



Town of Rocky Hill

761 OLD MAIN STREET • ROCKY HILL, CT 06067

The Rocky Hill Pivotal Press Senior Citizen Newsletter

Parks & Recreation Department

Cathy Sylvester • Denise Sanderson

Senior Center

(860) 258-2726 / 258-2786 • FAX (860) 258-7666

Birthplace of the Brigantine "Minerva"



FEBRUARY 2016



LUNCH FOR SENIOR CITIZENS

The Rocky Hill Parks & Recreation Department offers a five-day a week lunch program for senior citizens. Lunches are served **Monday through Friday** at **12:00 noon** in the Community Center Lunch Room. Doors open at 10:00 a.m. Monday and at 10:30 a.m. Tuesday through Friday. The cost is **\$3.50** for Center members, **\$4.00** for Out of Town residents who are members, **\$5.00** for residents of Rocky Hill who are not Senior Center Members, and **\$7.00** for out of town seniors who are not members. Those interested in **registering** must call the Senior Center Office at 258-2786 to register **1 DAY IN ADVANCE** and before 4:30pm. **SENIORS NOT CHECKED OFF ON LUNCH FORM CANNOT BE GUARANTEED LUNCH.**

Join Me For Lunch



SENIOR CENTER GUEST POLICY

Rocky Hill Senior Center members can bring guests to lunch no more than **4 times a year**. Cost for guests will be **\$3.50**/per person.

Guests must be registered 1 day in advance.

*The guest policy was created for close out-of-town friends or family of senior members.

****Seniors that attend the lunch program who are disabled and need caretakers to accompany them will be allowed to purchase lunch for their caretaker at the Senior Center price of \$3.50.**

SENIOR CENTER MEMBERSHIP

Seniors of Rocky Hill that wish to become a member of the Senior Center the membership is **FREE**. Out of Town Seniors that wish to become a member of the Senior Center, must pay an annual fee of **\$10.00** to participate in any senior programs.

SENIOR HEALTH INFORMATION:

HEALTH INFORMATION

NOTE: THE NURSE WILL NOT COME GET YOU. SENIORS NEED TO FIND THEIR OWN TRANSPORTATION TO THE SENIOR CENTER.

HEALTHCARE SERVICES

**Every Monday
9:45am - 11:45am**

Sign up that day
FREE

Location: Nurses Office
Joan Haines - Certified RN

HEARING HEALTH SERVICES

**2nd Thursday of the Month
February 11, 2016
10:00am - 11:00am**

Cleans and Checks any hearing aid
FREE hearing test

Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

**Monthly (Winter)
Wednesday
February 10, 2016**

**APPOINTMENTS NECESSARY!
NO DIABETICS!**

Cost: \$29.00 check or cash

Location: Nurses Office
Cathy Brennan - RN

Call 258-2786 to set-up appointments

For any more information on any of the health programs the Center offers, please contact the Senior Center Office at 860-258-2786



HUMAN SERVICES INFORMATION:

FOOD PANTRY VOLUNTEERS:

The Town of Rocky Hill Human Services Department is seeking one or more volunteers to coordinate and put donations away in the food pantry. We would ask that the person(s) be available 2- 3 days a week for a couple hours a day or on an as needed basis between 8:30 am and 4:30 pm. The position does require some heavy lifting at times and great organizational skills. Anyone interested in volunteering their time please call Rita at Rocky Hill Human Services at 860-258-2799 or 860-258-2724.

ENERGY ASSISTANCE:

Applicants are being taken by Connecticut Renewal Team for heating assistance. Please call **860-560-5800 to set up an appointment.** **Any questions call Nicole-860-258-2799**

SENIOR TASK FORCE

Seniors if you have any issues please come to the meeting. The task force brings all issues to the Senior Liaison Committee.

**2ND Monday of the month
February 8**

Room 4 - Senior/Community Center
10:00am - 12:00pm

Any Questions please call 860-258-2786

ROCKY HILL MINI BUS SERVICE:

**Transportation for the elderly & disabled
Must reside in Rocky Hill
Call Charlene: 860-258-2701
Monday - Friday 8:30am - 10:30am**



WEEKLY PROGRAMS:

TUESDAY SET BACK CLUB

Every Tuesday
12:30 - 2:30/3:00

Refreshments served
Room 1 - Senior/Community Center
**Apple Rehab: Supplying Goodies on
3rd Tuesday of the month**

MAHJONG GROUP

Every Thursday
1:00pm - 4:00pm

Room 3 - Senior/Community Center
FREE

From beginners to experienced!
LOOKING FOR MORE PLAYERS!

WII BOWLING

Every Wednesday & Friday
1:00 - 3:00pm

Room 2 Wednesdays & Room 3 Fridays
Senior/Community Center
No experience necessary! Come have a
good time and meet great people
FREE!

SENIOR WOOD CARVING CLASS

Wednesday
1:00pm - 3:00pm

Room 4 - Senior/Community Center
Open to Carvers of all expertise!
Drop In Program

\$2.00-payable to instructor
Instructor: Warren Blessing

SENIOR CRAFT GROUP

Every Tuesday
10:00am - 12:00pm

Room 2 - Senior/Community Center
Bring your hooks, needles, craft
Projects etc.

All expertise welcome!

**We are looking for more knitters &
crocheters to join our Craft group to help with
different projects we are working on to send
to various charity foundations.**

*For more information please call the Senior
Center Office at 860-258-2786*

SENIOR SERENADERS:

Have fun singing and entertaining at
Senior Centers and assisted living facilities

Tuesdays

1:00pm - 3:00pm

Room 4 - Senior/Community Center

**For more information Contact the
Senior Center office 860-258-2786**

LUNCH & DINING INFORMATION:

BIRTHDAY BINGO

First Tuesday

February 2, 2016

12:45pm - 3:00pm

Sponsored by: Maplevue Manor

BINGO AT COMMUNITY CENTER

Monday, Wednesday, Thursday, Friday

Bingo is held after Lunch

12:45pm - 3:00pm

FEE FOR BINGO CARDS!

**Subject to change if there is no Bingo
Caller.**

SENIOR CENTER MEMBERSHIP

Rocky Hill Residents - FREE!
Out of Town Residents - \$10.00/annually

SENIOR CENTER LUNCH FEES:

Resident Members: \$3.50
Non-resident members: \$4.00
Residents Non-Members: \$5.00
Non Residents Non-Members: \$7.00

**LUNCH IS SERVED AT 12:00PM SHARP!
MUST REGISTER DAY IN ADVANCE!**

To Register please call the Senior Center
Office 860-258-2786.

FEBRUARY 2016
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE
SIGN UP AT LEAST ONE DAY IN ADVANCE

MONDAY FEBRUARY 1	MONDAY FEBRUARY 8
Chicken Cordon Bleu Scalloped Potatoes Carrots Bread Coffee, Tea, Milk & Dessert	Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert
TUESDAY FEBRUARY 2	TUESDAY FEBRUARY 9
<p style="text-align: center;">“Birthday Bingo”</p> Salisbury Steak Mashed Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert <u>LIMIT 48</u>	Turkey & Cheese Sandwich Cream of Broccoli Soup Chips Coffee, Tea, Milk & Dessert
WEDNESDAY FEBRUARY 3	WEDNESDAY FEBRUARY 10
Crab Cakes Rice Beets Bread Coffee, Tea, Milk & Dessert	Cheese Ravioli Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert
THURSDAY FEBRUARY 4	THURSDAY FEBRUARY 11
Hot Dogs Baked Beans Chips Coffee, Tea, Milk & Dessert	BBQ Chicken Legs Scalloped Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert
FRIDAY FEBRUARY 5	FRIDAY FEBRUARY 12
Chicken Parmesan Salad Rolls Coffee, Tea, Milk & Dessert	Stuffed Sole Rice Carrots Coffee, Tea, Milk & Dessert



**FEBRUARY 2016
ROCKY HILL SENIOR LUNCH MENU**

**MENU SUBJECT TO CHANGE
SIGN UP AT LEAST ONE DAY IN ADVANCE**

MONDAY FEBRUARY 15	MONDAY FEBRUARY 22
CLOSED	Macaroni & Cheese Salad Italian Bread Coffee, Tea, Milk & Dessert
TUESDAY FEBRUARY 16	TUESDAY FEBRUARY 23
Meat Ravioli Salad Italian Bread Coffee, Tea, Milk & Dessert	Chicken Breast Florentine Scalloped Potatoes Beets Bread Coffee, Tea, Milk & Dessert
WEDNESDAY FEBRUARY 17	WEDNESDAY FEBRUARY 24
Baked Cod Au gratin Potatoes Waxed Beans Bread Coffee, Tea, Milk & Dessert	Beef Stew Italian Bread Coffee, Tea, Milk & Dessert <u>LIMIT 48</u>
THURSDAY FEBRUARY 18	THURSDAY FEBRUARY 25
Swedish Meatballs Buttered Egg Noodles Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert	Pierogies Kielbasa & Sauerkraut Bread Coffee, Tea, Milk & Dessert
FRIDAY FEBRUARY 19	FRIDAY FEBRUARY 26
Stuffed Shells Caesar Salad Rolls Coffee, Tea, Milk & Dessert	Scallops Rice Green Beans Bread Coffee, Tea, Milk & Dessert

MONDAY, FEBRUARY 29:

Chicken w/ Broccoli & Cheese, Scalloped Potatoes, Green Beans, Bread, Bev. & Dessert

SENIOR ACTIVITIES:**COMPUTER LAB HOURS**

The days & hours for the lab are Monday through Friday from 9:00am - 4:00pm.
For more information please call **860.258.2786**

TAX-AIDE PROGRAM

AARP is offering tax assistance on **MONDAYS ONLY** to taxpayers with low to moderate Income with priority to tax payers 60 years and older. The program will be held at the **Cora Belden Library from February 1 - April 11, 2016 from 10:15am - 2:15pm**, space is limited and **APPOINTMENTS are REQUIRED!!** For more information and to make an appointment **please call Dense or Brittany at 860-258-2786 Monday through Friday from 8:30am - 4:30pm** or stop by the Senior Center Office.

NO WALK-INS!

No appointments-February 15!

ATTENTION!!

Looking for **POKER PLAYERS** to play weekly at the Rocky Hill Community Center. If interested or for more information please call the Community Center @ 860-258-2786.

Please stop by or call the Senior Center Office during business hours at 860-258-2786 for more information about any of the programs offered.

EXERCISE PROGRAMS:**T'AI - QIGONG CLASS**

April 6 - June 1
Wednesdays 9:45am - 11:00am
COST: \$30.00/residents
\$35.00/non-residents

ZUMBA GOLD

April 1 - June 3 (NC: 5/20)
Fridays 8:00am - 8:45am
COST: \$25.00/residents
\$30.00/non-residents

SENIOR STRETCH

March 28 - June 1 (NC: 5/18 & 5/23)
Mondays & Wednesdays 8:30am - 9:15am
COST: \$30.00/residents
\$35.00/non-residents

BOOMERS BOOT CAMP

March 29 - June 2 (NC: 5/17, 5/19 & 5/24)
Tuesdays & Thursdays 8:00am - 8:45am
COST: 1 DAY session - \$25.00/residents
\$30.00/non-residents
2 DAY session- \$50.00/residents
\$55.00/non-residents

IF YOU DO NOT SIGN UP FOR THE CLASS WE ASK FOR A \$5.00 DROP IN FEE FOR EACH CLASS ATTENDED.

***Register at the Senior Center Office. Any Questions please call 258-2786 or 258-2757.**

SENIOR WALK TRACK PROGRAM:

Walk Track hours are as followed:
Monday thru Thursday: 7:00am - 8:00am
1:00pm - 3:00pm
Fridays: 7:00am - 8:00am
2:00pm - 3:30pm
BRING A FRIEND!!
COST: FREE!

STEPNEY SENIORS

Calling all Seniors (active or those who want to be active). Meetings are held every Thursday starting at 10:30am. Come early for the raffle. Bingo or cards after each meeting Call 860-529-7385 Neil McPhee.

February 4: Board Meeting - 9:30am

Meeting - 10:30am

Raffle

Name that Artist

Bingo or Cards

February 11: Meeting - 10:30am

Raffle

Valentine Luncheon

Bingo or Cards

February 18: Meeting - 10:30am

Raffle

Social Day

Bingo or Cards

February 25: Meeting - 10:30am

Food Bank

Raffle

DVD - Elve Hurst

Bingo or Cards

ROCKY HILL SENIOR CLUB

The Rocky Hill Senior Citizen Club meets on Fridays at 10:30am at Rocky Hill Community/ Senior Center, a Social hour follows. Open to all 55 years old and older. Please join us!!

February 5: Board Meeting - 10:00am

Meeting - 10:30am

50/50 Raffle

Door Raffle

February 12: Meeting - 10:30am

50/50 Raffle

Door Raffle

Food Bank

Valentine Party

Speaker: Mayor-Claudia Baio

February 19: Meeting - 10:30am

50/50 Raffle

Door Raffle

February 26: Meeting - 10:30am

50/50 Raffle

Door Raffle

SENIOR CRAFT GROUP PROJECT:**Senior Craft Group Members**

Lisa R., local artist and preschool teacher is offering a craft project on the **2nd Tuesday of the month. To participate you MUST be a MEMBER of the Senior Center!**

Small fee to cover materials!

PROJECT WILL BE ON FEBRUARY 9!

**Pre-registration is required,
call 860-258-2786 or 860-258-2757.**

MEDICARE SAVINGS PROGRAM:***Updated Program Limits***

Helps to pay the monthly Medicare Part B premiums for qualifying participants.

Depending on income level this program may also lower the co-pays for prescriptions to between \$2.65 and \$7.40 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

Monthly Max income: Single - \$2,413.26

Couple - \$3,266.88

SNAP (Formerly Food Stamps):

Helps offset food expenses. Money is given to eligible participants monthly, on an EBT debit card to use at Local grocery Stores.

Monthly Max: Single - \$1,800, Couple - \$2,425

Please call Denise Sanderson: 860-258-2786

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>February 1: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track</p>	<p>February 2: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-1:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Birthday Bingo 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track</p>	<p>February 3: 7:00-8:00: Walk Track 8:30 - 9:15:: Sr. Stretch 9:45 - 11:00: T'ai Chi 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>February 4: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-3:00: Stepney Sr. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00-4:00: Mahjong 1:00 - 3:00: Walk Track</p>	<p>February 6: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 2:00 - 3:30: Walk Track</p>
<p>February 8: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track</p>	<p>February 9: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-1:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track</p>	<p>February 10: 7:00-8:00: Walk Track 8:30 - 9:15:: Sr. Stretch 8:30 - 3:30: Footcare 9:45- 11:00: T'ai Chi 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>February 11: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00 - 11:00: Hearing Clinic 10:00-3:00: Stepney Sr. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00-4:00: Mahjong 1:00 - 3:00: Walk Track</p>	<p>February 12: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 2:00 - 3:30: Walk Track</p>
<p>February 15: <u>CLOSED</u></p>	<p>February 16: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-1:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track</p>	<p>February 17: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45 - 11:00: T'ai Chi 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>February 18: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-3:00: Stepney Sr. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p>	<p>February 19: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 2:00 - 3:30: Walk Track</p>
<p>February 22: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track</p>	<p>February 23: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-1:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track</p>	<p>February 24: 7:00-8:00: Walk Track 8:30-9:15: Sr Stretch 9:45 - 11:00: T'ai Chi 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track</p>	<p>February 25: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-3:00: Stepney Sr. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong</p>	<p>February 26: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 2:00 - 3:30: Walk Track 8:30 - 5:00: Casino Trip</p>
<p>February 29: 7:00-8:00: Walk Track 8:30-9:15: Sr Stretch 9:45-11:45: Nurse 12:00: Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track</p>				

SPECIAL SENIOR EVENTS:**GET OUT OF THE KITCHEN**

**CANCELLED UNTIL FURTHER NOTICE
PLEASE CHECK BACK FOR UPDATES!**

BINGO NIGHT - TUESDAYS

**CANCELLED UNTIL FURTHER NOTICE.
PLEASE CHECK BACK FOR UPDATES!**

MOHEGAN SUN CASINO TRIP:

MONTHLY

FRIDAY FEBRUARY 26, 2016

FIRST COME FIRST SERVE

PRE-REGISTRATION REQUIRED

LIMIT OF 50

COST: \$20.00

8:30am - 5:00pm

**Leaving Elm Ridge Park at 8:30am
and returning at 5:00pm.**

Registration starts TUESDAY

**FEBRUARY 16 at 8:30AM until the bus is
full.**

**PAYMENT IS DUE ON DAY YOU REGISTER FOR
THE TRIP!!**

**REFUND POLICY: NO REFUNDS WILL BE
GIVEN ON THE TRIP!**

NEW PROGRAM**LUNCH & LEARN**

Rocky Hill Community Center Room 2 & 3

1:00pm - 2:00pm

4th Tuesday of each Month

Starting February!

FIRST SEMINAR: FEBRUARY 23, 2016

SEMINAR TOPIC:

Stephanie Whiteway

“Liberty Mutual Insurance”

TOPIC: How to stay safe in winter!

MUST REGISTER IN ADVANCE!

Please call the Senior Center Office during
business hours 8:30am - 4:30pm
258-2786 or 258-2757

SENIOR TRIPS:

(More Trips are located on Senior
Bulletin Board)

TRIPPING WITH RITA PRESENTS:**ESCORTED MONTREAL & CANADA
NEW ENGLAND CRUISE**

July 15—23, 2016 9 Days/8 Nights

1 Night Montreal & 7 Night Cruise

Montreal - Scenic Cruising the St. Lawrence -
Quebec - Cruising the Gulf of St. Lawrence -
Prince Edward Island - Sydney - Halifax - Bar
Harbor - Boston

From \$1,979.00/pp

For reservations and more information:

Rita Thibodeau - (860)563-9803

ADVENTURES WITH LOIS PRESENTS:**SPAIN'S CLASSICS**

APRIL 16 - APRIL 26, 2016

Highlights... Madrid, Royal Palace, Toledo,
Cordoba, Seville, Flamenco Show, Granada,
The Alhambra, Valencia, City of Arts & Science,
Liadro City of Porcelain, Paella Experience,
Barcelona, La Sagrada Familia, ParcGuell
**11 Days, 14 meals: 9 Breakfasts, 1 Lunch,
4 Dinners**

Book Now and save \$200/per person!

Double: \$3,649

Triple: \$3,619

Single: \$4,199

Included in Price:

Group Transportation from Central Location to
and from new York Airport, Round Trip Air from
New York, Air taxes and Fees/Surcharges.
Hotel Transfers.

For reservation info: Lois Morton

(860)529-2797

loisjmorton@cox.net

**Please stop by or call the Senior
Center Office during business hours at
860-258-2786 for more information about
any of the programs offered.**

PIBBLES & MORE ANIMAL RESCUE

HIGH HOPES THERAPUTIC RIDING

January 15, 2016



January 22, 2016



JANUARY CRAFT PROJECT

If you are interested in joining to make a craft project please call 860-258-2786 to sign up. There is a small fee for the supplies! People have enjoyed it and it's a great way to socialize!



COLD WEATHER SAFETY TIPS

1. **Layer Up!** Wear layers of lightweight clothing to stay warm. Gloves and hat will help prevent losing body heat.
2. **Don't forget your furry friends.** Bring pets indoors. If they can't come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
3. **Remember the three feet rule.** If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away, such as paper, clothing, bedding, curtains or rugs.
4. **Requires supervision** - Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
5. **Don't catch fire!** If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
6. **Protect your pipes.** Run water, even at a trickle, to help prevent your pipes from freezing. Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around plumbing.
7. **Better safe than sorry.** Keep the thermostat at the same temperature day and night. Your heating bill may be higher, but you could avoid a more costly repair job if your pipes freeze and burst.
8. **The Kitchen is for cooking.** Never use a stove or oven to heat your home.
9. **Use generators outside.** Never operate a generator inside the home, including in the basement of garage.
10. **Knowledge is power.** Don't hook a generator up to the home's wiring. The safest thing to do is connect the equipment you want to power directly to the outlets on the generator.

EMERGENCY KIT FOR YOUR VEHICLE:

Windshield Ice Scraper	Snow Brush	Flashlight w/ Extra Batteries
Shovel	Tow Chain	Traction aids (sand or cat litter)
Emergency Flares	Jumper Cables	Snacks
Water	Road Maps	Blankets, Change of Clothes