

What Should I do if I Fall?

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible and follow these steps:

- Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.
- If you think you can get up safely without help, roll over

onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.

- Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a



- comfortable position and wait for help to arrive.
- Carrying a mobile or portable phone with you as you move about your house could make it easier to call someone if you need assistance. An emergency response system, which lets you push a button on a special necklace or bracelet to call for help, is another option.

National Institute on Aging

To receive the free monthly S.A.L.T. Times Newsletter, call (564) 397-3380 or send an e-mail to: sheriffcommunityoutreach@clark.wa.gov. For other formats: Clark County ADA Office, Voice (564) 397-2000, Relay (800) 833-6384, E-mail ADA@clark.wa.gov

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Seniors And Law Enforcement Together

S.A.L.T. TIMES

November 2019

The Most Dangerous Time to Drive

As we 'Fall Back' to Shorter Days, Take Extra Care on the Road

Shorter days, fatigue, compromised night vision, rush hour and impaired drivers are some of the risks we face when driving at night.

When Daylight Saving Time ends, many people will find themselves spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver.

Even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road, especially when driving at higher speeds.

What should you do to combat darkness?

- Aim your headlights correctly, and make sure they're clean

- Dim your dashboard
- Look away from oncoming lights
- If you wear glasses, make sure they're anti-reflective
- Clean the windshield to eliminate streaks
- Slow down to compensate for limited visibility and reduced stopping time

Compromised Night Vision

Night vision is the ability to see well in low-light conditions. As we age, we have greater difficulty seeing at night. A 50-year-old driver may need twice as much light to see as well as a 30-year-old. At age 60 and older, driving can become even more difficult, according to the American Optometric Association. Some older drivers also may have compromised vision due to cataracts and degenerative eye diseases.

The AOA recommends older drivers:

- Have annual vision exams
- Reduce speed
- Take a driving course; even experienced drivers can benefit from a refresher course, and some of the rules have probably changed
- Minimize distractions, like talking with passengers or listening to the radio
- Check with your doctor about side effects of prescription drugs
- Limit driving to daytime hours if necessary

Prep your vehicle for the changing seasons

Once the clocks turn back, that means that winter is officially on its way. Take this time to properly prepare your vehicle for the weather changes that are ahead. Make sure your tires are ready for the winter weather. Check all your fluid levels and replenish as needed. Check the winter safety kit in your vehicle to make sure that you're prepared for every possible emergency situation.

National Safety Council

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PACKAGE THEFT Prevention Tips

As the holiday season approaches, the Vancouver Police Department wants to remind you to consider package theft prevention strategies when ordering gifts online. Packages delivered while you are away from home are easy and ideal targets for thieves. With the increased volume in home deliveries, thieves have more opportunities to steal your packages.



- Pick up packages promptly after they have been delivered.
- Ask neighbors to receive and store your package deliveries when you are not home.
- Consider shipping the package to a relative that will be available to receive the package.

- Require signature delivery to avoid the package being left unattended.
- Utilize tracking services offered by the delivery company.
- Request specific delivery times that are suitable to when you will be home.
- Invest in a camera system to monitor your packages and home.
- Send packages to secure delivery, holding, or pick-up locations.
- Many parcel delivery companies offer secure locations for packages to be delivered and stored until you are available to pick items up. There are many companies and locations throughout Vancouver that offer these services.

If you see a package theft occurring, call 911. If you are the victim of a package theft, please call 311 to report it to police and follow up by reporting the theft to the US Postal Inspection Service by calling 1 (877) 876-2455 or www.postalinspectors.uspis.gov.

Protecting You from Fraud



Note the address change for November meeting only

S.A.L.T. Meeting
Monday, November 18, 2019
11 a.m.-noon
Camas Library
Meeting Room A
625 NE 4th Ave.
Camas, WA

Presentation topics:

- Scams: fake check scam, holiday scam, phishing scam
- Recognize danger signs for financial abuse and fraud
- Data breaches: Protect your information and money
- Prevent identity theft and keep your account info safe
- How to report fraud

Guest speakers:

Carol Lackey, Branch Manager
Lora Bartholomew, Branch Manager



**Due to Thanksgiving, there is only one S.A.L.T. meeting in November.*
Meetings are always free and open to all seniors!

Self-Defense Against Scams

To everyone who hangs up on unwanted calls, learns about the latest scams, and checks with friends about suspicious offers: good news! People who did all those things were less likely to lose money to a scam than people who didn't, according to Exposed to Scams: What Separates Victims from Non-Victims?, a report from the FINRA Investor Education Foundation, the BBB Institute for Marketplace Trust, and the Stanford Center on Longevity. The groups surveyed more than 1,400 people who had reported a scam and found several differences between people who did and didn't lose money.

The people who avoided scams:

- Didn't engage with a scam offer. Nearly half the people surveyed said they had ignored emails, thrown away mailers, and deleted friend requests. They had also hung up on bogus tax and debt collection calls, and imposter phishing scams.
- Learned about scams and scammers' tactics. People who knew more about specific scams and scammers' tactics were more likely to reject an offer and avoid losing money. News stories were the top way to get information about frauds and scams for the majority of people surveyed.
- Talked to someone. The people who had someone to talk with about the offers were less likely to lose money. Some people who were caught up in scams were helped by store cashiers, bank tellers, or wire transfer employees who talked them out of sending money. Sometimes sharing what you know can help protect someone you know from a scam.



Sunday, November 3, 2019 at 2 a.m.

- Check and replace the batteries in your smoke and carbon monoxide (CO) alarms. Replace any smoke alarms older than ten years. Replace any CO alarms older than five years.
- Also a great time to change ALL the batteries in the house - clocks, controls with backup timers (thermostats, irrigation, outdoor lighting, water conditioners), phone accessories, flashlights, and portable electronics.

