

# A Healthy Brain & Staying Sharp!

Join us for a presentation that considers a holistic approach to wellness. Come ready to engage in a frank discussion on what we can do to keep our body strong and our brain healthy and stay sharp as we age. Discover tips and share ideas.

*S.A.L.T. meetings are free and open to all seniors.*

**WEST Meeting**  
January 20, 2020  
11:00 a.m.-noon

40 et 8 Boxcar Room  
7607 NE 26th Ave.  
Vancouver, WA 98665


**EAST Meeting**  
January 27, 2020  
11:00 a.m.-noon

Camas Police  
2100 NE 3rd Ave.  
Camas, WA 98607



Presented by:  
Shanti Potts

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Sheriff Chuck E. Atkins

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

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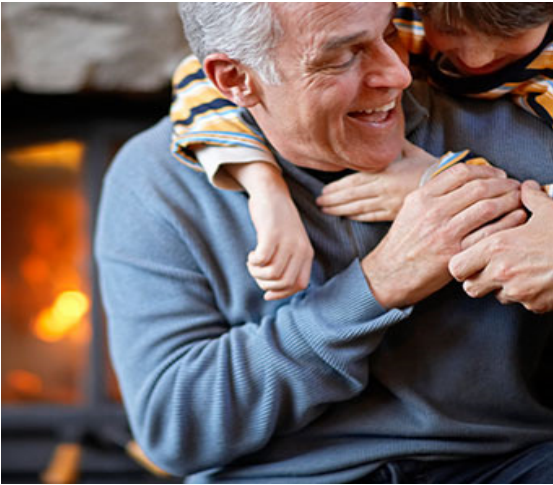
## Aging in Place Safely in Winter

When it comes to aging in place, it is helpful to take a seasonal approach to managing risks. Whether you are an aging adult or a loved one of aging parents, reevaluating the living arrangements every 3 months can really help you stay in tune with changing needs and preparations for the coming season. It is important to continually ask, "Is my home meeting my current needs and supporting my safety? Could some small changes reduce the risk of a fall or injury? Do my spouse and I have a high quality of life here?" Winter can be one of the most important seasons to prepare for when aging in place.

Here are a few tips to help you and your family be ready and stay safe.

### Staying Warm

As we age, the body tends to have more difficulty retaining heat and staying warm becomes more difficult. Dressing in layers will help the body acclimate, especially during transitions between indoor and outdoor environments. Pay close attention to those with dementia, as one of the symptoms of the disease is an inability to dress appropriately for weather conditions. If your loved



one exhibits difficult behaviors such as wandering, take extra precautions in the winter. If they were to wander outside, a fall or hypothermia can put them at serious risk.

### Preventing a Fire

As we try to keep warm, it is important to maintain safety as

well. If heaters are used, make sure they are a good distance from the body or blankets as they can unintentionally burn items. If your loved one uses an electric blanket, be sure that it is kept on a low setting and has an automatic shutoff to prevent it from being left on too long. In celebration of the winter season, we tend to fill our house with light through candles or fires in the fireplace. Be sure that all lights are blown out, unplugged, and extinguished before leaving the house or going to bed. Changing the batteries in the smoke detectors and making sure your house has carbon monoxide detectors is another good preparation. If your loved one uses oxygen within the house take extra precaution to keep open flames or cigarettes away from the tank and oxygen tubes.

### Falls

One of the biggest risks within the home for aging adults is falls. However, in winter that simple trip to the grocery store, pharmacy, or a friend's house can be all the

cont on page 2

## IN THIS ISSUE

### Page 2

It's Not Too Late for a Flu Shot

### Page 3

Telemarketers Still Have Your Phone Ringing?

### Page 4

S.A.L.T. Meetings- A Healthy Brain & Staying Sharp

# It's Not Too Late for a Flu Shot!

The flu is very contagious. It spreads from person to person, often just through the air. Regular hand washing and avoiding sick people can help, and so can the flu shot. Flu season is upon us, but it's not too late to get the shot!

Flu is a mild illness for some people. For older people, especially those who have health problems like diabetes or heart disease, the flu can be very serious, even life-threatening. There are special flu shots designed specifically for people age 65 and older. Medicare will pay for the shot, and so will many private health insurance plans. You can get a flu shot at your doctor's office or from your local health department. Many grocery or drug stores also offer flu shots. The vaccine is the same wherever you receive it.

The Centers for Disease Control and Prevention (CDC), part of the Federal Government, says that people age 50 and older should get a flu shot every year. You need a flu shot every year for two reasons. First, flu viruses change. Each year's virus may be just a little different. If the virus changes, the vaccine used in the flu shot is changed. Second, the protection you get from a flu shot lessens with time, especially in older people.

So, you should get the shot every fall to do your best to stay protected from the flu. It takes at least 2 weeks for your shot to start working. Don't worry if you can't get your flu shot before the flu season starts. The shot can help keep you healthy no matter when you get it.

## Things to Remember About the Flu

- The flu can be dangerous for older people.
- The flu can be prevented.
- Older people need a flu shot every year.
- Medicare pays for the flu shot.
- The flu shot is safe.

A flu shot won't keep everyone healthy. But, getting the flu shot every year can mean that if you do get the flu, you might have only a mild case.

National Institute on Aging

cont from page 1

more treacherous. Make sure your aging loved one has the tools and ability to manage their outdoor stairs and walkways with salt and a shovel. If this task may put them at greater risk, create a plan together to have a family member or volunteer help maintain their outdoor spaces in the winter. Make sure railings are sturdy and free from décor. As the days are shorter and we are spending more time in the dark, make sure that indoor and outdoor stairwells are well lit.

### Driving

If you are concerned about a loved one driving, winter can be a really important time to assess the risks, have the difficult conversation, and create a backup plan for winter driving. Delayed response times and driving on slick roads can put

many people in danger. As part of your plan, consider having a backup system for transportation when the roads are too bad and define what that means. Help your loved one stock their kitchen with extra food and supplies so they can wait out the bad weather before having to go to the store. You may consider having your doctor write an extra prescription to minimize the amount of pharmacy trips or delegate tasks that include driving to a family member. When it comes to winter transportation issues, also watch for isolation and make sure that your family member has opportunities to keep a regular schedule, get out of the house, maintain mobility, and have social engagement with friends and family.

### Emergency Plan

For aging adults, there are many different situations that can present an emergency in winter. It is important to have a plan in place to address the "what ifs". Consolidate emergency contact information into one document or notebook and include utility companies. If power were to go out, or the furnace to break, it is crucial to get help right away. In the event of a winter storm, or natural disaster, have a plan for gathering all family members. Talk to neighbors to help support one another. Keep a supply of water and nonperishable food as well as a full emergency kit to make sure your loved ones would have their basic needs met for 3-4 days if they were unable to leave their house.

Sound Options

# Telemarketers Still Have Your Phone Ringing? You Can Fight Back.



Tired of incessant telemarketing calls? You aren't alone. Complaints to the Federal Trade Commission average 190,000 a month. If you've added all of your phone numbers to the National Do Not Call Registry, you might be wondering why you still get so many telemarketing calls. One reason is that some entities are allowed to call — charities, surveys, political groups and debt collectors, for example. But another reason is that many of these calls, up to half, may be scam calls. And we all know scammers don't first check the National Do Not Call Registry before targeting us. Nevertheless, there are some things you can do to help keep these calls at bay.

### How It Works

- The Federal Trade Commission manages the National Do Not Call Registry, 1-888-382-1222, which is intended to stop unwanted sales calls; it's free, and you can add all of your numbers to it.
- Your registration does not expire.
- Legitimate companies are not permitted to call you if you're on the registry unless you've recently done business with them or if you've given them written permission to call you.
- If legitimate telemarketers call a number on the National Do Not Call Registry and don't otherwise have permission, they are susceptible to stiff fines from the Federal Communications Commission, so most legitimate companies will not break the rules.

### What You Should Know

- If your number is on the National Do Not Call Registry and you're still besieged by calls, they are probably scam calls.
- If you answer a scam call, the longer you stay on the line, the "hotter" your number is in the buying and selling of phone lists. Even though you may want to engage to teach them a lesson or waste the scammer's time, it's not worth it.

### What You Should Do

- Hang up on unsolicited calls — or better yet, let them go to voicemail. You can decide whether to return the calls after you've carefully listened to them.
- Ask your phone provider if it offers free or low-cost call-blocking services.
- If an incoming call directs you to press a number on your telephone keypad to be removed from their calling list, don't press the number — just hang up. Pressing the number will just lead to your number being bought and sold among scammers.
- Report unwanted calls to the Federal Trade Commission at [www.donotcall.gov](http://www.donotcall.gov). Report the number that shows up on your caller ID and any number that you're told to call back. If you have been victimized by a scammer on public Wi-Fi, call the AARP Fraud Watch Network Helpline at 1-877-908-3360 for guidance and support.

AARP Fraud Watch Network