

It's Fire Prevention Week Oct 9-15: Protect Your Family from Fire!

Fire Prevention Week was established to remember the Great Chicago Fire, the tragedy in 1871 that killed 250 people, left 100,000 homeless, and burned more than 2000 acres. The fire started October 8, 1871, but most of the damage was done on October 9. On that same day, another fire began in Peshtigo in northeast Wisconsin. That fire burned down 16 towns, killed 1152 people and scorched more than 1.2 million acres. The people who survived these fires never forgot what they lived through; both blazes produced countless tales of bravery and heroism. Forty years after the Great Chicago Fire, the Fire Marshals Association of North America decided that the anniversary of the fire should be used to keep the public informed

about fire prevention. Fire Prevention Week has been observed nationally since that time.

A few ideas to prevent fire in your home:

- Follow local building and fire codes about woodstoves. Clean woodstoves and fireplaces before each heating season.
- Don't throw cigarette butts in the trash—use an ashtray. Douse ashtrays with water before emptying to kill the embers.
- Never smoke in bed.
- Use electrical outlets safely. Don't overload.
- Unplug appliances when you are done using them. (You will save on electricity costs, too!)

- Check your smoke alarms monthly. Change batteries at least once a year.
- Keep your stovetop and oven clean to avoid grease fires.

Each year, thousands of people in America are killed or injured in home fires. You and your family can survive—if you are alerted to the fire, get out quickly, and stay out. For your family's safety, use smoke detectors, set up an escape plan and practice it.

For more information about fire safety and preventive measures, please call FDL PHN at (218) 878-2128.

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[Fire Risks for the Older Adult](http://www.usfa.fema.gov), www.usfa.fema.gov



"POWERFUL TOOLS FOR CAREGIVERS" WORKSHOP

A new workshop for family caregivers will begin Thursday October 6th at the Tribal Library classroom from noon to 1:30 pm. The workshop will meet every Thursday for 6 weeks (October 6–November 10). Lunch will be provided. The facilitators are Art Simpson, RN and Sue Roberts-Passero from the FDL Caregivers Program. Space is limited; register by calling Art at 878-3835 or Sue at 878-2135.

CAREGIVERS GATHERING OCTOBER 22ND

The Caregivers Gathering will be held Saturday October 22 at the Cloquet Forestry Center from 10 am to 1 pm. This is a time of sharing and learning with other family caregivers. Reserve your spot today! Call Sue Roberts-Passero at 878-2135.

UNDERSTANDING DEPRESSION

Depression is no mere slump in mood. Unlike "the blues", which tend to clear up in a few days, depression usually lasts longer and can come back.

There are both physical and psychological causes of depression. Illness and chemical imbalances are physical causes. Psychological causes include stressful or threatening changes (such as a death of a loved one, or divorce).

Untreated depression can be debilitating and can lead to suicide. It is a serious condition that requires treatment.

If you suspect you or your loved one suffers from depression, having a medical check-up is the first step. Even if your depression is caused by emotional upset it may call for treatment with medication, and that's a decision best made by a doctor who knows the state of your physical health. If your depression has a physical cause, treating the underlying illness or chemical imbalance may be the cure. If your depression can be traced to an event, professional counseling may be helpful.

In addition to seeking professional help, there

are some things you can do which may help you feel better. Follow a healthy, well-rounded diet, and get regular exercise. Aerobic exercise, such as walking, bicycling and swimming, is recommended. Scientists theorize that such exercise releases "feel-good" hormones in the brain which can lift your spirits and help you to feel more optimistic and emotionally in control. Again, these are often helpful, but they can't replace professional attention.

If you suspect depression, please talk to your healthcare provider.

Parlay International (v.1) 2830.111



COMMON SYMPTOMS OF DEPRESSION

- Loss of interest in work or home
- Change in appetite or sleeping habits
- Extreme fatigue
- Anxiety
- Difficulty with concentration
- Thoughts of death or suicide
- Poor self-image
- Withdrawal from others
- Extreme mood swings
- Lower productivity
- Irritability
- Frequent absences or tardiness
- Loss of pleasure in usual activities