

# Health & Wellness

Guest Speaker: Dr. Gloria A. Grubbs, Chiropractic Physician and owner of Tristar family chiropractic and wellness center. Dr. Grubbs has been in healthcare over 20 years beginning in senior living as an administrator for independent and assisted living, as well as memory care. Her practice is in the Hazel Dell/Salmon Creek area and she specializes in spinal correction for individuals with developmental disabilities, dementia, autism as well as a family practice. She is a native of Puerto Rico and has recently moved to Washington state to open her practice near family.

Meeting topics:

- 5 top supplements for seniors
- Chiropractic benefits for seniors
- Dementia & depression wellness & prevention information

**West S.A.L.T. Meeting**  
**June 20th- 11:00 a.m.**  
 40 et 8 Boxcar Room  
 7607 NE 26th Ave.  
 Vancouver, WA 98665

**East S.A.L.T. Meeting**  
**June 27th- 11:00 a.m.**  
 Camas Police  
 2100 NE 3rd Ave.  
 Camas, WA 98607

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



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](mailto: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](mailto:ADA@clark.wa.gov)



Seniors And Law Enforcement Together

# S.A.L.T. TIMES

June 2016

## June 15 is World Elder Abuse Awareness Day

### PROTECT YOURSELF From Abuse, Neglect and Exploitation!

Unfortunately, it is estimated that millions of U.S. elders, from all walks of life, face abuse and neglect every year. Anyone can be victimized. However, there are things you can do to help protect yourself from abuse and neglect...



2016

### WORLD ELDER ABUSE AWARENESS DAY

**PLAN!** Talk with family members, friends, and professionals that you trust and plan for your future. Consider doing the following:

- Have your income (e.g. retirement, Social Security, SSI, disability income) directly deposited into your checking account. Contact your bank or go to [www.godirect.org](http://www.godirect.org) for help.
- If managing your daily finances becomes difficult, consider utilizing a daily money manager. Only allow someone you trust to manage your finances. Visit [www.aadmm.com](http://www.aadmm.com) or [www.aarpmp.org](http://www.aarpmp.org) for further information on professional money management services.
- Get your estate plan in place. Talk with an attorney about helping you create the following as appropriate:
  - a living will. *The Five Wishes living will is one popular example, visit [www.agingwithdignity.org](http://www.agingwithdignity.org)*
  - a revocable trust
  - durable power of attorney for healthcare and/or asset management. *Name a person you trust to make healthcare and asset management decisions for you when you are incapable. Designating co-powers of attorney can ensure that no one agent can act unilaterally.*

If you have to go to a long term care facility, learn about your options! Visit [www.medicare.gov/quality-care-finder](http://www.medicare.gov/quality-care-finder) for more info on long term care facility quality.

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

Sheriff Chuck E. Atkins



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 Health & Wellness

## BE CAUTIOUS! Unscrupulous people target seniors and will abuse or takeadvantage of them. Consider doing the following:

- Learn about the types of elder abuse and neglect and associated warning signs (see National Center on Elder Abuse website to learn more: [www.ncea.aoa.gov/faq/index.aspx](http://www.ncea.aoa.gov/faq/index.aspx)).
- Get on the National Do Not Call Registry to reduce telemarketing calls. Visit [www.donotcall.gov](http://www.donotcall.gov) or call **888-382-1222** to register your phone number.
- If you are offered a “prize”, “loan”, “investment”, etc. that sounds too good to be true, it probably is too good to be true.
- Consult with someone you trust before making a large purchase or investment. Don't be pressured or intimidated into immediate decisions.
- Don't sign any documents that you don't completely understand without first consulting an attorney or family member you trust.
- Do not provide personal information (e.g. social security number, credit card) over the phone unless you placed the call and know with whom you are speaking.
- Tear up or shred credit card receipts, bank statements, and financial records before disposing of them in the trash.
- If you hire someone for personal assistance services, in home care services, etc. ensure that they have been properly screened with criminal background checks completed.

## STAY CONNECTED! Keep in touch regularly with others. Isolation can make you vulnerable to abuse. Consider doing the following:

- Build a network of family, friends, neighbors and groups you can interact with.
- Keep active, stay busy! Get involved with your senior center or other groups.
- Create a buddy system with other elders. Call each other daily for reassurance and friendship and visit each other if possible.

## REPORT! Making a report in instances of abuse or neglect is the right thing to do, and it's easy. Don't be afraid! Elders have a right to be safe!

- In cases of immediate danger, call **911**
- If you or others experience abuse or neglect in a community setting: **Adult Protective Services (APS)** is there to help. To learn more about APS visit: [www.napsa-now.org/get-help/help-in-your-area](http://www.napsa-now.org/get-help/help-in-your-area)
- If you or others experience abuse or neglect in a long term care facility: **The Long Term Care Ombudsman Program** is there to help. Visit [www.ltombudsman.org](http://www.ltombudsman.org) for more info



June is National Safety Month. Observed annually in June, one of the focuses of National Safety Month is on reducing leading causes of injury on the roads and in our homes and communities.

### A CAMPAIGN ON SAFER DRIVING WITH TECHNOLOGY

Hundreds of millions of cars on the roads have safety technologies – new and old – that help reduce the risk of crashes and deaths. But even the most advanced safety feature cannot replace a safe, focused driver in the car.

The National Safety Council, in partnership with the University of Iowa Public Policy Center, is educating the public on how to best interact with these safety features to have better, safer driving experiences. Ultimately, you are your car's best safety feature.

### A CAMPAIGN FOR ALL DRIVERS – NOVICE OR EXPERIENCED

MyCarDoesWhat.org uses videos, graphics, animation, social media and other resources to educate the public on the ever-changing world of car safety features. The campaign provides quick and easy-to-use information for any driver, no matter what kind of car they have or how old it is.

The MyCarDoesWhat.org website helps visitors answer questions about their car's features. Following are just a few of the types of questions that will be answered:

- How do I find out what an icon or warning means?
- How do I use these features the way they were intended?
- What other types of features are out there similar to the ones I like?
- What features should my car have, and what features will be mandated in the future?

Visit MyCarDoesWhat.org to find out more about car safety features!

## SAVE THE DATE

### S.A.L.T. PICNIC



July 18  
11:00 a.m.

watch for more details in the July newsletter

## Stroke Strikes Fast. You Should Too.

You can have high blood pressure, or hypertension, and still feel just fine. High blood pressure is common in older people and, if not controlled, can lead to serious health problems, like stroke. A stroke is a blood clot or broken blood vessel in your brain. Have your blood pressure checked regularly. If you are diagnosed with high blood pressure, talk to your doctor about managing your blood pressure to lower your risk of stroke.

Be prepared! Learn the signs of stroke:

- Sudden numbness or weakness in the face, arm, or leg—especially on one side of the body
- Sudden confusion or trouble speaking or understanding
- Sudden problems seeing in one eye or both eyes
- Sudden dizziness, loss of balance or coordination, or trouble walking
- Sudden severe headache with no known cause

DON'T IGNORE THE SIGNS OF STROKE! Call 911 right away if you see or feel any symptoms.

Everyone should know the stroke warning signs. Share this with your friends and relatives—you could save a life.