

TLC Telegram

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Above (l-r): Giving Tree Volunteers Julie Mack and Alexis Kopral

Get SAFELY OUT

TLC wants you to be prepared in the event of a disaster. We hope that the Sacramento area does not experience a disaster; however, it is always best to be prepared in the event that one does occur. To help our TLC participants prepare, TLC purchased SAFELY OUT kits from Citizen Voice. Along with the December Giving Tree gifts, volunteers delivered SAFELY OUT kits. Each kit contains a plastic storage bag, door hanger, double-sided adhesive square, magnet with a fold-out information sheet, wallet card, helper sheets, instructions for using the kit and pens to complete the information. We hope that you review the contents of the kit and complete the requested information.

Here are some helpful tips for completing the kit:

- Ask a family member or neighbor if you can list him/her as a Helper. The Helpers will be your key contacts in a disaster. Be sure to discuss your plan with your Helpers so that they are aware that you may be relying on them for assistance.
- List at least one contact who lives out of town, since your local contacts may also be affected by the disaster.
- Keep a current list of prescriptions and their dosages in the bag.
- Keep the SAFELY OUT door hanger on the inside of your house on the front door knob for easy access along with the black Sharpie® marker.
- Store the kit in the refrigerator since this is one of the most protected areas in the home during a disaster.
- Review "How To Use Your SAFELY OUT Kit" several times.
- You may want to store a small amount of money in the SAFELY OUT kit in case the ATMs are not working due to power outages.
- Keep your contact information current.

You may want to ask a family member or neighbor to assist you with completing the information. If you have any questions about the kit, please call the TLC program at 916-334-1072.



Above left l-r: Giving Tree Volunteers Olinda Hirsch and Elizabeth Hirsch with their dog, Lexi. Above right: Giving Tree gifts all ready to go.

Giving Tree Update

Over the recent holiday season, 633 gifts were delivered to Eskaton's TLC participants and residents of Eskaton's Natomas, Jefferson, Lincoln and Henson Manors. Volunteers from the greater Sacramento area helped TLC participants and Eskaton residents celebrate the holidays by purchasing and delivering gifts. Companies and community organizations that contributed to the success include:

- Milgard Manufacturing
- USAA
- Kaiser Permanente
- Mercy General
- The Federal Technology Center
- Sierra Health
- Nationwide Health
- Morgan Stanley
- Sacramento Association of Health Underwriters
- Citrus Heights Chamber of Commerce
- Carter and Ziekle Certified Public Accountants
- Casa de Santa Fe Senior Residential Community
- Eskaton Village Carmichael
- Eskaton Administrative Center
- Carriage and Mariposa Elementary Schools' Bridges Programs
- Sacramento Breakfast Rotary Club
- The Girl Scouts Troop 1147
- The National Charity League



In addition to the gifts, several items were included in the holiday delivery. With funds from the Eskaton TLC Garden Gala, the program was able to purchase SAFELY OUT kits for all of the participants. Friends for Life Animal Outreach donated treats for 150 cats, 98 dogs, 13 birds, 1 fish and 2 pet rats. The students with the Carriage and Mariposa Elementary Schools' Bridges Programs decorated and filled goodie bags for some of the TLC participants. The students wanted seniors to know they were remembered during the holiday season. We would like to thank everybody involved in the 5th Annual Holiday Giving Tree for making the holiday season extra special.

Have You Checked Your Smoke Detector Lately?

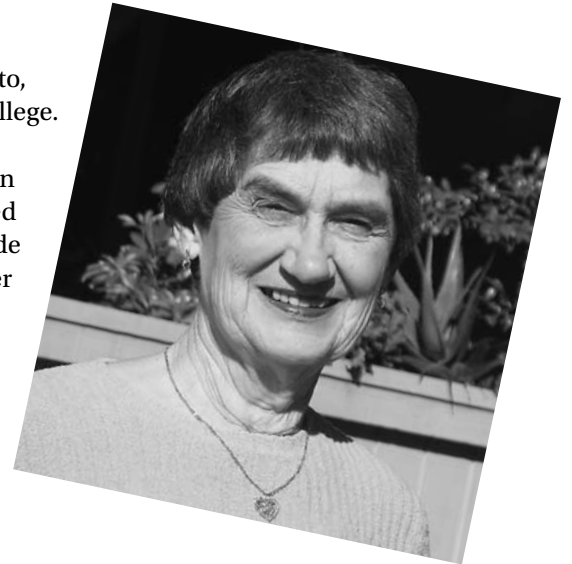


Now that spring is here, it is a good time to check if your smoke detector is still working. The fire department recommends replacing the battery once a year. Also, it is important to keep the smoke detectors clean by vacuuming or dusting over or around them regularly. As with many items, the detectors wear out. If your smoke detector is over eight to ten years old, it may be time to get a new one. If you don't have a smoke detector or would like a replacement, please call TLC at 916-334-1072, or, if you are a resident of the city of Sacramento, call the Sacramento City Operator at 916-264-5011.

College Graduate at 70

Nancy Freeman, a gerontology major at California State University, Sacramento, did not let her age (70) stop her from following her dream to graduate from college. We are pleased to have Nancy as an intern for Eskaton's TLC and Senior Connection programs. Nancy will be graduating in May with a bachelor's degree in gerontology. Last fall, she helped TLC complete 100 safety assessments funded by the Whitmire Family Foundation grant. Nancy is currently preparing a guide to assist the Senior Connection and TLC in the event of a disaster in the greater Sacramento area. She is a certified member of the Southern Baptist Disaster Relief program and is ready to serve in the event of a disaster.

Nancy, a devoted mother of four and grandmother of 13, is completing college to fulfill a personal goal and to be a role model for her grandchildren. She is active in her church and enjoys visiting her family and friends. We are very fortunate to have Nancy as a part of our programs. She is a reminder to us all to follow our dreams.



Manuel stands in his newly remodeled kitchen



Extreme Makeover: TLC Style

California Building Officials, CALBO, is a corporation dedicated to promoting public health and safety in building construction. The CALBO Foundation contacted TLC with a desire to help seniors make their houses safer and more energy efficient through housing renovations. The TLC program identified Manuel G. as a potential recipient. Manuel's carport was converted into a room many years ago, but it was not energy efficient nor built to code. His heating bills were very expensive, and he was unable to adequately heat his home during the cold winter months.

In January, CALBO coordinated a major remodeling project. They went above and beyond making his home energy efficient. They also weatherized his home, remodeled his kitchen and bathroom, installed new carpet in his living room and bedroom, and painted the home's interior and exterior.

"Thank you so much," Manuel said. "I do not have words to describe how I feel." Manuel is now living comfortably in his warm, newly renovated home.



Safety Tip from TLC Intern Nancy

Is summer footwear on your shopping list? Remember that sturdy shoes with nonslip soles are important for your safety. House slippers, too, need nonslip soles for fall prevention.

Have a safe spring and summer!

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Senior Residences and Services

The Senior Connection

A Community Service of Eskaton

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If you have any comments, questions or suggestions, please contact Lynette Tidwell at 916-334-1072.

www.eskaton.org

Volunteering at 90

Raymond Anderson, a dedicated TLC volunteer, just celebrated his 90th birthday! Not many 90-year-olds have no hearing aids, no eye glasses and are as “sharp as a tack”. Raymond has been volunteering in the TLC office three days a week for almost six years. He also volunteers with Senior Gleaners, where he collects food to distribute at his church.

Raymond was born to Irish immigrant parents in New York City where his first job was selling newspapers for three cents on the corner of 47th Street and 5th Avenue in Manhattan. He recalls that, when he was lucky, the customer would give him a nickel and tell him to keep the change. Raymond, his wife and his two youngest children moved to Carmichael in 1970 where he worked in the accounting field until he retired as a controller for Jones, Brand and Hullin, a real estate and insurance firm, in 1984.

TLC participants enjoy Raymond’s great sense of humor and pleasant conversations. While making the morning calls, he enjoys telling jokes and giving a cheerful weather forecast. He credits his long, healthy life to quitting smoking over 50 years ago and eating three healthy meals a day. When asked why he volunteers, he replied, “It keeps me active. I live by myself, so going out allows me to mingle with other people.” We are fortunate that Raymond has chosen to be a TLC volunteer, and we are blessed by his delightful personality. Raymond is like a ray of sunshine to the TLC program.

