



# VILLAGE TIMES

## Home Safety Tips For Older Adults

With a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, here's what you need to do to stay safe.

### Keep emergency numbers handy

Always keep a list of emergency numbers by each phone. Write this information in large enough print that you can read it easily if you are in a hurry or frightened. Be sure to list numbers for:

- 911
- Poison Control: 1-800-222-1222
- Family member or friend to call in case of emergency
- Healthcare provider's office

### Prevent falls

•If you have difficulty with walking or balance, or have fallen in the past year, talk to your healthcare provider about having a special falls risk assessment. •Ask your provider if you would benefit from an exercise program to prevent falls. •If you have fallen before, or are scared of falling, think about buying a special alarm that you wear as a bracelet or necklace. Then, if you fall and can't get to the phone, you can push a button on the alarm that will call emergency services for you. •Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up. •When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well. •If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.

### Safety-proof your home

- Make sure all paths are well lit and clear of objects such as books or shoes.
- Use rails and banisters when going up and down the stairs.
- Tape all area rugs to the floor so they do not move when you walk on them.

### Protect against fire and related dangers

•If there is a fire in your home, don't try to put it out. Leave and call 911. Know where your closest exit is located •When you're cooking, don't wear loose clothes or clothes with long sleeves •Replace appliances that have fraying or damaged electrical cords. •Don't put too many electric cords into one socket or extension cord.

## Avoid bathroom hazards

•Use grab bars installed in the shower and near the toilet to make getting around easier and safer. •Put rubber mats in the bathtub to prevent slipping. •If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.

## Prevent poisoning

### Medications

•Keep all medications in their original containers so you don't mix up medicines. •Ask your pharmacist to put large-print labels on your medications to make them easier to read. •Take your medications in a well-lit room, so you can see the labels. •Bring all of your pill bottles with you to your healthcare provider's appointments so he or she can look at them and make sure you are taking them correctly.

### Cleaning products

Never mix bleach, ammonia, or other cleaning liquids together when you are cleaning. When mixed, cleaning liquids can create deadly gases.

## Protect against abuse

•Keep your windows and doors locked at all times. •Never let a stranger into your home when you are there alone. •Talk over offers made by telephone salespeople with a friend or family member. •Do not share your personal information, such as social security number, credit card, bank information, or account passwords, with people you do not know who contact you. •Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly. •Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.

## MANAGEMENT: MRS. DEE RUSH



In recognition of Valentine Day and Heart Appreciation month, please stop by Mrs. Jefferson's Office on **Friday, February 12 from 10 a.m. - noon.** to pick up a token of thanks. This gesture of love is in appreciation for your tenancy and cooperation at Miracle Village. Show love to others - pass it on.

**Management** and staff are beginning to develop processes that will improve our services and communication to you. Stay tune, the best is yet to come.

**Exit Interview** - Effective February 1, 2021, Management is asking each tenant who will be leaving Miracle Village to meet with management and discuss your experience while living at Miracle Village. This new process will help us to improve our communication and service to Miracle Village tenants.

***As we embark on this coming year, please be the change that you wish to see in the world.***

## FROM THE SERVICE COORDINATOR OFFICE: Mrs. Beverly Jefferson

SHARE what you are grateful for in your heart.

Write in the middle of the heart **one word** describing what you are grateful for and bring your heart to the SERVICE COORDINATOR'S OFFICE.



**Bonus:** Do you know anyone with heart disease? If yes, ask them what advise do you have about the best treatments for heart disease? There is a prize for the first three tenants that answer this question.

## KEY TIMES to Clean and Disinfect Your Home

### ✓ Daily

This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

### ✓ If someone in the home is sick

If someone in the home is sick, after they touch additional surfaces that someone else in the home may touch, like bathroom surfaces, utensils, light switches, etc.



Keep cleaning supplies out of the reach of children.

**Clean:** Use soap and water to clean dirty surfaces, prior to disinfection.  
**Then, disinfect:** apply disinfectant to surface, most of the common EPA registered household disinfectants work.



**NON - MAINTENANCE RELATED - PLEASE CALL  
(850) 933-6009 (Ms. Parrish - On-Site Monitor)  
ALL MAINTENANCE EMERGENCIES - PLEASE CALL  
(850) 933-3019 (Mr. Gavin)**

**FACE MASKS ARE TO BE WORN PROPERLY ANY-  
TIME  
OUTSIDE OF YOUR APARTMENT**



**i** Protect yourself and others from getting sick



**BUSINESS OFFICE HOURS  
MONDAY - FRIDAY  
8:30 AM - 3:30 PM  
LUNCH BREAK: 1:30 - 2:00 DAILY  
OFFICE CLOSSES DAILY AT 4:00 PM  
(850) 222-0561**

**STAFF AND MANAGEMENT**

**Ms. Katrina Harvey, Residential Manager  
Mrs. Patrece Broadnax, Asst. Residential Manager  
Mr. Keith Gavin, Maintenance Mechanic  
Mrs. Beverly Jefferson, Service Coordinator (850) 222-0277  
Ms. Florida Parrish, On-Site Monitor  
Mrs. Dee Rush, Management Agent**

*Key to Independent Living*

