

When the weather outside is frightful...

Winter weather is here! We know this season often brings snow and ice, which in turn makes it difficult and often unsafe to deliver and/or provide meals at the café site. Please keep in mind the following closing procedures for the café sites in your area.

For the safety of Trio employees, meals will not be delivered if there is extreme winter weather. Trio will call all clients that meals will not be delivered to.

For more information you may contact LifeStream Services Monday through Friday between 8:00am and 5:00pm.

You may call LifeStream at 800-589-1121. Check for updates on the LifeStream Facebook page.



Winter Safety Tips

1. Listen to weather reports regularly and take note of bad weather on the horizon! Preparation is key.
2. Have a battery-powered radio and extra batteries so you can still listen to the weather news during a storm.
3. Stock up on fresh water and dried or canned food. For emergency food needs, contact your local food bank.
4. Have at least a seven-day supply of your medications with you. If you use oxygen, have an emergency supply to last three days or more.
5. Find out if your local pharmacy or grocery store makes deliveries. It's best to stay inside as much as possible when conditions are bad.
6. If you use a motorized wheelchair or scooter, think about getting a backup battery, or have a backup such as a cane or walker.
7. Set up a buddy system with a neighbor who will check in on you in case of a storm.
8. For all your medical equipment that requires a power source, check with your medical supply company about a backup power source.
9. Keep walkways & steps around your home clear of debris to help prevent slips & falls.
10. If you need to go outside, bundle up in layers of clothing, and wear a hat, scarf, and gloves. Wear shoes with proper tread to avoid slips.

This information & more found at griswoldhomecare.com.



For more information
800-589-1121 • lifestreaminc.org • facebook.com/lifestreamservices