

## 2011 Safety Tips West Jordan Senior Center

### October Safety Tips:

Keeping your body healthy and strong helps reduce your risk for falls. The best way to achieve this is exercise! Help improve your balance by attending our Tai Chi classes on Mondays, Wednesdays and Fridays at 9:30 a.m. Try Fit and Trim on Tuesdays and Thursdays at 9:00 a.m. Yoga is also taught here on Tuesdays and Thursdays at 10:00 a.m. University of Utah students are leading our Fitness Fun Strength Training class on Wednesdays and Fridays at 11:00 a.m. If mornings aren't your thing Enhanced Fitness is offered every Monday and Thursday at 1:00 p.m.

### September Safety Tips

Keep yourself safe from falls. Walk through your home to identify and remedy potential fall hazards. What to look for:

- \* Have handrails on both sides of stairs and steps. Make sure handrails go from the top to the bottom of stairs.
- \* Have lots of lights at the top and bottom of the stairs.
- \* It is easy to trip on small rugs. Tape them to the floor or do not use them at all.
- \* Keep the stairs clear.
- \* Have nightlights in the bedroom, hall and bathroom.
- \* Have a mat or non-slip strips in the tub and shower.
- \* Have a bath mat with a non skid bottom on the bathroom floor.
- \* Have grab bars in the tub and shower.
- \* Wipe-up spills when they happen.

### August Safety Tips

Too much heat is not safe for anyone. It is even riskier if you are older or if you

have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and maybe even stop beating.

Watch for the signs of Heat Stroke:

- \* Fainting, possibly the first sign.
- \* Body temperature over 104 degrees
- \* A change in behavior—confusion, being grouchy, acting strangely, or staggering
- \* Dry flushed skin and a strong rapid pulse or a slow weak pulse
- \* Not sweating even if it is hot, acting agitated, or being in a coma

Some health problems increase your risk:

1. Heart or blood vessel problems, poorly working sweat glands, or changes in your skin caused by normal aging.
2. Heart, lung, or kidney disease, as well as any illness that makes you feel weak all over or results in a fever.
3. Conditions treated by drugs such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines. These may make it harder for your body to cool itself by sweating.
4. Taking several prescription drugs.
5. Being very overweight or underweight.
6. Drinking alcoholic beverages.

Remember during these hot summer months to drink plenty of liquids, dress for the weather and visit the senior center often, where it is cool.

### **July Safety Tips**

Summer is in full swing so there are a few safety tips to keep the summer fun coming. When cooking outdoors with a gas grill, check the air tubes that lead into the burner for any blockage from insects, spiders, or food grease. This is very important if you stored the grill outdoors or in a shed while insects and spiders winter over. Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing. If you ever detect a leak, immediately turn off the gas at the tank and don't attempt to light the grill until the leak is fixed. Newer grills (those manufactured after April 2002) and propane tanks have improved safety devices to prevent gas leaks

Also, remember the U.S. Consumer Product Safety Commission suggests:

Always keep propane gas containers upright.

Never store a spare gas container under or near the grill or indoors.

Never store or use flammable liquids, like gasoline, near the grill.

Never keep a filled container in a hot car or car trunk. Heat will cause the gas pressure to increase, which may open the relief valve and allow gas to escape. If your grill flames go out wait 15 minutes before relighting the grill.

### **Charcoal Grill Safety Tips**

Charcoal produces carbon monoxide (CO) when it is burned. CO is a colorless, odorless gas

that can accumulate to toxic levels in closed environments. Each year about 19 people die because

of CO fumes from charcoal being burned inside. To reduce the risk of CO poisoning:

Never burn charcoal inside of homes, vehicles, tents, or campers

Since charcoal produces CO fumes until the charcoal is completely extinguished, do not store

the grill indoors with freshly used coals

In addition, to be safe remember these tips from the America Metro Fire Chiefs Council.

First,

use a charcoal starter chimney or tube, which starts a charcoal fire by burning paper rather than lighter fluid. These safe, inexpensive devices can be found in many stores.

Plus:

Do not spray charcoal lighter fluid on an open flame or hot coals.

Avoid big fires. Burn just enough fuel to cook your food.

Park your grill away from your house.

Use hot pads or insulated gloves when touching hot metal.

## **June 2011**

### **Safety Tips**

Summer bugs, yes we are talking about those dang mosquitoes and ticks, can be annoying and sometimes pose a risk to your health. Mosquitoes can transmit diseases like equine and St. Louis encephalitis.

Biting flies can inflict a painful bite that can persist for days, swell and become infected. Ticks can transmit serious diseases like Rocky Mountain spotted fever. When properly used, insect repellents can discourage biting insects from landing on treated skin or clothing. So the EPA recommends the following when using insect repellents:

1. Repellents should be applied only to exposed skin and/or clothing.
2. Never use repellents over cuts, wounds or irritated skin.
3. When using sprays do not spray directly onto face; spray on hands first and then apply to face, avoid your eyes and mouth.
4. When applying insect repellent on children apply by hand only don't spray.

5. Do not spray in enclosed areas, avoid breathing the spray.
6. Apply only enough repellent to cover skin and/or clothing do not saturate skin it is not necessary for effectiveness.
7. After returning indoors, wash treated skin with soap and water. This is particularly important when repellents are used repeatedly in a day or on consecutive days. Clothing should be washed before wearing again.

You and your doctor can get specific medical information about the active ingredients in repellents and other pesticides by calling the National Pesticide Telecommunications Network (NPTN) at 1-800-858-7378. NPTN operates from 6:30 a.m. to 4:30 p.m. (Pacific Time) 9:30 a.m. to 7:30 p.m. (Eastern Time) seven days a week.

#### Special note on ticks

Deer ticks (*Ixodes scapularis*) and the common brown dog tick, (*Rhipicephalus sanguineus*) are most active from April through October, so exercise additional caution when venturing into tick country. The brown dog tick lives almost its entire life indoors so can survive in colder weather.

Use insect repellent on clothing mainly. In addition, Tuck pants cuffs into boots or socks, and wear long sleeves and light-colored clothing which makes it easier to spot ticks.

## May 2011 Safety Tips

WHO YOU GONNA CALL:



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SOCIAL SECURITY ADMINISTRATION  
Mickie Douglas, Public Affairs Specialist  
175 E 400 South, STE 500  
Phone: 866-725-6592 Ex 26315  
Fax: 801-524-6234  
Email: [mickie.douglas@ssa.gov](mailto:mickie.douglas@ssa.gov)  
Website: [www.socialsecurity.gov](http://www.socialsecurity.gov)

WHO YOU GONNA CALL: SOCIAL SECURITY OR MEDICARE?

**By Mickie Douglas, Public Affairs Specialist in Salt Lake City, UT**

Anyone 65 or older knows the importance of getting answers to questions about Medicare. But, who should you ask for the answers: Social Security or Medicare?

That depends on what kind of information you're trying to find. Both organizations have websites ([www.socialsecurity.gov](http://www.socialsecurity.gov) and [www.medicare.gov](http://www.medicare.gov)) where you can start your quest for answers.

Social Security has certain responsibilities for the Medicare program.

Social Security makes the determination of whether a person is eligible for Medicare, signs them up for Part A or B, and collects the premiums for Part A (when needed), Part B, and D. The Centers for Medicare and Medicaid is responsible for the rest of the administration of Medicare.

Every year Medicare publishes a booklet called "Medicare & You". This year's online version is available at [www.medicare.gov/Publications/Pubs/pdf/10050.pdf](http://www.medicare.gov/Publications/Pubs/pdf/10050.pdf). Under the "Medicare Basics" section on page 16, "Where to Get Your Medicare Questions Answered" explains what kind of Medicare questions are answered by Social Security and by Medicare. It provides the numbers for some other groups that can also answer questions about certain Medicare topics. Consult this page for guidance on whom to ask for the answer to your Medicare questions.

Utahans have an excellent, free community resource in the Senior Health Insurance Information Program. SHIIP counselors can answer your questions about Medicare benefits, Medigap/supplemental insurance options, Medicare Advantage Plans, the Medicare Prescription Drug Program and Medicaid. You can get personalized Medicare counseling on decisions about coverage, help with claims, billing or appeals.

You can visit them at [www.hsdaas.utah.gov](http://www.hsdaas.utah.gov) or 1-800-541-7735.

Sometimes just knowing who to ask for information guarantees getting the answer to your question at your first contact. Now you'll always be in the know about where to find the answers to your Medicare questions.

## **More Safety tips for May 2011**

**As summer approaches (albeit at a snails pace) thoughts turn to vacations and travel. This month our safety tips are designed to help you stay financially safe during your travels. These tips are courtesy of Debix an identify theft protection service.**

**1. Make a copy of your travel documents, for example your passport, drivers license, airline tickets, hotel**

reservations. Leave it with a trusted friend in the event you need help. Having an advocate at home to help resolve problems can make a difference.

2. Call your credit/debit card company in advance and let them know you are traveling. In a down economy, credit card companies have increased fraud verification and may call your home phone number to verify unusual transactions. If the card company cannot get a hold of you, they may shut off your card – obviously not a good thing while on vacation.

3. Clean out your wallet or purse and leave all non-essential information at home. Then make a list of what is still in your wallet. That way if your wallet or purse is stolen, you have minimized what was taken and have a quick list to recover.

(Photo copy and leave at home is another safety tip)

4. Put your mail on hold (you can do this online). Also, put your newspaper on deferred delivery. Anything that piles up at your house gives thieves a clue that you are not home.

5. Keep an eye on your cell phone. Many people are storing user id's and passwords and other personal information on their cell phones. This is just not a good idea no matter what.

6. Do not access bank accounts from computers other than your own. Public computers may have spyware or malware installed which could record everything you type.

If you are interested, Debix has more information and stories at their site –

[www.debix.com](http://www.debix.com)

Plus there are more financial safety tips at

<http://www.penny-saved.com>

Web site for mail hold online <https://holdmail.usps.com/holdmail/landingView.do>

April 2011

Safety Tip

As spring arrives we all starting feeling the urge to get out and start working in the yard whether its with flowers or vegetable garden the last thing you want to do is something unsafe with chemicals. So, as you work in the yard please keep these tips in mind. ☹

*Do* read the manufacturer's label carefully and completely paying particular attention to precautions and antidotes.

*Do* wear adequate clean protective clothing and equipment as specified on the label.

*Do* wash immediately and thoroughly with soap and water if spray is spilled on the skin.

*Do* remove clothes after using poisonous chemicals and bathe with plenty of soap and water. Wash work clothes before using again.

**Do wash hands and face before eating or smoking.**  
**Do confine insecticides to the property being treated.**  
**Do store insecticides in the original labeled containers away from food, feed or medicine; and out of reach of children, pets and livestock.**  
**Do dispose of empty containers properly and safely.**  
**Don't breathe sprays or dusts.**  
**Don't direct spray or dust stream into the wind.**  
**Don't allow clothing to become saturated with dust or spray.**  
**Don't use sprayers with leaking hoses or connections.**  
**Don't allow drift onto neighboring yards, particularly pasture and forage crops, or fields containing produce ready to harvest.**  
**Don't contaminate fish ponds, streams or lakes. Remember we all live down stream**  
**To grow with out pesticides check out this web site for a free e-book guide on how to make it work**  
**<http://www.squidoo.com/growpesticidefreevegetables>**

## **March 2011**

### **Safety Tip:**

Food borne illness put at least 325,000 people in the hospital a year. 5000 people died of food borne illnesses. Food borne illness cost the United States \$152 billion a year a tab that works out to an average cost of \$1,850 each time someone gets sick from a food borne illness. Many of these events could be prevented by the proper handling of food. So remember

**Clean**—Wash hands and surfaces often.

**Separate**—Don't cross-contaminate.

**Cook**—Cook to proper temperatures, checking with a food thermometer.

**Chill**—Refrigerate promptly.

Hot food should be held at 140 °F or warmer.

Cold food should be held at 40 °F or colder.

For more information on all aspects of food handling check out this web site.

**<http://www.fsis.usda.gov/factsheets>**

## **February 2011**

### **Safety Tip:**

Safeguarding your financial wellbeing means using the Better Business Bureau. They can be one of your best allies when it comes to information about financial crimes and how to avoid them. The Bureau offers some timely tips to safeguard seniors from scam artist. The most important tips is: Hang on to your

personal information DO NOT give any personal information over the phone or internet to an unfamiliar company or caller. Tell the person to send you their request for “verification” in the mail and you will response in kind. The second best tip is: Arm yourself with information.

The Better Business Bureau offers safe shopping advice and other helpful tips at [www.bbb.org](http://www.bbb.org) or <http://www.bbb.org/us/blog> both sites offer tips and information on the “newest” scams. Ever heard of “Smishing” it is a new practice where scammers contact individuals through text messages asking them to provide personal information. Smishing is quite effective since most people are more likely to trust a text message rather than a traditional email scam. And remember if in doubt about a business contact the Better Business Bureau for any consumer complaints at <http://www.Utah.bbb.org/us/Find-Business-Reviews>.

When in doubt check it out with the BBB.

## **January 2011**

### **Safety Tip**

**S**afety on the internet is a little easier with the Utah Child Protection Registry.

This registry is a do-not-contact service that allows families to register their e-mail addresses, mobile phone numbers and fax numbers to stop adult-oriented solicitations from reaching their inboxes. Registering online is fast, easy, and best of all FREE for Utah families and schools.

Contact Roger in the computer lab if you want help or register today at <http://DoNotContact.Utah.gov>.