From the
Governor's Office of Elderly Affairs

As we come to the end of the 2010 Atlantic Hurricane Season and the Joy of this Holiday Season, I want to remind everyone of the importance of being prepared for any type of emergencies that can occur. Preparedness begins with you, the **individual**. Our federal, state, and local governments can't do it alone. The more prepared we are as individuals, the more successful we are in protecting our homes, families, community and businesses from devastating effects of a disaster (natural or man-made). If you have not already done so, please take the necessary steps in developing individual, family or business emergency plans by visiting www.ready.gov.

Mr. Paul Colomb, Appointed Authority

For more information about aging programs and services,
Please visit: www.goea.louisiana.gov

It's Time to start thinking about WINTER Safety…especially, when it comes to older adults!

Preparing for a Winter Storm

- Check on elderly individuals and assist them in preparing for the winter.
- Stock up on food, water, medicines and heating fuel.
- Secure back-up heat sources, such as kerosene heaters. Never use charcoal, gas or propane heaters indoors.
- Weather-strip windows and doors to help seal out the cold.

Winter Weather Terms to Know in Louisiana

Freezing Rain

- Rain that freezes on contact with roads, trees, sidewalks, etc.

Sleet

- Rain that freezes before hitting the ground.

Winter Storm Watch

- A winter storm is possible in the area.

Winter Storm Warning

- A winter storm is occurring or will begin soon.

Frost/Freeze Warning

- Temperatures are expected to drop below freezing.

Winterize Your Vehicle

- Check the wipers, battery, heater, defroster, and ignition system, lights, and oil and tire pressure.
- Pack a winter emergency kit with a window scraper, blankets, battery-powered radio, flashlight, water, snack food, tow chain or rope, and flares.

*Stay tuned-in to your local whether stations or visit: www.emergency.louisiana.gov

What is the best gift to give during this holiday season? A Smoke Detector… Smoke alarms save lives. Visit www.redcross.org/homefires for more information on how to keep your home fire safe during the holidays.

DID YOU KNOW?

Hypothermia

Because older adults have slower metabolisms, they tend to produce less body heat than younger people. As people age, it becomes more difficult for them to tell when the temperature is too low. A deadly drop in body temperature, or hypothermia, could result. Here is how to avoid hypothermia:

- Stay indoors when it's very cold outside, especially if it's also very windy; and keep indoor temperatures at about 65 degrees
- If you have to go outside, don't stay out in the cold or the wind for very long
- Wear two or three thinner layers of loose-fitting clothing. Layers are warmer than a single thick layer.

Always wear a hat, gloves or mittens (mittens are warmer), a coat and boots, a scarf to cover your mouth and nose and protect your lungs from very cold air.

- Stay dry; wet clothing chills your body quickly
- Go indoors if you start shivering -- it's a warning sign that you're losing body heat.
- Know the warning signs of hypothermia: lots of shivering; cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate.

Note: Don't rely on shivering alone as a warning sign, since older people tend to shiver less, or not at all, even as their body temperature drops. Call 911 if you think you or someone else has hypothermia.

Safe the Date: March 16-18, 2011 in Shreveport at Samstown will be the Louisiana Aging Network Association (LANA) 2011 Conference. www.goea.louisiana.gov/lana

SPOTLIGHT ON AGING NETWORK...

Your Life, Your Health Program

Your Life, Your Health workshops kicked off in August 2010 as part of a Federal grant program to implement Stanford University's evidence-based Chronic Disease Self-Management Program. Louisiana is 1 of 45 states and territories to receive funding from the American Recovery and Reinvestment Act of 2009. Each workshop consists of 2.5 hour weekly sessions over 6 weeks taught by 2 trained lay leaders. *The workshop provides education on how older adults can manage their own health with tips on nutrition, relaxation, exercise, stress management and more.*

From August through November 2010, 11 workshops were facilitated in various parts of the state with 161 older adult participants in Your Life, Your Health.

To learn more about this wonderful program or join a workshop, please visit www.goea.la.gov/healthyaging or contact Matt Estrade mwestrade@goea.la.gov or 225-342-3570.

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LATAN HONORS

MRS. MARY ALICE ROUNTREE

CADDO COUNCIL ON AGING- **2010 BUSINESS CHAMPION**

Louisiana Assistive Technology Access Network (LATAN) honored Mrs. Mary Alice Rountree, Executive Director, for the agency's work, commitment, advocacy, and steadfast support to promote the importance of assistive technology for individuals who live with any and all type of disabilities.

LATAN is a 501(c)(3) statewide nonprofit organization that connects individuals with disabilities and older persons to the Assistive Technology (AT) that enables independence in employment, school, and community living. For more information, visit: www.latan.org or 225-925-9500.