

**PLEASE!!
NOTE**

There are no meetings this month.

Please join us for the annual Senior Resource Fair & Spaghetti Luncheon (details on front page.)

*There is limited parking available on the streets and in the parking lot north of the school and on the street. Carpooling is recommended.

Directions to Liberty Middle School

WA-14 E via EXIT 27 toward CAMAS
Take the WA-14 BUSINESS LOOP exit, EXIT 12, toward CAMAS.
Take the ramp toward CAMAS. 0.1 mi
Stay STRAIGHT to go onto NW 6TH AVE. 1.3 mi
Turn LEFT onto NE GARFIELD ST/WA-500. 0.1 mi
Turn RIGHT onto NE GARFIELD ST. 0.1 mi
Turn RIGHT to stay on NE GARFIELD ST. 0.0 mi
1612 NE GARFIELD ST is on the RIGHT

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

February 2012



SENIOR RESOURCE FAIR & Spaghetti Luncheon

Monday, February 20, 2012
10 a.m.- 1 p.m.

Liberty Middle School Cafeteria
1612 NE Garfield, Camas, WA

Free!



Sponsored by S.A.L.T. (Seniors And Law Enforcement Together)-a partnership between Clark County Sheriff's Office, Camas Police and seniors of Clark County.

- Spaghetti lunch served by local law enforcement
- 25+ vendors with health and safety resources for seniors
- Free blood pressure checks
- Prescription drug take-back: bring your old and unused medications for free and safe disposal (no other items accepted).
- Special performance by the "River City Ramblers," a local country/folk band

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Directions to Liberty Middle School

Preparedness for People with Functional and Access Needs

Do you need a little extra help to live independently? Some of the tips below may help you continue your independence during an emergency.

Create a Support Team

- “Buddy up” with family and friends to help each other in an emergency. Include one out of state contact.
- Give members of your support team a spare key to your residence.
- Show your team members how to operate and safely move any special equipment.

Create a Disaster Supplies Kit

- Buy or make a medical alert tag or bracelet to help identify your medical condition/allergies.
- Complete a medical list that you and your team can use

that includes medical provider’s contact information, medication dosage and schedule, and copies of insurance and Medicare card, and other important documents.

- Keep at least one week’s supply of important medication always available.
- If you need life sustaining treatment, know the location of more than one facility.
- Equipment should be kept in good working order, with extra supplies such as batteries, chargers, patch kits and oxygen tanks. Have extra magnifiers, eyeglasses and hearing-aid batteries, as well

as paper pads and pencils to communicate. Include manuals, style and list of serial numbers of equipment, equipment weight and how to transport.

Personal Training and Education

- Know what assistance you may need before, during and after a disaster.
- Know what to do and safe places to go to during disasters.
- Identify which exit routes from a building are best for individuals with mobility restrictions.

Source: www.ready.gov



Light the Night

One of the easiest ways to help deter crime and promote safe streets is to keep your porch light on at night. Not only does a well lit street add friendliness and charm to a neighborhood, a light on signals that residents are aware of what’s going on around their homes. Since criminals don’t want to be seen, they are more likely to burglarize a home that is dark with an obscured view.

An important area to be well-lighted is the perimeter of your home or apartment, especially at the entryway. Exterior lighting on the front of a property should be on a timer to establish a routine and appearance of occupancy at all times. Leaving the garage or porch lights turned on all day is not only a waste of electricity, but it can give the appearance that you are away.

Security lights with infra-red motion sensors are relatively inexpensive and can easily replace an exterior porch light or side door light. The heat-motion sensor can be adjusted to detect body heat and can be programmed to reset after one minute.

*Lit porch lights
Help deter crime at night.
Keep your porch light on
From dusk until dawn.*

Physical Activity Keys to Success

Health experts say that older adults should be active every day to maintain their health. To help you get started, here are some ways to approach physical activity.

Include Physical Activity in Your Everyday Life

Physical activity needs to be a regular, permanent habit to produce benefits. Set yourself up to succeed right from the start by choosing activities that appeal to you, exercising safely, charting your progress to see your success, and making your activity routine fit your personal lifestyle.

Make it a priority. Many of us lead busy lives, and it’s easy to put physical activity at the bottom of the “to do” list. Remember, though, being active is one of the most important things you can do each day to maintain and improve your health. Try being active first thing in the morning before you get busy.

Make it easy. If it’s difficult or costs too much, you probably won’t do be active. You are more likely to exercise if it’s easy to do. Put your 2-pound weights next to your easy chair so you can do some lifting while you watch TV. Walk up and down the soccer field during your grandchild’s game.

Walk the entire mall or every aisle of the grocery store when you go shopping. When you go out to get the mail, walk around the block. Join a gym or fitness center that’s close to home. Do more of the activities you already like and know how to do.

Make it social. Enlist a friend or family member. Many people agree that having an “exercise buddy” keeps them going. Join a walking club at your local mall or an exercise class at a nearby senior center. Take a walk during lunch with a co-worker.

Make it interesting and make it fun. Do things you enjoy and pick up the pace a bit. If you love the outdoors, try biking, fishing, jogging, or hiking. Listen to music or a book on CD while walking, gardening, or raking. Plan a hiking trip at a nearby park.

Above all, make it an active decision. Seize opportunities. Choose to be active in many places and many ways:

- When you unload the groceries, strengthen your arms by lifting the milk

What Works

You’re more likely to stay active if you:

- Think you will benefit from your activities
- Include activities you enjoy
- Feel you can do the activities correctly
- Believe the activities are safe
- Have regular access to the activities
- Can fit the activities into your daily schedule
- Find that the activities are affordable
- Can see the benefits of regular exercise and activity



carton or a 1-pound can a few times before you put it away.

- When you go shopping, build your endurance by parking the car at the far end of the parking lot and walking briskly to the store. Or, get off the bus one or two stops earlier than usual.
- Take a few extra trips up and down the steps at home to strengthen your legs and build endurance.

Source: The National Institute on Aging