

June S.A.L.T. Meetings

Topic: Protecting and Advocating for Vulnerable Adults

Guest speaker: Lisa Rasmussen, SWEAP (SW Washington Elder Abuse Prevention)

Meeting topics:

- Who are “vulnerable adults?”
- What is elder/vulnerable adult abuse and neglect?
- What legislation protects vulnerable adults?
- How do we safeguard vulnerable adults?

Meetings are free and open to all seniors!



WEST Meeting
Monday, June 17
11:00 a.m.- noon

40 et 8 Boxcar
7607 NE 26th Ave.
Vancouver, WA 9866
(next to Bingo)

EAST Meeting
Monday, June 24
11:00 a.m.- noon

Camas Police Dept.
2100 NE 3rd Ave.
Camas, WA 98607

To receive the free monthly S.A.L.T. Times Newsletter, call 360.397.2211 ext. 3380 or send an e-mail to: sheriffcommunityoutreach@clark.wa.gov. For other formats: Clark County ADA Office, Voice 360.397.2322 Relay 711 or 800.833.6388 E-mail ADA@clark.wa.gov



Seniors And Law Enforcement Together

S.A.L.T. TIMES

June 2019

Get a One-Ring Call? Don't Call Back

For illegal robocallers, the goal isn't always getting you to answer. Sometimes, it's getting you to call back.

Every so often, your phone may ring once and then stop. If that happens to you, and you do not recognize the number, do not return the call. You may be the target of a “one-ring” phone scam. They may call repeatedly, hoping the consumer calls back and runs up a toll that is largely paid to the scammer.



One-ring calls may appear to be from phone numbers somewhere in the United States, including three initial digits that resemble U.S. area codes. But savvy scammers often use international numbers from regions that also begin with three-digit codes – for example, “232” goes to Sierra Leone and “809” goes to the Dominican Republic. Such scammers may often use spoofing techniques, as well, to further mask the number in your caller ID display.

If you call any such number, you risk being connected to a phone number outside the U.S. As a result, you may wind up being charged a fee for connecting, along with significant per-minute fees for as long as they can keep you on the phone. These charges may show up on your bill as premium services.

Variations of this scam rely on phony voice-mail messages urging you to call a number with an unfamiliar area code to “collect a prize” or to notify you about a “sick” relative.

How to avoid this scam:

- Do not call back numbers you do not recognize, especially those appearing to originate overseas.
- If you never make international calls, consider talking to your phone company about blocking outbound international calls to prevent accidental toll calls.
- Check your phone bill for charges you don't recognize.
- Always be cautious, even if a number appears authentic.

File a complaint with the FCC if you received these calls: www.fcc.gov/complaints.

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

IN THIS ISSUE

Page 2 
Managing Late-Day Confusion
The Longest Day

Page 3 
10 Summertime Activities to Help Make Seniors Part of the Action

Page 4 
S.A.L.T. Meeting- Protecting and Advocating for Vulnerable Adults

Managing Late-Day Confusion

One challenging aspect of managing a dementia illness is a situation that can occur with an individual during the late afternoon or evening. In the past, this set of symptoms has been referred to as "sundowning" but it is, perhaps, best described as late-day confusion.

Along with confusion, this group of symptoms may cause a variety of behaviors, such as anxiety, aggression or ignoring directions, and may also lead to pacing or wandering.

As many of you may have experienced, the resulting behaviors can put the individual with dementia in jeopardy and

cause a lot of stress for family caregivers. Trying to be proactive and prevent triggers could go a long way toward preventing late-day confusion.

Potential triggers that can lead to late-day confusion:

- Fatigue
- Low lighting
- Increased shadows
- Disruption of the body's "internal clock"
- Difficulty separating reality from dreams
- Presence of an infection such as urinary tract infection

Here are some suggestions for managing this challenging situation:

- Try to maintain a regular schedule for meals, bedtime, etc.
- Adjust the lighting in the early evening or draw the shades to help keep the lighting consistent in the home.
- Use a night light to help reduce agitation that could happen in the dark.
- Cut down on noise and distractions.
- Consider playing gentle background music.
- Engage your loved one in a meaningful activity at the time when they typically get agitated.
- Check with your loved one's doctor to determine if an underlying condition isn't making these issues worse.

Home Instead Senior Care

10 Summertime Activities to Help Make Seniors Part of the Action

The spring and summer seasons herald the kickoff of pleasurable and entertaining events with family and friends.

If you're a family caregiver, this

season of increased activity isn't always good news. Many older adults may no longer have the health, mobility and stamina to join in the fun. And that could

create a dilemma for families who want to ensure that everyone is part of the action. What's worse, if Mom can't participate and ends up home alone, you could feel guilty.

A little pre-planning can help make it easier for an older adult to take part in the festivities. If your loved one isn't up to these more robust activities, though, check this out.

Top 10 List of Fun Things to Do with a Senior:

1. A day of painting or coloring. With the popularity of adult coloring books, both seniors and their grandchildren can now enjoy this pleasing pastime. If your family is particularly artistic, they might even want to try their hand at watercolors and paint selfies to share with the entire family.

2. Lunch outdoors. If the weather is nice, lunch on the patio or deck may be a great alternative if an

older adult no longer has the endurance to leave the family home. Pack up a picnic basket with all her favorite foods, put out a checkered tablecloth and you're set!



3. Go to the park.

A trip to the park, even if you must drive there, is a good way to help seniors relive their memories of taking their own children to the

playground on warm, sunny days. Sit on the park bench and help them reminisce.

4. Garden anywhere. Gardening is a favorite hobby for many seniors. If Mom can no longer maintain a garden, planting flowers, herbs and vegetables in pots is a great alternative. Check out ideas online and on Pinterest, or go to your favorite garden center. Many have gardening classes and activities.

5. Start a book club. If Dad still enjoys reading, why not enlist a few of his friends or family members to read a book they would all enjoy? Gather the group for coffee and tea, and share thoughts about the book. There are also online book clubs for older adults if your senior would prefer that option.

6. Check out the town's events. Why not help your loved one be

a tourist in his or her own town? Search for area activities on Facebook or through the local media. Popular summer activities in many communities include concerts and plays, ice cream socials and parades.

7. Plan a tea party. If Mom has been ill or isolated for a time, a small tea party could be just what she needs to boost her spirits.

8. Share a hobby. With school out of session and the kids itching for something to do, why not ask Grandpa or Grandma to teach your children his or her favorite Whether it's knitting, woodworking, playing guitar or working crossword puzzles, children will enjoy learning a new skill while getting better acquainted with a grandparent.

9. Anchors away! You're never too old to ride on the waves with the wind blowing through your hair. If you own a boat or know someone who does, what a great experience for an older adult to spend a few minutes out on a lake. Remember the hat, sunscreen, fishing pole and life jacket!

10. Pick fruit. Picking juicy cherries or other fruit in season may have been a past summertime task for the senior in your life. Check out fruit farms in your area and load up the entire family for a weekend afternoon outing. Even if Mom can't pick fruit, she's sure to enjoy watching (and tasting)!

Home Instead Senior Care

THE LONGEST DAY Sundown Squad We're ALZ In: Summertime Block Party
 June 21st, 2019 From 5pm -9pm at Esther Short Park
 alzheimer's association

6TH leading cause of death in the United States
 14.1 MILLION AMERICANS receive unpaid care for people with Alzheimer's or other dementia
 These caregivers provided an estimated 34.4 BILLION HOURS of care valued at over \$232 BILLION

EARLY AND ACCURATE DIAGNOSIS COULD SAVE UP TO \$7.9 TRILLION in medical and care costs
 IN 2018, Alzheimer's and other dementias will cost the nation \$277 BILLION
 BY 2050, these costs could rise as high as \$1.1 TRILLION

5.7 MILLION Americans are living with Alzheimer's
 BY 2050, this number is projected to rise to nearly **14 MILLION**

EVERY 65 SECONDS someone in the United States develops the disease

1 IN 3 seniors dies with Alzheimer's or another dementia
 It kills more than breast cancer and prostate cancer **COMBINED**

Between 2000 and 2015 deaths from heart disease have decreased **11%**
 while deaths from Alzheimer's disease have increased **123%**

alzheimer's association THE BRAINS BEHIND SAVING YOURS

Join us in the fight to end Alzheimer's Disease!!