

# Village InCK News

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## Stay Safe and Healthy in Winter

### **Prepare Your Home**

Winterize your home. Install weather stripping, insulation, and storm windows. Insulate water lines that run along exterior walls. Clean out gutters and repair roof leaks. Check your heating systems. Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside. Inspect and clean fireplaces and chimneys. Have a safe alternate heating source and alternate fuels available. Install working smoke detectors. Install a battery-operated or battery backup Carbon monoxide detector.

# Upcoming Events

Christmas Lights of Hope, White County
Fairgrounds- December 1st thru 30th, Fri.
and Sat. at 6:00-9:00pm and Sun. at 6-8pm
Spirit of Shawneetown ChristmasShawneetown- December 2nd at 10am-4pm
Visit with Santa, Sydenstricker Nobbe
Partners, Wayne City- December 2nd at
9:00am-12:00pm

Old Fashion Christmas, John Marshall Museum, Old Shawneetown- December 3rd at 1:00-4:00pm

Story Time with Santa, Harrisburg Library-December 5th, 4:00pm, 5:00pm, 6:00pm Build Your Own Gingerbread Animal, Groff Library in Grayville-December 9th, 1:00pm (Call to reserve)

**Crossville Lighted Parade-** December 9th at 6:00pm

Dickens of a Christmas, EldoradoDecember 10th at 1:00-6:00pm

Santa Pictures, Harrisburg Nutrition +
Energy- December 11th at 3:00-5:00pm

Merry Grinchmas, Norris City LibraryDecember 12th at 4:00-6:00pm

Harrisburg Lights Parade- December 14th at 6:00pm

Prepare Your Vehicle

Get your vehicle ready for cold weather use before winter arrives. Service the radiator and maintain antifreeze level. Check your tires' tread or, if necessary, replace tires with all-weather or snow tires. Keep the gas tank full to avoid ice in the tank and fuel lines.

Use a wintertime formula in your windshield washer. Prepare a winter emergency kit to keep in your car in case you become stranded.



Be prepared for weather-related emergencies, including power outages. Stock food that needs no cooking or refrigeration and water stored in clean containers. Ensure that your cell phone is fully charged. Be aware of current and forecasted weather conditions. Keep an upto-date emergency kit. Keep grills, camp stoves, and generators out of the house, basement, and garage.

#### Take Precautions Outdoors

Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them: Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots. Sprinkle cat litter or sand on icy patches. Work slowly when doing outside chores. Take a buddy and an emergency kit when you are participating in outdoor recreation. Carry a cell phone.

Integrated Care for Kids Success Story!

InCK has had a successful year helping our clients find and receive many needed resources such as clothes, food, mental health services, and so much more. In addition to providing our regular services, this year we were able to help over 60 children participating in the InCK model by connecting them with needed Christmas presents and providing some holiday cheer. We are grateful to be able to help so many children and their families and hope to make an even bigger impact next year. From all of us in the InCK family, we wish you a

Happy Holiday season and a Happy New Year!

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