

CRIME IN CLARK COUNTY

What do you think the number one crime against the elderly was in Clark County this year?

Join us for the November S.A.L.T. meeting and find out! Crime Analyst Brian Salsig will be presenting "Crime in Clark County," a look at senior crime statistics. We will also have crime prevention tips and information on how to start a neighborhood watch.

There's just one meeting this month so please join us! Meetings are free and open to all seniors.

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

**Monday, November 21
11:00 a.m.**

40 and 8 Community Rm.
7607 NE 26th Ave.
Vancouver, WA 98665
(next to Bingo)

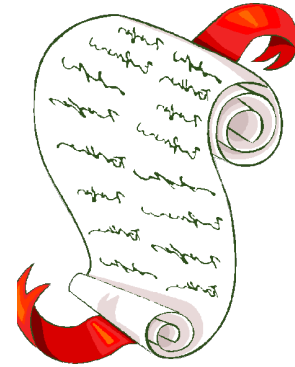


Seniors And Law Enforcement Together

S.A.L.T. TIMES

November 2011

Put Identity Theft Awareness on Your Shopping List This Season



Amid the pre-holiday hustle and bustle, consumers should make sure that their personal information remains safe. The Insurance Information Institute says the holiday season creates the perfect opportunity for thieves bent on stealing your credit cards or other financial information. To protect your identity this holiday season, the I.I.I. has issued some tips.

- **Keep the amount of personal information in your purse or wallet to the bare minimum.** Avoid carrying additional credit cards, your social security card or passport unless absolutely necessary.
- **Guard your credit card when making purchases.** Shield your hand when using ATM machines or making long distance phone calls with phone cards.
- **Always take credit card or ATM receipts.** Do not throw receipts into public trash containers, leave them on the counter or put them in your shopping bag where they can easily fall out or get stolen.
- **Proceed with caution when shopping online.** Make sure that you are buying from a reputable retailer with a secure network.
- **Monitor your accounts.** Do not rely on your credit card company or bank to alert you of suspicious activity. Carefully monitor your bank and credit card statements to make sure all transactions are accurate. If you suspect a problem, contact your credit card company or bank immediately.
- **Order a copy of your credit report from each of the three major credit bureaus.** Make sure it is accurate and includes only those activities you have authorized. The three major credit bureaus are Equifax, TransUnion and Experian.
- **Place passwords on your credit card, bank and phone accounts.**
- **Avoid using easily available information** like your mother's maiden name, your birth date, any part of your social security number or phone number, or any series of consecutive numbers.
- **Do not give out personal information.** Whether on the phone, through the mail or over the Internet, do not give out personal information unless you've initiated the contact or you are sure you know who you're dealing with and that they have a secure line.
- **Shred, shred, shred.** Tear or shred any documents that contain personal information such as credit card numbers, bank statements, charge receipts or credit card applications, before disposing of them.

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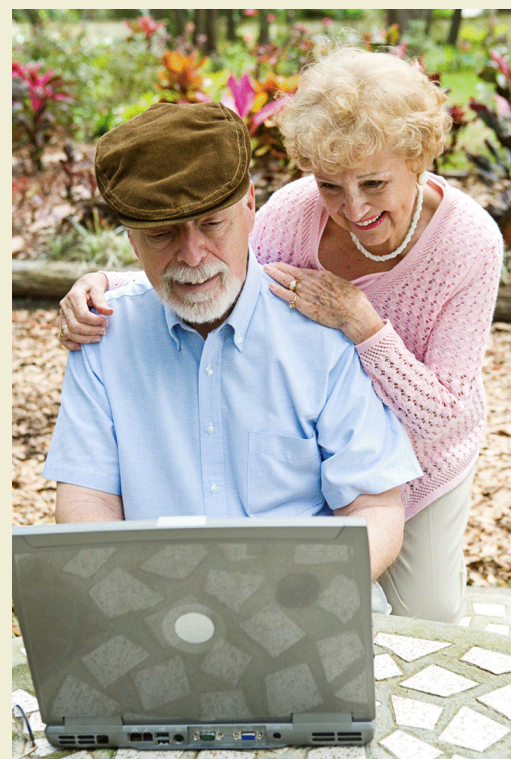
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S.A.L.T. Meeting-
Senior Crime Prevention

Traveling with Diabetes

Planning to travel over the holidays? When you have diabetes, you can still go anywhere and do almost anything. It just takes a little extra planning. Before you leave, get two papers from your doctor: a letter and a prescription.



The letter will list what you need to do for your diabetes and the supplies that you use. Always keep the letter with you in case of emergency or if you are questioned at security. You need the prescription if you run out of medicine and/or insulin during your trip.

Important Travel Tips:

- Always wear a diabetes ID bracelet or necklace.
- Pack twice the medicine, insulin, and diabetes testing supplies as you think you will need in a bag. Keep this bag with you at all times whether you

travel by plane, car, boat, bike, or foot.

- Always carry snacks with you that work with your meal plan.
- Have some juice, glucose tablets, or hard candy on hand to treat low blood glucose.

Before a long trip, have an exam to see how you are doing with your diabetes management. You should be in good control before leaving. If you are going out of the country, learn to say "I have diabetes" and "sugar or orange juice please" in the language that the people speak there. You can also get a list of English-speaking doctors in other countries from the International Association for Medical Assistance to Travelers (IAMAT). Go to their website (www.iamat.org) or call 716-754-4883.

Keep Up Your Routine

Stick to your usual diabetes management plan when you travel: follow your meal plan, be active most days, take medicine as prescribed, and check your blood glucose regularly.

Traveling With Insulin

If you take insulin, do not store it in very cold or very hot places (like your glove compartment, in your checked luggage, car trunk, or in a bag that will be sitting in the sun). There are special packs designed to keep your insulin cool and protected. Talk to your doctor about what to do if you run out of insulin during your trip. Your doctor can also help you figure out

timing of injections and meals if you are crossing time zones. Keep your own watch on your home time zone to help.

As people get older, their risk for type 2 diabetes increases. In fact, in the United States about one in four people over the age of 60 have diabetes. If you already have diabetes, you may find that you need to adjust how you manage your condition as the years go by. This guide provides information for adults 55 years and older to help you take care of your diabetes over the long term, so that you can avoid or delay complications and live a long, happy, and active life.

To order your free copy today, call 1-800-DIABETES or download *Living Healthy with Diabetes Guide* at www.diabetes.org

Source: American Diabetes Association

AMERICAN DIABETES MONTH®
NOVEMBER 2011



The Comforts of Home

Home is where the heart is, but it's also where the memories are. If you have a loved one with Alzheimer's disease living at home with you, you'll want to make sure it's an environment that lends itself to comfort, safety and preserving memory. Elizabeth "Betsy" Brawley is an expert on designing living spaces for people with dementia. As a professional interior designer, Brawley became interested in how to make spaces more beneficial for people with Alzheimer's when her own mother was diagnosed with the disease. Here she offers helpful home decor tips:

The Holistic Home

Before you get ready to redesign your entire house, stop for a minute and consider what symptoms you're trying to address, says Brawley. You have to consider the person and what their needs are. You should always take into consideration other problems your loved one may have—such as arthritis and vision problems—and factor all of them into how you decorate and furnish your home.

Firm Seating

When it comes to the sofa and chairs in your home, you'll want seating for your loved one that has a firmer, shorter seat and firmer back. "A lot of elderly people have arthritis and joint issues, and they can have great difficulty getting in and out of really soft, cushy sofas and chairs," says Brawley. What we want is to

get them up and moving around—not sitting in a chair all day long. It's boring for them and it's not good for them.

Lighting in the Home

Because lighting is so important for someone with Alzheimer's—and anyone with vision problems—it's also important to have a lot of bright light originating in the home. "If they have a spot where they like to work on puzzles, you want to have a lot of good direct light there," says Brawley. "Floor lamps provide much more light than table lamps. And it's good to have one you can move around if you need to—just make sure it's sturdy enough so that your loved one won't knock it over."

Furniture Hardware Dos and Don'ts

Your furniture hardware—drawer knobs and pulls—can work for you or against you, says Brawley. "If you don't want them to get into the drawers, then use small round knobs that are the same color as the furniture," she says. "There are some things you want them to be able to use...unfortunately, a lot of the contemporary cabinets and furniture today don't have knobs or handles. If that's the furniture you have, add pulls to the doors and drawers you want them to be able to open."

Remove Throw Rugs

"Rugs can be a real trip hazard," says Brawley. "I do recommend removing rugs."



Invest in Outdoor Furniture

If you don't have an outdoor living area, you might want to consider investing in some furniture for your porch or patio. It's very important to get your loved one outside when you can, she says. It's ideal to get them moving, like taking them on a walk, but spending time sitting outside can be beneficial, too.

Simplify but Maintain Normalcy

"The more you can simplify things, the better it is. If they're used to having a lot of things around, then I think that's fine. But if you've got things like fine China figurines, gradually try to move them," says Brawley. You don't want your things demolished, but most of all you don't want your loved one to get hurt.

Gradual is Good

Still, keep in mind that you don't want to make a lot of changes—especially not all at once. People with Alzheimer's can't adjust to changes that easy. It makes them feel like they're in a strange place. "You don't have to do a complete redesign of your home. Just keep things simple and normal," she summarizes. Keep things out of your loved one's way if they can get hurt on it, and just make it easier for them to get up and down and to see around their home.

Excerpts from article provided by: ALZinfo.org, the Fisher Center for Alzheimer's Research Foundation.