



The WISE Moments for Mental Wellness will be focused on preparedness for the month of September. These next pages offer a place to begin at home. There are many items you can complete on your own and make the necessary safety improvements. If there are items that you can't do, such as the installation of peep holes, indoor/outdoor lighting, and other tasks that require climbing of ladders or working with power tools, please start making a punch list of items that need attention. Once your list is complete, call Pastor Jim at 623.792.5295, and he will make arrangements to

help you accomplish your safety goals. You will be surprised at how much more comfortable and at ease you will feel when these items are accomplished! If you do not see some items on this list that may help address areas of concern within your particular situation, please include them on your punch list, and we will try to address them.

<p>Electrical Cords and Outlets</p>	<ul style="list-style-type: none"> —Check for frayed wires. —Repair or remove frayed wire on all electrical devices.
	<ul style="list-style-type: none"> —No cord should go under rugs in walking pathways or across doorways.
	<p>Rethink extension cords:</p> <ul style="list-style-type: none"> —Use outlets wherever possible —Do not overload power strips, outlets or extension cords —Consider using only surge protected power strips
<p>Home Heating</p>	<ul style="list-style-type: none"> —Have furnace/air conditioner checked annually. —Inspect water heater on regular basis. —Set temperature no higher than 120 degrees.
<p>Smoke and Carbon Dioxide Detectors</p>	<ul style="list-style-type: none"> —Smoke alarms should cover all areas of the house. —Carbon Monoxide detectors should cover kitchen and all sleeping areas. —Test alarms monthly and change batteries annually or sooner if alarm chirps. —Clean grille on alarms regularly. —Post fire department's carbon monoxide reporting emergency number. —Demonstrate sound of each detector so all members of household know it.
<p>Fire Extinguishers</p>	<ul style="list-style-type: none"> —Keep one in the kitchen. —Keep others strategically placed. —Replace as suggested by manufacturer or if damaged.

<p>Provide Easy Access for Emergency Personnel</p>	<p>FIRE DEPARTMENT LOCK BOXES Requirements to receive outside lock box: —Full time Sun City resident —Lives alone monthly income less than \$1,508 —Saving and investments less than \$13,300 BENEFIT: —Installation of a Fire Department lock box at no charge —Normal cost if don't meet criteria: \$65</p>
<p>Escape Plans</p>	<p>—Create escape plan with at least 2 exit routes in case of fire. —Practice the route twice a year, once at night. —Stay low if exiting to avoid smoke.</p>
<p>Burglarproofing</p>	<p>—Install a deadbolt on every door that leads to the outdoors. —If a room has window bars, be sure at least one window has a quick release. —Install motion sensor or solar lights outdoors around the house. —Keep the house looking lived-in when you are away (lights on timers, stop mail and newspaper delivery, leave a car in driveway or let neighbor park there.) —Consider putting sign —Advertise any home security you have installed. —Trim shrubs and trees near windows and doors that provide hiding places. —Place a metal bar or solid wood dowel in sliding door track. —Give spare key to trusted neighbor, nearby friend or family member.</p>
<p>Miscellaneous</p>	<p>—Store flammable liquids away from any flame source. —Keep flammable objects away from cooking equipment. —Place a rechargeable flashlight near your bed. —Install non-skid tub mat or decals in tub (check monthly).</p>

Important Phone Numbers

National Alliance on Mental Illness Help Line

1-800-950-6264 <https://www.nami.org/help>

Suicide Prevention Lifeline 800.273.TALK

Veteran's Crisis Line 800.273.8255 *press 1*

Poison Control Center Hotline 800.222.1222

Poison Control Helpline 602.253.3334

Pastoral Care—Pastor Jim Alexander 623.792.5295