

Free Shred Day

Saturday, April 30, 2011
9 a.m.- noon

Protect yourself from identity theft by safely destroying old and unwanted documents! Stockford Village Business Association is sponsoring a *free shredding event.

Bring up to three file-size boxes of old bills, credit card and bank statements, receipts and any other paperwork that may contain personal information to the Bortolami's parking lot at NE 99th St. and NE 7th Ave. in Hazel Dell. Secure, on-site document shredding provided by Cintas.

**Service is provided free of charge, however donations are accepted.*

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

April 2011



Who's in Charge: You? Or your Stuff?

Most Americans have TMS (Too Much Stuff). You probably do too.

In our younger years acquiring Stuff seemed like a good idea. Unfortunately Stuff can be tremendously burdensome – draining your energy, taking your time and keeping you stuck in the past.

Today, as we move into smaller homes or simply don't want the bother of caring for so much, how do we begin the process of letting it go? (If it were easy, you'd have done it by now! That's the emotional sticky-power of Stuff.)

Please join us for the April S.A.L.T. meetings!

Designer and down-sizing/de-cluttering specialist Joy Overstreet of Joyful Spaces, will present some strategies to move you forward. She will focus on:

- Shifting your perspective on your Stuff so you can begin to let it go
- Setting priorities in the de-cluttering or down-sizing process
- Finding new homes for your Stuff

WEST Meeting
Monday, April 18, 2011
11:00 a.m.
40 and 8 Community Rm.
7607 NE 26th Ave.
Vancouver, WA 98665
(next to Bingo)

EAST Meeting
Monday, April 25, 2011
11:00 a.m.
Camas Police Department
2100 NE 3rd Ave.
Camas, WA

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

**Donations for the guest speaker Joy Overstreet will be graciously accepted.*



JOY OVERSTREET

Joy Overstreet has been a feng shui and color consultant since 2001. Feng shui may sound “woo-woo”, she says, but in practice it's really common sense. Feng shui principles have been used for more than 2000 years to improve many areas of our lives, including health, energy, and relationships. Recognizing these connections can help us make wiser choices about what we keep around us.

Joy's articles about clutter-clearing, health, design and color have been published in many magazines. Joy has a Masters degree in Public Health (her former career). She is a Distinguished Toastmaster, and in 2007 she was named a “Woman of Achievement” by Clark College and the YWCA. For more about her work, visit her website: www.creatingjoyfulspaces.com.

IN THIS ISSUE

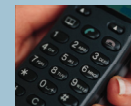
Page 2

Prescription Drug
Take Back
50+ Connections Expo



Page 3

Can A Cell Phone Save
Your Life?



Page 4

Free Shred Day



Got Medication?

More than seven million Americans currently abuse prescription drugs, according to the 2009 Substance Abuse and Mental Health Administration's National Survey on Drug Use and Health. Studies show that a majority of abused prescription drugs are obtained from family and friends, including the home medicine cabinet.

In an effort to address this problem, DEA, in conjunction with state and local law enforcement agencies throughout the United States, conducted the first ever National Prescription Drug Take Back Day on Saturday, September 25, 2010. The purpose of this National Take Back Day was to provide a venue for persons who wanted to dispose of unwanted and unused prescription drugs.

This effort was a huge success in removing potentially dangerous prescription drugs, particularly controlled substances, from our nation's medicine cabinets. There were approximately 3,000 state and local law enforcement agencies throughout the nation



that participated in the event. All told, the American Public turned in more than 121 tons of pills on this first National Take Back Day.

Due to the overwhelming success of the first event, DEA has scheduled the second National Prescription Drug Take Back Day which will take place on Saturday, April 30, 2011. This is a great opportunity for those who missed the first event or who have subsequently accumulated unwanted, unused prescription drugs, to safely dispose of them.

Prescription Drug Take Back Day

When → **Saturday, April 30, 2011**
10 a.m.- 2 p.m.

Where → **Fisher's Landing Transit Center**
3510 SE 164th Avenue
Vancouver, WA 98683

This service is free and anonymous. For more information about the national event, visit www.deadiversion.usdoj.gov/drug_disposal
*Items not accepted: liquids, sharps, epi-pens, inhalers and thermometers



50+ CONNECTIONS EXPO FEATURES 140+ EXHIBITS AND TRIP TO SAN JUAN

Are you an empty nester? Thinking about retirement? Looking for resources and opportunities for aging parents? All ages are welcome to attend the 50+ Connections Expo presented by The Retired and Senior Volunteer Program and Senior Messenger. The Expo is scheduled for **Sunday, April 17th, 11:00 am to 4:00 p.m., at the Vancouver Hilton Convention Center, 301 W 6th Street.**

Enter your name for a chance to win a cruise to the San Juan Islands, offered by USA River Cruises and Sunshine Travel; and visit the 140+ exhibits that will feature information and hands on activities on travel, recreation, health, nutrition, housing, finances, health resources and more. Take advantage of health screenings such as \$25 cholesterol testing, blood pressure, blood glucose and lower extremity circulation screening provided by PeaceHealth Southwest Medical Center, free Blood Glucose screenings offered by Fred Meyer and sample acupuncture from Vancouver Acupuncture.

Relax to the beautiful music of professional pianist Yvonne Payne who plays a wide variety of music including classical, gospel and light jazz. Throughout the day enjoy mini-presentations on American history by Living History Presenter Todd Weber at the USA River Cruises and Sunshine Travel Exhibit. And don't forget to stop by and say hello to Rojo and Smokey the Llamas. They will be sure to make you smile!

Can A Cell Phone Save Your Life?

If you have one and know how to use it.

Wireless phones have saved countless lives.

If you've only carried your cell phone on occasion in the past, we urge you to make it as automatic as picking up your keys and wallet when you leave your house. Remember: you can never tell in advance when an emergency or disaster may strike, so having your cell phone with you at all times is a smart emergency preparedness routine.

If you don't have a cell phone because it seems too complicated, there are many features such as button size, text and screen size and volume that make phones easier for the elderly to use.

You May be Surprised to Learn what your Phone can do!

The pace of innovation in cell and camera phones keeps getting faster. As a result, your new phone may come with features such as a camera, video recorder, or a GPS system that you may not have had in prior phones, and may

not have learned how to use. Take the time to read your phone's manual, and when you learn about a new feature, take the time to practice it now: you don't want to wait for a life-or-death emergency to try to figure out how to use some feature.



Learn How To Send a Text Message

It may be intimidating when you see teens wildly pressing keys on their cell phones to send a text message (also know as SMS or Short Message Service). But knowing how to text could be critical in an emergency. Text messages can often get around network disruptions when a phone call might not be able to get through. Remember that text messages are much more likely to get through than a cell phone call if the wireless network in your area is compromised from increased usage.

Likewise, if you find yourself in a rural area with limited coverage, often times a text message can be transmitted when your signal is too weak for a voice call.

Create a Family Emergency Communication Plan

Make a comprehensive family emergency communication plan, and make sure everyone in the family has a card with contact information for family members, doctors and other emergency numbers, which they can carry with them at all time. Pick a family member or friend who lives outside your area who can be a central communications hub.

Here's a great way to protect your family: take a photo of each member of the family and attach it to his or her listing on your cell phone directory. In an emergency, you'll be able to provide authorities with a picture of your family member.

Subscribe to Alert Services

Many communities now have systems that will send instant text alerts to let you know about bad weather, road closings, etc.

Clark County has implemented an emergency community warning system that is able to send emergency messages via telephone, cellular phone, Voice over Internet Protocol (VoIP) and email to residents and businesses within the county. Examples of the type of information you may receive include; police needing your help to solve crimes or find missing persons, knowledge about a hazardous situation near your home and emergency protective measures during a disaster

For more information or to sign up for the Alerts by Phone visit: <http://www.cresa911.org/be-informed/> or call 737-1911.

Speed Dial

In an emergency, why take the time to dial your family or friends' entire numbers? Put them on speed dial.

If you have a cell phone, make sure you know how to use it. It could save your life.

Article source:
CTIA The Wireless Foundation
Tualatin Valley Fire & Rescue