

# National Senior Citizens Day

*With people living and working longer, it's increasingly important that we recognize the importance of supporting senior citizens.*

August 21 is National Senior Citizens Day! Today we celebrate the people who are part of the fastest-growing demographic in the world.

In honor of National Senior Citizens Day, spend time with your favorite relatives or make a commitment to volunteer at a retirement home sometime in the next year. If you are a senior citizen yourself, check for special promotions and giveaways at your favorite restaurants and shops!

## Brain Health As You Age

Taking action to stay healthy as you age is good for your brain, too. Take these 5 steps toward better brain health:

1. Get recommended health screenings.
2. Manage health problems like diabetes, high blood pressure, and high cholesterol.
3. Consult with your health care provider to make sure your medicines are right for you.
4. Reduce risk for brain injuries due to falls and other types of accidents.
5. Quit smoking. It's never too late to quit!

Your doctor or health care provider can provide information to you about taking care of your health, and there are a number of resources on the Internet and at libraries on healthy choices in diet, exercise, and social activities.

Source: National Institute on Aging

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](mailto: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](mailto:ADA@clark.wa.gov)



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Sheriff Chuck E. Atkins



Seniors And Law Enforcement Together

# S.A.L.T. TIMES

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## S.A.L.T. Picnic: A Recipe For a Good Time

Here's a recipe for a good time: 1) unlimited fried chicken, potato salad, watermelon and ice cream; 2) Old Time Fiddlers cookin' up some classics; 3) 150 of the classiest seniors around; and 4) the Clark County Sheriff, Vancouver, Camas, and Washougal Police Chiefs to serve it all up! The 2015 S.A.L.T. (Seniors and Law Enforcement Together) Picnic, held at Lacamas Lodge was a rousing success! A good time was had by all, and what a great opportunity for us Law Enforcement to serve some of our greatest community members and thank them for their continued support of public safety. See you next year!

Just a reminder- there is no August S.A.L.T. meeting. Enjoy the rest of your summer!



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## Tips for Eating in a Restaurant with your Senior Family Member

If you'd love to share a meal with your senior family member but don't feel like cooking, you'll enjoy these helpful tips for making any meal a success. Learn how to handle obstacles seniors face when eating in a restaurant to enjoy a smooth dining experience.

Menu is important regardless of location. Will dinner include items that might appeal to all generations: from toddlers to grandparents and even great-grandparents? Does anyone in your group have any food allergies or other food intolerances? Ability to chew and swallow could impact many older adults as well.

Time of day might be important as some seniors need to eat early so they can coordinate mealtimes with medications, or so they can call it a night early. Finally, consider seating guests closest to individuals who can make the most of dinnertime conversations, and avoid seating people together who might clash.

A family dinner out could require even more research. In addition to the tips above, consider the following:

- Before selecting a restaurant, scope out the accessibility of the establishment. Just because a restaurant is handicap accessible doesn't mean it will be easy for an older adult to navigate. If a senior has trouble walking, check out the number of steps required from the front door to the table where dinner is served. Will the space accommodate a wheelchair or walker if needed?

- If you have a large group, consider scheduling dinner at a restaurant with a meeting room. A quiet room also will be more conducive to seniors with hearing problems or dementia.

- Review the menu beforehand. (Most restaurants have online menus.) Consider not just the food choices, but also the cost and who will be paying for dinner. If family members cannot afford the restaurant, and you expect them to pay, they might decline your invitation.

Source: Sound Options, Inc.



## Columbia Ridge Senior Living Annual Hawaiian Luau

Saturday August 8th, 2015  
11AM – 1:30 PM

2300 W 9th ST  
Washougal WA 98671

- Food
- Games
- Raffles
- Live Entertainment (\$10/person)

For more information call (360) 335-1238

## Attention Grandparents: Watch out for phony debt collectors

My grandma kept an eye out for cheaters. (No, not that kind.) Back in the day, if a salesman knocked on her front door, she waved them off. Before caller ID, she hung up on telemarketers. But a call from a phony debt collector? She might have fallen for that one. Especially if the debt collector said she was responsible for her grandchild's debt.

Here's what's happening: A fake debt collector calls you. They want to collect on a debt your grandchild (supposedly) failed to pay. They ask you to wire money, send a prepaid card or give your credit card number – immediately. And if you won't – or can't – pay? That's when the threats begin:

**"Your grandchild will be arrested."**

**"He'll lose his job."**

**"We'll suspend her driver's license."**

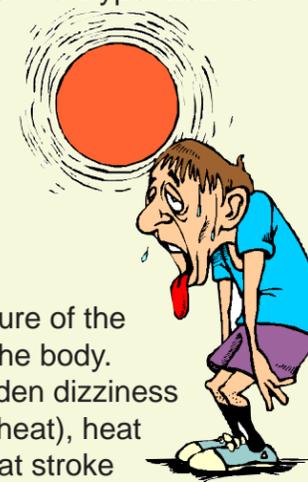
Unless you co-signed a loan, you're never responsible for someone else's debt. In fact, debt collectors can't legally tell you that someone – anyone – else even has a debt.

If you get one of these calls, stop. Don't be rushed into sending money. Don't verify any personal or financial information. And hang up if the caller threatens you. Debt collectors can't do that. It's not legal. Once you're off the phone, report the call to the FTC. <http://www.consumer.ftc.gov/contact-us>

Source: Federal Trade Commission

## Advice for older people on staying safe in hot weather

Summer weather can pose special health risks to older adults and people with chronic medical conditions. It is critically important that adults particularly susceptible to hyperthermia and other heat-related illnesses know how to safeguard against problems. The National Institute on Aging (NIA), part of the National Institutes of Health, has some tips to help avoid the hazards of hot weather.



Hyperthermia is caused by a failure of the heat-regulating mechanisms of the body. Heat fatigue, heat syncope (sudden dizziness after prolonged exposure to the heat), heat cramps, heat exhaustion and heat stroke are forms of hyperthermia. Older adults are at risk for these conditions, and this risk can increase with the combination of higher temperature, individual lifestyle and general health.

Lifestyle factors can include not drinking enough fluids, living in housing without air conditioning, lack of mobility and access to transportation, overdressing, visiting overcrowded places and not understanding how to respond to hot weather conditions. Older people, particularly those with chronic medical conditions, should stay indoors in cooler spaces on hot and humid days, especially when an air pollution alert is in effect. People without air conditioners should go to places that do have air conditioning, such as senior centers, shopping malls, movie theaters and libraries. Cooling centers, which may be set up by local public health agencies, religious groups and social service organizations in many communities, are another option.

Factors that increase the risk of hyperthermia may include:

- Dehydration.
- High blood pressure or other health conditions that require changes in diet. For example, people on salt-

restricted diets may be at increased risk. However, salt pills should not be used without first consulting a doctor.

- Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever.
- Use of multiple medications. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.
- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs.
- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands.
- Being substantially overweight or underweight.
- Alcohol use.

Heat stroke is a life-threatening form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. Signs and symptoms of heat stroke include a significant increase in body temperature (generally above 104 degrees Fahrenheit), changes in mental status (like confusion or combativeness), strong rapid pulse, lack of sweating, dry flushed skin, feeling faint, staggering or coma. Seek immediate emergency medical attention for a person with heat stroke symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

- Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.
- If you suspect heat stroke, call 911.
- Encourage the individual to shower, bathe or sponge off with cool water if it is safe to do so.
- Apply a cold, wet cloth to the wrists, neck, armpits, and/or groin. These are places where blood passes close to the surface of the skin, and the cold cloths can help cool the blood.
- If the person can swallow safely, offer fluids such as water, fruit and vegetable juices. Avoid alcohol and caffeine.

Source: National Institute on Aging