



Winter Protection

Home Checklist

- 1). Install Storm Windows
- 2). Arrange for Snow Removal
- 3). Equip the home for emergencies
flashlight, food, radio, phone, medicine
- 4). Get house ready

Clean gutters, check roof for leaks, re-caulk windows, turn off outside faucets, check lighting inside and out.

- 5) Arrange for Home care

Shopping for food, meal preps, transportation, companionship and more.

Help prepare yourself or the seniors in your life for winter. Start by getting these things accomplished.



Self Checklist

- 1). Avoid slipping on ice-get good shoes!
- 2). Dress for warmth-It's cold
- 3). Combat winter depression-(caregiver)
- 4). Check car (if they have one)
- 5) Prepare for a power outage-flashlight
- 6) Eat a varied Diet-more C & D
- 7). Prevent Carbon monoxide poisoning-
Get a Carbon monoxide detector

Call to ask our office about our services, complimentary consultation (719) 543-4220.



Remember we have buckets of sand for client's homes. Stop by the office to pick them up.

If you missed the In-service for September, please call Deania. She is scheduling make up sessions, (719) 543-4220.



Quick note—Fall prevention ideas when walking

Watch where you are going—Don't walk too fast—Avoid distractions like talking on a cell phone—Wear appropriate shoes—Watch changes in elevation—Clean up spills quickly—Pay attention to weather conditions.



Visiting Angels will be handing out Halloween treats from 8am-4pm at our office located at 418 W. 12th Street on Halloween Oct. 31st. Bring your kids or grandkids. Big Kids Welcome!

Have a safe Halloween!

(719) 543-4220 Office

Birthdays for September

Peggy October 1st

Jody October 11th

