

# **Be Counted!!**

## **There is Still Time to Complete Your Census!**

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Once a decade, the country participates in the Census, which provides the basis for re-distribution of Congressional seats, redistricting, and assigning billions of dollars in federal and state funding to support your state, county and community's vital programs.



Throughout March and April, invitations were mailed from the Census with instructions on how to participate. Since that time, responses have been able to be recorded online, by phone, or through a paper questionnaire.

Due to the current coronavirus pandemic, Census operations and timelines have been adjusted with all Census offices scheduled to conclude work no later than October 31st. This also includes the process of door-to-door visits to those who have not yet responded to the Census in order to gather the most accurate count. Having everyone counted is imperative so that our communities have the opportunity to receive all of the funding available for our true population size. Many of the programs the Area Agency on Aging District 7 provides are dependent upon federal and state dollars. Having everyone counted helps us receive the most appropriate amount of available funding in order to best serve the people in our district who need our assistance.

If you have not yet completed the Census, you may very soon receive a visit to your home by a Census Bureau worker. According to the Census Bureau, Census takers will wear masks and follow local public health guidelines when they visit your home. All Census takers complete a virtual COVID-19 training on social distancing and other health and safety protocols before beginning their work in neighborhoods.

If someone visits your home this year to collect information for the 2020 Census, check to make sure they have a valid ID badge with their photograph. Census workers may also carry Census Bureau bags and other equipment with the Census Bureau logo. If no one is home when the Census taker visits, the Census taker will leave a notice of their visit with information about how to respond online, by phone or by mail. If you respond online or by phone today, a Census taker is less likely to have to visit your home to collect your response.

During the 2020 Census, the Census Bureau will never ask you for: your Social Security number; money or donations; anything on behalf of a political party; or your bank or credit card account numbers. If someone claiming to be from the Census Bureau contacts you and asks you for one of these things, it's a scam, and you should not cooperate.

Participating in the Census is a part of our civic duty and important to make sure our district has fair representation and appropriate funding based on our population.

For more information about the Census, you can log onto [www.census.gov](http://www.census.gov).

## QUICK QUIZ

*Cities tend to be hotter than their natural surroundings because if you have less green cover, you will have higher temperatures, and greater exposure to heat. Trees provide shade, but they also cool the environment down through the evaporation of water from their leaves — a process similar to how humans sweat to cool down. Answer True or False to the questions below.*

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1. *Heat stroke is the most serious heat-related illness. T F*
2. *Avoid drinks containing alcohol, caffeine and sugar because they actually cause you to lose more fluid. T F*
3. *People with Alzheimer's forget to drink and may not be able to communicate their needs. T F*
4. *When the body is unable to control its temperature, it rises rapidly and sweating mechanisms fail. T F*
5. *It is extremely important to recognize early symptoms of heat exhaustion. T F*
6. *Heat stroke is not a life-threatening emergency. T F*
7. *If the heat stroke victim is conscious and able to swallow, give them cool water or other non-alcoholic drinks or decaffeinated beverages. T F*
8. *A severely dehydrated body no longer has enough fluid to get blood to vital organs. This can cause shock, a life-threatening condition. T F*
9. *Old age, obesity, dehydration, heart disease, sunburn and prescription drug and alcohol use are some other risk factors for heat-related illness. T F*
10. *Touching your eyes, nose or mouth is not how germs enter our bodies. T F*

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