



PASC NEWSLETTER

OCTOBER-
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2024

Halloween Safety Tips for Older Adults

Halloween is a fun and festive time of year, but it can also present unique challenges. Here are a few safety tips to help older adults stay safe and comfortable this season:

- **Keep Pathways Clear:** Make sure walkways are well-lit and free of tripping hazards.
- **Join in the Fun Safely:** Attend local community events or celebrations to safely participate in Halloween activities.

For more information on community events, visit:

<https://ad.lacounty.gov/services/community-and-senior-centers/>.

For more safety tips, visit:

<https://www.firstlighthousecare.com/blog/halloween-safety-tips-for-seniors/>

Make Your Voice Heard: Get Out and Vote!

This November, your voice matters more than ever! We encourage everyone to participate in the upcoming elections. Voting is one of the most powerful ways to shape our community's future, and it's easier than you think. Find your polling location by visiting www.vote.org and make a plan to cast your ballot.

Remember, every vote counts, and your participation helps make a difference. Let your voice be heard!

Preparing for Cooler Weather

As the weather cools down, it's important for older adults and individuals with disabilities to stay safe and comfortable. Here are some tips and resources to help you prepare for the colder season:

- **Stay Warm Indoors:** Make sure your home is well-insulated and your heating system is in good working order. Use blankets and layered clothing to keep warm.
- **Check Heating Devices:** Ensure space heaters are safe and keep them away from flammable materials. Never leave them unattended.
- Get more information on assistance programs to weatherize your home at:

<https://www.csd.ca.gov/Pages/Residential-Energy-Efficiency.aspx>