

“Waste Not, Want Not”

Learn how to declutter your life and waste less



Do you need to get rid of some stuff but don't know where to start or what to do with it? Come to an April S.A.L.T. meeting! Guest Speaker: Beth Simon, Environmental Outreach Specialist, Clark County Environmental Services, will provide useful information on:

- Helpful decluttering hints (including how to prevent clutter in the first place!)
- What to do with all of your leftover stuff (recycle, donate, etc.)
- Lots of useful resources

S.A.L.T. meetings are always 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



WEST Meeting
Monday, April 20, 2015
11:00 a.m.- noon
40 et 8 Community Rm.
7607 NE 26th Ave.
Vancouver, WA 98665
(next to Bingo)

EAST Meeting
Monday, April 27, 2015
11:00 a.m.- noon
Camas Police Department
2100 NE 3rd Ave.
Camas, WA 98607



Seniors And Law Enforcement Together

S.A.L.T. TIMES

April 2015

Your Top 5 Questions about Unwanted Calls and the National Do Not Call Registry



1. How can I make it stop?

You signed up for the Do Not Call Registry ages ago, but you're suddenly getting a bunch of unwanted calls. What can you do?

Hang up. When you get illegal sales calls or robocalls, don't interact in any way. *Don't press buttons to be taken off the call list or to talk to a live person. That just leads to more calls.* Instead, hang up and file a complaint at donotcall.gov.

Investigate whether call blocking can help. If you're getting repeated calls from the same number, your phone company may be able to block that number, but first ask whether there's a fee for this service.

If you're getting unwanted calls

from a lot of different numbers, look into a call blocking solution. There are online call blocking services, call blocking boxes, and smartphone apps that block unwanted calls. Do an online search to look for reviews from experts and other users, and find out whether the service costs money.

2. Why me?

Your number is on the Do Not Call Registry, so why are you still getting calls?

Because of scammers. Most legitimate companies don't call if your number is on the Registry. If a company is ignoring the Registry, there's a good chance that it's a scam.

We've seen a significant increase

in the number of illegal sales calls — particularly robocalls. Advances in technology have made it cheap and easy for scammers to make illegal calls from anywhere in the world, and to hide from law enforcement by displaying fake caller ID information.

3. What are you doing about it?

The FTC has sued hundreds of companies and individuals for placing unwanted calls. The FTC also is leading several initiatives to develop technology-based solutions. Those initiatives include a series of robocall contests that challenge tech gurus to design tools that block robocalls and help investigators track down and stop robocallers. We're also encouraging industry efforts to combat caller ID spoofing.

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



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Waste Not-Want Not (S.A.L.T. Meeting)

Turn in Unwanted Medication to Protect Families and Environment

Clark County residents can safely dispose of all medications at four free collection events held on April 25th in Vancouver and La Center. All events will be from **10 a.m. to 2 p.m. on Saturday, April 25th** at the following locations:

- **Clark College, Purple Lot 1, 1800 Fort Vancouver Way**
- **Kaiser Permanente-Cascade Park, 12607 S.E. Mill Plain Blvd.**
- **Kaiser Permanente-Salmon Creek, 14406 N.E. 20th Ave.**
- **La Center City Hall, 214 E. 4th Street, La Center**

Prescription drug abuse is a growing problem. The 2014 Washington State Healthy Survey found that 6% of high school seniors admitted misusing prescription drugs. Most teens get prescription drugs they abuse from friends and relatives, sometimes without the person knowing. Proper drug disposal also is an environmental issue. Unused medications should not be flushed down the toilet or dumped down the drain. Unwanted medications also can be disposed of at several collection sites across Clark County. Controlled substances, such as pain killers and tranquilizers, can be taken to participating law enforcement agencies. Non-controlled substances, such as over-the-counter medications, can be taken to local participating pharmacies. **All unwanted medications (controlled and non-controlled) will be accepted at the April 25th events.**



The April 25th collection events are a community partnership including the Clark County Sheriff's Office, Vancouver Police Department, La Center Police Department, Clark County Environmental Services, PREVENT! The Substance Abuse Prevention Coalition of Clark County, Kaiser Permanente, Clark College and La Center United.

For more information on both types of disposal, visit "Medications" at RecyclingA-Z.com or call Clark County Environmental Services at (360)397-2211 ext. 4352 or PREVENT! Coalition at (360) 952-3397 or visit www.preventclarkcounty.org.

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4. Is anyone listening?

You filed a complaint — or several complaints — and you want to know when you'll hear back from the FTC.

Due to the volume of complaints we get, we can't respond directly to each one. But please keep the complaints coming because the FTC and other law enforcement agencies analyze complaints to spot trends and to take legal action against wrongdoers. To date, the FTC has brought more than a hundred lawsuits against companies and individuals for Do Not Call violations.

5. But I gave you the phone number of the company that called me?!

Current technology makes it easy for scammers to fake or "spoo" caller ID information, so the number you reported in your complaint probably isn't real. Without more information, it's difficult for us to identify the actual caller. Nonetheless, the FTC analyzes complaint data to identify illegal callers based on calling patterns. The agency also is pursuing a variety of technology-based solutions to combat illegal calls and practices.

Article by Bikram Bandy
Attorney, Division of Marketing Practices, FTC

HEALTH: The New Savings Plan

As America becomes an aging society and chronic illness and healthcare costs are on the rise, we have turned our attention to our own health and the role that our lifestyle plays in shaping our lives. We tend to think of increased health and reduced risk of diseases as the trade-off for healthy lifestyle patterns and we consume a massive amount of books and articles on every facet of the topic.

As it turns out though, there is another trend that healthy living reduces: the cost of health and long-term care. While taking good care of yourself should never replace your savings and insurance for medical and long-term care costs, the more we invest in our bodies and health now the more potential we have for saving on healthcare and long-term care dollars as we age.

Moving our Bodies

According to the April 2014 issue of Nurse.com magazine, "50% of Americans do not exercise regularly or meet

the federal physical activity guidelines for aerobic activity." The list of positive health impacts that regular activity has on our health is long and includes reducing the risk of: high blood pressure, cardiovascular disease, brain disease, diabetes, etc. Regular habits of exercise also reduce common risks associated with aging such as falls, brain disease, and reduced vigor.

As we age, regular exercise and activity tends to decline and perhaps our ideas about what exercise should look like help feed that trend. The article goes on to point out that, "The take-home message is that physical activity should be part of daily life; it doesn't have to be high intensity or inconvenient, and it should be fun!" Simply walking 30 inconsecutive minutes a day for 5 times a week can have the desired impact. Simple is sustainable.

Developing a New Diet

According to famous food

author, Michael Pollen, the top killers of Americans are all chronic diseases that are related to the "Western Diet". Because we don't have sustainable eating habits, we suffer the health risks and carry the cumulative consequences into old age. While purchasing fresh and healthy food now may seem like an investment, it can save us a great deal of money and stress on the high healthcare costs of medications and surgeries later in life. Americans spend the least percentage of their income on food and we may be seeing the risky trade off.

Quality of Life

Put simply, the less disease and decline that we experience, the fewer long-term care and healthcare services we will require. At times it can feel like we don't have any control over how we age or the cost of healthcare, but the variable that we do have control over is how we care for the body and nurture health in our own lives and decisions. While we may invest in the premiums of long-term care insurance and medical insurance and 401k plans, let's not forget to invest in our bodies.

Source: SoundOptions.com

