

Getting Enough Fluids

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods—both solids and liquids, as well as in its natural state.

With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids.

Remember, water is a good way to add fluids to your daily routine without adding calories. Try these tips for getting enough fluids:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.



- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

National Institute on Aging at NIH

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



Seniors And Law Enforcement Together

S.A.L.T. TIMES

August 2020

National Senior Citizens Day

August 21 —National Senior Citizens Day — is the day to show seniors appreciation and support and recognize their accomplishments. It's also a time to help raise awareness of various issues that affect senior citizens.



For all they do and have achieved for the good of their communities, senior citizens deserve our thanks!

Why National Senior Citizens Day is Important

Seniors give wise and useful advice

Our elderly family and friends have a lifetime's worth of precious experiences (and stories) to share. For centuries, cultures across the world have looked to the seniors in their communities for wisdom and

knowledge. In times of trouble or when we simply don't know what to do, seniors are often the first people we turn to for a different or

even, unusual perspective. If we listen, we can learn so much from them.

Seniors give generously

It's widely known that

seniors make more charitable donations than any other age group. We appreciate how much they look out for their loved ones and it's a quality we love in our seniors.

Seniors give us treats

Seniors are very good at making us feel special. Grandparents dote on us when we need it, and sometimes when we don't. To every grandparent or elderly loved one that has given us a treat or made sure we ate well or spoiled

us in some other way, we salute and appreciate you!

How to Observe National Senior Citizens Day

Reach out to a senior family member

Do you have a senior family member that you love and appreciate? Visit them and spend some time together. If you can't see them in person, don't text — call! Let them hear the warmth in your voice when you tell them how much you appreciate them.

Have fun

Are you a senior citizen yourself? Well, today is all about you! Live it up and treat yourself. Spend time with your favorite people, go shopping — do whatever you like (following COVID safety guidelines of course). This could be the day you finally try that one thing you never have time for or perhaps it's a perfect day to chill at home. You've earned this time, so enjoy!

Source: National Today



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

IN THIS ISSUE

Page 2



Common Fraud Tactics
Used on Seniors

Page 3



Are the Medications
in Your Home Safely
Stored?

Page 4



Getting Enough Fluids

Common Fraud Tactics Used on Seniors

Scammers tend to target elderly people with all kinds of schemes, taking advantage of their isolation, ease of trust, and higher savings, among other things.

Many schemes against seniors are performed over e-mail, the phone and even through door-to-door advertising. They may take the form of alleged credit card offers, charity donation requests, home improvement offers, investment opportunities, banking and wire transfers, insurance offers, health products, and sweepstakes and contests, to name a few. And it didn't take scammers long to begin attempting to capitalize on confusion and fear over the new coronavirus.

Con artists and scammers who prey on the elderly rely on two key things: The assumption that the elderly are unfamiliar with modern technology and that the elderly are unaware of all the different ways to have their personal information stolen.

Common Fraud Tactics

- Being friendly, approachable, and sympathetic so that the victim feels like the solicitor is on his or her side.
- Instilling fear or giving a sense

of urgency so people don't have much time to think or act rationally.

- Appearing to be helpful to gain someone's trust and make that person feel inclined to return a favor later on.
- Using emotional excitement to skew proper judgment; not long ago, researchers at Stanford found, "inducing both high-arousal positive and high-arousal negative emotions in older adults increased their susceptibility to misleading advertisements."
- Pretending to be associated with a credible company, government agency, or charity to fake legitimacy.
- Being ambiguous about the subject or changing it throughout a conversation to distract the victim.

Are You a Victim of a Scam?

If you think you might be a victim of a scam, reach out to someone you trust such as a close friend or family member. Don't be afraid to talk to someone because doing nothing could make the situation worse.

Unfortunately, once money has

been wired out, it is more than likely gone. However, that does not mean that there's nothing left for you to do. Other senior victims are counting on you to report the details so that the scams can be shut down. Keep the phone numbers for your local police station and bank close by.

To safeguard against robocall scams and telemarketing scams, add your number to the National Do Not Call Registry. Visit <https://www.donotcall.gov/> or call 1-888-382-1222 (TTY: 1-866-290-4236) from the phone you want to register. It's free. This way, if you get questionable calls, chances are even higher that they are scams. In addition, when you get a question such as, "Do you hear me?" just hang up. Some callers may encourage you to press "1" to be removed from a call list or to speak with a real person. Don't do this. It just shows the scammers that you are responsive. *Your aim is to avoid engaging at all.*

Whenever you feel the least bit suspicious of an email, phone call, personal visit or anything else, you can try a simple Google search about your suspicion. If the search pulls up something, then you'll know for a fact it is a scam to report and then ignore. If nothing comes up, it could be a new scam or one that hasn't been well documented. Be safe and aware!

<https://www.seniorliving.org/research/common-elderly-scams/>

Are the Medications in Your Home Safely Stored?

According to the Substance Abuse and Mental Health Services Administration, 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them—usually taken from a friend or family member. As folks continue to be instructed to stay at home to slow the spread of COVID-19, it is important to recognize that the risk for opioid misuse can increase in our homes and in our community during this time. It's more important than ever to store your medications in a safe and secure location. Medicines that languish in unsecured home cabinets are highly susceptible to diversion, misuse, and abuse.

Safeguarding medications in the home is a simple, yet essential act that will diminish opportunities for easy access and keep loved ones safe from accidental poisonings. Likewise, waiting to properly dispose of unused, unwanted and expired medication is highly encouraged right now. To reduce chemicals in the environment, please do not throw medication in the trash or flush medications down the toilet or drain. Instead, store your medications in a secured location until it's safe for you to properly dispose of them at a take back location.

In response to the COVID-19 pandemic, many medication take back locations are temporarily closed or have other restrictions. Transfer stations are seeing large crowds, putting workers and customers at risk. If you absolutely must dispose of medication now, find the closest site to you at www.takebackyourmeds.org or call 564-397-7352.



Safe Medicine Storage for Grandparents

Nearly 1 out of every 4 grandparents say they store prescription medicines in easy-access places, and 18 percent keep over-the-counter medicines in easily accessible spots.

Approximately 50,000 young children are brought to the emergency room each year because they got into medicines that were left within reach.

Don't let your grandchildren become a statistic, take these precautions to help keep them safe:

- Keep all medicines and vitamins up and away and out of sight in a high cabinet or other place your grandchildren can't reach or see, even between doses.
- Keep purses, bags, or coats that have medicines or vitamins in them out of their reach and sight.
- Never leave medicines or vitamins out on a table, countertop, or bedside table where your grandchildren could reach them.
- Relock the safety cap and put them away every time you use them, even between doses.
- Set a daily reminder to take your medicines and vitamins on your refrigerator or a location you check on a daily basis, since they will be safely stored up and away and out of sight, even between doses.

Keep the Poison Help number in all of your phones: (800) 222-1222.

<https://www.upandaway.org/>