

# S.A.L.T. Spaghetti Luncheon Highlights

A very big thank you to everyone who donated their time and resources for the S.A.L.T. Spaghetti luncheon: Columbia Ridge Assisted Living, Addus HealthCare, Georgia Pacific, The Quarry, your local law enforcement, Walmart, Shred-It and Clark County Sheriff Explorers. The Miss Behavin's were a huge hit with their vocal renditions of treasured songs from the 40's era. And once again, Georgia Pacific provided paper products for every senior and four lucky seniors won \$25 Walmart gift cards! On behalf of your S.A.L.T. Advisory Board and law enforcement partners, we thank all our seniors for attending the annual S.A.L.T. Luncheon. We hope you had a great time!



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

March 2016

## Organizing Necessities for Boomers and Beyond

We have a very special guest speaker for the March S.A.L.T. meetings that you won't want to miss!

In this special interactive presentation, Organizing Expert Vicki Norris will share wisdom from nearly two decades in the field as a professional organizer for boomers and beyond. From life transitions, to taking back space, to managing health, to ordering finances, the mature have different issues from those just starting out in life. Wherever you are in the continuum of life, this presentation will equip YOU with the essential organizing strategies to:

- Process belongings and de-cumulate
- Steward your health and wellness
- Consolidate and simplify finances
- Navigate transitions practically

This is an excellent presentation for families to attend TOGETHER to learn how to organize through life's changes intentionally.



Vicki Norris, President of Restoring Order®, is a nationally-recognized organizing expert, author, and speaker. Her team of professional organizers serves home and business clients in Oregon and Washington. You can watch her organizing segments on KPTV's Fox 12 "More Good Day Oregon" and learn more at [www.RestoringOrder.com](http://www.RestoringOrder.com).

*S.A.L.T. meetings are free. Seniors are encouraged to bring a family member to this special presentation.*

### WEST Side Meeting:

Monday, March 21  
11 a.m.- noon

40 et 8 Community Room  
7607 NE 26th Ave.  
Vancouver, WA

### EAST Side Meeting:

Monday, March 28  
11 a.m.- noon

Camas Police Dept.  
2100 NE 3rd Ave.  
Camas, WA

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



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# 5 Ways to Keep Guilt from Stressing You Out

How often do you stress over something you should have done but didn't, or the reverse—something you wish you hadn't said or done? Guilt is that nagging part of your conscience that says you have fallen short of a certain standard you want to live up to.

A feeling of guilt can do one of two things for you. If you let it, guilt can make you feel bad about yourself and breed anxiety, stress or even depression. Or, you can choose to view guilt as a helpful motivator to improve. Below are five common sources of guilt for many caregivers, along with tips for where to focus your thoughts and energy to help eliminate feelings of guilt and take positive actions that can lead to reduced stress.

## 1. I feel guilty for not spending more time with my aging loved one.

When Mom begs you to stay longer or to come visit more often, it can feel like a real guilt trip, especially when busy schedules and distance make visiting difficult, and when you know your visits are the highlight of her otherwise lonely existence. Yet trying to satisfy all the demands of work, family and everything else will only stress you out and keep you from making the most of the time you do have.

### What to focus on instead:

Try to make the time you do spend together as meaningful as possible. Check out these tips for how to get mealtime conversations going or for sharing memories with your loved one. For the times you can't be there, consider how companionship services could help. You won't feel as guilty "abandoning" Mom if she has someone coming on a regular basis whose company she enjoys and who can provide conversation, facilitate activities, help around the house and provide transportation wherever she needs to go.

## 2. I feel guilty when I lose my patience.

It's pretty much a given that an aging parent will try your patience

at one point or another. Family caregivers of an aging loved one with dementia who exhibits repetitive behaviors may find this is especially true. But there are more productive ways to handle impatience than to feel guilty about it.

### What to focus on instead:

Patience typically wears thin when you're worn out and exhausted. If you feel like you're reaching the end of your rope, use that as a warning sign that you need to take a break. It's important to care for yourself and make sure you're getting enough rest so you can be at your best for your loved one. Put your energy into finding time for a break rather than dwelling on feelings of guilt. (See number 3.)

## 3. I feel guilty when I take time to myself.

Putting another person's needs before your own is a sign of love. You may feel it's your duty to devote all of your time and energy to care for your parents the way they cared for you as a child. This is your chance to give back and you don't want to feel selfish or let your loved one down by putting



your needs before theirs. But you can't ignore your own needs forever and it's self-defeating to feel bad about indulging a little in yourself.

### What to focus on instead:

The only way to sustain the love and care you feel your loved one deserves is to take good care of yourself as well. Remind yourself that you can be a better caregiver to your loved one when you get enough rest, eat healthy meals, and have a chance to attend to your own needs. Take a look at these "Caring for Yourself While Caring for Others" resources for tips on how to balance your loved one's needs with your own at <http://www.caregiverstress.com/stress-management/>

## 4. I feel guilty for putting my loved one in a nursing home.

Maybe you think it's not what Dad would have wanted, or you wonder if there is more you could've done to keep him at home. But there's no use dwelling on the past, which you cannot change.

### What to focus on instead:

If there's a chance Dad may recover from his current illness that renders nursing help necessary,

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# Spread the Word about Government Imposters



We're hearing from our colleagues that those pesky government imposters are at it again, using the FTC's name to try to con people into paying them for something. Whether it's to clean up your credit report, give you a prize, resolve a complaint against you, or pay off a debt you owe, they're all lies. The message may be a call or an email, but it isn't from the Federal Trade Commission, or any other federal agency.

Here's the bottom line: if someone claiming to be a government employee asks you to send money to collect a prize or remove negative information from your credit report, don't do it. And don't give them your personal or financial information, either.

As long as the scammers keep posing as government officials, we'll keep putting out warnings like this one. But we need your help to spread the word. Talk to your friends. Tweet it. Post to your social networks. Blog about it. You just might help someone you care about avoid falling for a scam.

[http://www.consumer.ftc.gov/blog/spread-word-about-government-imposters?utm\\_source=govdelivery](http://www.consumer.ftc.gov/blog/spread-word-about-government-imposters?utm_source=govdelivery)

# AARP Smart Driver Course

The AARP Smart Driver Course is taught by a certified instructor and is designed especially for drivers age 50 and older. Completion of the 8-hour certified course qualifies residents of Washington State for a discount from their insurance company.

The AARP Smart Driver Course will be held on April 12th and 13th, from 9:00 am to 1: pm (4 hours each day) at Camas Police Department, Address: 2100 NE 3rd Ave, Camas, WA 98607. To register call Mike Ellis at 360-910-0625 or Ann Hardee at 360-835-8210.

Please bring your drivers license and your AARP card or number if you are a member. The fee is \$15.00 per person for AARP Members or \$20.00 for Non-Members.

For more information and other educational programs, visit <http://www.aarp.org/ws/EO/driver-safety-programs.html>

start planning ahead to make the transition home possible.

If it's not feasible to move your loved one out of the nursing home, do what you can to make his time there as comfortable as possible. Visit as often as you can and make your visits meaningful (see number 3). Bring photos and decorations to personalize the room and help make it feel more like home. Talk with the nursing staff to get regular updates and make suggestions if you think something can be done differently to make your loved one more comfortable.

## 5. I feel guilty for getting angry or frustrated.

If you're like most people, you may view emotions like anger or frustration as a sign of weakness. People tend to hide emotions they feel are negative. But they're just as natural as emotions like joy and love, and you have a right to feel how you feel. It can be both stressful and dangerous to your health to keep negative emotions buried inside.

### What to focus on instead:

While it's true that too much negativity can be toxic to those around you, it's important that you have a safe outlet for those emotions. Vent to a friend, diffuse your anger through exercise, grab a pillow to punch or find a secluded place to have a good cry. You may also find some helpful tips in these emotions of caregiving resources to better manage the emotional ups and downs of caring for an aging loved one.

Source: Home Instead Senior Care

