

The ULTIMATE CHECKLIST FOR MAINE WINTERS:

- I have enough heating oil/I will order very soon (there may be financial programs available if you need assistance)
- I have my heating equipment checked (chimney cleaned, furnace serviced)
- I have snow shovels handy
- I have sand or rock salt for deicing (check with the town hall or public works if they offer salt)
- I have arranged snow plowing (if you do not have somebody to plow, ask your neighbors or check bulletin boards in the store)
- My snow blower works and I have extra gas
- My generator works and I know how to operate it safely
- I have extra batteries, non-perishable food, and water in case of a power outage
- I know where the flashlights are and I have a radio that works with batteries
- My gutters are clean and my home is ready for cold weather
- I have tested my fire alarms
- I have a friend or family member who will check on me during storms or power outages
- I have the numbers for family, supports, CMP, and local warming station easily accessible

- SMAA does not provide a list of snow plow drivers. It is encouraged to reach out to your neighbors, who do they use? Is it possible the plow driver will offer a discount or have availability since the houses are next to each other? Check the bulletin boards at your local stores.

- Generator Safety Tips, <https://www.energy.gov/ceser/activities/energy-security/emergency-preparedness/using-portable-emergency-generators-safely>



Winter Falls Prevention Tips



Focus on your footing

- Walk like a penguin with toes pointed slightly out
- Be aware of changes in walking surfaces

Avoid multi-tasking!

- Don't use your cell phone when walking
- Keep your hands free
- Step DOWN, not out when stepping off curbs or out of the car

Plan ahead

- Wear appropriate footwear
- Put a jar of sand or ice melt in your car

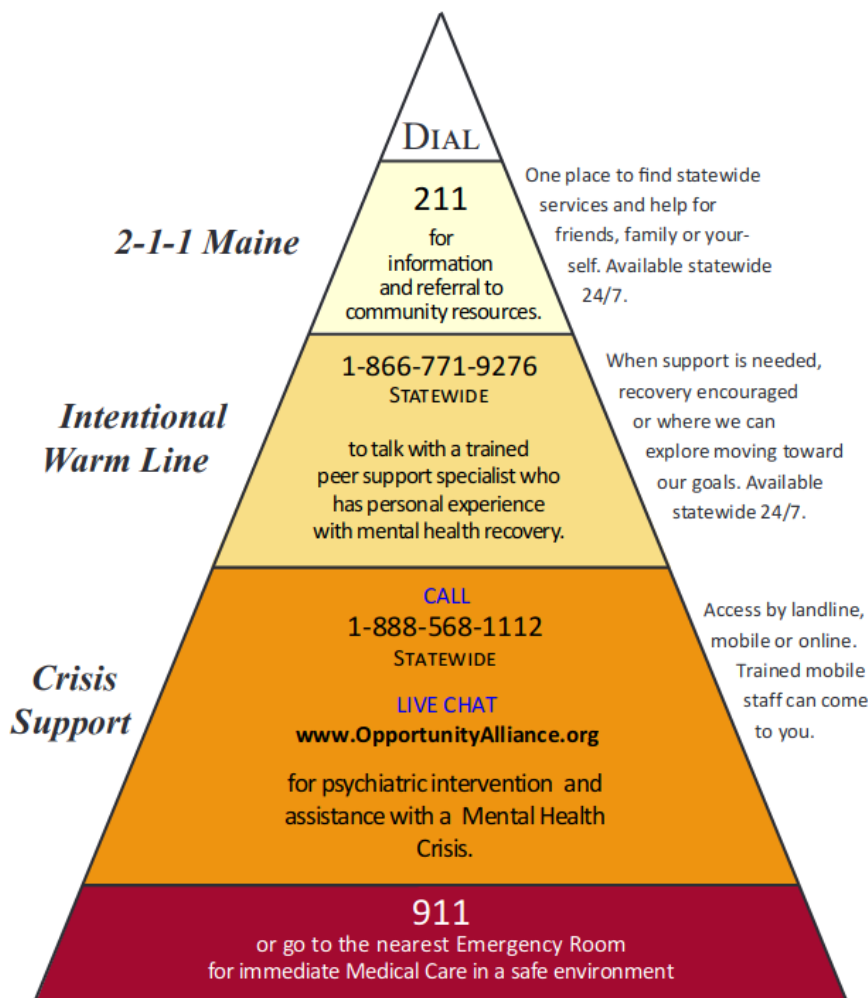
Use authorized paths and handrails

Report Unsafe Conditions!

- Speaking up can help others stay safe as well

IMMEDIATE SUPPORT SERVICES

The diagram below illustrates immediate support services available to you as your level of crisis increases.
(Start at the top of the pyramid)



Created by The Opportunity Alliance in collaboration with Maine Dept. of Health and Human Services- Adult Mental Health



Get Help with the State of Maine Benefits Application

If you are 60+ or an adult living with disabilities and you have limited income and resources to access available benefits, [Southern Maine Agency on Aging \(SMAA\)](#) Resource Specialists are just a call away! They will explain eligibility for different benefits programs and assist you with completing applications for:

- Low Income Subsidy (LIS)
- MaineCare
- Medicare Savings Program
- Fuel Assistance (LIHEAP)
- Food Stamps (SNAP)

Please call us at **1-800-427-7411** or e-mail referral@smaaa.org to set up an appointment

Legal Services for the Elderly provides free civil legal services to Maine residents age 60 and older. If you need legal help, please call our Helpline at 1-800-750-5353.