



NATIONAL SAFETY MONTH

PAGE 1

FREE FISHING WEEKEND

PAGE 2

FAIRS & FESTIVALS

PAGE 2

Issue 38 | June | 2013

**ATTORNEY GENERAL
BILL SCHUETTE'S**

Senior Brigade

JUNE IS NATIONAL SAFETY MONTH

Source: [National Safety Council](http://www.nsc.org)

Stay safe during National Safety Month! National Safety Month is an annual observance that offers tips for avoiding the leading causes of preventable injuries and deaths. You'll learn how to [prepare for emergencies](#) and [prevent slips, trips, and falls](#).

As you know, safety starts at home. So spend a few moments and review the [Centers for Disease Control and Prevention checklists](#) below to see just how safe you are in your home!

FLOORS: Look at the floor in each room.

- When you walk through a room, do you have to walk around furniture?
- Are there papers, shoes, books, or other objects on the stairs?
- Are there steps broken or uneven?
- Are you missing a light over the stairway?
- Have an electrician put in an overhead light on the top and bottom of the stairs.
- Do you have only one light switch for your stairs (only on the top or at the bottom of the stairs)?
- Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.

STAIRS AND STEPS: Look at the stairs you use both inside and outside your home.

- Are there papers, shoes, books, or other objects on the stairs?
- Are there steps broken or uneven?
- Are you missing a light over the stairway?
- Have an electrician put in an overhead light on the top and bottom of the stairs.
- Do you have only one light switch for your stairs (only on the top or at the bottom of the stairs)?
- Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.

KITCHENS: Look at your kitchen and eating area.

- Are the things you use often on high shelves?
- Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
- Is your step stool unsteady?
- If you must use a step stool, get it and use it in a safe way.

BATHROOMS: Look at all your bathrooms.

- Is the tub or shower floor slippery?
- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Do you need some support when you get in and out of the tub or shower?

Bedrooms: Look at all your bedrooms.

- Is the light near the bed hard to reach?
- Place a lamp close to the bed where it's easy to reach.
- Is the path from your bed to the bathroom dark?
- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

Other Things You Can Do to Prevent Falls

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs. Fluorescent bulbs are bright and cool to use.
- It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top edge of all steps so you can see the steps better. For example, use a light color paint on dark wood.
- Paint a contrasting color on the top edge of all steps so you can see the steps better. For example, use a light color paint on dark wood.

“Last Saturday our son helped us move our furniture. Now all the rooms have clear paths.”

“I put a lamp on each side of my bed. Now it's easy to find the light if I wake up at night.”

Summer Safety Tips

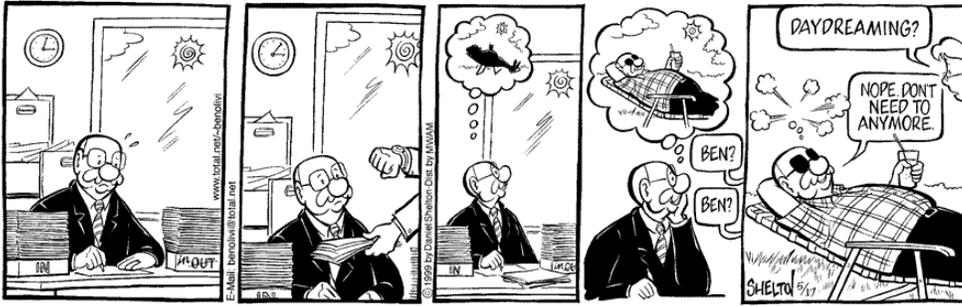
- * Use repellent to ward off pests!
- * Use care when handling raw meat. Cook meats thoroughly and wash utensils with soap and water.
- * Use safety equipment and wear gloves when handling chemicals and gardening tools.
- * Use caution while in the sun! Wear sunscreen, a hat, or sunglasses; or simply avoid the outdoors during the hottest part of the day!

Source: [Centers for Disease Control and Prevention](http://www.cdc.gov)



www.michigan.gov/seniorbrigade
AGCSI@michigan.gov
 1-877-765-8388

SENIOR SMILES



© Daniel Shelton with permission of author—www.bencomicstrip.com

7 REASONS TO SHOP AT A FARMERS MARKET

1. Purchase fresh fruits and vegetables.
2. Support [local farmers](#) and your community.
3. Shop with ease! Many markets accept cash, credit cards, and food assistance benefits.
4. Try something new! A succulent selection of fresh in-season produce awaits you!
5. Ask an expert your gardening questions.
6. Eat fresh food filled with antioxidants and phytonutrients.
7. Bring the grandkids! Farmer markets are a great place to introduce children to healthy eating.

Source: letsmove.gov

Free Fishing Weekend

June 8-9, 2013



You can fish for **FREE** on June 8th and 9th! On these two days, all Michigan fishing license fees are waived. Michigan residents and out-of-state visitors are encouraged to spend the weekend making memories with family and friends.

Click [here](#) to learn more!



WATCH FOR US AT:

[Older Michiganians Day](#)

June 4, 2013

Lansing

[Senior Citizen's Picnic](#)

June 14, 2013

Saginaw

[Senior Expo 2013](#)

June 20, 2013

Cadillac

[Senior Fun Festival](#)

June 21, 2013

Mt. Clemens

Click [here](#) for additional event details.



Looking for activities where you can enjoy Michigan's natural beauty and fresh produce? Then look no further than Michigan's annual festivals. Click below to learn more!

[National Cherry Festival](#)

[National Asparagus Festival](#)

[Mackinac Island Lilac Festival](#)



www.michigan.gov/seniorbrigade

AGCSI@michigan.gov

1-877-765-8388