

Aging in Place



As we age, our bodies and capabilities change (such as decreased mobility, increased risk of falls, reduced vision and hearing, etc). These changes happen to most everyone in one form or another. Choosing to have a plan to age in place means you will have a greater chance to control your quality of life and independence.

Joe Valtierra, Quality Coordinator with Area

Agency on Aging & Disabilities of Southwest Washington, will be our guest speaker at the April S.A.L.T. meetings. The presentation will cover:

- Home modifications/remodeling and resources
- Care Coordination Program
- Aging and Disability Resource Center

S.A.L.T. meetings are always free and open to all seniors so bring a friend.

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



WEST Meeting
Monday, April 21, 2014
11:00 a.m.- noon
40 and 8 Community Rm.
7607 NE 26th Ave.
Vancouver, WA 98665
(next to Bingo)

EAST Meeting
Monday, April 28, 2014
11:00 a.m.- noon
Camas Police Department
2100 NE 3rd Ave.
Camas, WA 98607



Seniors And Law Enforcement Together

S.A.L.T. TIMES

April 2014

**FRAUD
ALERT**

Science of Scams

Scammers are constantly changing their tactics. But understanding the science behind their techniques will help protect you against new scams.

The Financial Industry Regulatory Authority (FINRA) funded research to better understand these tactics. The study found that many of these techniques are similar to marketing approaches used by legitimate businesses. The difference is that a “hard sell” from a legitimate business may simply mean you end up buying something you didn’t really want or need. A scam takes your money and leaves you with nothing.

Establishing a Connection

The first step a scammer takes is gaining your trust. The scammer wants to build a relationship with you so you will not question his

motivations. He may use social media to learn more about you, including a potential “hot button” issue that may elicit a specific response. For example, he may learn that you’re single, and he may use that information for his “sales pitch.”

Con artists also use a tool called reciprocity. The scammer will extend a small favor to convince you he is a good person and to establish a positive relationship with you. For example, you may meet someone who gives you a tip about a “unique investment opportunity.”

What You Can Do

Be cautious about all investment opportunities, business prospects or work-from-home offers. Every investment has risks, but a professional investment broker or advisor is properly licensed. Do your research. If the promised return on investment is too

great, that’s a red flag. For more information on broker-dealers and registered representatives, visit www.finra.org/brokercheck.

A con artist will attempt to use his friendship with you to overcome your concerns or to discourage you from researching his offer. A true friend would never want you to make a financial investment without allowing you to thoroughly research the opportunity.

Source Credibility

A scammer uses lots of techniques to make herself look credible. She might claim to be from a legitimate business, but uses a fake website, business cards or phone number. The scammer provides the information to potential victims to “prove” that her connection to the trusted business is real.

It’s easy to set up a phony website or to get an unregistered cell

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



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Aging in Place- S.A.L.T.
Meeting



“A Safe Today & Healthy Tomorrow” Senior Health Fair

The Clark County Fall Prevention Coalition is having a senior health fair in honor of Older Americans Month, hosted by Touchmark at Fairway Village.

- Learn how to make your home safer for a healthy tomorrow.
- Learn about community resources that can enhance safety, activity and wellbeing!
- Participate in a SAIL (Stay Active and Independent for Life) or Tai Chi for Better Balance exercise class.

Saturday, May 3, 2014
8:30 a.m.- 12 p.m.

It's Free!

Touchmark at Fairway Village
2911 SE Village Loop, Vancouver WA 98683

Any questions? Contact 360-433-6400

We hope you enjoy the free monthly S.A.L.T. Times newsletter and find it informative and relevant to senior needs.

In order to keep the newsletter mailing costs down, if you have e-mail please sign up to receive the newsletter electronically instead of a mailed copy. To sign up to receive the newsletter via e-mail send your email address to: sheriffcommunityoutreach@clark.wa.gov.

If you no longer wish to receive the S.A.L.T. Times newsletter, please e-mail sheriffcommunityoutreach@clark.wa.gov with the word “remove” in the subject heading, or, write to us at: 505 NW 179th St. Ridgefield, WA 98642 or call 397-2211 ext. 3380.

Thank you!

Drinking Enough Fluids “But I Don’t Feel Thirsty”

It’s important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients, and then get rid of the unused waste.

With age, some people may lose their sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids. Drinking enough fluids every day also is essential if you exercise regularly. Check with your doctor, however, if you’ve been told to limit how much you drink.

If you are experiencing lightheadedness, headaches, fatigue or even just off balance, it can be from dehydration. Science has proven that when in a mild state of dehydration it can impact cognition by at minimum of 20%.

Here are some tips to make sure you get enough fluids:

- It is recommended we drink 8-16 oz. of water first thing in the morning before coffee or breakfast. Then continue to drink water throughout the

day. Sipping throughout the day allows for increased absorption not increased trips to the restroom.

- Take sips from a glass of water, milk, or juice between bites during meals.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water if you need to take a pill.
 - Have a glass of water before you exercise or go outside to garden or walk, especially on a hot day.

Remember, water is a good way to add fluids to your daily routine without adding calories.

- 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.

Source: National Institute on Aging at NIH www.nia.nih.gov/Go4Life and Kim Lehman, H&F Director



Have Out-of-Date or Unused Medications?

The Drug Enforcement Administration (DEA) has scheduled another National Prescription Drug Take-Back Day. This is a great opportunity for those who missed the previous events, or who have subsequently accumulated unwanted, unused prescription drugs, to safely dispose of those medications.

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposal, while also educating the general public about the potential for abuse of these medications.

Take all unwanted medications (controlled and non-controlled) to Clark College’s Purple Parking Lot (by the soccer field), Fort Vancouver Way, Vancouver, on **Saturday, April 26, 2014, between 10 A.M. and 2 P.M.** for safe disposal.

The event is sponsored by the U.S. Drug Enforcement Administration, the Clark County Sheriff’s Office and the Clark County Department of Environmental Services, in partnership with PREVENT! The Substance Abuse Prevention Coalition of Clark County and Clark College.

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phone. The scam artist may look and sound so convincing that the victim doesn’t feel the need to check out her real qualifications.

What You Can Do

Check out every business by going directly to their website. Do not follow a link in an email. Often scammers will use a website that’s similar but not exact- www.wesernunion.com, for example. Type in the URL yourself.

Talk to someone at the business to verify that the scammer is who she says she is. In addition, check out the company’s BBB Business Review at our search page. BBB often puts an alert on the report of a business if a scammer has been using a company’s good name for

disreputable purposes.

Scams that Play on Emotion

Scam artists use emotions to get victims to make quick decisions before they have time to think.

Scam artists prey upon the desire we all have to get rich quickly and easily or to help a loved one in need. They use this impulse to overcome the victim’s reasoning, telling the victim that he or she must act quickly.

For example, in the “emergency” scenario, the scam artist calls or emails to tell you that one of your loved ones is in desperate need of money and to send funds immediately. In some cases, the scam artist will pretend to be a

grandchild or friend of a loved one. He may tell you he is stranded in another country or that he has been arrested or in an accident and that you need to act immediately. The scammer counts on the fact that emotional decision-making is often not rational.

What You Can Do

Never react quickly to a request for money. Call other family members to investigate if a loved one is truly in need.

If you are presented with a “once in a lifetime” chance at riches, verify the opportunity. If the deal sounds too good to be true, it probably is.

Source: Council of Better Business Bureaus