

Alzheimer's Care

Speaker: Shanti Potts
Community Director, Caretique, Inc.



Join us for a discussion on Understanding Dementia. What is Dementia? What is Alzheimer's Disease? Who gets Dementia? What does it mean to the care provider for someone with Dementia?

Meetings are free and open to all seniors.

WEST Meeting
Monday, Sept. 19, 11:00 a.m.
40 and 8 Community Rm.
7607 NE 26th Ave.
Vancouver, WA 98665
(next to Bingo)

EAST Meeting
Monday, Sept. 26
11:00 a.m.
Camas Police
2100 NE 3rd Ave.
Camas, WA 98607

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



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

September 2011

Reduce Your Risk of Telemarketer Fraud

Studies by the American Association of Retired Persons show that most elderly fraud victims don't make the connection between illegal telemarketing and criminal activity. They don't associate the voice on the phone with someone who could be trying to steal their money.

Older people may be surprised to know that there are an estimated 14,000 illegal telemarketing operations bilking thousands of victims every day. They rob with phones instead of guns. And they don't care about the pain they cause when they steal an elderly person's life savings. Older people are frequent targets of fraudulent telemarketers because it's hard to tell if a caller is legitimate, seniors tend to trust the caller, and it's hard to hang up when the caller seems so polite and friendly.

One easy step you can take to reduce the number of sales pitches (fraudulent or legitimate) you receive is to take your name off telemarketing and junk mail lists. Businesses that

advertise or market their products and services directly to consumers—through mail, telephone, email, and online advertising—typically purchase or compile their own lists of potential customers.

The answer to "how did they get my name?" is actually fairly simple: local phone listings, public real estate records, tax assessments on personal property such as cars or boats, donations to political or charitable organizations, club rosters, alumni listings, or a host of other sources.

Online advertisers use "cookies," which are small data files that track information about you, such as your Web browsing patterns and items you've put into online shopping carts.

Here's how to take your name off solicitation lists:

Telemarketing Calls
www.donotcall.gov
or call toll-free (888) 382-1222

Direct Mail and Email Offers
www.dmachoice.org

Credit Card Offers
www.optoutprescreen.com
or call toll-free (888) 567-8688

Online Cookie Collecting
www.networkadvertising.org

Most legitimate marketing firms will honor your request. So, if you receive a solicitation after taking the steps above, you should be all the more skeptical of the offer.

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SENIOR Health & Wellness

DID YOU KNOW that Southwest Washington Agency on Aging and Disabilities Senior Health and Wellness Program helps seniors improve their health through information, education, workshops and exercise classes?

Call Senior Information & Assistance, 360-694-8144, to learn more about:



ENHANCE FITNESS

is a group exercise class that improves your balance, flexibility, bone density, endurance, coordination, mental sharpness and decreases your risk of falling.

HEALTH AND WELLNESS WORKSHOP

topics include COPD, Diabetes, Dementia, and Fall Prevention. Workshops are taught by our registered nurses. Call for information and scheduling.

SENIOR DRUG EDUCATION

provides seniors 65+ with information and training on the safe and proper use of prescription and over the counter medications. Call to schedule a FREE presentation.

*G*randparents are a family's greatest treasure, the founders of a loving legacy, The greatest storytellers, the keepers of traditions that linger on in cherished memory. Grandparents are the family's strong foundation. Their very special love sets them apart. Through happiness and sorrow, through their special love and caring, grandparents keep a family close at heart.

~author unknown

**PUBLIC SAFETY COMPLEX
at the Clark County Fairgrounds**

OPEN HOUSE

Please join us on **Saturday, September 17 from noon to 4 p.m.** for the 11th annual Open House at the Clark County Fairgrounds Public Safety Complex located at 505 NW 179th St. Ridgefield, WA.

There will be hotdogs, pop, popcorn, several exhibits, demos, displays, giveaways, kids activities, health screenings and much more. It's a great time and it's free. Hope to see you there!

If you need auxiliary aids or services in order to attend, contact the Clark County ADA Office. Voice (360) 397-2000; Relay (800) 833-6384; E-mail ADA@clark.wa.gov.

*Happy
Grandparent's Day!*

September 11



September is Healthy Aging® Month –

Tips to Celebrate Positive Aging!

1

EAT FRESH. Make a commitment to add more fresh fruits and vegetables to your diet. September is still harvest time in many areas so seek out local farmers markets and buy local produce. Make it a point to try to make foods from scratch... skip the processed foods as much as you can. How much do you need to eat? Check this easy calculator to find out how many fruits and vegetables you need each day, based on your daily calories needs. Details: <http://www.fruitsandveggiesmatter.gov/>

2

EXPLORE. Your mind is like a muscle ... use it or lose it. This month, choose a new activity that will sharpen your mental skills. What about taking piano lessons? It's never too late! Check out your local continuing education at schools, senior centers, YMCA's, YWCA's for opportunities. There are many one day, or one evening courses to spark you imagination.

3

THERE'S NO PLACE LIKE HOME. Research shows that Americans' attitudes, ambitions and preparation for retirement have changed dramatically as a result of the recession. It has also been found that more and more people want to stay in their own homes and live independently. Tips for how to "age in place" can be found on the National Institutes of Health website.

4

VOLUNTEER YOUR TIME. By giving back, you make yourself feel good. A win-win for all! Details: Volunteers of America, American Red Cross, or go to Serv.Gov

5

GO! Get out and enjoy the American landscape! Fall is the perfect time to travel, and some companies are even encouraging you to go.

6

EXERCISE. 10,000 STEPS/DAY ... Exercise 30 to 60 minutes a day or walk 10,000 steps. Find a friend, don't delay and make a "date" to meet every day or every other day to walk. Choose fun places to walk, like the local park, shopping mall, or even do laps around the local school track. You will have fun and feel better about yourself immediately. Plus, there's the extra bonus of connecting with a friend or friends on a regular basis.

7

GET SOCIAL. Start your Facebook page, Twitter and sign up for Linked In. According to Forrester Research, an independent research firm, "Baby Boomers aren't technology Luddites; in fact, more than 60% of them consume socially created content." Keep up with technology, friends, family and job connections by getting social.

8

MONEY SENSE. Start thinking about Medicare well before your 65th birthday. A good starting point is to go to the Centers for Medicare & Medicaid Services' website at www.medicare.gov and obtain a copy of the "Medicare and You" brochure, according to WellPoint, one of the nation's largest health benefits companies.

9

RE-INVENT YOURSELF WITH A NEW CAREER. With the uncertainty of the solvency of Social Security, if you are age 50-plus, you may be thinking "one more career". Several websites are catering to the demand for jobs. Details: Seniors4Hire, www.seniors4hire.org, RetireWorkForce, www.retireworkforce.com, and WorkForce50, www.workforce50.com

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