

# Caregiver Headlines

## Home Safety Month 2008

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### Special points of interest:

- Fire Safety Checklist
- How to make time for yourself
- Tips on healthy eating when traveling
- Clay County Support Group
- How to prepare for a tornado

This year's Home Safety Month campaign theme is "Hands on Home Safety," which asks the public to take some simple hands-on steps to create a safer environment from the five leading causes of home injury — falls, poisonings, fires and burns, choking/suffocation and drowning.

Fire is the third leading cause of home injury and related death, and older adults are significantly more vulnerable if a home fire were to strike. Older adults are also twice as likely to suffer injuries or lose their lives in fires or falls than the overall population.

Since this month is Home Safety Month, you as caregivers are encouraged to make sure your home or your loved one's home is prepared for a home fire if it strikes.

### Fire Safety Checklist:

**1.) Have smoke alarms that work.** Make sure

you have at least one working smoke alarm on every level of your home and inside or near sleeping areas. Test smoke alarms once a month. Use a broom handle to gently push the "test button." If you climb, always use a sturdy step ladder. Replace batteries with new ones at least once a year or when the smoke alarm "chirps," which signals low battery power. If your alarms are ten years old or older, get new ones.

**2.) Make a home escape plan.** Know how to get out of every room of your home. Practice your plan at least twice a year. If possible, move your bedroom to the first floor. That can help you get outside quickly if there is a fire or other emergency.

**3.) Keep escape routes clear.** Clean out clutter. Move any furniture that blocks your way. Make sure doors and windows



**June is Home Safety Month**

open easily. If you have security bars on doors or windows, have quick-release bars installed. These make it possible for you to open the bars from the inside in an emergency.

**4.) If you can't get out...** Keep a phone in your bedroom to call for help if you can't get out quickly. Write down emergency numbers and tape them to the telephone. Keep your door closed to protect you from the smoke.

**Continued on page 2...**

## Home Safety Month 2008 Continued...



**In a fire, crawl low under smoke.**

**5.) A special message for smokers...** Smoke outside. Use large, deep ashtrays on sturdy surfaces like a table. Wet cigarette and cigar butts with water before putting them in the trash. Stay alert. Do not smoke if you feel sleepy, have taken medication or had alcohol to drink.

**6.) Smokers need watchers!** Check in and around furniture cushions for cigarettes that may have fallen out of sight.

**7.) A recipe for safe cooking:** Always stay in the kitchen when food is cooking on the stove. Avoid loose clothing and roll up sleeves before you start to cook. Use oven mitts. If you do get a burn, immediately cool it with water for 3 to 5 minutes. Then call for help.

**8.) Space heaters need space.** Make sure space heaters are at least 3 feet away from anything in the room that can burn. Turn them off if you leave the room or go to sleep.

**9.) Plug only one cord into each electrical outlet.** Make sure cords and appliances are in good shape. Unplug appliances when you are not using them.

**10.) Fire sprinklers save lives.** If possible, choose to live in a home or apartment with fire sprinklers. If you are building a new home, have a fire sprinkler system installed. Your local fire department can help you find a sprinkler contractor.

—Source

[www.homesafetycouncil.org/homesafetymonth](http://www.homesafetycouncil.org/homesafetymonth)

## Refresh Yourself



One of the most important things you can do for yourself and your loved one is to carve out time and space for yourself. This has to be a conscious action that you take every day. It could be as simple as spending 10 minutes playing a fun computer game. If you don't learn how to take a timeout, your frustration is going to boil over. You'll be less productive and your relationship with your loved one will suffer.

- Find a way to take a brief walk, even if it's just around the yard.
- Choose a space in the house that is your "quiet space" where you can go take a few deep breaths, close your eyes, read a book, pray, meditate, listen to music, sing, write in your journal, talk to a friend on the phone or just rest quietly for a few minutes.
- Schedule your timeouts. Choose a time when your loved one is typically sleeping, eating, watching a TV program or seems to be at their best during the day. They will get accustomed to your little timeouts after a while and stop resenting your privacy and interrupting you.
- Insist on these moments in a gentle way and reward your loved one when you've refreshed yourself.

—Source

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)



# Library Resource Hours

**Fayette County: Evans Public Library**  
521 5th Street  
Vandalia, IL

10:00 a.m. — 1:00 p.m. (by appointment only)

**Next Visits: June 3**

July 1

August 5



**Effingham County: Helen Matthes Library**  
100 Market Street  
Effingham, IL

10:00 a.m. — 1:00 p.m. (by appointment only)

**Next Visits: June 5**

July 3

August 7



**Jefferson County: CE Brehm Memorial Library**  
100 S. 7th Street  
Mt. Vernon, IL

10:00 a.m. — 1:00 p.m. (by appointment only)

**Next Visits: June 10**

July 8

August 12

**Marion County: Bryan-Bennett Library**  
217 W. Main Street  
Salem, IL

1:00 p.m. — 3:30 p.m. (by appointment only)

**Next Visits: June 17**

July 15

August 19



**Clay County: Flora Public Library**  
216 N. Main Street  
Flora, IL

1:30 p.m. — 3:00 p.m. (by appointment only)

**Next Visits: June 24**

July 22

August 26



## Diet and Nutrition: Vacation Diet Tips

A primary concern of those with cardiac problems is finding the right food to eat and still enjoy the experience. This is especially true for people who travel and can't prepare their own food.

So, with the summer vacation season upon us,

Canada's Heart and Stroke Foundation has issued these suggestions for heart-healthy eating during long road trips.

☀ Bring a cooler, and restock it each day with plenty of water.

☀ Pack fresh fruit and vegetable sticks for

snacks.

☀ Make sandwiches using whole wheat bread; lean meat fillings, such as ham, roast beef, chicken or turkey; and mustard or horseradish, instead of butter or margarine.

—Source  
Caring Today  
[www.caringtoday.com](http://www.caringtoday.com)



**Caregiver Resource & Support Meetings**  
**All Sites Are Accessible**

**Fayette County & Surrounding Area**

**June 3**

July 1  
August 5

3:00 p.m. — 4:00 p.m.

First United Methodist Church  
127 N. 4th Street  
Vandalia, IL  
Meets in Library

**Marion County & Surrounding Area**

**June 17**

July 15  
August 19

4:00 p.m. — 5:00 p.m.

St. Thomas Episcopal Church  
512 W. Main Street  
Salem, IL  
Meets in Basement  
**(Wheelchair Lift Available)**

**Effingham County & Surrounding Area**

**June 16**

July 21  
August 18

3:30 p.m. — 4:30 p.m.

Heartland Human Services  
1200 N. 4th Street  
Effingham, IL  
Meets in Room 119

**Clay County & Surrounding Area**

**June 24 — Louisville**

July 22 — Flora  
August 26 — Louisville

3:30 p.m. — 4:30 p.m.

First Baptist Church  
210 N. Church Street  
Louisville, IL

**Jefferson County & Surrounding Area**

**June 10**

July 8  
August 12

3:00 p.m. — 4:00 p.m.

Addus Evergreen Club  
108 N. 3rd Street  
Mt. Vernon, IL  
Meets in North Room

**If you would like to attend the meeting but need respite, please contact the Caregiver Advisor at 1.888.560.8805 ext. 1062 so that an in-home worker can be arranged.**

**Clay County Support Group**



The Caregiver Program is pleased to announce that the Caregiver Support Group is now up and running again in the Clay County Area.

Monthly meetings will begin on June 24th from 3:30 p.m. to 4:30 p.m. (see above).

The group will switch off

every other month between Louisville and Flora.

**2008 Meetings in Louisville: June, August, October and December** at the First Baptist Church in Louisville.

**2008 Meetings in Flora: July, September and November** at the Flora Public

Library.

The meetings in Louisville will cover general issues when caregiving and the meetings in Flora will cover caregiver issues related to Alzheimer's disease.

**Please come out and join us!**

# Tornado Precautions

Most tornadoes occur between April 1 and June 30, but they have occurred every month of the year, including early January of 2008. There is an average of 41 tornadoes per year in Illinois. Nearly 30% of all tornadoes in Illinois occur after dark.

## Before a Tornado:

☛ **It is critical that someone at home, work, or wherever people gather, monitors weather conditions, regardless of the time of day.** Many deadly tornadoes occur at night. Use a weather radio alert, local TV and radio, or the Internet to monitor watches and warnings for your area. **Don't rely completely on outdoor**

**warning signs — especially if you're asleep.**

☛ **Determine the best location in your home and office to seek shelter when threatened by a tornado.** A basement or cellar will usually afford the best protection. If an underground shelter is not available, identify an interior room or hallway on the lowest level. Closets, small interior hallways, and bathrooms without windows are the best areas.

☛ **Conduct periodic safety drills at home and at work.** Decide how and where everyone will gather prior to, and after the storm.

☛ **Learn how to shut off the utilities to your**

**home.**

☛ **If you live in a mobile home, identify a safe shelter outside of your mobile home** such as a community park shelter, a neighbor or friend's house, or a nearby public building.

☛ **Consider retrofitting your house** with special fasteners, connectors and reinforcing bands to strengthen the structural integrity. Also, **consider installing a reinforced concrete and steel "safe room"** as a small room within your house, or excavated and installed in your yard, or beneath your garage floor.

—Source  
2008 Illinois Severe Weather  
Fact Sheet



**"There is an average of 41 tornadoes per year in Illinois."**

## Gear & Gadgets

Listen to NOAA Weather Radio — All Hazards for the latest weather forecasts. The National Weather Service broadcasts weather information, including watches, warnings, and advisories 24 hours a day. Weather radio transmitters have a range of about 40 miles.

Check out the **GPX Weather X Dual LED Lantern with Instant Weatherband AM/FM**

**Radio.** It's features are:

- Dual, fully articulating 12-LED lanterns with independent, 3-position light intensity settings
- NOAA instant weatherband radio.
- AM/FM radio with blue backlit digital display.
- Digital clock and built-in stereo speakers.
- Retractable carrying handle.

- Uses 6 C batteries (not included).
- Includes AC adapter and DC adapter.

Available online for \$23.49 at [www.walmart.com](http://www.walmart.com).

To find a weather radio transmitter that serves your location, go to the following website: <http://www.nws.noaa.gov/nwr/CntyCov/nwrIL.htm>.



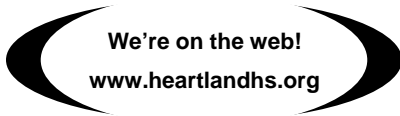
**GPX Weather Dual LED Lantern with Instant Weatherband AM/FM Radio.**



**HEARTLAND**  
Human Services

1200 North Fourth Street  
P.O. Box 1047  
Effingham, IL 62401

Phone: 1.888.560.8805 x 1062  
Fax: 217.342.6716  
Email: [dmarkwell@heartlandhs.org](mailto:dmarkwell@heartlandhs.org)



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# June Announcements

**June 6 — Relay for Life of Jefferson County @ 6:00 p.m.**  
800 S. 27th St.  
Mt. Vernon, IL

**June 7 — Relay for Life of Fayette County @ 6:00 p.m.**  
1009 N. 8th St.  
Vandalia, IL

**June 13 — Relay for Life of Marion County (Centralia) @ 6:00 p.m.**  
Evers Field, 1000 E. 3rd St.  
Centralia, IL

**June 24 — Caregivers Support Group resumes (3:30 p.m. — 4:30 p.m.)**  
First Baptist Church  
210 N. Church St.  
Louisville, IL

**June 27 — Relay for Life of Marion County (Salem) @ 6:00 p.m.**  
1200 N. Broadway Ave  
Salem, IL

**September 11 — Save the Date: 6th Annual Spa for the Caregiver's Spirit**  
Look for more details in upcoming issues of the Caregiver  
Headlines

