

Understanding Dementia and Care Options

In this program we will explore the basics of the Neuro Cognitive Disorder - Dementia. We will discuss what it means to have Dementia; the stages and types of Dementia. And some options for care that are available to us as we try to navigate staying in our homes as long as possible and as safely as possible. Presented by: Shanti Potts MS

Meetings are free and open to all seniors. Please join us!

WEST Side Meeting
Monday, October 19
11:00 a.m.-Noon

40 and 8 Community Room
7607 NE 26th Ave.
Vancouver, WA



EAST Side Meeting
Monday, October 26
11:00 a.m.-Noon

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

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



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



Seniors And Law Enforcement Together

S.A.L.T. TIMES

October 2015

311 for Non-Emergency Law Enforcement



Clark Regional Emergency Services Agency (CRESA) is excited to announce a new number for the community to use to report non-emergency law enforcement issues.

Historically, Clark County has had one number to call to connect with their local law enforcement. This meant that if you had a non-emergency complaint (like someone had stolen your bicycle overnight) you had no choice but to call 911 to report the crime. Beginning this month, community members can call 311 or 360-693-3111 to reach the 911 dispatchers. Using this line will help prioritize incoming calls at the 911 center and keep 911 open for emergencies. When you call 311 you may be placed on hold or you may be placed in a queue. You may hear a recorded message with information about alternative numbers or resources you may use instead of waiting for a dispatcher. CRESA is busy place, serving as both the 911 answering point for all of incorporated and unincorporated Clark County and is also the dispatch center for local law enforcement and fire / EMS responders. Please be patient, as the same people answering 911 emergency calls and dispatching responders are the same people answering 311.

A few guidelines to follow when you decide if you want to call 911 versus 311:

- Always use 911 for any fire and medical call, no matter how minor you think the medical complaint is
- Call 911 if your police complaints involves a gun, is a crime happening now, or a situation that needs police to prevent or stop an injury or property damage
- 311 is the alternate number to report non-emergency law enforcement related complaints

If you are unsure, call 911 and we will get you the right help or refer you to the right resource. Visit www.cresa911.org for more information.

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Preparing Your Home for Fall



The Fall season is here! Get your home ready for the winter ahead with these tips:

- Test all smoke alarms and have a fire escape plan. Remember to replace used and expired fire extinguishers.
- Turn your heater on before the temperatures really drop so you can ensure it works. Contact a technician to inspect that it's operating properly if you suspect it needs servicing.
- Keep all flammable materials away from your furnace. This includes clothing, paint products,
- If you use a portable or space heater, keep it away from clothing, bedding, drapery and furniture. Remember to shut them off if you leave the house and don't leave them unattended if you have children or pets.
- Do not use your space heater as a dryer for hats, gloves and other articles of clothing.
- If you have a fireplace, inspect the chimney to confirm it is free of debris, creosote buildup, and is unobstructed so combustibles

toxic materials, cardboard and more.

can vent. Make sure the bricks, mortar and liner are in good condition.

- When burning a candle, don't leave them unattended, burning near other flammable items or on an unsteady surface.
- Avoid a fire in your dryer by cleaning filters after each load of wash and removing lint that collects in dryer vents.
- Do a quick check for areas around your home that may need repair before extreme weather hits.

Fake Debt Collector Scams

Calling people and pushing them to pay debts they don't really owe?

Posing as law enforcement and fake government agencies like the "Federal Crime Unit of the Department of Justice"?

Threatening to sue or arrest people — or tell their family and employers about a debt?

Reciting people's Social Security and bank account numbers to seem legit?

Yes, these are all signs of fake debt collection schemes. So how can you tell if you're being targeted by a fake debt collector?

A caller may be a fake debt collector if:

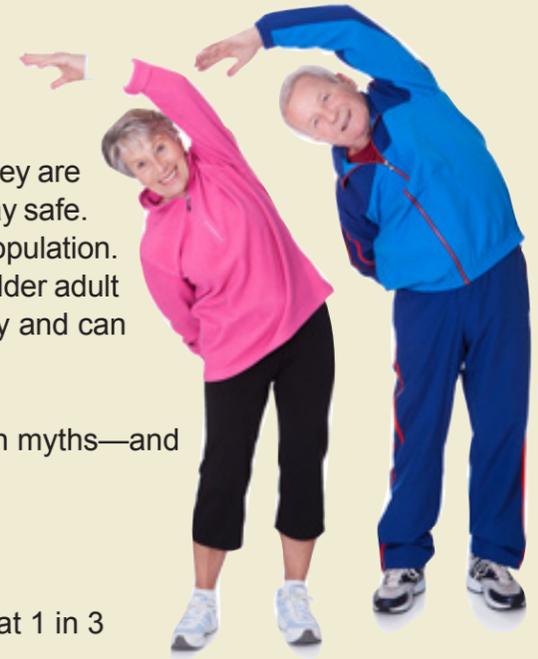
- you don't recognize the debt
- you can't get a mailing address or phone number for the collector

- you're asked for personal financial or sensitive information
- you're threatened with arrest or told you'll be reported to a law enforcement agency

You have rights when it comes to debt collection. Tell the caller that you won't discuss any debt until you get a written "validation notice," which has to include the amount of the debt, the name of the creditor you owe, and your rights under the federal Fair Debt Collection Practices Act.

If the debt is legitimate — but you think the collector may not be — contact your creditor about the calls. Share the information you have about the suspicious calls and find out who, if anyone, the creditor has authorized to collect the debt. If it doesn't check out, report the call to the FTC and your state Attorney General's office.

Falls and Older Adults



Many people think falls are a normal part of aging. The truth is they are not — most falls can be prevented by learning a few steps to stay safe. Falls are a major public health concern for the growing aging population. Every 20 minutes, an older adult dies from a fall; every 13 seconds an older adult is treated in an emergency room for a fall-related injury. Falls are costly and can cause older adults to lose their independence.

To promote greater awareness and understanding here are 5 common myths—and the reality—about older adult falls:

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 3 older adults—about 12 million—fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Source: National Council on Aging

Have a Safe and Happy Halloween!