

Liberty Middle School Cafeteria
1612 NE Garfield, Camas, WA

- Take exit 12 from WA-14 E
- Stay straight to go onto NW 6th Ave.
- Continue onto NW 6th Ave (1.3 mi)
- Turn left onto NE Garfield St
- Turn right to stay on NE Garfield St

1612 NE Garfield will be on the right

**There is limited parking available on the street.
Carpooling is recommended.*

Paper Shredding at Spaghetti Luncheon

Do you have papers, bills, or documents with personal information that could put you at risk for identity theft?
Bring them with you to the luncheon! We will have secure bins on site where you can safely drop off your papers for shredding.
Look for the canopies in front of the school's cafeteria entrance (on Garfield). You can just drive up and Sheriff's Office Explorers will be there to unload your box into the secure bins.

Up to two small boxes or paper (no plastic) bags per person please.

Shredding service provided by Shred-it. Making sure it's secure.



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

S.A.L.T. TIMES

February 2016

S.A.L.T. Spaghetti Luncheon

Monday, February 15, 2016
11 a.m. - 12:30 p.m.

(doors open 10:30 a.m.)

Join us for the annual S.A.L.T. Spaghetti Luncheon at Liberty Middle School Cafeteria in Camas (directions on back).

Lunch will be served by local law enforcement personnel as their way of showing appreciation for the great seniors of Clark County.

Come enjoy **new entertainment!** The Miss Behavin's will be performing 40's hits in the style of the Andrew Sisters. We will have a **prescription drug take-back** so if you have expired or unused prescription medications bring them with you. Deputies will be on hand to safely dispose of them (please no liquids or sharps). And we're bringing back the free **paper shredding**. See back page for details.

This is a *free* event for all senior citizens, although donations will be accepted. Hope to see you at the biggest S.A.L.T. event of the year!

Questions? Call (360) 397-2211 ext. 3380.

The Miss Behavin's



A women's trio specializing in 40's tunes and delighting audiences with 'remember when' music

S.A.L.T. (Seniors And Law Enforcement Together) is a partnership between Clark County Sheriff's Office, Camas Police, Vancouver Police and seniors of Clark County. The event is sponsored by S.A.L.T., Columbia Ridge Senior Living, and Addus HealthCare.

Seniors and Law Enforcement Together
Clark County Sheriff's Office
P.O. Box 410
Vancouver, WA 98666



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February is American Heart Month: *Keep Your Heart Healthy*

Take steps today to lower your risk of heart disease and heart attack. Heart disease is the leading cause of death for both men and women in the United States.

What is a heart attack?

A heart attack happens when blood flow to the heart is suddenly blocked. Part of the heart may die if the person doesn't get help quickly.

Common signs of a heart attack include:

- Chest pain (or feeling pressure, squeezing, or fullness in your chest)
- Pain or discomfort in the upper body – like the arms, back, neck, jaw, or upper stomach (above the belly button)
- Trouble breathing (while resting or being active)
- Feeling sick to your stomach or throwing up
- Feeling dizzy, light-headed, or unusually tired
- Breaking out in a cold sweat

Don't ignore changes in how you feel.

Signs of a heart attack often come on suddenly. But sometimes, they develop slowly – hours, days, or even weeks before a heart attack happens.

Talk to your doctor if you feel tired for several days, or if other health problems (like pain or trouble breathing) bother you more than usual.

Call 911 right away if you or someone else has signs of a heart attack.

Don't ignore any signs or feel embarrassed to call for help. Acting fast can save a life. Call 911 even if you are not sure it's a heart attack.

An ambulance is the best and safest way to get to the hospital. In an ambulance, EMTs (emergency medical technicians) can keep track of how you are doing and start life-saving treatments right away.

People who call an ambulance often get treated faster at the hospital. And, if you call 911, the operator can tell you what to do until the ambulance gets there.

Take Action!

Take steps today to lower your risk for heart disease.

Know your numbers.

High blood pressure and high cholesterol can cause heart disease and heart attack.

Get your cholesterol checked.

Men need to get their cholesterol checked at least once every 5 years. Women at risk for heart disease need to get their cholesterol checked once every 5 years. Talk with your doctor about getting your cholesterol checked.

Get your blood pressure checked.

Starting at age 18, get your blood pressure checked at least once every 2 years. High blood pressure has no signs or symptoms.

Know your family's health history.

Your family history affects your risk for heart disease. Use this family health history tool to keep track of your family's health. Share the information with your doctor or nurse.

Ask your doctor about taking aspirin every day. Daily aspirin can reduce your risk of heart attack or stroke by preventing blood clots. A blood clot can cause a heart attack or stroke if it blocks the flow of blood to your heart or brain.

Aspirin is not recommended for everyone. Talk with your doctor to find out if taking aspirin is the right choice for you.

Eat healthy.

Eating healthy can help lower your risk of heart disease. A heart-healthy diet includes foods that are low in cholesterol, saturated and trans fats, sugar, and sodium (salt).

Heart-healthy items include high-fiber foods (whole grains, fruits, and vegetables) and certain fats (like the fats in olive oil and fish).

Healthy Heart



Healthy You

Drink alcohol only in moderation.

If you choose to drink alcohol, limit your drinking to no more than 1 drink a day for women and no more than 2 drinks a day for men. Drinking too much can increase your risk of heart disease.

Get active.

Getting active can help prevent heart disease. Adults need at least 2 hours and 30 minutes of moderate aerobic activity each week. This includes walking fast, dancing, and biking.

If you are just getting started, try walking for 10 minutes a day, a few days each week. Then add more activity over time.

Watch your weight.

Extra weight can lead to high cholesterol, high blood pressure, and diabetes. If you are overweight or obese, losing just 10 pounds can lower your risk of heart disease. Find out how to control your weight.

Quit smoking.

Quitting smoking helps lower your risk of having a heart attack. Call 1-800-QUIT-NOW (1-800-784-8669) for free support and to set up your plan for quitting.

Manage stress.

Managing stress can help prevent serious health problems like heart disease, depression, and high blood pressure. Deep breathing and meditation are good ways to relax and manage stress.

Take steps to prevent type 2 diabetes.

When you have diabetes, there is too much glucose (sugar) in your blood. Over time, if it's not controlled, diabetes can cause serious health problems, including heart disease. Taking steps to prevent type 2 diabetes – like eating healthy and getting active – can help keep your heart healthy.

For more info and apps to help keep your heart healthy, visit: <http://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/keep-your-heart-healthy>

Checking in with the Older Adults in Your Life

Chances are, the older people in your life are wise to scams – and may even have taught you how to spot and avoid them. But, here are some things you can do to make sure that your friend or loved one is safe from a fraudster's grasp.

Start a conversation about scams. “Are you getting those annoying IRS imposter calls, too?” “Boy, I've gotten a lot of charity requests this year. You, too?” For ideas on starting the conversation, try Pass It On, the FTC's resource to help get older adults talking about scams. You might even watch a Pass It On video together. Visit <https://www.ftc.gov/news-events/blogs/business-blog/2014/09/pass-it>.

Be alert for signs of a scammer:

- Piles of mail offering “free” gifts, prizes, vacations, or “high-profit, no-risk” investments – or even the free (worthless) gifts themselves
- Unusual purchases – maybe stacks of unread subscription magazines
- Repeated telemarketing or robocalls. If someone is on the Do Not Call list, it's a good bet that the calls are from scammers. (If someone is not on the list, this is a perfect time to offer to help them enroll!)

Watch for warning signs of financial trouble. If you spot, in plain view, things like unpaid bills or utility shutoff warning notices, those are a sign of financial trouble. You might suggest that your loved one ask someone they trust to help review their financial statements and bills for unauthorized charges or other signs of fraud.

Report it. Let the person know he or she can help stop a fraudster in his tracks and protect others by reporting the fraud.