



SENIOR SERVICES
Helping Our Elderly Live With Dignity

ELIZABETH AND TAB
WILLIAMS ADULT
DAY CENTER

MEALS-ON-WHEELS

HELP LINE

HOME CARE

LIVING-AT-HOME

SENIOR LUNCH

ELDER CARE CHOICES

Senior Services, Inc.

2895 Shorefair Drive

Winston-Salem, NC 27105

www.seniorservicesinc.org

HelpLine@seniorservicesinc.org

336-724-2040

WINTER SAFETY TIPS: PREPARING FOR A WINTER STORM AND POSSIBLE POWER OUTAGE

When A Storm Advisory Is Posted

- Go to the store for groceries and medicine needed.
- Charge cell phones.
- Check heating fuel supply and be sure there is sufficient fuel to heat the home. If you have a wood-burning fireplace, move firewood closer to the door for easier access.
- Plan for at least one alternative heat source, such as a gas log fireplace, a fireplace with plenty of dry firewood or portable space heaters with automatic shut-off switches and non-glowing elements.
- Arrange for a young neighbor to shovel the sidewalk/driveway. Bake cookies as a form of payment if there isn't money to pay for this service.
- Keep canned food in the house that can be eaten cold or prepare food ahead of time that can be eaten cold; i.e. meatloaf, chicken.
- Fill butane tank used with gas grill.
- Have adequate gasoline in all vehicles.
- Have extra batteries for flashlights and radio.
- If a well is the only source of water, either purchase bottled water or fill clean containers with water for use during a power outage.

Should The Power Go Out

- Dress in layers; thermal underwear, heavy wool or insulated socks, fleece lined slippers.
- Have blankets and sleeping bags ready for use.
- Keep in touch with neighbors and family.
- Never use charcoal grills or portable gas camp stoves indoors- the fumes are deadly!
- Never use an electric generator indoors, in the garage, or near air intake of your home because of the risk of carbon monoxide poisoning.

Going Out

- Do not drive if weather/roads are unfavorable. Stay tuned to local television and/ or local radio stations for road conditions.
- When walking on snow packed ground or ice, take tiny, flat-footed steps – just like a penguin! Better yet – stay home!
- Dress in layers. Wear heavy socks, fleece-lined boots. Wear a neck scarf and cover nose and mouth. Wear a hat and insulated gloves.
- Put an old blanket in the car for emergency use.
- Carry a bucket of sand, several old towels or scatter rugs, and a shovel for emergency use should the vehicle become stuck.
- Replace batteries in the flashlight that is kept in the vehicle.

This information is provided to the consumer by Senior Services' Help Line (724-2040), a Hub for aging resources and assistance in Forsyth County, affiliated with the North Carolina Community Resource Connections for Aging and Disabilities. 01/2010