



in the kitchen (but not right next to the stove) and learn how to use it. **Never cook while wearing robes or other loose fitting garments that can contact hot surfaces.**

4. **Faulty wiring.** Many seniors live in older homes with wiring problems. Regularly inspect extension cords for exposed wires or loose plugs. Unplug them when not in use. If you need to plug in two or three appliances, lamps, etc., get a UL-approved unit that has built-in circuit breakers. **If you see or smell smoke or sparks coming from any electrical appliance or outlet, shut off the main circuit breaker and call an electrician at once.**

### Smoke Alarms—Your First Defense

The elderly are at greater risk of dying in a fire. Poor vision, limited mobility, hearing loss, a reduced sense of smell, medication side effects (drowsiness) and dementia all contribute to the danger of fire for seniors. Caregivers can prevent tragedies by *reducing the chance* of the person in their care being killed or injured by a fire.

*Smoke inhalation* is the primary cause of fatality when it comes to fire-related deaths. In the majority of cases, the victims are asleep when the smoke enters their lungs.

Smoke alarms are devices that are able to *detect* smoke or fire then sound an audible alarm. They are very useful in detecting a fire in its early stages, allowing you adequate warning to evacuate before inhaling any harmful gases. For the best protection, install both ionization and photoelectric smoke alarms (some models provide dual coverage). **Smoke alarms should be installed on every level of your home or apartment building.**

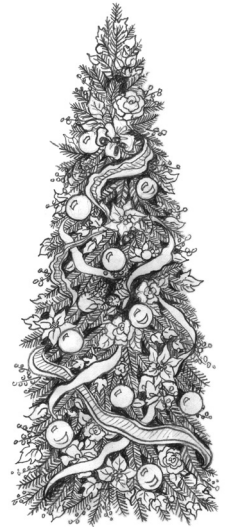
- If you cannot install alarms yourself, ask for help. Many local fire companies will install free detectors for you.
- At a minimum, have an alarm immediately outside your sleeping area, either on the ceiling or high on the wall.
- Never disable alarms by removing batteries or disconnecting wires. If the detector goes off from cooking fumes or bathroom steam, it may be in a poor location and need to be moved.
- Clean alarms periodically to keep them free from dust and test the batteries. They should be changed at least twice per year.



### Taking Care of Yourself—Christmas Tree Fire Safety

Choosing a healthy tree with fresh, green needles that do not fall off when touched is the first step for a safe Holiday. Reduce the risk of a Christmas tree fire in your home by taking these precautions:

- ✓ Keep the tree well-watered and check the water level in the stand daily.
- ✓ Keep the tree is at least three feet away from any heat source such as space heaters, candles, fireplaces, heat vents, or lights.
- ✓ Make sure that the tree does not block an exit.
- ✓ Only use decorative lights that have the label of a recognized testing laboratory.
- ✓ Always turn off tree lights before leaving home or going to bed.
- ✓ Get rid of the tree after Christmas or when it is dry and keep it away from your home/garage. Of the ten days with the largest shares of Christmas tree fires, none were before Christmas. For more safety tips visit, The National Fire Protection Association (NFPA)



### Inspiration

*Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.*

— Dr. Seuss  
(Theodor Seuss Geisel)

### Live Life Laughing!

Christmas is just like my job. I do all the work buying gifts and the fat guy in the suit gets all the credit.



### Memory Care - Holiday Safety

Extra precautions should be taken so that Holiday lights and decorations are fixed firmly and out of the way of those with Alzheimer's disease. Anything flammable should be monitored at all times.