



Helping Seniors Stay in Their Own Homes



The Joplin Globe presents Reader's Choice Favorites of the 4 States! This is the area's #1 "Favorites" contest and has been running for 19 years!

Help Adelmo Family Care get into the Home Care Top 5!

Step 1

Between now and January 12th, log onto joplinglobe.com/favorites and nominate Adelmo Family Care as favorite Home Care provider.

Log on once every 24 hours and nominate your favorites.

Be sure to nominate us every 24 hours!

Step 2

Vote for your favorites! Customers, fans, employees, etc. log onto the website and vote for your favorite business in each category.

Voting takes place January 26th—February 4th.

Step 3

Winners and Semi Finalist announced!

Best of the
Four States
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Helping Seniors Stay in Their Own Homes

Senior Care Corner | Kathy Birkett

Brrrrr, It's Cold Out—Let's Help Keep Our Seniors Warm in Their Homes

Many of us look forward to winter and the cold, especially after a long hot summer, but too much cold can be harmful to our senior loved ones — and in some cases even deadly. Being cold outside is one thing, but we need to keep it outside, particularly for senior loved ones who are especially susceptible to its risks. Dangerously cold weather can occur across the US, even in areas that are typically warmer. Is your senior loved one prepared for the mercury to drop to dangerous levels? Are you, as their family caregiver, prepared to help them deal with the cold and stay safe? These tips will help you prepare your senior — and you — to get through whatever cold this winter has in store.

Help the Home Keep the Cold Outside

Even the best home heating systems can have trouble keeping the home warm — and cost a lot more to do it — if the home is letting in the cold. There are some steps you can take to help your senior loved one's home keep out the cold air.

- Make sure all windows are closed tightly. Remember, they may have been opened for the comfortable fall weather. Be sure to check the top and bottom of each one for tight closure.
- If the house has storm windows, ensure those are properly installed.
- Check the caulking around windows to make sure the cold outdoor air stays there. Likewise the weather-stripping around both windows and doors.
- Look for any other places cold air might get in, such as under doors (install door sweeps if needed).

Many local utilities have low or no-cost programs to check leaks in the home and help seal them.

Warm Clothing & Wraps

Dressing warmly in the cold weather is important, whether in the home or outside. With the right clothes and maybe some blankets, your senior loved one can stay warm while keeping the thermostat a bit lower to save money.

- Check to see if your senior loved one has warm indoor and outdoor clothing that fits. Remember, it may be stored away since last winter.
- Make sure there are sufficient blankets where your loved one will need them. Remember, carrying large blankets from room to room can create tripping hazards for seniors or may be so inconvenient they simply won't do it. You may need to help them get more.
- Get out the slippers and replace them if needed. Warm feet and firm footing are both important.

This is one area in which planning ahead can be helpful, since the selection of warm clothing is often depleted by the time the coldest weather hits. If that's the situation you face, you might get what you can to help your senior now and make a list to keep in mind when winter clothes hit the stores next time.

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