**February is American Heart Month: Keep Your Heart Healthy**

Your heart keeps your body running, so it’s important to keep it healthy and strong! Give your heart some love by being physically active. Aim for 30 minutes of moderate-intensity activity most days of the week. You can even break it up into three 10-minute periods. Start by doing activities you enjoy.

And did you know? Researchers are studying the link between heart health and brain health. What they do know is that heart disease and high blood pressure can lead to stroke and blood vessel changes related to dementia. So, for the sake of your brain and your overall well-being, it’s important to take care of your heart health.

In addition to being physically active, be sure to:
- Control cholesterol and high blood pressure.
- Eat healthy foods—choose low-fat foods and those that are low in salt. Eat plenty of fruits and vegetables, and foods high in fiber.
- If you smoke, quit. It’s never too late to get some benefit from quitting smoking.
- Maintain a healthy weight.

**Source:** National Institute on Aging

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**S.A.L.T. Spaghetti Luncheon**

**Monday, February 20, 2017**

11 a.m. - 12:30 p.m.  
(doors open 10:30 a.m.)

Join us for the annual S.A.L.T. Spaghetti Luncheon at Liberty Middle School Cafeteria in Camas, WA.

Lunch will be served by local law enforcement personnel as their way of showing appreciation for the great seniors of Clark County! Chuck Par-Due is back this year! You will love the nostalgic journey as he performs hits from the Big Band era and Standards from the 30’s to 50’s.

This is a free event for all senior citizens, although donations will be gratefully accepted. Hope to see you at the biggest S.A.L.T. event of the year!

*We will NOT have the prescription drug take-back this year.*

S.A.L.T. (Seniors And Law Enforcement Together) is a partnership between Clark County Sheriff’s Office, Camas Police, Vancouver Police and seniors of Clark County. The event is sponsored by S.A.L.T., Columbia Ridge Senior Living, Addus HealthCare and Clearwater Springs Assisted Living.

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**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

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**Take exit 12 from WA-14 E**

- Stay straight to go onto NW 6th Ave.
- Continue onto NW 6th Ave (1.3 mi)
- Turn left onto NE Garfield St
- Turn right to stay on NE Garfield St

1612 NE Garfield will be on the right

*There is limited parking available on the street. Carpooling is recommended.*
Talking With Your Doctor

Take good care of yourself in 2017. Checking in with your health professionals is an important part of good health. Prepare for appointments by using worksheets to identify:

Concerns

At each visit your doctor will likely ask about your concerns. It’s a good idea to think about what you’d like to talk about before the actual visit. Using a form can help you organize your thoughts. Make a copy of the blank form so you will always have a clean copy to use. Then, after you make an appointment, take a minute to write down the name of the doctor and the appointment details (for example, the date, time, and address). Use the form to make a list (in order, from most important to least important) of the concerns you want to discuss.

Changes to Discuss

Your doctor may want to know about any changes in your life since your last appointment. It is useful to consider what you should say before you see the doctor. Then take a minute to think about each of these possible topics. You may want to jot down when you first noticed each change. Note any additional information that may be helpful for the doctor to know.

Medications

You may be taking many different medicines as well as numerous vitamins and over-the-counter drugs. It can be confusing to keep track of everything! Using a form can help. Because your medication regimen may change over time, make a copy of the blank form so you will always have a clean copy to use. Try to bring a completed and updated copy of this form to every doctor appointment.


If you aren’t able to access these worksheets then make your own form. It’s important to have this information with you.

What Makes Us Resilient?

Resilience is defined by the Merriam Webster dictionary as:

• the ability to recover from or adjust easily to misfortune or change
• the ability to become strong, healthy, or successful again after something bad happens

Resilience is hard-wired into our bodies. We naturally encounter stress in our life and our body is able to physically respond by chemically engaging our fight or flight response. We can think of resilience as the ability to return ourselves to an original balanced state. As we progress throughout the stages of life, we can learn to further develop our resilience as well. Our ability to adapt to stress, adversity and change is an important part of aging well. Here are components of resilience that we can focus on in our own lives.

Sense of Purpose & Value:

Friedrich Nietzsche once said, “The person who has a why to live can bear just about anything.” Each of us has core values of great importance in our lives. When we are able to pursue what matters most to us we are fueled by a deep sense of purpose and doing important work. When our lives are not aligned with core values that matter to us, our lives can feel unbalanced and can weaken our resilience when hardships come.

Connection to Others & Giving Back:

Just like any seed, resilience needs more than one thing to grow. Our individual efforts are key, but we also need to connect to others who can encourage us to live well and support us during difficult times. Making an impact on the lives of others and giving back also helps us to stay connected and grateful.

Healthy Lifestyle/ Wellness:

When we feel well, we feel most like ourselves. As we age, it is common to start seeing more challenges. Being a resilient person doesn’t necessarily mean having a perfect bill of health. What matters is participating in the simple daily lifestyle choices that benefit our own health and wellness. Having a strong physical foundation can really help us down the road.

Healthy Mindset/ Focus on the Positive:

One of our great freedoms as human beings is that we get to assign and make meaning out of what happens to us. When we keep a healthy and positive mindset, we are able to be more resilient when difficult things happen to us and are better equipped to rise above our circumstances.

Continual Learning/ Curiosity:

Our minds are made to grow, take in new information, change and develop throughout our lifetime. When we maintain a healthy curiosity and pursue new ideas, our minds are better able to adapt and create new thoughts and perspectives in response to challenges.

Cultivating Joy, Humor, and Enjoyment of Life:

Some of the most resilient people you’ve met probably have a contagious joy and peace about them. People who are able to genuinely find joy and pleasure in life often remember the importance of play. When we are engaged in activities that we enjoy, we are more easily able to bounce back from setbacks. We are able to return to our original shape, to have balance and be well.

Developing a physical and psychological resilience is a key life skill, regardless of age. It serves us well in relationships, work, family and also in the way our body ages. The more we age, the more changes we experience in our lifetime. Taking good care of ourselves and paying close attention to what matters most to us will help us face our longevity with confidence.

The Year In Scams

Scam artists have been out in full force in 2016, relying on tried and true scams to bilk billions from unsuspecting victims. Here are some of the most frequently reported scams to the Fraud Watch Network hotline:

• Tech support scam – You get a call from Microsoft (or another tech company) saying your computer has a virus that can be fixed for a fee. Don’t pull out your credit card — simply hang up. Microsoft doesn’t make tech support calls.

• IRS imposter scam – An official-looking letter from the IRS informs you of taxes you owe related to the Affordable Care Act. The letter instructs you to write out the check – it would be to the U.S. Treasury if the letter were real.

• Sweepstakes scam - You get a personalized letter that tells you you’ve won a million dollar prize, but you need to pay a fee or a tax in advance to receive the funds. Legitimate sweepstakes will never require upfront payments.

• Grandparent scam – You get a frantic call in the middle of the night from someone claiming to be your grandchild, saying he’s in a bind and needs money right away. He asks you to send money by wire transfer – the payment form of choice for scam artists.

• Fake charity scams – A scammer impersonating a real charity contacts you to ask for a donation. This happens a lot around the holidays and following natural disasters.

Source: National Institute on Aging

Worksheets are available at:


If you aren’t able to access these worksheets then make your own form. It’s important to have this information with you.

Source: National Institute on Aging

This is a message from AARP Washington and the Washington State Attorney General’s Office. If you or someone you know has been a victim of identity theft or fraud, you can contact the AARP Foundation Fraud Fighter Center at 1-800-646-2283 for help. You can also file a consumer complaint with the Washington State Attorney General’s Office.

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