

163 words, 60 seconds

## **NEWS FOR OLDER AMERICANS**

OI DER AMERICANS WHO ARE LOOKING FOR TIPS ON STAYING SAFE AND WARM DURING COLD WEATHER CAN LOOK TO A NEW BROCHURE FROM THE ELDERCARE LOCATOR FOR INFORMATION. "WINTER WARMTH AND SAFETY: HOME ENERGY TIPS FOR OLDER ADULTS" HAS SUGGESTIONS LIKE: INSTALL A PROGRAMMABLE THERMOSTAT AND SEAL AND INSULATE DUCTS. AVOID THE RISK OF FIRE BY NOT USING THE STOVE OR OVEN FOR HEAT. MAKE SURE CARBON MONOXIDE DETECTORS ARE INSTALLED AND WORKING PROPERLY, SCHEDULE CHECKUP OF YOUR HEATING EQUIPMENT, INSULATE WATER PIPES TO AVOID THEIR FREEZING AND BURSTING. DRAIN AND TURN OFF OUTSIDE WATERSPOUTS, AND CREATE A PLAN IN CASE OF EXTREME WEATHER CONDITIONS, THIS BROCHURE WILL ALSO PROVIDE YOU WITH INFORMATION ABOUT GETTING CONNECTED WITH LOW-INCOME HOME ENERGY ASSISTANCE PROGRAMS, UTILITY NO-CUTOFF ARRANGEMENTS AND WEATHERIZATION ASSISTANCE PROGRAMS. FOR MORE TIPS AND A FREE COPY OF THE BROCHURE, CALL (800) 6-7-7--1-1-6 or download it at elder-care--dot--gov. The ELDERCARE LOCATOR IS A PUBLIC SERVICE OF THE U-S ADMINISTRATION ON AGING.