

October S.A.L.T. Meetings


Medicare open enrollment begins October 17 through December 7. SHIBA offers free unbiased counseling unaffiliated with any insurance companies. SHIBA volunteers help with comparing plans, filling out forms, and resolving issues. The presentation will cover Medicare parts a,b,c, and d; what they are, how much they cost, how one gets signed up, and when. We will also talk about possible pitfalls when signing up for Medicare.

As always, meetings are free and open to all seniors.

WEST S.A.L.T. Meeting
Monday, Oct. 17, 11:00 a.m.
 40 and 8 Community Rm.
 7607 NE 26th Ave.
 Vancouver, WA 98665
 (next to Bingo)

EAST S.A.L.T. Meeting
Monday, Oct. 24, 11:00 a.m.
 Camas Police
 2100 NE 3rd Ave.
 Camas, WA 98607



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 



Sheriff Garry E. Lucas

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

October 2011

Prescription Drug Take-Back

Storing unwanted medications at home increases the risk of accidental poisonings and drug abuse. Flushing or putting them in the garbage can cause serious harm to humans, animals and the environment.

Mark your calendars for **October 29th, 10:00-2:00** for the third DEA sponsored Rx Take-back day held at the Fisher's Landing Transit Center. Community members can bring unused or expired prescription drugs and we will safely dispose of them for you free of charge.

If you are a homebound senior and have unwanted prescription medication that you would like to have disposed, call us and we'll have a deputy pick it up for you on the day of the take back event. The deputy will assist you in putting your medications into a self-sealing bag and will then transport them to the event site for disposal. To schedule this service you must call 360-397-2211 ext. 3380 by October 21. The pick-up service is only available to Clark County homebound seniors.



Date: Saturday, October 29
Drop-off times: 10 a.m.- 2 p.m.

Drop-off site:
Fisher's Landing Transit Center
3510 SE 164th Ave.

Sponsored by the US Drug Enforcement Administration, Clark County Sheriff's Office, Clark County Environmental Services in partnership with C-Tran and PREVENT! and CDAT (Clark County Drug Action Team).

Medicare Forum

Tuesday, October 11
10:00 a.m.-11:30 a.m.

The SHIBA(Statewide Health Insurance Benefits Advisors) Helpline of Clark County will be hosting their annual Medicare Forum at the Luepke Center located at 1009 E McLoughlin Blvd. in Vancouver. The main topic will be Medicare and upcoming changes in the law.

Come to this FREE educational event and learn about Medicare, Part D, Social Security, Medicare changes for 2012, wellness programs and other resources. Several professional agencies will be on hand to answer your questions.

Following the forum, a luncheon will be served by Loaves and Fishes (for a donation).

Call 360-487-7055 to reserve your place.

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S.A.L.T. Meeting-
 SHIBA

Make A Difference!

Join the 3 million volunteers who will rally to make a difference in their communities this year on USA WEEKEND's Make A Difference Day: **October 22, 2011.**

Make A Difference Day is the most encompassing national day of helping others. Held annually on the fourth Saturday of October, millions of Americans are rallied into a single day of action to help change the world.

Here are some local volunteer projects:

- YWCA Clark County - Weeding, sweeping, washing windows, picking up litter, organizing and sorting supplies, decorating.
- Vancouver-Clark Parks & Rec - Cigarette clean-up challenge at local parks. Build a team, make costumes, compete for great prizes.
- Empower Up - Electronic recycle and help in the Reuse Thrift store.
- Camas Roots Garden - Garden work crew will prep for winter
- Vancouver Watersheds Council - at Leverich Park will plant trees and remove sidewalks.
- Columbia Springs - Invasive Species Removal
- Clark County Food Bank - Carrot Harvester

Contact Volunteer Connections/RSVP at 735-3683 for more information about these projects.



Fire Safety Tips for Older Adults

Knowing what to do in the event of a fire is particularly important for older adults. At age 65, people are twice as likely to be killed or injured by fires compared to the population at large. And with our numbers growing every year - in the United States and Canada, adults age 65 and older make up about 12 percent of the population - it's essential to take the necessary steps to stay safe.

Why Are Older People at Risk?

Older Americans are at risk for fire death and injuries for a number of reasons:

- They may be less able to take the quick action necessary in a fire emergency.
- They may be on medication that affects their ability to make quick decisions.
- Many older people live alone and when accidents happen others may not be around to help.

To increase fire safety for older adults, NFPA offers the following guidelines:

Keep it low

If you don't live in an apartment building, consider sleeping in a room on the ground floor in order to make emergency escape easier. Make sure that smoke alarms are installed in every sleeping room and

outside any sleeping areas. Have a telephone installed where you sleep in case of emergency. When looking for an apartment or high-rise home, look for one with an automatic sprinkler system. Sprinklers can extinguish a home fire in less time that it takes for the fire department to arrive.

Sound the alarm

The majority of fatal fires occur when people are sleeping, and because smoke can put you into a deeper sleep rather than waking you, it's important to have a mechanical early warning of a fire to ensure that you wake up. If anyone in your household is deaf or if your own hearing is diminished, consider installing a smoke alarm that uses a flashing light or vibration to alert you to a fire emergency. Contact NFPA's Center for High-Risk Outreach for a list of product manufacturers.

Do the drill

Conduct your own, or participate in, regular fire drills to make sure you know what to do in the event of a home fire. If you or someone you live with cannot escape alone, designate a member of the household to assist, and decide on backups in case the designee isn't home. Fire drills are also a good opportunity to make sure that everyone is able to hear and respond to smoke alarms.



Open up

Make sure that you are able to open all doors and windows in your home. Locks and pins should open easily from inside. (Some apartment and high-rise buildings have windows designed not to open.) If you have security bars on doors or windows, they should have emergency release devices inside so that they can be opened easily. These devices won't compromise your safety, but they will enable you to open the window from inside in the event of a fire. Check to be sure that windows haven't been sealed shut with paint or nailed shut; if they have, arrange for someone to break the seals all around your home or remove the nails.

Stay connected

Keep a telephone nearby, along with emergency phone numbers so that you can communicate with emergency personnel if you're trapped in your room by fire or smoke. "Reproduced from NFPA's Fire Prevention Week website, www.firepreventionweek.org. ©2011 NFPA." <http://www.firepreventionweek.org/>



Safety Tips for Halloween

Halloween is a fun and scary time. To make sure it's more fun than scary, here are a few tips:

Gone are the good ole days of handing out home baked treats. If you plan to hand out candy, buy candy from the store that is individually wrapped. Even better, hand out non-edible treats such as pencils, erasers, stickers, etc.

Make sure your home is well-lit and there are no tripping hazards getting to your front door. Do not invite children into your home and never allow an unknown trick-or-treater into your home to use the phone or bathroom.

If you are elderly and live alone, have a relative or neighbor help you hand out candy.

Make sure your pets are secure for the evening.

If you don't want trick-or-treaters at your door, turning off your porch light usually does the trick. But it's a good idea to leave your interior lights on, even if you won't be home. Otherwise, a completely dark home may be an invitation to burglars and vandals.