
How Older & Disabled Californians Can Prepare For Emergencies:

California Department of Aging urges older Californians, adults with disabilities, their families and caregivers to make emergency planning a priority. Simple prevention measures can help Californians have significant control over the outcome of a disaster or emergency.

PERSONAL NEEDS:

- Compile a list of medications, allergies, special equipment, names and numbers of doctors, pharmacists and family members and emergency phone numbers (police, fire and ambulance). Keep this list with you at all times.

- Include a spare pair of eyeglasses and extra medication in your emergency supplies. (Keep at your bedside).

- Store extra batteries for hearing aids, wheelchairs and other battery-powered assisted devices with your emergency supplies. Keep walking aids nearby at all times.

- Install a security light in each room. These lights plug into any outlet and light up automatically if there is a loss of electricity. They operate automatically for four to six hours.

- Keep a whistle on hand to signal for help.

- Anchor special equipment (telephones and life support systems), and fasten tanks of gas, such as oxygen, to the wall.

- Have a battery operated portable radio available for news and alerts.

HOME PREPAREDNESS:

- Prepare to be self-sufficient for at least three days with an emergency supply kit that includes water, any special dietary items, sanitary aids, cooking

and eating utensils, flashlight, batteries, radio, blankets, prescription drugs, a change of clothing and a well-stocked first aid kit.

- Securely anchor medical equipment, heavy appliances and bookcases. Move beds away from windows. Do not hang shelves or heavy objects over beds.

- Identify the safest spot in each room of your home. Remove items from hallways, exits, doorways and other areas that may obstruct an exit or present a hazard.

- Develop a plan on how and where to reunite if your family becomes separated. Conduct practice drills.

IN THE EVENT OF DISASTER

- Stay away from heavy furniture, electrical appliances, large panes of glass, shelves and heavy objects and fireplaces.

- Listen to your portable radio for instructions and news reports.

- In the event of an earthquake, prepare for aftershocks. If you are in bed or sitting down, do not stand up as you could be thrown to the floor.

- If you evacuated, leave a message at your home about where you can be found.

NEIGHBORHOOD PREPAREDNESS

- Identify neighbors who have special needs or may require special assistance.

- Know the location of the nearest fire station, police station and hospital.

- Organize or join a neighborhood emergency preparedness program.



Music May Help Alzheimer's Patients.

People with Alzheimer's disease may retain their musical abilities even when much of the ability to speak has been lost—just one of the many ways that music provides therapeutic value.

Consider these two stories;

Mom and her in-home caregiver are in the "getting acquainted" stage. Mom has middle stage Alzheimer's, and has lost most of her ability to speak. But when the caregiver played "Somewhere Over the Rainbow" on the piano, Mom's eyes lit up,

and she and the caregiver sang along in perfect harmony.

Dad is recovering from a stroke, and Mom's arthritis is getting worse. They don't get out much, and the family worries about their increasing inactivity. Yet one night, their adult children arrive at the house and spied them through the front window dancing cheek to cheek to "Night and Day."

Music can have a therapeutic effect for seniors and people with disabilities. Studies have shown detectable brain changes when a person is listening to music. Music influences brain waves, and may have many important health benefits.

Independence Has Its Requirements

Most of us have two things in common as we grow older. We don't want to be a burden to others and we want to maintain our independence.

Experience tells us we can't be independent and at the same time refuse help. When we get older, we just can't do it all anymore. That doesn't necessarily mean we must move into an assisted living facility. It means we must be able to recognize when we need help.

The State of California looks at several things which indicate we are capable of independent living.

- 1) Are you showering several times a week and taking care of your personal hygiene?
- 2) Is your home and surroundings clean and free of trash and obstacles which you could trip over?
- 3) Are you eating nutritious meals three times a day?
- 4) Are you taking your medications as prescribed by your doctor?

The neglect of any one of the above could result in illness or even death. Neglect of any of the above could also lead the State to challenge your right to live independently.

We need not limit the basic requirements to the above. For your own safety, here are a few more.

- 1) Common sense tells us we must know how to get out of our home quickly in case of a fire.
- 2) We must not invite all those who come to our door into our home. The elderly are targeted by scam artists and are often taken advantage of or physically abused.

Not being able to perform any or all of the above is not bad. It's just part of aging. Getting older does not mean we must do without. It means we must accept help as it is necessary.

A few hours of help weekly or daily can make a significant difference in your ability to live on your own. We are dedicated to helping you retain your independence.

Are you a Church member?

We have established a fund that will donate 15 minutes of each hour you use to assist those in your congregation needing help.



We encourage you to call the office to enroll in this program. 1-800-288-5720

*This is from a friend of mine.
Perhaps he could be of help to you, Janet*



Hello Janet,

Just want to let you know about my exciting career journey.

As a Reverse Mortgage Professional with Generation Mortgage Company™ I work with senior homeowners to sustain or improve their quality of life.

Did you know that there are millions of seniors living on less than "poverty line" income? The economic crisis has damaged many a retiree's ability to live in retirement as they'd planned.

I feel like I'm on an "Oprah Mission" performing random acts of kindness. I can't begin to describe the joy I see on faces as my clients pay off credit cards, repair their home, or simply sleep better knowing "I can afford to fix the water heater."

Also, I have clients who are using their reverse mortgage to "weather the Wall Street storm" by tapping into their Line of Credit instead of selling off their portfolio.

As you may be aware, a reverse mortgage is a unique financial tool that unlocks part of a senior homeowner's equity. **Tax Free Cash, Income, of a Line of Credit...all without the pressure of mandatory monthly payments.**

This program is guaranteed by the federal government, so each senior will absolutely positively receive every cent they're promised.

If you know of a family that's experiencing tough times financially, I would gladly and gracefully help them investigate the reverse mortgage option. You never know who this program might help.

Sincerely,

Joseph Cina

Reverse Mortgage Professional

Generation Mortgage Company

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Website:

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HOW TO FIND US

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Janet Meservy, President of Sensible Senior Homecare Agency.