



# Remembering When™

A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS





# Key Messages

Following are the 16 key messages contained in this program.

Please emphasize these messages during your group presentations or home visits.

## Fire Prevention

**1** **If you smoke, smoke outside.** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand. Never smoke in bed. Never smoke if oxygen is used in the home.

**2** **Give space heaters space.** Keep them at least 3 feet (1 meter) away from anything that can burn—including you. Shut off and unplug heaters when you leave your home, or go to bed. Always plug space heaters directly into a wall outlet, and never into an extension cord or power strip.

**3** **Stay in the kitchen when frying food.** If you leave the kitchen, even for a short time, turn off the burner. Use a timer when cooking. If you are cooking on the stovetop and leave the room, take a timer, oven mitt, or wooden spoon as a reminder that you have something cooking. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication. Do not cook when taking new medication until you know how it will affect you. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. Use lightweight manageable pans.

**4** **If your clothes catch fire: stop, drop, and roll.** Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and are able to get to the floor, lock the device first before getting out and then roll until the flames are out. If you are a bystander, consider grabbing a rug, blanket, or fire blanket to help extinguish the flames. Use cool water for 3-5 minutes to cool the burn. Get medical help right away.

**5** **Smoke alarms save lives.** Have smoke alarms installed on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, make sure the alarms are interconnected so when one sounds, they all sound. Have someone test your smoke alarms once a month by pushing the test button. Make sure everyone in your home can hear the smoke alarms. Replace all alarms that are 10 years old or older. If you are hard of hearing or remove your hearing aids to sleep, consider purchasing a strobe alarm and/or bed shaker. Install carbon monoxide alarms outside each sleeping area and on every level of the home.



**6** **Plan and practice your escape from fire and smoke.** If possible, plan two ways out of every room in your home and two ways out of your home. Make sure windows and doors open easily. If the smoke alarm sounds, get outside and stay outside.

**7** **Know your local emergency number.** Your emergency number may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone. In case of a medical emergency, have other emergency contact numbers (neighbor, family member) near the phone to call for assistance while waiting for first responders to arrive.

## Partners in Education



**The Sparks Fire Department**

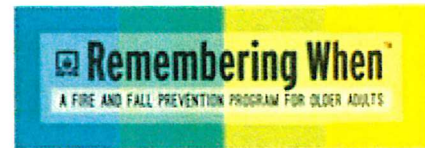
**775-353-2266**



**American  
Red Cross**

**The American Red Cross**

**775-842-4708**



## GROUP PRESENTATIONS

- April - Sparks Senior Center**  
Date: April 21 & May 27 10am – 12pm
- May - JA Nugget – Ponderosa Ballroom**  
Date: May 12 10am – 2pm
- August - MorningStar Independent Living – Wingfield Springs**  
Date: August 6 10am – 2 pm
- October - Sparks Fire Department Pancake Breakfast/Open House**  
Date: October 8 8am - Noon







## Sparks Fire Department & American Red Cross Remembering When Program

### Group presentations

#### ❖ Remembering When Media Day

- Date – February 18
- Location – Fire Station One Basement
- Time – 11am
- Two Tables
  - Project SAFE
  - Remembering When
- Spokesperson – FM King (main) (Harry and James)
- Media Announcement – FM King
- Banner – Project SAFE/Remembering When w/Red Cross as a Partner.  
Zodiac Signs.

#### ❖ Sparks Senior Center

- Date – April 21 & May 27
- Time – 11am –1pm
- Welcome table – FM King
- Five Passport Stations
  - 2 Fire Dept/2 Red Cross/1 SPD/1 Parks & Recreation
- Tom Bosley Video (*FPB to restart every 25 minutes*)
- Blood pressure checks by crews on May 27
- Refreshments (Cookies and Juice)

## ❖ **Nugget - Older Americans Month**

- Date – May 12
- Location – Nugget – Ponderosa Ballroom
- Time – 10 am – 2 pm (set up at 9am)
- Welcome Table – FM King & Red Cross Representative
- Passport Stations:
  - SPD – 911, Reverse 911
  - Red Cross – Lighting your home & electrical safety
  - Red Cross – Non-slip mats & Uneven surfaces
  - Red Cross – Keep area's clear and good shoes
  - FPB – Project SAFE & Smoke alarm/CO
  - FPB – Kitchen Cooking Safety
  - FPB – Fire Escape Planning
  - FPB – Heating and Clothes Dryer Safety
  - TIP – Their program
  - Disability Services – Their program
  - Sparks Housing Services – Their program
  - Sparks Parks & Rec – Their services
  - Tom Bosley Video – Set for every half hour (*FPB to restart video every 25 minutes*)
- Refreshments: small sandwiches, cookies, juice, coffee/tea (*provided by Nugget*)
- Blood pressure checks – Suppression Crews

## ❖ **MorningStar Independent Living**

- Date: August 6
- Time – 10am – 2pm (set up at 9am)
- Welcome table – FM King
- Five Passport stations
  - 2 Fire Dept./1 Red Cross/1 SPD/ 1 Sparks Parks & Recreation
- Blood pressure checks by Suppression crews
- Tom Bosley video (*FPB to restart every 25 minutes*)
- Refreshments (cookies and juice)

## ❖ **Sparks Fire Department Pancake Breakfast/Open House**

- Date – October 8
- FPB, Red Cross, SPD Tables
- Time – 8am - Noon

**King, Bob**

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**From:** Lisa Jansen <Lisa.Jansen@nuggetresort.com>  
**Sent:** Tuesday, March 01, 2016 12:22 PM  
**To:** King, Bob; McCubbins, Chris; Elizabeth Owens  
**Subject:** Fire Safety Event in May

We are looking forward to your event on May 12<sup>th</sup> from 10am – 1pm.

Here is what Nugget is able to do...

1. We will donate a few prizes for the event.
2. We will supply the room and setup the tables and chairs with no-charge.
3. Nugget will supply refreshments soda, water, coffee tea, sandwiches, and cookies for up to 100 people. If you think attendance will be higher than that you will be responsible for additional food and beverage expenses.
4. We will comp the AV to have a projector so you can show video.
5. Promote the event the week of the event on the freeway sign – please supply an event flyer for our staff.

Liz Owens in catering will be your contact for the event. She is copied on the email and she was at our first meeting. She will take good care of your event. ☺

Please let me know if you need anything else. This is a great cause and we are happy to help.

Thanks!

**Lisa M. Jansen | Director of Special Events & Entertainment**  
**Nugget Casino Resort**  
**1100 Nugget Avenue**  
**Sparks, NV 89431**  
**Lisa.Jansen@nuggetresort.com**

**T: 775-356-3428 | F: 775-356-3476**

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Sparks Fire Department Fire & Fall Protection

Saturday, May 12, 2016 - Ponderosa A/B

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Saturday, May 12, 2016 - Ponderosa A/B

