



# Winter Wellness Checklist ✓

## Winterization

As winter approaches, use this Winter Preparedness Checklist to ensure you're ready before the first snowfall.

- ✓ I have contact information for family, my electric company, and local warming stations easily accessible.
- ✓ I have a friend or family member who will check on me during storms or power outages (Central Maine Power even offers an option to alert a designated person if you lose power).
- ✓ I have extra batteries, non-perishable food, and water in case of a power outage.
- ✓ I have all of the medications I need for a few days.
- ✓ I know where the flashlights are and have checked to see that they are in good working condition.
- ✓ I have a radio that works with batteries.
- ✓ I have tested my fire alarms.
- ✓ I have insulated and winterized the windows (If you have questions on winterizing your windows, please call us at 207.396.6500).
- ✓ I have added extra thick curtains. I keep the curtains open during the day and close them once it starts getting dark.

## Important resources

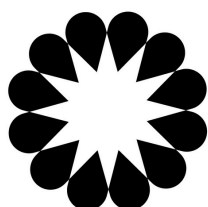
Your town may offer **sand for free**. Check with your town hall, Public Works Department, or local Age-Friendly community.

Learn more about **energy prices and resources** through the Governor's Energy Office, GEO Winter Heating Guide at [www.maine.gov](http://www.maine.gov).

The **Home Energy Assistance Program (HEAP)** helps to provide direct payments for heating assistance. The program is based on income (medical expenses may be deducted). It is available to homeowners and renters (even if heat is included in their rent)! Applications are required every year.

- **Cumberland County residents:**  
Opportunity Alliance, 207.553.5900
- **York County residents:** York County  
Community Action, 207.459.2950
- **Apply online:**  
<https://www.mainehousing.org/programs-services/energy/energydetails/liheap>

For more information, please contact a Southern Maine Agency on Aging Resource Specialist at 207.396.6500 or visit our website, at [www.smaaa.org](http://www.smaaa.org).



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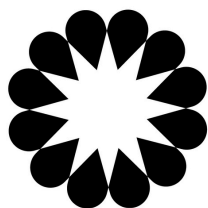
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## Protect your home

- ✓ I have enough heating oil/I will order very soon.
- ✓ I have my heating equipment checked (chimney cleaned, furnace serviced, etc.)
- ✓ I have snow shovels handy.
- ✓ I have sand or rock salt for de-icing.
- ✓ I have arranged snow plowing. (If you do not have somebody to plow, ask your neighbors or check bulletin boards in local stores.)
- ✓ My snow blower works, and I have extra gas.
- ✓ My generator works, and I know how to operate it safely.
- ✓ My gutters are clean.
- ✓ I have checked my roof for leaks.
- ✓ I have a working outdoor light.

## Protect your car

- ✓ I change my oil on schedule.
- ✓ I know the status of my battery.
- ✓ I check the tire pressure before I get in the car and my tires' tread is good.
- ✓ I stand up my wiper blades when I'm not driving.
- ✓ My tank is always almost full.
- ✓ I keep a winter car survival kit: water, non-perishable food, flashlight, phone car charger, pen and notepad, portable air compressor or bike pump, booster cables, shovel, first aid kit with extra medications, extra hat and gloves, and a warm blanket.



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## Protect yourself Falls Prevention Tips

### Plan ahead

- Wear appropriate footwear: flat shoes with rubber soles provide the best traction.
- Put a jar of sand or ice melt in your car that is easily available to spread before you get out of the car. Cat litter is also a great replacement for sand.

### Focus on your walk

- Walk slowly, with wider steps and toes pointed slightly out - "walk like a penguin".
- Be aware of changes in walking surfaces - "black" ice is easy to miss! Also, make sure to check for water on floors when entering buildings.
- Step DOWN, not out when stepping off curbs or out of the car.
- Use authorized paths and handrails for support.

### Avoid multitasking

- Keep your hands free - do not use your cell phone when walking and avoid carrying heavy loads.

### Always remember to...

- Protect your head: If you fall backward, tuck forward to protect your head.
- Check for injuries: Check yourself for injuries and look for someone to help you get up.
- Ask your primary care provider for a falls risk screening. Prior to your visit, you can check out the [Falls Free CheckUp](#).
- Report unsafe conditions! Speaking up can help others stay safe as well!