

2001 South Lee Street  
 Americus, GA 31709  
 229.931.5923

www.magnoliamanor.com

# Aging Accents

## Cookies with Santa

December 19, 2015  
 9 a.m. - 12 Noon

Bring your Grandchild for a great photo op



*The onset of winter means an increase in season-related falls and illnesses while the changing climate sets in. Here are some great tips:*

**Wear Layers, when going out.**

Throughout the fall and winter, temperatures can be unpredictable by being warm during the day and chilly by evening. Be prepared for both with a sweatshirt, light jacket or a hat according to where you are located.

**Talk to Your Doctor.** Cold and flu season begins in the fall, so getting a flu vaccine can help prevent unwanted illnesses. Ask your doctor if a flu vaccine and/or pneumonia vaccine is right for you. Washing your hands thoroughly with hot, soapy water for at least 30 seconds prevents the spread of bacteria and germs. Be sure to get lots of sleep to strengthen your immune system to help your body fight infections.



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Americus

**Be Prepared-Be Safe.** With cooler weather, many reach for their space heaters to be prepared. Remember to be safe by never leaving them unsupervised. Place at least 3 feet between the heater and walls or curtains.

**Be careful.** With cooler temperatures, it is tempting to enjoy more outdoor activities, but remember to be careful. Falling leaves can cause risky and low visible walking conditions creating potential for falls. Rains add to the risk by causing slick surfaces. Keep driveways and walking paths clear to not allow debris to build up.

**Be aware.** Changing weather can cause storms leading to power outages, loss of heat, water and phone services. Stay informed and know when bad weather is on the way. Be sure you have essential supplies *before* emergency situations arise. Some things to remember are:

- Store lots of non-perishables and clean water.
- Keep candles, fresh batteries, flashlights, extra blankets and a battery-operated radio available.
- Establish a system of communication. Everyone needs to create a “buddy system”.

**Check the Car.** Get your car serviced before wintertime hits. Checking things like the oil, tires, battery and wipers can make a big difference when on the road in changing weather.

**Home Heating Safety.** House fires are a special concern for seniors. There is also the need to beware of the dangers of carbon monoxide, which can cause headaches, dizziness, nausea, convulsions and even death. Have all chimneys inspected and cleaned as needed, have the furnace inspected to make certain it is in good, safe operating condition. Keep a fire extinguisher handy, replace as needed and know how to use it.

**Winter Driving Tips.** Avoid driving during and after winter storms, but if you must drive:

- Keep the gas tank full.
- Let someone know your destination, route and expected time of arrival.
- Bring your cell phone.
- Keep an emergency travel kit in the trunk, including blankets, flashlight, water and a first aid kit.

If your car gets stuck, stay with it. Start the car and use the heater for about 10 minutes every hour. Keep the exhaust pipe clear so fumes do not back up in the car. Keep arms and legs moving to keep blood circulating and stay warm. Keep a window open to let in air.

# Magnolia Manor



A United Methodist Ministry for Older Adults

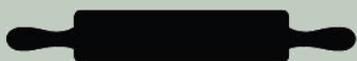
*Americus*

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<b>Columbus</b> 706.327.5032	<b>St. Marys</b> 912.673.7713
<b>Macon</b> 478.741.6684	<b>St. Simons Island</b> 912.638.3844

## Family Recipe



**3 cups of forgiveness**

**1 gallon friendship**

**a pinch of hope**

**a spoonful of laughter**

**endless LOVE**



## Independent Living Personal Care Assisted Living Memory Care



### From the Resident Sales Director

We are entering the holiday season bringing another year to an end. Many enjoy plans with family and friends, but some spend this time alone. Be safe in your travels and in your home.

If thoughts of returning home alone after the holidays has you down, call me so I can share all the exciting things there are to do at Magnolia Manor. We want to help you make your retirement years all you dreamed they would be.

We have a wide variety of Retirement Living options which include Villas, Cottages and Apartments for independent retirees. When you need more assistance, we have

private residences in the Retirement Center here for you.

In addition to these options, there are fun and exciting activities, trips and events to enjoy. If you prefer some alone time, there are nice peaceful areas to walk, sit and even fish. If you choose to be healthier, there is a wellness center at your disposal which is *free* for Magnolia Manor residents.

***Be prepared, plan ahead*** and call me at 229-931-5923 to schedule a visit and see all we have to offer.

***Lydia Romero***

Lydia Romero  
Resident Sales Director