



# SENIOR NUTRITION

**Guest Speaker: Kate Hohenbrink, MS, RD, CDE**  
 Diabetes Program Coordinator | Diabetes,  
 Endocrine and Nutrition Center

Presentation topics:

- Tips for Older Adults
- It's not too late to prevent Type 2 Diabetes
- Healthy Eating after 50

### WEST Meeting

**Monday, Sept. 21, 11:00 a.m.**  
 40 and 8 Community Rm.  
 7607 NE 26th Ave.  
 Vancouver, WA 98665  
 (next to Bingo)

*Two meeting locations to  
 choose from!  
 Meetings are free and  
 open to all seniors.*

### EAST Meeting

**Monday, Sept. 28, 11:00 a.m.**  
 Camas Police  
 2100 NE 3rd Ave.  
 Camas, WA 98607



Seniors And Law Enforcement Together

# S.A.L.T. TIMES

September 2015

## How to Help a Senior Embrace Technology

Seniors have witnessed stunning advances in technology during their lifetime. Rotary telephones have given way to smart cellular phones. Televisions no longer pull in programming over the airwaves but instead can receive hundreds of high-definition digital channels through fiber optic cables. Automobiles today don't have carburetors or AM radios; they can park themselves, and they respond to voice-controlled media programming via a full-color screen in the dashboard. Yes, seniors have experienced the greatest expansion of technology in the history of civilization.

*So why can't you get Mom to use a cell phone?*

### Three Key Barriers to Technology Usage Among Seniors

A 2014 Pew Research Center survey on older adults and technology use showed that 41 percent of American adults over age 65 don't use the Internet in any way. More than half of seniors don't have broadband Internet at home, and nearly one-quarter of them don't use cell phones. Why is this so?

The survey highlights three key barriers that may keep seniors from embracing technology, including:

- Skepticism about the benefits of using technology
- Physical challenges that make it difficult to use devices
- Trouble learning new technologies

If you can overcome these obstacles, you can open up a whole new world for your senior family members.

### Ways Technology Can Benefit Seniors

Mom (or Grandma) may not realize it yet, but she may be missing out on the many advantages technology has to offer. From socializing to shopping, technology can make life easier and more enjoyable for seniors. A few key benefits include:

- Socialization: connect with family members and friends through social media, share photos, video chat with the grandkids
- Knowledge: stay on top of current news, easily view the bank balance, send a question to the doctor electronically
- Entertainment: read books on e-readers, play games, watch videos
- Shopping: buy anything from kitchen gadgets to toiletries without leaving the house, get special deals and coupons

To help senior loved ones overcome the barriers keeping them from experiencing the benefits of technology, try these approaches:

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

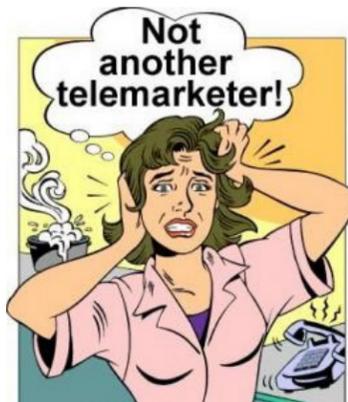


## Stopping unwanted phone calls and text messages

Unwanted phone calls or random text messages seem to come at all hours. They bug you at work, interrupt your dinner, or wake you up when you're sound asleep. I think we can all agree they're a real nuisance. Did you know they could also be a scam?

If your phone number is one of the more than 217 million numbers on the Do Not Call Registry, you've taken action to stop most unwanted sales calls.

The law allows political calls, calls from charitable organizations, informational calls, calls about debts you owe, and phone surveys, as well as calls from companies you've done business with or gave permission to call.



If you get an unwanted sales call or a robocall—a recorded message that's pitching a product or service—it's probably a scam. The unscrupulous businesses behind these calls use autodialers to make thousands of calls a minute and don't bother to check if the numbers are on the Do Not Call Registry. Don't press buttons to request to speak to someone or be taken off the call list. You'll just end up getting more unwanted calls. Hang up and report it to the Federal Trade Commission at [complaints.donotcall.gov](http://complaints.donotcall.gov) or 1-888-382-1222.

If you're getting repeated calls from the same number, you might want to ask your service provider to block the number; for calls from different numbers, ask if they offer a service to block unwanted calls. You can also buy a call blocking device. Getting calls on your mobile phone? There's an app for that. Actually, there's more than one. Look in your mobile app store or marketplace.

What about those random text messages? It's illegal for a company to send you a text message if it doesn't have your permission, barring a few exceptions. If you get a random text message from a number you don't recognize that says you won something or asks you to confirm some personal information, don't text back or click on links. Report it to your provider at 7726 (SPAM) and to the FTC at [ftc.gov/complaint](http://ftc.gov/complaint) or 1-888-382-1222.

Source: Federal Trade Commission

## 2015 PUBLIC SAFETY COMPLEX at the Clark County Fairgrounds Open House

Saturday, September 19  
12- 4 p.m.

Public Safety Complex  
505 NW 179th St. Ridgefield, WA

- free hotdogs, chips and pop
- community exhibits
- demos and displays
- giveaways
- free kids activities- face painting, ID and fingerprinting, passport game, and much more
- Dunk Tank! Come dunk Sheriff Atkins and other dignitaries to benefit Santa's Posse! Three balls for just \$5
- Food drive for North County Food Bank. Your donation of non-perishable peanut butter and/or jam will be gratefully accepted

### Demonstration schedule:

12:30 Auto Extrication  
1:00 Life Flight Arrives  
1:30 Fire Extinguisher Demo  
2:00 K-9 Demo  
2:30 Auto Extrication

It's a community event and fun for the whole family!

Happy Grandparent's  
Day!  
September 13



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1. **Ease into things.** Start by expanding your senior loved one's use of technology she's already comfortable with. For instance, if Mom uses a cell phone only to make calls, teach her how to text with it. Once the senior is comfortable with texting, you can introduce the idea of getting a smartphone.

2. **Appeal to the heart—not the mind**—to demonstrate the benefits of technology. If your loved one is skeptical of the benefits of using technology, start with the heart. Using your own tablet or laptop computer, show your senior loved one photos shared by family members on social networking sites. If the senior feels she's missing out on these interactions, she'll be more interested in learning how to get online.

3. **Choose the right device.** The Pew Center report showed seniors feel much more comfortable with tablet computers and e-book readers than with smartphones. This may be due to age-related physical limitations, such as arthritic fingers, that can make gadgets difficult to operate. In this case, a tablet with a touch screen may be easier for a senior to use than a smartphone that requires precise manipulation to operate.

4. **Offer one-on-one instruction.** When a senior just wants to learn how to read an e-book or go on Facebook, enrolling in a computer class could be overkill. A better approach may be to sit down with your loved one and teach him only the things he wants to know right now. This method doesn't overwhelm him with unnecessary detail. If your loved one uses professional home care services, this might be a great activity for your loved one to do with his caregiver.

5. **Recruit the grandkids to help.** No matter how much you love your parent, the role-reversal involved in teaching your parent a new skill may cause tension in your relationship. On the other hand, the grandchildren may not have to overcome this constraint, and they're likely much more technologically savvy.

6. **Exercise patience.** Your senior family member may need help time and again to remember all the steps involved in performing a particular task. Try to be patient, knowing that eventually this repetition may result in her developing a new skill that can bring her a wealth of knowledge and entertainment during her later years.

Home Instead Senior Care

## September is Healthy Aging Month—Take Care of Your Eyes as You Age

While some changes to vision are normal with aging, people are at higher risk for vision loss from eye diseases and conditions as they age. Many eye diseases have no early warning signs or symptoms, but they can be detected early with regular comprehensive dilated eye exams. Early diagnosis and treatment are the best ways to prevent vision loss.

In addition to making comprehensive dilated eye exams part of your routine health care, follow these tips to maintain healthy vision now and as you age:

**Eat a healthy, balanced diet.**

Dark, leafy greens such as spinach, kale, and collard greens are especially good for eye health. Eye health benefits also come from eating fish that are high in omega-3 fatty acids, such as salmon, tuna, and halibut.

Maintain a healthy weight. Being overweight increases your risk for diabetes. Diabetes complications, such as diabetic retinopathy or glaucoma, can eventually lead to vision loss.

**Don't smoke.** Smoking is as bad for your eyes as it is for the rest of your body. Smoking increases your risk for many eye diseases and conditions.

**Wear sunglasses and a brimmed hat when outdoors.** Protect your eyes from the sun's ultraviolet rays when you are outdoors. Choose sunglasses that block 99 to 100 percent of both UV-A and UV-B radiation.

The National Eye Institute, one of the National Institutes of Health and the federal government's principal agency for vision research, offers additional eye health information and tips for people to protect their vision as they age. Visit <http://www.nei.nih.gov/agingeye> to learn more.

National Eye Institute