

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.

Madison County Cafés

Alexandria "The Hub": If Alexandria schools are closed, the curbside pick-up will be closed.

Longfellow Plaza: LifeStream will notify the site if Trio is closed.

Pendleton Community Library: If South Madison Community Schools are closed, the café site will be closed.

Sherman Street Café: If the site believes it is unsafe for seniors, they will close at their discretion.

Southdale Towers: LifeStream will notify the site if Trio is closed.

Participants will receive updates about closures and delays from LifeStream's messaging service, Blooming Health.

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.

