



Upcoming Wellness Programs



Chronic Pain Self-Management in GALLIA COUNTY

*Tuesdays from January 7th until February 11th • 10:30 am - 1:00 pm
Holzer Wellness Center, Gallipolis*

Chronic Pain Self-Management in JACKSON COUNTY

*Thursdays from January 9th until February 13th • 9:00 am - 11:30 am
Oak Hill Senior Center, Oak Hill*

Chronic Pain Self-Management in JACKSON COUNTY

*Thursdays from January 9th until February 13th • 1:00 pm - 3:30 pm
Jackson Senior Citizens, Jackson*

Matter of Balance Falls Management in ADAMS COUNTY

*Tuesdays from January 14th until March 3rd • 9:30 am - 11:30 am
Adams County Senior Center, West Union*

Chronic Disease Self-Management in SCIOTO COUNTY

*Mondays from February 3rd until March 9th • 1:00 pm - 3:30 pm
Kings Daughters Medical Center, Portsmouth*

Diabetes Empowerment Education Program in VINTON COUNTY

*Wednesdays from February 5th until March 11th • 1:00 pm - 3:00 pm
Vinton Green, McArthur*

Chronic Pain Self-Management in PIKE COUNTY

*Tuesdays from February 18th until March 24th • 9:00 am - 11:30 am
Bristol Village, Waverly*

Chronic Pain Self-Management in ROSS COUNTY

*Tuesdays from February 18th until March 24th • 1:30 pm - 4:00 pm
Chillicothe and Ross Public Library - Co-Sponsor*

Classes are free, but pre-registration is required. Call 1-800-582-7277 to register or to learn more information.

Our schedule is updated often - log on to our website at www.aaa7.org to see our recent Upcoming Events.

Winter is when we try to keep our home cozy and warm. Some safe ways to keep the house warm and prevent hypothermia are letting warm sunlight to get in the house during the day by keeping curtains open, but close them at night to have an added layer of insulation against the cold. Weatherproof the house by installing storm windows, weather strip door cracks, and add insulation and close off rooms that are not in use. Answer True or False to the questions below.

1. *Most kitchen fires occur when cooking food is left unattended. T F*
2. *Unsafe smoking habits lead the cause of fire deaths among older Americans. T F*
3. *Smoking near an oxygen tank is safe. T F*
4. *Smoke inhalation is the primary cause of fatality when it comes to fire-related deaths. T F*
5. *Heating equipment such as kerosene heaters, woodstoves and electric space heaters are not especially dangerous. T F*
6. *Smoke alarms are very useful in detecting a fire in its early stages, allowing you adequate warning to evacuate before inhaling any harmful gases. T F*
7. *Choosing a healthy Christmas tree with fresh, green needles that do not fall off when touched is the first step for a safe Holiday. T F*
8. *Keep the temperature at home at least 65° F to 70° F if the senior is ill because a frail, older adult in a 60-degree house can develop mild hypothermia overnight. T F*
9. *Special precautions should be taken with Holiday decorations for the safety of those with Alzheimer's. T F*
10. *Cooking is not a cause of fire deaths. T F*

KEY: 1. T 2. T 3. F 4. T 5. F 6. T 7. T 8. T 9. T 10. F