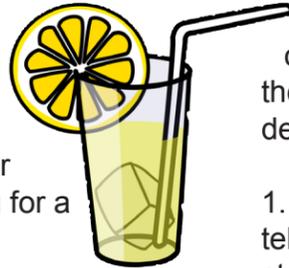


# Dementia & Safe Summers

Summer is a season perfect for relishing in the simple pleasures in life: a good plate of fresh food with friends, a walk down by the water, a lazy morning in the garden. For seniors with dementia, it is important that summer be a safe time to soak in the vitamin D and enjoy the certain something that rejuvenates our body and spirit. Here are three big summer risks to watch out for if you are caring for a loved one with dementia:



all seniors. As we age, our muscle mass tends to decrease and our ability to retain water diminishes as well. Certain medications can also cause dehydration or symptoms that lead to dehydration such as diarrhea or sweating. For those with various stages of dementia, the risks of dehydration increase due to the changes in the brain and behavior. Here are three dementia-specific risks to keep in mind:

1. We rely on our body's thirst mechanism to tell us when to take in fluids. Those with various stages of dementia may not recognize or be able to communicate that they are thirsty. Loved ones and caregivers should pay close attention to their fluid intake and offer a variety of choices and opportunities

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## Dehydration

Several factors increase the risk of dehydration for

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Seniors And Law Enforcement Together

# S.A.L.T. TIMES

July 2018

## Blame the Scammers, Not the Victims

When a person is victimized by a scam, the victim is often portrayed as "falling for" something. This misses the part of the story of how skilled these criminals are at moving us to an emotional state, where our logical thinking takes a backseat. It also neglects how sophisticated many of these scams are.

### How It Works:

Here's an example...

- A scammer got hold of my friend's credit card number and placed a seemingly legitimate charge on her bill. In my friend's case, it was a charge for credit monitoring services in the name of one of the major credit bureaus.
- Seeing red, my friend called the 800 number listed on the charge.
- It was when she was in the process of "verifying" her personal information that she realized it was fraud.

### What You Should Know:

- Scammers are sophisticated – they know how to move us away from logic and into a heightened emotional state. When we are emotional, we risk making decisions without taking time to think things through.
- If you're confronted with something upsetting, take a deep breath and pause before you take an action.

### What You Should Do:

- If you see a suspicious charge on your credit card statement, call the number on the back of your card and not the number next to the suspicious charge – that number could be a direct line to the scammer.
- If you end up sharing personal information that a criminal could use to open credit accounts or take out loans in your name, contact each credit bureau and request a credit freeze. New laws at both the state and federal levels will make credit freezes free to place, lift and permanently remove. Learn more about placing a credit freeze at [www.annualcreditreport.com](http://www.annualcreditreport.com) under Protect Your Identity.

As we always say, when it comes to fraud, vigilance is our number one weapon. You have the power to protect yourself and your loved ones from scams. Please share this alert with friends and family.

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 1-877-908-3360 for help. You can also file a consumer complaint with the Washington State Attorney General's Office.

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



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Dementia & Safe Summers

# Dance Your Way to Better Brain Health

Exercise is not only good for your body, it's good for your brain! Sticking to a regular workout plan can be tough, but including activity in your routine doesn't need to be boring. Dancing is a great choice when your exercise routine needs to be refreshed.



Scientists have found that the areas of the brain that control memory and skills such as planning and organizing improve with exercise. Dance has the added dimensions of rhythm, balance, music, and a

social setting that enhances the benefits of simple movement – and can be fun!

### So, how can you get moving?

- Sign up for a dance class and invite your friends to join. Find classes at your local community college, YMCA, dance studio, or community center.

- Try dancing at home by following along with a DVD or videos on YouTube. Easy-to-follow, free exercise videos are available at the National Institute on Aging's Go4Life YouTube channel.

Some physical activity is better than none — and any amount has health benefits. Always talk with your doctor if you are unsure about doing a particular exercise.

[cdc.gov](http://cdc.gov)

*(cont. from page 4)*

to refresh themselves throughout the day. Caregivers can add a little something to that glass of water or tea like mint, cucumber, or lemon to entice and make it feel special. When offering fluids, frame your question in the form of a "this or that" choice, instead of a question that provokes a "yes or no" response.

2. The symptoms of dehydration can often be mistaken for symptoms of the disease or even just advanced age. These include headaches, muscle and joint pain, difficulty thinking/ cloudiness and fatigue.

3. One of the most common issues that rarely gets talked about is the prevalence of UTIs (Urinary Tract Infections) among seniors. When we drink plenty of water, not only does the intake support major body functioning, the output flushes toxins and bacteria through urination. When we are dehydrated, the body holds onto that water and bacteria can build up. Aging kidneys can begin to fail in their ability to remove all the toxins, which makes it all the more important to regularly flush out our bodies with fluid.

### Sunburn/ Skin Damage

Our skin is the largest organ in the body and changes significantly with us over a lifetime. As we age, our skin becomes more fragile and transparent making it more susceptible to the harsh UV rays of the sun. For those with dementia, one of the hallmark symptoms of the progression of the disease is an inability to dress appropriately for the season. For example, the routine

of putting on sunscreen, protective clothing, and sun glasses may not occur to them before going outside. Be sure to cue loved ones on protecting the skin from the sun the same way you would cue them for other hygiene routines. Keep it fun by building a kit together to keep by the door or in the car or go hat shopping as a "glamour" outing.

### Heat Exhaustion/ Heat Stroke

In addition to the important tips above, helping someone with dementia appropriately dress for summer weather is also one of the best ways you help them avoid heat exhaustion or heat stroke. Dressing in layers will help during transitions between the heat outside and the cool, air-conditioned spaces inside. Choose clothing that is light in color and fabric and that breathes well. Help your loved one understand their limits of sun exposure. The sun and heat can be most extreme between 10am and 4pm. Choose either the early mornings or early evenings for getting out and enjoying the daylight.

As a caregiver of a loved one with dementia, your compassionate detailed attention is the most important tool in keeping them safe this summer. You are their partner in navigating the changes in their body. While it may be easier to skip that walk in the garden or not go to the outdoor concert, make the effort to create moments of joy and help them engage in summer. It is summer, after all.

Sound Options

S.A.L.T.  
Seniors And Law Enforcement Together

# Picnic

Monday, July 23, 2018  
11:00 am- 12:30 pm

**Lacamas Lake Lodge**  
227 NW Lake Rd.  
Camas, WA 98607

*Visit with Rojo!*

Join us for food and fun at the annual S.A.L.T. picnic! Rojo, the therapy llama, will be there to greet you. Your local law enforcement will be serving lunch in appreciation of our great seniors! Come visit with friends and make some new ones. There is indoor and outdoor seating at the beautiful Lacamas Lake Lodge.

The picnic is free for all seniors. See you there!

Questions? Call 360.397.2211 x3380