TIMES

July 2011

S.A.L.T. Picnic



Join us on Monday, July 18 at 11:00 a.m. for the annual S.A.L.T. picnic! Enjoy chicken, potato salad, baked beans, rolls, watermelon and lemonade, then choose your favorite cool treat from the ice cream truck! The Washington Old Time Fiddlers Association will be back to provide great music.

The picnic is a long-time tradition of the S.A.L.T. program (Seniors And Law Enforcement Together). Your local law enforcement representatives will be serving lunch as a token of appreciation for our valued seniors. Rain or shine, come enjoy an afternoon of good food and fun! The picnic is free for all seniors.

The picnic will be held at Camas Heritage Park. To get there- go East on Hwy. 14, take the Camas Exit #12. Go east about 1/2 mile to Division. Turn left, go about 1/2 mile to 17th Ave. Turn right on 17th, go three blocks to NE Everett. Turn left, go 3/4 miles to the light at Lake Rd. Turn left, go three blocks. The park is on the right.



Due to limited parking at the park, there will be a free shuttle service beginning at 10:30 a.m., courtesy of Columbia Ridge Assisted Living. Park in the Camas Moose Lodge parking lot just east of Heritage park and ride the shuttle for easier park access.

IN THIS ISSUE

Page 2

4 Things YOU Can do to Prevent Falls
What is Shelter in Place?



Page 3

Staying Connected- Technology for Older Adults



Page 4

Rummage Sale



4 Things YOU Can Do to Prevent Falls

1) Begin a regular exercise program

Exercise is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve your balance and coordination are the most helpful.

Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor about the best type of exercise program for you.

2) Have your health care provider review your medicines

Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines can make you sleepy or dizzy and can cause you to fall.

3) Have your vision checked

Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

4) Make your home safer

About half of all falls happen at home. To make your home safer:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well.
- Have handrails and lights put in on all staircases.
- Wear shoes both inside and outside your home. Avoid going barefoot or wearing slippers.

What is Shelter in Place?

Shelter in place orders may be required anytime local officials tell you to seek safe shelter due to a possible chemical, radiological or biological emergency. If this were to happen in your area, would you know what to do?

The process used to seal the room is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. It is a type of sheltering in place that requires pre planning.

To "Shelter in Place and Seal the Room"

- Bring your family and pets inside.
- Lock doors, close windows, air vents and fireplace dampers.
- Turn off fans, air conditioning and forced air heating systems.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Go into an interior room with few windows, if possible.
- Seal all windows, doors and air vents with plastic sheeting and duct tape.
- Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.
- Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

For more information see <http://www.ready.gov/america/makeaplan/stayingput.html>.

Source: Clark Regional Emergency Services Agency

Staying Connected Technology for Older Adults

People of all ages are using the internet, cell phones and other technologies to communicate with family and friends in new and exciting ways. In a matter of seconds you can send a message to your son, receive a photo from your granddaughter or email an invitation to a family gathering.

While younger people are typically the "experts" on these new resources, many older adults also utilize the internet, social media and cell phones to communicate and receive information. These tools are an effective way to connect with your family, friends and community resources, particularly children and young adults.

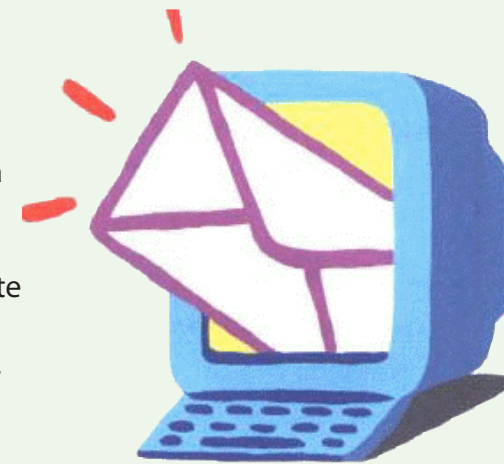
Many communities offer classes and other resources to help you get started with these new tools. To learn more about technology resources in your community, check with the following sources:

- Your local Area Agency on Aging — get connected by calling the Eldercare Locator at 800.677.1116 or visit www.eldercare.gov

- Libraries, schools and community colleges.
- Family, friends and neighbors familiar with computers and cell phones.

Email stands for electronic mail. With email you can send messages from one computer to another. Email is like mail through the U.S.

Postal Service that you receive daily, except you can send and receive email 24 hours a day, 7 days a week.



How: Email users have a unique address (much like your home address) where you can send and receive messages, for example: john.smith76@yahoo.com. If you do not already have an email account, you can set up a free one on websites like: www.gmail.com, www.yahoo.com or www.hotmail.com. Click on "Sign-Up" or "Create Account" and follow the steps to create your email account.

When to use: Many people like using email because messages are sent and received rapidly. You can send information to one person or a group of people. Pictures and other documents can be attached to email messages.

Tips about privacy and safety:

- To access your email account you will need to create a password. Be sure to change your password often. Remember to write it down and keep it in a safe place.
- Do not share your password.
- Log out of your email account when you are done.
- Only open attachments or click on links from people you know.
- Do not open or reply to SPAM.
- Do not email your Social Security number, bank account number or other private information.
- Make sure your computer software and updates are current. Find additional email safety tips at www.wiredsafety.org and www.emailsafety.net.

Email Etiquette: When sending email ALL CAPS is considered yelling or shouting. Limit forwarding messages, list email addresses in the BCC (Blind Carbon Copy) line for large groups, use a descriptive subject line and utilize the spell check feature.

1-800-677-1116
www.eldercare.gov

The Eldercare Locator is the first step to finding resources for older adults in any U.S. community and a free national service funded by a grant from the U.S. Administration on Aging (AoA). The Eldercare Locator is administered by the National Association of Area Agencies on Aging (n4a).