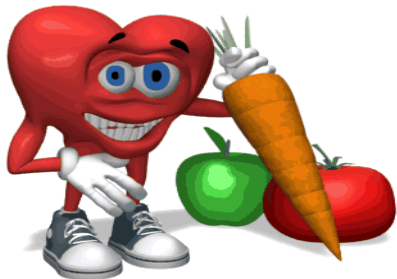


## Eating and Sleeping

Keep your diet balance with good , fresh foods. Eating many small meals a day loaded with fresh vegetables and grain will help keep you fueled and active.

Most adults need 7-8 hours of sleep. Keeping a schedule is important and helps maintain sleep rhythm . You cannot make up lost sleep and trying to will take you off your schedule. Meditation helps quieting the body and mind for a restful sleep. If you wake refreshed you know you had a good night's sleep.

After a good night's sleep, get up and get active!



## Steps for Home Safety

The following checklist can help older adults reduce their risk of falling at home:

- ◆ Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- ◆ Install handrails and lights on all staircases.
- ◆ Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- ◆ Keep items you use often in cabinets you can reach easily without using a step stool.
- ◆ Put grab bars inside and next to the tub or shower and next to your toilet.
- ◆ Use non-slip mats in the bathtub and on shower floors.
- ◆ Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang lightweight curtains or shades to reduce glare.
- ◆ Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

Central Pierce Fire & Rescue

Headquarters  
17520 22nd Ave E  
Tacoma, WA  
98445



## Live Long & Healthy



*"Providing Service and Solutions to Ever-Changing Community Needs"*



### How to Live a Long and Healthy Life

- 1 Use it or lose it. . Cells atrophy and die when not in use. Take advantage and use them, both brain and muscle.
2. Keep moving-take small steps and work up.
3. Keep learning-delays onset of dementia.
4. Stay connected-being social keeps you vibrant!
5. Lower your risks-stay away from toxic environment and people.
6. Never act your age-there is no steady fast rule that any age acts a certain way. Feel youthful.
7. Wherever you are be there! Now is the moment and when it passes it is gone.
8. Have a purpose in life-engage with activity you enjoy.
9. Have children in your life-they will revive the child in you
10. LAUGH! Laughing promotes endorphins and healing.

Life is now so enjoy it now!

Ten Quick Tips from  
Roger Landry, MD, MPH

### 911 Perspective checklist

- ⇒ Do you have your address written down by your phone?
- ⇒ Is there a hide a key or Knox Box
- ⇒ Is your address visible and lit so we can find you?
- ⇒ Is your floor free of trip hazards?
- ⇒ Is there room for a gurney?
- ⇒ Is your File of Life updated?
- ⇒ Are step stools in your home equipped with a wide base?
- ⇒ Do you have hand rails in your bath/shower?
- ⇒ Are your smoke alarms working?

### Points of considerations:

- ⇒ When getting up from bed, take 3 seconds before standing. Say "one potato, two potato, three potato." then stand.
- ⇒ Wear firm footwear, no open toe, no open heel, no socks.
- ⇒ When leaving home
  - Turn off stove
  - Blow out candles
  - Turn off clothes dryer
  - Secure your pets
  - Lock doors and windows

Community  
Connections  
Aging & Disability  
Resource Center



### Start with the ADRC

(253) 798-4600 or (800) 562-0332

[www.PierceADRC.org](http://www.PierceADRC.org)

The Pierce County ADRC at Community Connections offers free information assistance and referrals. They are here to help Seniors. They can help you make informed choices and connect you to local resources that meet your needs.



*Moving it-Using it!*