

Clark County Sheriff's Office Ends Medication Take Back Program

Effective July 15th, the Clark County Sheriff's Office will no longer be taking back prescription medications from the public. The decision to end the program is due to increasing demands on staff for core public safety services.

"This decision is in line with our need to shed services in light of our limited staffing," said Undersheriff Mike Cooke. "We need to give our employees the opportunity to do their core jobs really well, especially in this case where the private sector now provides resources to dispose of unused medications."

In addition to our deputy sheriffs, staff from our support and evidence unit would routinely spend hours properly packaging and disposing of unused medications. Over the years the program has been in effect, there has been a marked increase private sector resources available for medications to be returned.

Sheriff's Office locations that are no longer accepting medications are:
 CCSO Headquarters, 707 W. 13th Street, Vancouver, WA 98660
 CCSO West Precinct, 505 NW 179th Street, Ridgefield, WA 98642
 CCSO Central Precinct, 11408 NE 149th Street, Brush Prairie, WA 98606



Citizens looking to return medications are encouraged to visit www.takebackyourmeds.org for a complete list of take back locations in their area.

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

August 2016

Seniors And Law Enforcement get Together for the Annual Picnic

It was another great picnic at the beautiful Lacamas Lake Lodge!

The annual S.A.L.T. picnic luncheon historically has given local law enforcement the opportunity to serve seniors from our community. This year, the event carried even greater sentiment; although uniformed deputies and officers from Clark County departments were on hand to serve lunch and show appreciation to our seniors, it was the seniors who overwhelmingly expressed their thanks. The support and appreciation to the officers from our seniors was humbling and felt during a trying time for law enforcement personnel in the United States.

Thanks to Tristar Family Chiropractic for providing fruit smoothies, Columbia Ridge Assisted Living for ice cream, and Addus Homecare for bringing rolls. Also, thanks to Sheriff's Office Explorers and NOW volunteers who helped serve more than 100 seniors.

There is no August S.A.L.T. meeting. Enjoy the rest of your summer and we'll see you in September!



IN THIS ISSUE

Page 2

National Senior Citizens Day Scams, Too



Page 3

Heat and People with Chronic Medical Conditions Learn to Relax!



Page 4

CCSO Ends Medication Take-Back Program



National Senior Citizens Day-August 21



NATIONAL SENIOR CITIZENS DAY HONORS OUR ELDERLY POPULATION. ON THIS DAY, WE ARE ENCOURAGED TO RECOGNIZE AND SHOW APPRECIATION FOR THE VALUE AND CONTRIBUTION OF ELDERLY PEOPLE TO HOME, FAMILY AND SOCIETY.

6 Things to Do on Senior Citizens Day to Engage Your Family

Some of our favorite activities for Senior Citizens Day have tangible benefits in terms of social connection and individual well-being, as well as encouraging intergenerational contact. Here's a list of easy ways to get started:

1. Encourage eye contact and physical touch. The simple presence of a friend or a hug from a family member can help raise cortisol levels and reduce stress. Even simple eye contact can help encourage feelings of connection.

2. Set aside books, movies or games to enjoy with your senior loved ones. Establishing a fun routine that's specially shared between grandkids and grandparents creates a positive expectation of quality time, as well as an opportunity for families to share some of their favorite activities with one another.

3. Start a family history project. Interviewing senior loved ones about their memories and experiences gives them an opportunity to share wisdom and advice, and provides a unique chance to start collecting those old family stories and photos. Plus it's a great conversation starter.

4. Skype with tech-savvy seniors. A 2014 report by Pew Research found that 6 in 10 seniors go online. That's great news for families separated by geographic distance. Not only can we simply pick up the phone to talk to loved ones, we can also chat face to face with software like Skype or FaceTime.

5. Make small talk. As noted above, researchers have found that even a brief interaction – a smile, a quick conversation – can cheer people up for the day. So your Skype chat or phone call doesn't have to be lengthy to be meaningful.

6. Practice random acts of kindness. Visit and talk with your loved ones even when they're not expecting it. Drop in to their home or assisted living community for a chat. Bring a pack of cards. Take them out for a surprise lunch at a favorite restaurant.

For full article: <http://www.aplaceformom.com/blog/6-things-to-do-on-senior-citizens-day/>

Scams, Too

What's worse than losing money to a scammer? Losing more money to another scammer claiming to help you recover from the first one.

Yep; this really happens. It works like this: Con artists contact you because you're on their lists of people who lost money to scams. For a "small fee" or "donation" upfront, they promise to recover the money you lost from a prize scheme, bogus product offer, or some other scam.

Sometimes, they try to get you to contact them by putting their offers of "help" in the comments section of blog posts or online articles about scams. Some crooks claim to be from a government agency to appear trustworthy. Others pretend to be actual victims who got (supposed) help from some (fake) agency or company.

But it's all just a scam, too — another way for a scammer to profit from your loss. They're after your money, and if you share your payment information, they've got it.

Here's how you can avoid these recovery scams:

1. Don't pay upfront for a promise.

Someone might ask you to pay in advance for things – like help with recovering from a scam. Consider it a no-go if they ask you for money before they provide any "help".

2. Don't send money or give out personal information in response to an unexpected text, phone call, or email.

3. Do online searches. Type the name or contact information into your favorite search engine with the term "complaint" or "scam."

4. Sign up for the FTC's free scam alerts at ftc.gov/scams for the latest tips and advice about scams.

And if you find yourself scammed after being scammed, file a complaint with the FTC.

Source: Federal Trade Commission

Heat and People with Chronic Medical Conditions

People with a chronic medical condition are less likely to sense and respond to changes in temperature. Also, they may be taking medications that can worsen the impact of extreme heat. People in this category need the following information.

- Drink more water than usual and don't wait until you're thirsty to drink.

- Check on a friend or neighbor, and have someone do the same for you.

- Check the local news for health and safety updates regularly.

- Don't use the stove or oven to cook—it will make you and your house hotter.

- Wear loose, lightweight, light-colored clothing.

- Take cool showers or baths to cool down.

- Seek medical care immediately if you or someone you know experiences symptoms of heat-related illness.



Diabetes in the Heat: Keeping Your Cool

Did you know that people who have diabetes—both type 1 and type 2—feel the heat more than people who don't have diabetes? Some reasons why:

- Certain diabetes complications, such as damage to blood vessels and nerves, can affect your sweat glands so your body can't cool as effectively. That can lead to heat exhaustion and heat stroke, which is a medical emergency.

- People with diabetes get dehydrated (lose too much water from their bodies) more quickly. Not drinking enough liquids can raise blood sugar, and high blood sugar can make you urinate more, causing dehydration. Some commonly used medicines like diuretics ("water pills" to treat high blood pressure) can dehydrate you, too.

- High temperatures can change how your body uses insulin. You may need to test your blood sugar more often and adjust your insulin dose and what you eat and drink.

Here's to staying cool, staying safe, and enjoying the long summer days!

Source: CDC

Tip to Reduce Summer Stress: Learn to Relax!

Many of us are work or productivity oriented; going, planning, doing, accomplishing. Which continually works the mind. Learn to give your mind a break, try yoga, focused-breathing exercises, watching the sunset, taking a relaxing bath, some form of slowing and being. Start small, 3 minutes a day, work up to 10 minutes a few days a week by the end of summer. Deep, slow, full breaths have a profound effect on resetting the stress response, because the relaxation nerve (or vagus nerve) goes through your diaphragm and is activated with every deep breath.



Robin Rose: robin@robinrose.com