

Vision: Over 60 years of age

Have you noticed...

- More glare when driving at night or dusk?
- Changes in the colors of things?
- Difficulty seeing the dashboard/speedometer/maps?
- Trouble adapting from oncoming headlights back to the dark street?

Come to an April S.A.L.T. meeting and learn about common geriatric eye conditions and what you can do about them.



WEST Meeting

Monday, April 18, 2016

11:00 a.m.- noon

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

Guest Speaker: Suzanne Zamberlan, O.D.
Evergreen Eye Care

EAST Meeting

Monday, April 25, 2016

11:00 a.m.- noon

Camas Police Department
2100 NE 3rd Ave.
Camas, WA 98607

Guest Speaker: Dr. Michael Kim, MD
Vancouver Eye Care

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 2016

“Spring is Here! Watch Out for Travel Scams”

According to the Better Business Bureau (BBB) scammers tend to target those looking for a great deal online for a low price during this time of year.

The possibility of scams begin when you start planning your trip, and the BBB wants to remind you to make educated decisions when it comes to traveling.

- Plan ahead. Allow some time to research hotels, flights, and area where staying. Typically, the earlier the reservations are made, the better the deals that can be found and the lower the risk of a favorite destination being booked solid.
- Be alert for travel scams. Watch out for phone calls or letters claiming that a trip has been won or websites offering prices that are too good to be true. It's easy to extend questionable offers like

these, but the vast majority of them leave hopeful travelers in limbo – and out money.

- Do your homework. Ask family and friends to recommend a travel agent or travel website and visit bbb.org for free Business Reviews. If using services like Airbnb or VRBO to find accommodations, be sure to research the business and read customer reviews about any rentals under consideration.
- Pay attention to website URL's. If you're logging into a site, always look for “https” in the URL. The “S” means that the connection is secure. Also, avoiding certain websites while using a public hotspot is advisable.
- Beware of free Wi-Fi connections. Many hotels, airports, and other public spaces offer free Wi-Fi, but unfortunately more and



more scammers are trying to steal personal information by creating unsecured networks that people can connect to for free. Protect your personal information from hijacking and identity theft.

- Get the trip details in writing. Before making final payment, get all the details of the trip in writing. This should include the total cost, restrictions, cancellation penalties, and names of the airlines and hotels. Also review and keep a copy of the airline and hotel's cancellation and refund policies, as well as the cancellation policies of the travel agency or vacation website that the traveler is using.
- Consider travel insurance. Travel insurance is designed to cover such things as trip cancellations or

cont. on page 3

IN THIS ISSUE

Page 2

Medication Plan Should Balance Independence and Safety

Page 3

Just “Being” and Your Health Prescription Drug Take-Back

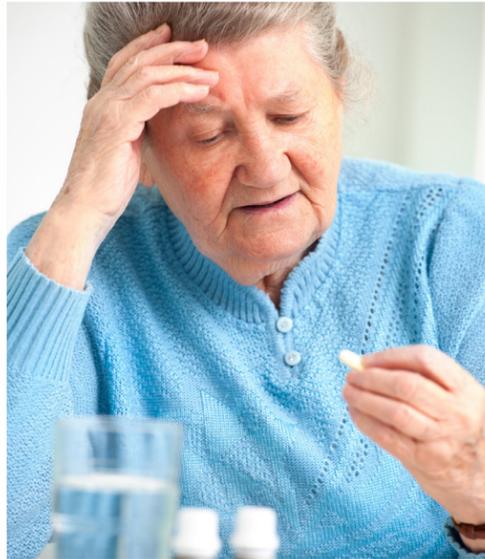
Page 4

Vision: Over 60 Years of Age- S.A.L.T. Meeting

Medication Plan Should Balance Independence and Safety

With the potential for dangerous effects of medication mismanagement, it can be easy to want to micromanage a loved one's medication regimen. But consider how the senior may feel if he considers himself perfectly capable of managing things on his own.

It's important to balance the senior's need for independence and safety, according to Dr. Jane Potter, geriatrician and director of the Home Instead Center for Successful Aging at the University of Nebraska Medical Center. Dr. Potter remembered a patient who had been a medical professional herself. She felt that she could easily manage her own medications, but it was becoming apparent to the woman's family and doctors that she was not able to do so. "I'm all for autonomy and respect, but you have to look at the amount of danger in a situation," she noted.



"If you're caring for a senior, you might have to coax that person into a better system. Say, 'I care. I want you to continue to get better. I know you're a smart person, but the potential for mistakes really scares me. Please do this for me.'"

According to research compiled for Patient Safety and Quality: An Evidence-Based Handbook for Nurses, approximately 30 percent of hospital admissions of older adults are drug-related, with more than 11 percent attributed to medication non-adherence (not taking medicines properly) and 10 to 17 percent related to adverse drug reactions.

According to this research, older adults discharged from the hospital on more than five drugs are more

likely to visit the emergency department and be re-hospitalized during the first six months after discharge.

If you're a senior, you might be thinking you're adequately managing your medications but, in reality, you could be putting yourself in jeopardy.

If you're a family caregiver, working together with your older loved one provides an opportunity to keep your senior feeling empowered as well as safe with his or her choices.

Make sure you and an older adult know the answers to these helpful questions from the American Society of Consultant Pharmacists (ASCP):

- What is the name of this medication and why do I need it?
- What is this medication supposed to do?
- What is the correct dosage?
- How does this drug interact with other medications I am taking?
- How do I take it—with or without food?
- When do I take it—a.m. or p.m.?
- What are the benefits and risks of the medication?
- What are the side effects of the medicine, and what do I do if they occur?
- What food, drinks, other medicines or activities should I avoid while taking the medicine?
- How often must the doctor check the medicine's effects? For example, checking your blood pressure if you are taking a medicine to lower it, or having a laboratory test done to make sure the levels of medicine in your blood are not too high or too low.
- Do I need a refill and how do I get one?
- Is there written information I can take home about the medication? (Most pharmacies have information sheets on your prescription medicines.)

Review medications and practices of administering medications together with your senior and medical provider.

Article Source: Home Instead Senior Care

Just "Being" & Your Health

How often do you do an update on your smartphone, take your pet in for grooming, or schedule regular maintenance for your vehicle?

Do you take as much time for yourself? When is the last time you slowed down and did 'nothing'? Or NOT measured the success of your day based upon the number of things you did?

We have all heard the expression that we are human 'beings', not human 'doings', but how often do you allow yourself to just 'be'?

- Health cannot exist in the body or mind if your core need of safety is not met.
- When we cannot allow ourselves to take regular breaks and just 'be', but instead plan, hurry, worry, strive to accomplish or receive approval, we are staying in defense (survival) stress physiology.
- These negate health system functions throughout our body.

So, check in with yourself. If your health, or vitality or attitude has not been great of late, build in some breaks. Do nothing. Then try it again next week. 20 minutes.

Article Source: Robin Rose

medical emergencies. There are different levels of coverage based on what type of plan purchased. Ask a lot of questions, and always read the fine print to see what's covered and what's not.

- Pay with a credit card. Paying with a credit card gives you additional protection if something should go wrong with the travel reservation. Remember that a request for you to send money by wire transfer or prepaid MoneyPak cards to someone you don't know is often not legitimate and nearly impossible to reverse.
- Be aware of the "Grandparent Scam" which is most common this time of year.
- Take time to report scams. File a complaint with the BBB and report scams to the BBB's Scam Tracker website.

Have *out-of-date* or *unused* medications?

Take them to the following locations between 10 am and 2 pm on **Saturday, April 30, 2016** for safe disposal:

PeaceHealth Memorial Health Center 100 E. 33rd St. Vancouver	Kaiser Permanente Cascade Park 12607 SE Mill Plain Blvd. Vancouver	Kaiser Permanente Salmon Creek Medical Office 14406 NE 20th Ave. Vancouver	La Center Police Department 105 W. 5th St. La Center
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For information about safe disposal of unwanted medications, visit RXReturnClarkCounty.org or contact Clark County Environmental Services at (360) 397-2121 ext. 4352.

For more information about the event, visit PreventClarkCounty.org/rxdrugtakeback/



A cooperative effort between:

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| Battle Ground Police Department | PeaceHealth |
| Burgerville | PREVENT! |
| Clark County Environmental Services | Prevent Together: Battle Ground Prevention Alliance |
| Clark County Sheriff's Office | Unite! Washougal Community Coalition |
| Kaiser Permanente | U.S. Dept. of Justice, Drug Enforcement Administration |
| La Center United & La Center PD | Vancouver Police Department |

