

Prepare for Winter

- ❖ Listen to weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold is predicted.
- ❖ If you plan to use a fireplace or wood stove for heating, have it inspected each year.
- ❖ Check the batteries in your smoke and carbon monoxide detectors.
- ❖ Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.
- ❖ If possible, weatherproof your home by adding weather-stripping, insulation, or specially insulated doors and windows.
- ❖ Provide your outdoor pets with adequate shelter to keep them warm and make sure they have access to unfrozen water.



Take Medication Safely on the Road

Traveling for business or pleasure alters your daily routine and disrupts your schedule, including your healthcare habits like taking medication. The American Pharmacists Association urges people to practice safe medication use when traveling. **Here are tips you should know before you go:**

- ▲ Carry your medication schedule with you, including both prescription and over-the-counter medications. Include a list of medications (brand name and generic), how you take them, and why.
- ▲ Have a plan for adjusting your medication regimen. Travel may require you to adjust your medication regimen for time and routine changes.
- ▲ Keep medications in your carry-on bag. Keeping medications with you ensures immediate access in case of an unexpected event.
- ▲ Store medications in their original labeled containers and bring more than you expect to use during your travels.
- ▲ Ask your pharmacist if there are any foods or beverages that conflict with your medicines.
- ▲ Be cautious drinking alcohol. Alcohol can conflict with many prescription and over-the-counter medicines.
- ▲ Talk to your pharmacist or doctor. He or she can help you understand how to manage your medications whether you're at home or away.
- ▲ Remember, you may take a holiday, but your illnesses don't. Take your medications as prescribed on a regular basis.



For more information, visit the American Pharmacists Association at www.aphanet.org.

Making the Most of Your Golden Years

Here are some tips on how to make the most of your golden years:

- Make a retirement plan early in case you're suddenly laid off.
- Plan to spend less. What you have in the bank doesn't count as much as what you have in relation to what you expect or will be satisfied with.
- Pick your neighborhood. Economists at Harvard recommend that you choose a neighborhood you can afford rather than one you can barely afford.
- Aim to retire at the same time as your spouse.
- If you don't have a traditional pension, investigate other options available for funding during your retirement years.
- Plan to do some work in retirement. Volunteer or work part-time.
- Keep your friends. Seeing good friends regularly brings a great deal of enjoyment.

Keeping Trick-or-Treaters Safe

Many people enjoy handing out candy to their little visitors on Halloween. **To make sure your visiting trick-or-treaters stay safe this year:**

- ▲ Clear away lawn equipment and any clutter from the yard, walkways, and steps so kids don't trip over them.
- ▲ If you have lighted jack-o'-lanterns, position them far enough away from where kids will stand so their costumes won't catch fire. *Tip:* Use glow sticks instead of candles to light jack-o'-lanterns.
- ▲ Turn on several outside lights during the evening, especially for pathways.
- ▲ If you're driving during the trick-or-treat time, watch out for kids.

Here are some general tips for parents of trick-or-treaters:

- ▲ Check to make sure no parts of the costumes drag on the ground. Kids could step on them, trip, and fall. Have them wear sensible shoes and wear face paint instead of masks.
- ▲ Tell your kids to walk and not run, stay on sidewalks, and cross streets only at intersections.
- ▲ Advise kids to approach only houses that have outside lights burning and never go inside a house.
- ▲ Accompany young children. Older kids should travel with a group of friends.

