

WESTPORT COUNCIL ON AGING

75 REED RD WESTPORT, MA 02790

Council on Aging Board Members

Marcia Liggin-Board Chair
Karin Bergeron –Vice Chair
William Gifford-Treasurer
Muriel Kokoszka
Cathy Davis
Ed Thadeu
Irene Buck

Director: Beverly Bisch

EVERGREEN NEWSLETTER

JUNE 2018



MISSION STATEMENT: The primary function of the Westport Council on Aging is to identify and meet the needs of Westport's elder population and to inform elders and the community of available services.

To help us better prepare for any of the following events, please reserve your seat by calling 508-636-1026.

June Happenings

June 1– Rep. Paul Schmid has generously donated a tree to the COA. Join us for the tree planting and ribbon cutting ceremony to present our newly expanded parking lot @ 11:00 am.



June 12– Dr. Spiri-Podiatrist—must call for a appointment.

June 14– Flag Day



June 17–



June 20 - Soup & Sandwich

Clam Chowder and Tuna Salad
Presentation by Atty. Jennifer Heald on
Crisis Medicaid Planning and Asset
Protection



June 21– Summer Solstice-Enjoy your longest day of the year!



June 29 through August 31, 2018



For more information go to
HighlandStreet.org or call 617-969-8900.

ANNOUNCEMENT

Annual Senior Picnic and Summerfest
CANCELLED

Our parking lot expansion is coming along on schedule and amazingly well . Unfortunately, our grounds will not be completed until this fall.

We look forward to seeing you at next year's festivities!!!!!!!!!!!!!!

SENIOR CENTER CLOSING POLICY:

If the Westport Community Schools announce closings due to weather emergencies, the Senior Center will close for classes, transportation, and other activities. The center office may operate for routine administrative operations only.

Monday-Friday 8:30AM-4:00PM Tel: 508-636-1026 / Fax 508-636-1034

Visit us on Facebook: www.facebook/wcoa.council.9

If you would like to view the Evergreen online, go to: ourseniorcenter.com/find/westport-council-on-aging

PROGRAMS FOR MIND, BODY AND FITNESS

****There is a waiting list for Aerobics and Stretch & Tone. Please give your name at the office.****

- | | |
|---|---|
| Balance & Bones: Mon., Wed., Fri. 9:45-11:00AM | \$12.00/month due the 25th of the month |
| *Aerobics: Monday, Wednesday and Friday 8:30-9:30AM | \$30.00/month due the 25th of the month |
| *Stretch & Tone: Tuesday and Thursday 8:30-9:30AM | \$25.00/month due the 25th of the month |
| T'ai Chi: Friday, Advanced 12:30PM Intermed. 1:30PM | \$8.00/Class |
| Yoga: Monday 2:15-3:15 and Wednesday 12:45-1:45PM | \$5.00/ Class |
| Watercolor: Wednesday, 9:00 AM-12 Noon | \$10.00/Class plus your own supplies |
| *Men's Exercise Class: Mon., Wed., Fri. 10:00-11:00AM | \$30.00/month due the 25th of the month |
- * Instructor approval and a physician medical form, which is available at the COA, is required.

BALANCE and BONES (formerly Osteoporosis)

Come meet our new instructor Deb Manning Mon., Wed., and Fri., 9:45 AM—11:00 AM. Fee \$12.00 per month

An exercise program for people with at risk for falls. Participants will learn about osteoporosis, fall risks, and everyday activities that will improve their muscle and bone strength. An authorization form, which is available at the WCOA, must be completed by your physician for this class.

WALKING-HIKING GROUP

Every **Tuesday**, starting at 8:45AM, the group leaves from the WCOA. Are you interested in walking/hiking with others who love the outdoors? Have you wanted to walk some of the wonderful trails in our area but have some reservations about heading out alone? Come to the WCOA on a Tuesday morning and join the group.

STROLLING GROUP

****Stroll your way to fitness****

Join us at the WCOA at 9 AM on Thursday mornings, if you would like to walk short distances at a relaxed pace with a group.

BINGO

Every Thursday at 12:30 PM, Coffee and Pastry served.

Bingo callers needed!!!!



LEES COMMUNITY PARTNER'S PROGRAM

The WCOA is a recipient of this program. Drop off your Lees Market register receipts in the box at the front entrance of the WCOA. Thank you for your participation.



24/7 SAFE DISPOSAL OF EXPIRED OR UNUSED MEDICATION

A free medication disposal box, to safely dispose of your expired or unused drugs, is located in the Westport Police Station lobby at 818 Main Rd. For additional information, contact the Westport Police Department at 508-636-1122



LOCATION FOR THE FOOD PANTRY

The **Westport Food Pantry** is located at the rear entrance of the former **Westport Middle School**
400 Old County Rd
Westport, MA. 774-201-0566
TUESDAY 1:30—5:30 PM
Proof of residency is required.



LEGAL CORNER 2018

The 3rd Wednesday of each month from 10:00AM to 11:30AM by appointment only

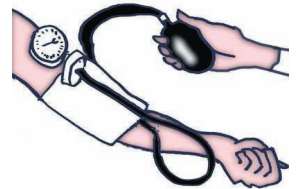
Jennifer Heald, a local attorney, will be meeting individuals for 30 minute appointments every month. The Attorney is experienced in a broad variety of legal areas with expertise in Basic Estate Planning, including Living Trusts and Wills.

BLOOD PRESSURE CLINIC

Every 2nd Tuesday of the month from 10:00AM to 11:00AM with a Nurse from Gentiva Home Health.

NO FEE.

NO APPOINTMENT NEEDED.



SUPPORT GROUPS

Alzheimer's & Dementia Caregivers-Hope Health

Family Resource Center 45 Rock St, Fall River, MA. **1st and 3rd Friday** of each month 11:00-12:30 PM
 Must register, please call (508) 775-5656.

OR

2nd Tuesday of each month from 12:30 –2:00 PM and
4th Tuesday of each month from 6:00-7:30 PM
 Catholic Memorial Home 2446 Highland Ave.
 Fall River, MA.

Caregiver Support Group

2nd Tuesday of every month from 1:30-3:00 PM
 St. Julie Billiard Church 494 Slocum Rd. N. Dartmouth, MA.

Grandparents Raising Grandchildren

Meets the **3rd Tuesday** of every month, 6-8 PM
 at 181 Hillman Street, Lower Level, New Bedford, MA.

Parkinson's Disease

Meets the **2nd Thursday** of every month, 1:00 PM
 at the Dartmouth COA on Dartmouth St. S Dartmouth, MA.

Scleroderma

Meets on the **3rd Tuesday** of each month 6:30–8:30 PM
 at Stop & Shop, 2nd floor conference room, 501 Rodman St.
 Fall River, MA. Donna Bernier, 774-488-6775

Visually Impaired People

Meets **Tuesdays** from 11:00 AM to 12:00 PM
 St. Peter's Episcopal Church, 351 Elm St, Dartmouth, MA .

**Friends of Westport
Council on Aging**

Officers:

Susan Read-President
Elizabeth Brinkerhoff-Vice President
Margie Zeller-Secretary
Rose Rego-Treasurer

***FRIENDS OF THE WESTPORT
COUNCIL ON AGING, INC.***

*Supporting the Senior Center
P.O. Box N-192
Westport, MA 02790*

GREETINGS from the FWCOA



For over 30 years, **FWCOA** volunteers have supported the Westport Council on Aging and the Senior Center. We are able to continue our mission, supporting Westport's seniors, through the generous memberships and donations of people like you. Today, we ask for your generosity and concern for the elders in our community. By becoming a member of the ***Friends***, you help your fellow townspeople now, and ensure a strong Council on Aging for decades to come. Any monies raised during this drive are used only for the Senior Center.

Date to remember:

June 18– Annual Meeting after the scheduled FWCOA monthly meeting which starts at 9:45AM.

TRANSPORTATION

Transportation is available for any Westport elder or disabled person and Supportive Day Program attendees from local towns. Call to schedule an appointment.

The donation is \$3.00 one way \$5.00 round trip.

Monday– Friday 10:00AM-2PM

Medical Appointments Local Grocery Stores
Local Shopping Centers Pharmacies

When you make your appointment, call us immediately to schedule a ride.

Please have the exact business or doctor's name, street address, telephone number, and approximate duration of your appointment (pick up time),when you call.



WESTPORT FREE PUBLIC LIBRARY

OUTREACH TO THE HOMEBOUND HOME DELIVERY SERVICE

Know of a relative, friend, or neighbor who is homebound and has no access to our local library?

The Westport Free Public Library now offers a Home Delivery Service of library books (some in **LARGE-**

GRILLING SAFETY TIPS

PROPANE AND CHARCOAL BBQ grills should only be used outdoors.

The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches. Keep children and pets at least three feet away from the grill area. Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill. Never leave your grill unattended. Always make sure your gas grill lid is open before lighting it.


CHARCOAL GRILLS - There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel. If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire. Keep charcoal fluid out of the reach of children and away from heat sources. There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use. When you are finished grilling, let the coals completely cool before disposing in a metal container.

PROPANE GRILLS- Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill. If the flame goes out, turn the grill and gas off and wait at least 5 minutes before re-lighting it. !



SENIOR HAPPENINGS CALENDAR

JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>8:30 Social Day 1</p> <p>8:30 Aerobics</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>11:30 Lunch</p> <p>12:00 Advanced Bridge</p> <p>12:30 Tai Chi-Adv</p> <p>1:30 Tai Chi-Int</p>
<p>8:30 Social Day 4</p> <p>8:30 Aerobics</p> <p>9:00 Rep. Paul Schmid</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>10:00 Men's Exercise</p> <p>11:30 Lunch</p> <p>12:00 Mahjong</p> <p>2:15 Yoga</p>	<p>8:30 Social Day 5</p> <p>8:30 Toning/Stretching</p> <p>8:45 Walking/Hiking</p> <p>9:00 Games/Billiards</p> <p>11:30 Lunch</p> <p>1:00 Knitting</p>	<p>8:30 Social Day 6</p> <p>8:30 Aerobics</p> <p>9:00 Watercolor Class</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>10:00 Men's Exercise</p> <p>11:30 Lunch</p> <p>12:45 Yoga</p>	<p>8:30 Social Day 7</p> <p>8:30 Toning/Stretching</p> <p>8:45 Strolling group</p> <p>9:00 Games/Billiards</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>1:00 Quilting</p>	<p>8:30 Social Day 8</p> <p>8:30 Aerobics</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>10:00 Men's Exercise</p> <p>11:30 Lunch</p> <p>12:00 Advanced Bridge</p> <p>12:30 Tai Chi-Adv</p> <p>1:30 Tai Chi-Int</p>
<p>8:30 Social Day 11</p> <p>8:30 Aerobics</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>10:00 Men's Exercise</p> <p>11:30 Lunch</p> <p>12:00 Mahjong</p> <p>2:15 Yoga</p>	<p>8:30 Social Day 12</p> <p>8:30 Toning/Stretching</p> <p>8:45 Walking/Hiking</p> <p>9:00 Games/Billiards</p> <p>10:00 Blood Pressure</p> <p>11:30 Lunch</p> <p>1:00 Knitting</p>	<p>8:30 Social Day 13</p> <p>8:30 Aerobics</p> <p>9:00 Watercolor Class</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>10:00 Men's Exercise</p> <p>12:45 Yoga</p> <p>1:45 Poetry</p>	<p>8:30 Social Day 14</p> <p>8:30 Toning/Stretching</p> <p>8:45 Strolling Group</p> <p>9:00 Games/Billiards</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>1:00 Quilting</p>	<p>8:30 Social Day 15</p> <p>8:30 Aerobics</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>10:00 Men's Exercise</p> <p>11:30 Lunch</p> <p>12:00 Advanced Bridge</p> <p>12:30 Tai Chi-Adv</p> <p>1:30 Tai Chi-Int</p>
<p>8:30 Social Day 18</p> <p>8:30 Aerobics</p> <p>9:00 Sen. Michael Rodrigues</p> <p>9:00 Games/Billiards</p> <p>9:45 FWCOA Meeting</p> <p>9:45 Balance & Bones</p> <p>10:00 Men's Exercise</p> <p>11:30 Lunch</p> <p>12:00 Mahjong</p> <p>2:15 Yoga</p>	<p>8:00 WCOA Meeting 19</p> <p>8:30 Social Day</p> <p>8:30 Toning/Stretching</p> <p>8:45 Walking/Hiking</p> <p>9:00 Games/Billiards</p> <p>11:30 Lunch</p> <p>1:00 Knitting</p>	<p>8:30 Social Day 20</p> <p>8:30 Aerobics</p> <p>9:00 Watercolor Class</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>10:00 Legal Asst./Appt. only</p> <p>10:00 Men's Exercise</p> <p>11:30 Soup & Sandwich</p> <p>12:45 Yoga</p>	<p>8:30 Social Day 21</p> <p>8:30 Toning/Stretching</p> <p>8:45 Strolling Group</p> <p>9:00 Games/Billiards</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>1:00 Quilting</p>	<p>8:30 Social Day 22</p> <p>8:30 Aerobics</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>10:00 Men's Exercise</p> <p>11:30 Lunch</p> <p>12:00 Advanced Bridge</p> <p>12:30 Tai Chi-Adv</p> <p>1:30 Tai Chi-Int</p>
<p>8:30 Social Day 25</p> <p>8:30 Aerobics</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>10:00 Men's Exercise</p> <p>11:30 Lunch</p> <p>12:00 Mahjong</p> <p>2:15 Yoga</p>	<p>8:30 Social Day 26</p> <p>8:30 Toning/Stretching</p> <p>8:45 Walking/Hiking</p> <p>9:00 Games/Billiards</p> <p>11:30 Lunch</p> <p>1:00 Knitting</p>	<p>8:30 Social Day 27</p> <p>8:30 Aerobics</p> <p>9:00 Watercolor Class</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>10:00 Men's Exercise</p> <p>12:45 Yoga</p> <p>1:45 Poetry</p>	<p>8:30 Social Day 28</p> <p>8:30 Toning/Stretching</p> <p>8:45 Strolling Group</p> <p>9:00 Games/Billiards</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>1:00 Quilting</p>	<p>8:30 Social Day 29</p> <p>8:30 Aerobics</p> <p>9:00 Games/Billiards</p> <p>9:45 Balance & Bones</p> <p>11:30 Lunch</p> <p>12:00 Advanced Bridge</p> <p>12:30 Tai Chi-Adv</p> <p>1:30 Tai Chi-Int</p>

HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

CALL NOW! 1-888-862-6429



PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



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BILLED QUARTERLY



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

OUTREACH INFORMATION

Are you or anyone you know in need of assistance?

Our Outreach staff meet with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs, to explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps, and other benefits. The Outreach Workers also assist elders in crisis; they are mandated reporters for suspected elder abuse, neglect, and financial exploitation.

The Outreach Workers strive to include family members in meetings, if the elder or disabled individual agrees. The Outreach Workers and all Council on Aging staff are bound by strict confidentiality laws and are not allowed to release any information without permission.

Referrals come from many different sources including family members, police and fire departments, health professionals, community agencies, nursing homes, and the elders and disabled themselves.

If you would like to make a referral to the Council on Aging Outreach Workers, please contact Andrea, Cindy or Susan at 508-636-1026.

OUR OUTREACH DEPARTMENT IS IN NEED OF GRABBERS or REACHERS, SOCK AIDES, BLADDER PADS-FOR MEN AND WOMEN, MENS AND WOMENS PULL UPS-ALL SIZES AND MEDIUM BED RAILS, SHOWER CHAIRS AND BENCHES, TRANSFER CHAIRS, WHEELCHAIRS AND WALKERS.



The WCOA has a durable medical equipment “loan closet” with wheelchairs, canes, commodes, shower chairs, etc., for Westport elderly and disabled individual. We would like to thank our many generous donors for the equipment we are able to loan the Westport Community. We accept clean, gently used medical equipment and unopened supplies. Without your generosity, we would not be able to sustain this program.

Our Outreach workers are looking for donations of bird seed for their client's pets.

WESTPORT SUPPORTIVE DAY PROGRAM

This supportive day program provides a safe, structured environment for seniors who are isolated, experience memory loss, recovering from personal illness or injury, or have certain physical restrictions because of age related disabilities.

This community care program allows elders to remain in their homes, providing much needed respite for caregivers. These services are provided in a non-medical facility.

Our program includes:

Trained Professional Staff
Daily structured and supervised activities
Morning/afternoon snacks
Nutritious Lunch
Educational Programs
Current Events

Therapeutic Games
Day Trips
Health Clinics
Sing-a-longs
Gentle Exercise
Creative Activities



Transportation is Available
Supportive Day Program Director–

Financial Aid is Available
Connie McQuoid

Join us for a FREE Trial Day
Assistant Director-Catherine Lynch



Here to help

Elder Abuse is a Serious Issue

If you have cause to believe that you or someone you know who is 60 or older is being abused, neglected, or exploited, call the Elder Abuse Hotline at 1-800-922-2275 to file a confidential report.

EASY WAYS TO EAT YOUR FRUITS and VEGGIES -More Matters

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble, while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

Practice Makes Perfect

1. **Don't give up!** Putting a new healthy routine in place doesn't happen overnight, so don't give up!
2. **Make healthy changes one step at a time.** You and your family won't feel blindsided or deprived of all of your favorites if the changes are gradual.
3. **Remember to shop the outer edges of the grocery store.** That's where the freshest foods are found: fruits and vegetables, dairy, meat and fresh breads. As always, remember to choose low-fat dairy, lean proteins and whole grains.
4. **Don't forget to Visit Farmer's Markets and Farm Stands.**

Fruits:

Focus on fruits.

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

Vegetables:

Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Physical Activity

Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.



Oils:

Know your fats.

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Milk:

Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

Grains:

Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

Meats & Beans

Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

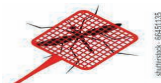


The Heart-Check mark makes it easy to spot heart-healthy foods in the grocery store or when dining out. Simply look for the name of the American Heart Association along with their familiar red heart with a white check mark on the package or menu. But not all red hearts you see are from the American Heart Association; look for the AHA name to be sure. When you spot the American Heart Association's Heart-Check mark, you'll instantly know the food has been certified to meet our nutrition requirements. It's a good first step in creating an overall sensible eating plan.

BESIDES THE



SUMMERTIME INCLUDES



Avoid Direct Contact with Ticks- While it is a good idea to take preventive measures against ticks year-round, be extra cautious in warmer months (April-September) when ticks are most active. Avoid wooded and brushy areas with high grass and leaf litter. Walk in the center of trails.

Repel Ticks on Skin and Clothing- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours. (Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.) Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer. The Environmental Protection Agency (EPA) has an online tool to help you select the repellent that is best for you and your family.

Find and Remove Ticks from Your Body- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you. Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

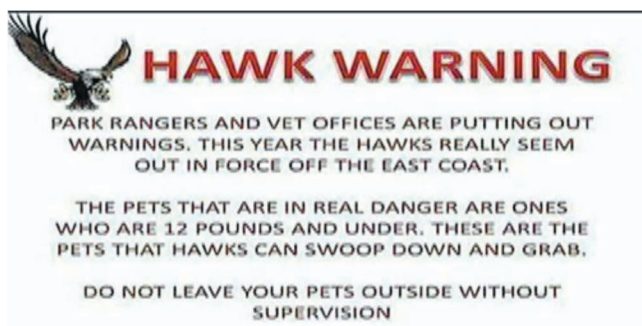
Examine Gear and Pets- Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.

Tips to Prevent Mosquito Bites- Using the right insect repellent and other preventive actions can discourage mosquitoes, ticks and other biting insects from landing on you. Here are tips for other preventive actions you can take against mosquitoes.

Remove Mosquito Habitats- Eliminate standing water in rain gutters, old tires, buckets, plastic covers, toys, or any other container where mosquitoes can breed. Change the water in bird baths, fountains, wading pools, rain barrels, and potted plant trays at least once a week to destroy Empty potential mosquito habitats. Drain or fill temporary pools of water with dirt. Keep swimming pool water treated and circulating.

Use Appropriate Pesticides- Control mosquito larvae using the appropriate methods for the habitat. Control adult mosquitoes using insecticides. **Use Structural Barriers-** Cover all gaps in walls, doors, and windows to prevent mosquitoes from entering. Make sure window and door screens are in good working order.

Avoid Getting Bitten- Keep mosquitoes away from exposed skin by wearing long-sleeved shirts, long pants, and socks. Tuck shirts into pants and pants into socks to cover gaps in your clothing where mosquitoes can get to your skin. Stay indoors when possible, especially if there is a mosquito-borne disease warning in effect. Use EPA-registered mosquito repellents when necessary and follow label directions and precautions closely. Use head nets, long sleeves and long pants if you venture into areas with high mosquito populations, such as salt marshes. Replace your outdoor lights with yellow "bug" lights, which tend to attract fewer mosquitoes than ordinary lights. The yellow lights are NOT repellents.



Friends of Attleboro Animal

Shelter/Facebook

Independent Living | Assisted Living | Avita Memory Care



AUTUMN GLEN
at Dartmouth

A Northbridge Assisted Living Community

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