

# HEALTH AND WELLNESS

JANUARY, 2020 

## LIHEAP PROGRAM:

The 2019-2020 LIHEAP program is open. If you did not receive LIHEAP assistance last year or if you have moved, you will need to fill out an application. This program helps low income families pay their heating bills through energy assistance grants. People need not have an unpaid bill to receive energy assistance. People can receive money without being on assistance. No lien is placed on the person's property if they receive this help. A person can rent or own their home. To apply for LIHEAP send a completed application to the County Assistance Office in the county where you live or apply online at: [www.compass.state.pa.us](http://www.compass.state.pa.us). In order to qualify, you must have an annual income (before taxes) that is below the following amounts:

Household Size	Income Limit
1	\$18,735.00
2	\$25,365.00

For each add. person add \$6,630.

## WINTER WEATHERIZING

Snow and accompanying winter weather may be beautiful but they also present particular risks for older adults. You can take a hand in your own safety by doing two things: preparing ahead and paying attention. By having a winter storm plan in place and keeping track of local weather conditions, you can be ready to ride out severe weather situations.

### STAY WARM...

As you age you may be less active and produce less body heat, and be unable to feel temperature changes as dramatically. Also, certain medications and illnesses such as diabetes may make your

body less able to respond to cold temperatures, putting you at risk.

- Have furnace fuel on hand.
- Keep extra blankets available.
- Store some matches and lanterns.
- Keep moving, do any kind of exercise.
- Have heating devices with automatic shut-off valves.
- Weather-strip windows and exterior doors where you feel air leaking.
- Use sunlight to heat your home by opening curtains on south-facing windows during sunny days and close all curtains at night.

### SAFETY TIPS...

- Make an energy and winter emergency plan with family and friends in the event of life-threatening weather
- Have at least 3 days' worth of water available.
- Stock up on frozen or canned meals in the event you can't get to the store. Stock up on non-perishable food items in case the power goes out.
- Get batteries and flashlights in order.
- Have a charged cell phone available at all times.
- Create an emergency kit of your prescription medications now. Put it where your other family members can get to in the event you can't get out during a storm.
- Put accurate phone numbers on the refrigerator where you can easily find them. Program

important numbers in your phone.

### STAY INDOORS...

Older adults are already at risk for falls, and ice and snow further increase the risk. Stay indoors as much as possible. If you must go out in the weather, make your trip as short as possible and dress with care in loose-fitting layers. If you go out, be sure to cover all exposed skin with hats, scarves, gloves, etc. If you must shovel snow, avoid over-exertion by lifting only small shovelfuls and taking breaks often. Push the snow instead of lifting if possible. Cold weather puts an extra strain on the heart, and the effort of shoveling increases the risk for heart attack. Follow safety instructions when using a snow blower.

### STAY SAFE...

Most home fires occur during the winter months. Be sure to:

- Have fireplaces and chimneys inspected and cleaned.
- Have furnace thoroughly checked and install new filters.

### Have working smoke detectors and carbon monoxide detectors.

### TRAVELING...

Use extreme caution when driving, drive slowly and be alert. Clear all windows of snow and ice.

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**Emergency meals are to be used when weather conditions prohibit safe meal delivery. Please have someone clear your sidewalks and driveways. Check WWCH Radio, Explore Clarion or KDKA TV for Delivery Updates.**

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Clarion Area Agency on Aging is a United Way Agency.

