



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"



MARCH 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

This month will be:

March 11, 2016

10:00am - 11:00am

Cleans and Checks any hearing aid
FREE hearing test

Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

Monthly

Wednesday

March 9, 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

March 14

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 7 - Senior/Community Center
FREE

From beginners to experienced!
LOOKING FOR MORE PLAYERS!

WII BOWLING

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

Room 2/3 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

March 1, 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.

MARCH 2016
ROCKY HILL SENIOR LUNCH MENU

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

MONDAY FEBRUARY 29	MONDAY MARCH 7
Chicken w/ Broccoli & Cheese Scalloped Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert	Macaroni & Cheese Salad Italian Bread Coffee, Tea, Milk & Dessert
TUESDAY MARCH 1	TUESDAY MARCH 8
<p style="text-align: center;">“Birthday Bingo”</p> Salisbury Steak Mashed Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert <p style="text-align: center;"><u>LIMIT 45</u></p> 	Pot Roast Mashed Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert <p style="text-align: center;"><u>LIMIT 45</u></p>
WEDNESDAY MARCH 2	WEDNESDAY MARCH 9
Stuffed Sole Rice Carrots Bread Coffee, Tea, Milk & Dessert	Chicken Pot Pie Caesar Salad Coffee, Tea, Milk & Dessert
THURSDAY MARCH 3	THURSDAY MARCH 10
Chili Con Carne Caesar Salad Rolls Coffee, Tea, Milk & Dessert	Swedish Meatballs Egg Noodles Carrots Bread Coffee, Tea, Milk & Dessert
FRIDAY MARCH 4	FRIDAY MARCH 11
Breaded Fish Au gratin Potatoes Beets Bread Coffee, Tea, Milk & Dessert	Baked Cod Rice Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert

**MARCH 2016
ROCKY HILL SENIOR LUNCH MENU**

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

MONDAY MARCH 14	MONDAY MARCH 21
Crab Cakes Au gratin Potatoes Beets Bread Coffee, Tea, Milk & Dessert	Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert
TUESDAY MARCH 15	TUESDAY MARCH 22
Stuffed Shells Caesar Salad Rolls Coffee, Tea, Milk & Dessert	Chicken Parmesan Salad Rolls Coffee, Tea, Milk & Dessert
WEDNESDAY MARCH 16	WEDNESDAY MARCH 23
ST. PATRICKS DAY PARTY PRE-REGISTRATION REQUIRED	Beef Stew Italian Bread Coffee, Tea, Milk & Dessert
Corn Beef & Cabbage Potatoes <u>LIMIT OF 60</u> Carrots <u>\$5.00</u> Bread Coffee, Tea, Milk & Dessert	<u>LIMIT 45</u>
THURSDAY MARCH 17	THURSDAY MARCH 24
Chicken Breast w/ Broccoli & Cheese Scalloped Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert	Hot Dogs Baked Beans Homefried Potatoes Coffee, Tea, Milk & Dessert
FRIDAY MARCH 18	FRIDAY MARCH 25
Cheese Ravioli Salad Rolls Coffee, Tea, Milk & Dessert	CLOSED

MONDAY, MARCH 28: Ham, Sweet Potatoes, Waxed Beans, Bread, Bev. & Dessert
TUESDAY, MARCH 29: Meat Ravioli, Caesar Salad, Rolls, Bev. & Dessert
WEDNESDAY, MARCH 30: Shepard's Pie, Coleslaw, Bread, Bev. & Dessert
THURSDAY, MARCH 31: Scallops, Rice, Green Beans, Bread, Bev. & Dessert

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.

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!

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.

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.

March 3: Board Meeting - 9:30am
Meeting - 10:30am
Raffle

Social Day

Bingo or Cards

March 10: Meeting - 10:30am
Raffle

Maple View Manor

Bingo or Cards

March 17: Meeting - 10:30am
Raffle

St. Patty's Day Party-bring goodies

Bingo or Cards

March 24: Meeting - 10:30am
Raffle

Bake Sale

Bingo or Cards

March 31: Meeting - 10:30am
Food Bank

Raffle

Brain Teasers

Bingo or Cards

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 MARCH 8!

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

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!!

March 4: Board Meeting - 10:00am
Meeting - 10:30am
50/50 Raffle
Door Raffle

March 11: Meeting - 10:30am
50/50 Raffle
Door Raffle
Food Bank

March 18: Meeting - 10:30am
50/50 Raffle
Door Raffle
Bake Sale

March 25: NO MEETING-GOOD FRIDAY

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>
	March 1: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-12:00: 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	March 2: 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	March 3: 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	March 4: 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
March 7: 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	March 8: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-12:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	March 9: 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	March 10: 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	March 11: 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
March 14: 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	March 15: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: 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	March 16: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45- 11:00: T'ai Chi 12:00: St. Patricks Party 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	March 17: 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	March 18: 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
March 21: 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	March 22 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-12:00: Craft Group 12:00: Lunch 1:00 - 2:00: Lunch & Learn 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	March 23: 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	March 24: 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	<u>CLOSED</u>
March 28: 7:00-8:00: Walk Track 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	March 29: 7:00-8:00: Walk Track 10:00-12:00: 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	March 30: 7:00-8:00: Walk Track 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	March 31: 7:00-8:00: Walk Track 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	

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:

**There will be NO CASINO TRIP for the
month of MARCH due to Good Friday.**

Trips will resume in April!

Thank you for the continued support!

SENIOR TRIPS:

(More Trips are located on Senior
Bulletin Board)

TRIPPING WITH RITA PRESENTS:**ROCKY HORSE RESORT**

Tuesday, September 6 - Friday, September 9
4 Days, 3 Night trip

Price: \$499.00/per person Double

\$489.00/per person Triple

\$619.00/per person Single

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

NEW PROGRAM**LUNCH & LEARN**

Rocky Hill Community Center Room 2 & 3

1:00pm - 2:00pm

4th Tuesday of each Month

MARCH 22, 2016

SEMINAR TOPIC:

Mike Rigdon

TOPIC: Health and Wellness

MUST REGISTER IN ADVANCE!

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

258-2786 or 258-2757

**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.**

ST. PATRICK'S DAY LUNCHEON

IRISH BLESSING

MARCH 16, 2016

10:30AM ~ 3:00PM

RAFFLE W/ PRIZES!

RAFFLE TICKETS: 3/ \$2.00

BINGO AFTER LUNCH

COST: \$5.00/ALL MEMBERS

PRE-REGISTRATION IS REQUIRED!

LIMIT OF 60

REGISTRATION STARTS: MARCH 1



May the Road rise to meet you

May the wind be always at your back

May the sun shine warm upon your face

And rains fall soft upon your fields.

And until we meet again

May God hold you in the hollow of his hand.



FEBRUARY 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 a lot of fun!



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