



Safety & Independence in Your Home



Don't Be a Victim of Crime

Grosse Pointe Farms Public Safety officers recommended putting a sticker in the window of your house indicating you have a security system – even if you don't. Just having a sticker -- which can be bought on Amazon or at Walmart – can be a deterrent. One major threat these days is theft of U.S. Postal Service mailboxes – the blue ones we have on corners all throughout the Pointes. Officers recommend placing mail directly inside the post office, but at the very least not putting mail in the outside box when it won't be picked up over the weekend. They also recommended getting a cross-cut shredding machine to shred old documents with sensitive information on them.



Protect Your Health

Shallene Moyer, a local registered nurse and the Trauma Injury Prevention Specialist with Ascension St. John Hospital discussed risk factors for falling: limited exercise/ physical activity, vision changes, medication side effects and a lack of safety modifications at home. Falls are not an inevitable part of aging, they are preventable. Increasing activity can reduce fall risk and reduce pain. Seeing your doctor regularly to address medication concerns, vision changes and health needs can prevent falls.



Stay Safe in Your Home

Local Realtors Mimi Koppang and Donna O'Neill talked about safety in your home – proper lighting, smoke and carbon monoxide detectors, grab bars and trip hazards, especially throw rugs. They also mentioned if you are avoiding making a permanent change you think will affect home value – like a walk-in bathtub -- you need to think of the value you gain while you are living in the home. The benefits for your healthy and safety outweigh concerns about home value.



Want More Information?

If you'd like more information about this workshop, contact The Helm. Visit helmlife.org to see our current schedule of classes and workshops.

The Helm at the Boll Life Center
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