Cold Temperature Precautions

As colder weather approaches, snowy conditions can create unique circumstances that put our elderly relatives, friends and neighbors at risk for injury or illness. The elderly have a higher chance of cold exposure, heart attacks, slips and falls, and difficulty breathing.

The fire department recommends the following precautions that should be practiced during this time of year to help prevent injury or further illness:

- Limit outdoor activity because extremely cold air can cause respiratory problems, even for the healthy.
- Avoid or limit snow shoveling to decrease the risk of heart attack.
- Limit exposure to the cold by covering all areas of the body, especially the head.
- Frequently check on elderly neighbors, friends or relatives.
- Have emergency contacts to get in touch with the elderly, like a neighbor friend.
- The elderly should avoid walking in snow or ice. This only increases their chances of falling and breaking a wrist or hip that requires long term rehabilitation.
- If possible, maintain an extra months supply of medications during the winter months. Have a neighbor, friend, or family member pick up refill medication. Many pharmacies also have delivery services that can be utilized.
- Drive only when you need to, and always wear your seat belt.

Block Captain Tips: Getting Neighbors Involved!

One of the most important skills of a block captain is the ability to get neighbors involved. People get involved in activities they feel are important and for which their participation is appreciated. Here are some things to remember:

- Meet regularly. People need to feel they are a valuable part of a group.
- Ask people to do things instead of trying to do everything yourself.
- Show appreciation for their efforts. A simple “thank you” goes a long way.
- Don’t just work together. Have fun together too!
Carbon Monoxide Poisoning

The Consumer Products Safety Commission reports that approximately 2000 people per year are killed by carbon monoxide poisoning and 5,000 people are injured annually. Since carbon monoxide is a colorless, odorless deadly gas, it can kill you before you know it is there.

Common household appliances produce carbon monoxide such as:
- Gas refrigerators and gas clothes dryers
- Gas ranges and wood burning stoves
- Gas water heaters or space heaters
- Fireplaces, Charcoal grills, Gas or oil furnaces
- A motor vehicle left running in a garage is a dangerous source of carbon monoxide. (If you need to warm up a vehicle, remove it from the garage immediately after starting it. Carbon monoxide from a running vehicle or generator inside an attached garage can get inside the house, even with the garage door open.)

The dangers of carbon monoxide poisoning can be eliminated by carefully checking for its sources:
- Furnaces should be inspected.
- Check heater filters for dirt.
- Inspect all other appliances that have pilot lights.
- Check burners for a flame that is mostly yellow in color. In natural gas-fired furnaces, this is often a sign that higher levels of carbon monoxide are being released.
- Check the clothes dryer vent opening to the outside of the house for a build-up of lint, which will cause blockage of the exhaust.
- Barbecue grills should never be operated indoors, in a garage, or within 15 feet of a structure.
- Installing at least one carbon monoxide detector per household, near the sleeping area will enhance your safety.

Keep an emergency winter driving kit in your car containing:
- Flashlight with extra batteries
- First aid kit with pocket knife and necessary medications
- Several blankets and sleeping bags
- Matches and a windshield scraper
- Extra clothes, rain gear, and a set of mittens, socks, and a wool scarf
- Small sack of sand or kitty litter for generating traction under wheels
- Small shovel and small broom
- Booster cables and a set of tire chains or traction mats
- Brightly colored cloth to use as a flag
- Canned fruit and nuts and bottled water
- Cards, games, and puzzles

Drive Safely This Winter
It can happen to anyone. A health problem can cause you to suffer a setback. Your arthritis may flare up, or perhaps you recently fell and hurt yourself. These kinds of things could make it difficult for you to leave your home by yourself. You are not alone. The good news is that the IHSP may be able to help you get back on your feet.

If you have a setback and you need some short term assistance with your personal care, housekeeping, or shopping, the IHSP can help. Even if you do not need this level of home support you may be eligible for other services that the IHSP can provide such as home delivered meals, assistance applying for benefits, transportation to medical appointments, or a senior companion. The IHSP can even help some older adults to pay for home repairs and adaptive equipment like grab bars and tub seats.

If you would like more information or would like to refer someone to the IHSP please call Sharon Benjamin, IHSP Intake Social Worker, at (215)849-5100
Important Numbers To Call During Cold Weather Crisis:

*24-hour emergency outreach number to assist the homeless
   215-232-1984

*Licenses and Inspections’ Heat Assistance Crisis Hotline
   215-686-2590

*To make donations of hats, scarves, gloves, socks, coats, or blankets to shelters
   215-686-7106

*Snow Emergency Route Information
   215-686-SNOW

*Police or Fire Emergencies
   911

*City Hall Switchboard
   215-686-1776

Who do I Call When...

...tree limbs are touching wires?
   PECO, Emergency Services
   1-800-494-1000

...there is snow and ice on the roads?
   Streets department, Customer Affairs Unit
   215-686-5560

...the sidewalks are not shoveled?
   Police Department, Neighborhood Services Unit
   215-685-3097

...an intersection is flooded?
   Water Department, Customer Information
   215-685-6300
CLEAN BLOCK OFFICER PROFILE: Donnell Ponton
22nd Police District

Donnell Ponton has been a Clean Block Officer for six months and already he has received a vote of confidence from PMBC Administrator, Ms. Rovetta Everett and positive reinforcement and appreciation from the majority of the block captains he has met. He says that being a good listener and communicator and having patience are the most important traits that have helped him in his success. An understanding of what service is all about and a willingness to help people are all characteristics that he says one must have when entering this field.

The PMBC Reporter asked Clean Block Officer Ponton what motivates him on a daily basis? “I believe that the greatest among us are the people who we serve within the community. I am very proud to be a part of PMBC. My work as a Clean Block Officer allows me to perform community service at its highest level.”

Donnell Ponton says he finds the most satisfaction from being a Clean Block Officer after assisting a block captain and/or resident. “It has and continues to be very rewarding and sometimes comical.” He describes a funny experience that happened when he went to a block captain’s home to deliver cleaning supplies. They thought he was there to turn off the water. “That was very funny. After they realized who I was we couldn’t stop laughing.”

Know Your PMBC Staff and Clean Block Officers!

PMBC’s Clean Block Officers act as liaisons between Block Captains and a number of City agencies. Clean Block Officers are designated by Police District (P.D.) as follows:

<table>
<thead>
<tr>
<th>Rovetta Everett Administrator</th>
<th>(215)685-3968</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clerical Staff</td>
<td>Johnie Mae Lemar (215)685-3981</td>
</tr>
<tr>
<td>Marilyn Wright</td>
<td>(215)685-3994</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Officer</th>
<th>Telephone No.</th>
<th>P.D.</th>
<th>Officer</th>
<th>Telephone No.</th>
<th>P.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Willie Brown</td>
<td>215-685-3991</td>
<td>2, 7, 8, 15</td>
<td>Sandra Miranda</td>
<td>215-685-3985</td>
<td>25</td>
</tr>
<tr>
<td>Annette Davis</td>
<td>215-685-3986</td>
<td>23</td>
<td>Maria Soto</td>
<td>215-685-3988</td>
<td>26</td>
</tr>
<tr>
<td>Wanda Jones</td>
<td>215-685-3984</td>
<td>19</td>
<td>William Stern</td>
<td>215-685-3989</td>
<td>6, 9, 17</td>
</tr>
<tr>
<td>Denise Ladson</td>
<td>215-685-3992</td>
<td>12, 16</td>
<td>Yvonne Tyler</td>
<td>215-685-3973</td>
<td>35</td>
</tr>
<tr>
<td>Buddy Martin</td>
<td>215-685-3993</td>
<td>1, 3, 4</td>
<td>Cassandra Whiter</td>
<td>215-685-3975</td>
<td>18</td>
</tr>
</tbody>
</table>
Blocks who wish to organize and elect a Block Captain, and blocks that wish to revitalize an inactive block club, should contact the Philadelphia More Beautiful Committee at (215) 685-3981. If you would like to become a PMBC registered Block Captain, you can begin by:

- Contacting PMBC to receive a petition in the mail.
- Circulate the petition among your neighbors to elect you as the Block Captain. You will need 51% of the residents on your block to sign the petition—one (1) adult signature per household.
- Organize a meeting to elect officers—Block Captain, Co-Captain, Secretary, Treasurer, etc.
- Mail your completed petition to PMBC. A Clean Block Officer will contact you and help you get started.

Mixed Paper Know-How
Your Quick and Easy Guide to Recycling Mixed Paper

**What to Recycle:**
- Newspapers
- Magazines
- Mail (junk and personal)
- Phone books
- Food boxes—cereal, crackers, pasta, etc. (remove plastic liners)
- Computer paper
- Paper towel/toilet paper cores
- Flyers
- Circulars
- Wrapping paper
- Cigarette boxes
- Beverage boxes

**How to Recycle**
Mixed paper must be kept separate from cans and glass. It should be tied up in a bundle with string or placed in a paper grocery bag next to your recycling bin. Mixed paper is extremely valuable when recycled. Your recycling effort turns into revenue that the City uses to fund neighborhood services.

**Quick Tips:**
1) Not sure what mixed paper items can be recycled? Apply this simple rule. If you can rip it, you can recycle it. (NO Cardboard)
2) To save space in your recycling bag, flatten boxes or fill them with smaller paper items.
3) Concerned about privacy when recycling your mail? Here’s an easy fix. Just tear out your name or address, and recycle the rest.

**Reminder:**
No collection will occur on a City holiday. Designated areas will be covered on a separate day during the week.