

# EMERGENCY PREPAREDNESS

for Senior and Family Caregivers

Guest Speaker: Benjamin Suri,  
Gerontologist

With increasing frequency, news reports detail natural and human-caused disasters – from fires to power outages to water shortages. And, while many of our neighbors have a general idea of what to do to prepare, seniors and family caregivers have specific needs that require special planning. Join us for a focused review of emergency preparedness fundamentals and creating personalized action plans for your home and family.



**WEST Meeting**  
**Monday, Sept. 15, 11:00 a.m.**  
 40 and 8 Community Rm.  
 7607 NE 26th Ave.  
 Vancouver, WA 98665  
 (next to Bingo)

**EAST Meeting**  
**Monday, Sept. 22, 11:00 a.m.**  
 Camas Police  
 2100 NE 3rd Ave.  
 Camas, WA 98607

*Meetings are free and open to all seniors.*



Seniors And Law Enforcement Together

# S.A.L.T. TIMES

September 2014

## 10 Tips for September is Healthy Aging Month

Think it's too late to "reinvent" yourself? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion, or hobby. Worthington is the creator of September is Healthy Aging® Month, an annual health observance designed to focus national attention on the positive aspects of growing older.

To get you started on re-inventing yourself, here are some ideas from the editors of Healthy Aging® Magazine ([www.healthyaging.net](http://www.healthyaging.net)). Maybe these will help you think outside the box:

have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)

1. **Do not act your age or at least what you think your current age should act like.** What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)

4. **Walk like a vibrant, healthy person.** Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)

2. **Be positive in your conversations and your actions every day.** When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)

5. **Stand up straight!** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)

3. **Have negative friends who complain all of the time and constantly talk about how awful everything is?** Drop them. As cruel as that may sound, distance yourself from people who do not

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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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## 2014 PUBLIC SAFETY COMPLEX at the Clark County Fairgrounds **Open House**

Please join us on **Saturday, September 20 from noon to 4 p.m.** for the annual Open House at the Clark County Fairgrounds Public Safety Complex located at 505 NW 179th St. Ridgefield, WA.

There will be hotdogs, chips, pop, several exhibits, demos, displays, giveaways, kids activities, health screenings and much more. It's a great time and it's free!

This year we will be celebrating the culminating event of local law enforcement's participation in the Chief For a Day program featuring Chief Chase, Battle Ground Police Department; Sheriff Cole, Clark County Sheriff's Office; and Chief Brooklyn, La Center Police Department (see photo)

### Demonstration schedule:

**12:15 Motorcade arrives (Chief For A Day)**

**12:30 Presentation**

**1:00 Life Flight Arrives**

**1:30 Fire Extinguisher Demo**

**2:00 K-9 Demo**

**2:30 Auto Extrication**



If you need auxiliary aids or services in order to attend, contact the Clark County ADA Office.  
Voice (360) 397-2000; Relay (800) 833-6384;  
E-mail ADA@clark.wa.gov.

## National Good Neighbor Day is September 28

**G**ood neighbors often become friends, they watch out for each other, and lend a helping hand. Neighbors are there when we need to borrow something, to get our mail for us when we are on vacation, to watch our homes and sometimes to watch our children and our pets as well as the many other things we do with our neighbors.

Neighbors knowing neighbors improves neighborhood connections; connected neighborhoods lead to more effective communities; effective communities strengthen our nation as a whole. This ripple effect from our own neighborhoods to the larger world outside is what being a good neighbor promotes.

To celebrate National Good Neighbor Day, do something nice for your neighbor!

- Why not surprise your neighbor with some homemade baked goods or fresh flowers? Just don't pick them from your neighbor's yard!
- If you have an elderly or ill neighbor, why not offer to mow their yard or run a few errands for them?
- If your neighbor is unemployed, why not pick up a grocery gift card and help ease their burden? If the weather is good, why not put together a neighborhood block party for a fun get-together with all the neighbors?
- If you haven't met your neighbor, today is the perfect time to introduce yourself.

## Happy Grandparent's Day! September 7



## Tips to Protect Yourself From a Sweepstakes Scam:

Lottery and sweepstakes scams are common. Here are tips to avoid them:

- You can't win a contest you didn't enter. You need to buy a ticket or complete an application to participate in a contest or lottery. Be very careful if you've been selected as a winner for a contest you never entered.
- Verify -- but not by using a source scammers gave you. Check if an offer is real, but don't call the phone number in the email or website you suspect may be a scam. If it

is a con, chances are the person on the other line will be involved too.

- Don't pay up to claim your prize. You should never have to pay money or buy products in order to receive a prize. Be especially wary of wiring money or using a prepaid debit card.
- Put your number on a "do not call list." In the US, join the National Do Not Call Registry. This won't stop scams entirely, but it can help reduce the number of unwanted calls you receive.

Better Business Bureau

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6. **How's your smile?** Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)



7. **Lonely?** Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time; take a class; invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends; take a computer class or a tutorial session at your cell phone store to keep up with technology; choose a new person every week for your dining out.)

8. **Start walking not only for your health but to see the neighbors.** Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)

9. **Make this month the time to set up your annual physical and other health screenings.** Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. (Tip: For a list of recommended annual health screenings, a great resource is the Department of Health and Human Services Centers for Disease Control and Prevention.)

10. **Find your inner artist.** Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

### TIPS OF YOUR CHOICE

Do you have tips for positive aging? Share them online. Post your ideas of how you take positive steps for the care and wellbeing of you. You can share them on Facebook, <https://www.facebook.com/HealthyAgingMagazine> or Twitter, <http://twitter.com/healthyagingnet>.

For further information and resources and to receive a free, digital subscription of Healthy Aging® Magazine, go to the official Healthy Aging® website: [www.healthyaging.net](http://www.healthyaging.net). For a Healthy Aging® brochure, filled with more tips and techniques, send \$2.00 to Healthy Aging®, PO Box 442, Unionville, PA 19375.