

Aging and Wellness Resources

Guest speaker: Lexie Bartunek, CIRS-A
Community Services Program Coordinator
Area Agency on Aging & Disabilities of Southwest
Washington

Lexie will talk about agency and program services available to seniors with a specific focus on Health and Wellness services;

- Information and Assistance Program
- Family Caregiver Support Program
- Health and Wellness Classes such as Living Well with Chronic Conditions



Monday, May 16, 2016
11:00 a.m.- Noon

40 et 8 Community Room
7607 NE 26th Ave.
Vancouver, WA 98665

There is only one S.A.L.T. meeting this month so join us at the west location. *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. **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

May 2016

For the 50+ Generation & Families

Connections Expo

Sunday, May 1, 2016
12 p.m.- 4:00 p.m.
VANCOUVER HILTON
301 W 6th St., Vancouver

The Connections Expo is **Sunday May 1st, Noon to 4 p.m., at the Vancouver Hilton Convention Center, 301 W 6th Street.** The Connections Expo is presented by the Retired and Senior Volunteer Program (RSVP) of the Human Services Council, and The Messenger. Your \$5 donation collected at the door supports volunteerism in Clark County.

This extraordinary event will give you the opportunity to encounter exciting services, ideas, and resources available for your active, healthy, independent lifestyle! Nowhere else in Vancouver can you find one place that provides such an array of business and non-profit agencies that have the information you need as a Vancouver/Portland resident over 50. "This is a wonderful event for individuals and families to gather information for their parents and grandparents, and still walk away with some beneficial information for themselves," says Erin Adams, Manager of the

RSVP program. Be sure to plan your day in advance so you can take advantage of all our event's features!"

- FREE Grand Prize Drawing: Two \$500 e-Certificates on Delta Air Lines
- FREE Health screenings!
- FREE Presentations on travel, your health, retirement finances, and more!
- Exciting raffle prizes!
- Products, services, and fun for your active retirement lifestyle!

Expo attendees can ride C-Tran routes 3 and 4, park at the Vancouver Center Park 'n Go Garage located on 6th between Washington and Columbia, use the West Coast Bank Parking Garage on 5th and Broadway, or park on-street for free. For more information, visit www.50plusconnectionsexpo.com or call 360-735-3683. There is NO shuttle service from Luepke Senior Center this year.

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Hazel Dell/Salmon Creek Business Association
Proudly Presents the 52nd Annual

Parade of Bands

Theme: Celebrating Service

Saturday, May 21, 2016 at 10:30 a.m.



The Parade of Bands is back again celebrating its 52nd anniversary. The parade will be held on Saturday, May 21st at 10:30 am. This year's theme will be "Celebrating Service" led by Grand Marshals: Streissguth Family.

With marching bands, floats, clowns, horses, antique cars and so much more, it's the biggest and best parade in SW Washington!

Lions' Club Breakfast before the parade- 7 a.m. to 10 a.m. at Fire District 6, Station #1 - 8800 NE Hazel Dell Avenue *Adults \$6.50 * Seniors/Children 6-12 \$5.50 * Children 5 and under Free.

Alzheimer's Caregiving Tips: Going Out

People in the early stages of Alzheimer's disease may still enjoy going out to places they enjoyed in the past. For example, the person might enjoy going to a favorite restaurant, park, shopping mall, museum, or theater. Keep going on these outings as long as you are comfortable with them.

Plan Ahead for Outings

Here are some tips to make outings fun:

- Plan outings for the time of day when the person with Alzheimer's is at his or her best.
- Keep outings from becoming too long. Take note of how tired the person gets after a certain amount of time. Bring the person home before he or she becomes overtired.
- Use a business-size card to tell others about the person's disease. Sharing this information with store clerks or restaurant staff can make outings more comfortable for everyone.

Source: National Institute on Aging

Older Americans Month 2016: "Blaze a Trail"



Older adults are a growing and increasingly vital part of our country.

The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

Visit: <http://acl.gov/olderamericansmonth>

Imposter Scams

You get a call or an email. It might say you've won a prize. It might seem to come from a government official. Maybe it seems to be from someone you know — your grandchild, a relative or a friend. Or maybe it's from someone you feel like you know, but you haven't met in person — say, a person you met online who you've been writing to.

Whatever the story, the request is the same: wire money to pay taxes or fees, or to help someone you care about. But is the person who you think it is? Is there an emergency or a prize? Judging by the complaints to the Federal Trade Commission (FTC), the answer is no. The person calling you is pretending to be someone else.

Here's what you can do:

1. Stop. Check it out — before you wire money to anyone. Call the person, the government agency, or

someone else you trust. Get the real story. Then decide what to do. No government agency will ever ask you to wire money.

2. Pass this information on to a friend. You may not have gotten one of these calls or emails, but the chances are you know someone who has.

Please Report Scams

If you spot a scam, please report it to the Federal Trade Commission. Report a scam online or call the FTC at 1-877-FTC-HELP (1-877-382-4357) or TTY 1-866-653-4261. Your complaint can help protect other people. By filing a complaint, you can help the FTC's investigators identify the imposters and stop them before they can get someone's hard-earned money. It really makes a difference.



Staying Hydrated

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients, and then get rid of the unused waste.

With age, some people may lose their sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids. Drinking enough fluids every day also is essential if you exercise regularly. Check with your doctor, however, if you've been told to limit how much you drink.

Go4Life has the following tips:

- Try to add liquids throughout the day.
- Take sips from a glass of water, milk, or juice between bites during meals.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water if you need to take a pill.
- Have a glass of water before you exercise or go outside to garden or walk, especially on a hot day.
- Remember, water is a good way to add fluids to your daily routine without adding calories.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

Visit www.nia.nih.gov/Go4Life for more tips!