

Your Autumn Safety and Wellness Checklist

With its changing leaves and cooler nights, autumn is a beautiful time of year. It also provides a seasonal harvest of heart healthy foods that are great for your immune system such as beets, broccoli, sweet potatoes, pumpkin, apples, eggplant and kale.

While you're enjoying all that fall has to offer, it is also an ideal time to pause and make sure you're prepared for winter's more extreme weather to come. This autumn, schedule time to take care of these important tasks:

Following these simple suggestions can help you stay safe and confident over the coming months while still enjoying all of the wonderful beauty that make fall and winter such a special time of year.

- Get your flu shot. If you haven't done so already, it's not too late to get your flu shot. That is the number one thing seniors can do for their health this year, as flu season and the COVID-19 pandemic converge.
- Have a home heating system check-up. The best time to schedule maintenance on your home heating system is before you need it. Have it done now so you're sure to have the heat you need in the cooler months.
- Maintain your vehicle. If you have a car or truck, now is the time to make sure your tires are in good shape and that your headlights, taillights and signals are working properly.
- Change the batteries. Twice a year you should change the batteries on your smoke and carbon monoxide detectors. This is also a good time to check the batteries on your flashlights and make sure you have back-up batteries should you need them.
- Prepare for ice and snow. Winter weather sometimes makes an early appearance. Be sure you're prepared with shovels, salt and car brushes.
- Be mindful of fallen foliage. Leaves on the ground create a slipping hazard, especially when they are wet. Be sure to maintain your yard to prevent accidental falls.

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