



Stay Active, Healthy and Strong

The benefits of strength training

Increased strength, reduction in risk of diabetes, heart disease and cancer, stronger bones, improved mobility, decrease arthritis pain, improved mental health and more!

Presented by Orchards Curves

West Meeting

March 16, 2020
11 a.m.-Noon

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

East Meeting

March 23, 2020
11 a.m.-Noon

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

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

- Fitness
- Exercise at any age
- Senior Programs

To receive the free monthly S.A.L.T. Times newsletter, call 564.397.3380 or e-mail: sheriffcommunityoutreach@clark.wa.gov. For other formats: Clark County ADA Office Voice: 564.397.2322/ Relay 711 or 800.833.6388, Fax: 564.397.6165, E-mail: ADA@clark.wa.gov



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



Sheriff Chuck E. Atkins

Seniors And Law Enforcement Together



S.A.L.T. TIMES

March 2020

Drawbacks of Daylight Saving for Seniors and those with Serious Illness

We join in celebrating the arrival of spring, but for many the adjustment to Daylight Saving Time that comes with it poses special health concerns. As clocks spring forward on Sunday, March 8th, we not only lose an hour of sleep, we need several days to reset our internal clocks.

Older adults and those with chronic illnesses can find the transition particularly difficult. Sleep deprivation is already a common complaint for seniors and those who are ill. According to Nancy Trimble, an Advance Practice Nurse with Ohio's Hospice, "The elderly, who already have fragmented sleep patterns due to aging, may suffer more sleep disturbances, worsening of sundowning in dementia, and are at a higher risk of heart attack in the first 3 days following the Daylight Saving Time change due to the stress of sleep disturbance.

People can be groggy, leading to more auto and on the job accidents. For seniors it may also affect their accuracy in taking medications correctly. Falls due to sleepiness may also ensue."

Trimble offers some recommendations for easing into the time switch. "Avoidance of sleeping pills, alcohol, and caffeine will help, as well as gradually adjusting bedtimes and awakening, and being aware of the potential changes that might occur. It may be necessary to speak to your health care provider on how to adjust scheduled medications such as insulin with the time change. Exposure to more light also is helpful in resetting the circadian (light, hormone, wake/sleep cycle) rhythms.

The following are some additional suggestions to help those most affected by the change to Daylight Saving Time:

- **Maintain a routine.** As much as possible, maintain regular sleep patterns, adjusting the time of going to bed and waking up by no more than 15-20 minutes. This helps keep your personal sleep rhythm steady.
- **Avoid the enemies of good sleep.** Don't drink caffeine or alcohol in the evening; avoid over-the-counter sleep aids; and avoid napping.
- **Exercise.** Walking, biking, swimming can all help you fall asleep more easily.
- **Take a bath.** A warm bath before bed can help the body relax and produce the natural sleep-hormone melatonin.
- **Set the stage for sleep.** Make sure your sleep environment is comfortable and quiet. Turn off that TV!

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S.A.L.T. meeting - Stay Active, Healthy and Strong

Talk to Parents About Scams

Scammers tend to prey upon the elderly. And for children of the oldest Americans, protecting Mom and Dad from fraud can be a big challenge.

It's even more difficult if you live in a different area from your parents and are unable to run interference on incoming phone calls, emails and mailed letters from con artists. Giving your parents stern warnings or demanding power of attorney to control their finances may seem like the way to go — but often those tactics come with nasty emotional fallout.

"When protectors take over finances or lecture parents about their mistakes, it plays right into the scammers' hands by threatening the target's independence," says Anthony Pratkanis, a social psychologist at the University of California, Santa Cruz, and coauthor of Weapons of Fraud with AARP's Douglas Shadel. "For scam victims to admit they were wrong means they're stupid and unable to take care of themselves," Shadel said.

So how can you help without hurting their feelings? Here are four approaches that might work.

1. Don't just tell your parent to hang up or throw out the letter. Have a talk about why. You can't win a contest you didn't enter,

Dad. You never have to pay fees to collect lottery winnings, Mom. Government agencies don't make unsolicited phone calls and never ask for personal information — why would they? They've already got it on file.

2. Don't shame or blame. Remind them what they taught you decades ago: Don't trust strangers — especially those seeking personal information and money.



3. Try some reverse psychology. If you become aware that an older parent is playing a sweepstakes or making a "double your money" investment, ask how you can do the same. Psychologists say this tactic sometimes prompts a warning — your parent doesn't want you to lose money, too. That's your cue to ask, "Then why do you do it?" This could start a conversation that helps the parent come to terms with the scam.

4. Turn patsies into protectors. Talk with your victimized parents about how their experience could be important for other people facing the same situation: "The authorities are looking for these

guys, so maybe you can help others." This may make them willing to part with the details of what happened.

In the meantime, keep alert for warning signs. If you don't live nearby, ask a trusted neighbor to be your eyes and ears. What kind of mail is coming into the house? Does there seem to be a pattern of scam callers on the phone? These could suggest that your folks are on "sucker lists" for sweepstakes and "investment opportunities." These lists are developed and sold among scammers to identify past victims as candidates for future fraud.

Consider setting up online access to your parents' bank and credit card accounts. This will let you watch over their finances from afar. Look for unusual monthly charges, big and small.

Know the risks. The most common scams against the elderly include phony lottery and sweepstakes seeking upfront fees to enter or collect; government impostors posing as reps from Social Security and Medicare; the grandparents scam, in which a grandchild is supposedly in deep trouble; offers for free or discount medications (including antiaging drugs) or medical equipment; and credit card fraud and investment schemes.

Women are twice as likely as men to fall for elder financial abuse, especially when they're in their 80s and living alone. Either gender with a type A personality — used to making quick decisions — most

Helping a Person Who Is Aware of Memory Loss

Alzheimer's disease is being diagnosed at earlier stages. This means that many people are aware of how the disease is affecting their memory. Here are tips on how to help someone who knows that he or she has memory problems:

- **Take time to listen.** The person may want to talk about the changes he or she is noticing.
- **Be as sensitive as you can.** Don't just correct the person every time he or she forgets something or says something odd. Try to understand that it's a struggle for the person to communicate.
- **Be patient** when someone with Alzheimer's disease has trouble finding the right words or putting feelings into words.
- **Help the person find words to express thoughts and feelings.** But be careful not to put words in the person's mouth or "fill in the blanks" too quickly.
- **Be aware of nonverbal communication.** As people lose the ability to talk clearly, they may



rely on other ways to communicate their thoughts and feelings. For example, their facial expressions may show sadness, anger, or frustration. Grasping at their undergarments may tell you they need to use the bathroom.

For More Information About Alzheimer's and Changes in Communication Skills:
NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center
1-800-438-4380 (toll-free)
adear@nia.nih.gov
www.nia.nih.gov/alzheimers

frequently falls for "Act now!" scams like fake lotteries. With any scam, an especially vulnerable time is the three years after some major stress, such as the loss of a spouse or a change in health or housing.

Other steps to consider

- Unlist your parents' phone number so scammers can't get it. Consider replacing the landline with a cellphone, where scam calls are less frequent.
- Put your parents' addresses on opt-out lists with the Direct

Marketing Association. Once done, legitimate vendors won't send junk mail and parents will know that what arrives is likely from scammers. That mail should be reported to the U.S. Postal Inspection Service.

- Check your parents' credit reports at AnnualCreditReport.com, to ensure that fraudulent new accounts haven't been opened in their names.
- If Mom and Dad won't heed your warnings, AARP Foundation volunteers can help. You or they can call the

AARP Fraud Watch Network helpline at 1-877-908-3360 toll-free. "We get a lot of calls from children asking that we contact their parents about possible scams, and even more from older adults suspecting that they have been caught in a scam," says AARP Foundation fraud expert Amy Nofziger. "Often older parents don't want to share their victimization with their kids, but it's important to get resources and report it. Our volunteers are trained to help you through it."

Sid Kirchheimer, Scam Alert
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