

1.12.10



January is a great time to make resolutions and/or start something new. In 2010, the Area Office on Aging of Northwestern Ohio would like to help seniors **Resolve to Be Ready** for potential emergencies. By doing some simple planning now and throughout the year, 2010 can be easier, safer, and perhaps a little fun. We will be posting tips for seniors on our website every two weeks to help seniors with their new resolution. Here's our first tip for seniors ---

Make a list of emergency contacts. Keep a copy in your purse or wallet near your photo ID.

If you already have an emergency contact list take the time to confirm or update:

- Personal contact information (phones, addresses, emails, etc.)
- Local emergency contacts (for everyday emergencies)
- Out-of-area emergency contacts (for communicating after a major event)
- Special considerations (such as medical needs or allergies)

Let's all Resolve to Be Ready in 2010!

1.26.10

Winter can be a beautiful time and many of us enjoy a walk in the sunshine and crisp air, but winter can be challenging and hazardous for older adults and people with disabilities. Isolation can also be a problem.

Here are some helpful winter tips:

- Be alert to changing weather conditions. When in doubt, don't go out!
- Several layers of lightweight clothing will keep you warmer than a single heavy coat.
- Be sure to wear gloves (or mittens) and a hat to prevent the loss of body heat. Cover your mouth to protect your lungs.
- Good boots can give you warmth and stability. Look for lightweight boots with a wide low heel and thick, non-slip soles. Make sure they are well insulated and waterproof.
- Carry a cell phone with you, if you have one.
- Keep your car's gas tank full to keep the fuel line from freezing and keep your windshield washer fluid full.
- Avoid driving during a storm, but if you must -- let someone know your destination, your route, and when you expect to arrive.
- During inclement weather, check on older adult neighbors or those with disabilities.

Get around safely

- Don't be reluctant to use a cane to help with balance. Have it fitted to the right height for you. When the cane is upside down, the end should be at wrist level.
- Consider an ice pick at the end of your cane (available at most drug stores)
- Cane picks will be slippery on hard surfaces so flip it back when indoors
- If you need further support, use a walker. It gives you 4 extra legs! The cost may be covered by insurance. Ask your doctor.

2.9.10

3 Basic Preparedness Steps: Get a Kit, Make a Plan, Be Informed

Over the next several months, we will share tips for assembling an Emergency Kit. With a flashlight and a whistle you can your own personal alerting and warning system:

Flashlight - helps you with more than just finding your way

- Being seen and getting attention
- Seeing in the dark
- Communication device
- Guidance device



Whistle – the sound will carry much further than your voice and will last longer, too

- Call for help
- Give a warning
- Remain in communication
- Signaling device



1-2-3 - are universal signals understood by first responders everywhere

- | | |
|----------|---|
| 1 = Yes | Blink flashlight or blow whistle once to answer yes |
| 2 = No | Blink flashlight or blow whistle twice to answer no |
| 3 = Help | Blink flashlight or blow whistle three times if you need help |

Resolve to Be Ready in 2010

**Get a flashlight and whistle for your Emergency Kit
...Don't forget extra batteries!**

2.23.10

Still Resolving to Be Ready? We hope so. Let's keep it up...

3 Basic Preparedness Steps: **Get a Kit**, Make a Plan, Be Informed

How well you manage during an emergency tomorrow will depend on the planning and preparation you do today. While everyone has different strengths and weaknesses, each of us can take steps to prepare for emergencies. Getting an Emergency Kit is simple to do and it may help you stay safe and healthy in an emergency.

In earlier tips, the Area Office on Aging told you to gather some of your emergency phone numbers and personal information, a whistle and a flashlight – that means you've started to assemble your Emergency Preparedness Kit.

Now you need a storage container. Here are a few suggestions:

- Backpack
- Plastic storage bin with lid
- Small suitcase with wheels

Once you have a storage container you can begin to fill it up with what you might need. First, you can store your personal alert system: a whistle and flashlight (with extra batteries). Then you can add some non-perishable foods, such as, peanut butter, crackers, dried fruit, nuts and granola bars.

We suggest you store your kit near the door so you can ***grab and go*** in an emergency.

Resolve to Be Ready in 2010!