

Lexington Events

- 11/2 "Day of the Dead" (School agers out of school)
- 11/4 Kids Yoga
- 11/9 Wear your favorite sweater
- 11/11 Kids Yoga
- 11/16 Treat the staff with yoga day
- 11/17 Family and Friends Thanksgiving Lunch 11:30-12:30
- 11/18 Kids Yoga
- 11/22 Tie-Dye socks
- 11/23 Yoga and Tie-Dye shirts
- 11/24 Wear you favorite Tie-Dye day

Reminders

**Closed on 11/25
Thanksgiving Day**



**Medicaid Managed Care Open
Enrollment is open now until 12/1/21**

Food Program Paperwork is due ASAP

Heater Safety

Almost half of U.S. families use alternate sources of heat to stay warm during the winter months. Heating equipment causes more than 65,000 home fires each year and is one of the leading causes of home fire deaths.

Portable space heaters are convenient but do increase the risk for house fires.

Safety tips when using space heaters:

- Never leave space heaters unattended
- Never plug space heaters into a power strip or extension cord and always unplug them when not in use
- Place on a flat, level surface and never on cabinets, tables, furniture, or carpet
- Keep a 3-foot area free of combustible material around the heater
- Never allow children or pets to play within a 3-foot radius of a space heater
- Never use space heaters to warm bedding, cook food, dry clothing, or thaw pipes
- Inspect the heater for damage such as frayed wires and cracked or broken plugs, do not use if the damage is noted

Scan code for additional information:



November

Epilepsy Awareness

Epilepsy is a broad term used for a brain disorder that causes seizures.

Seizure First Aid

- Stay with the person and keep them safe by moving them away from anything that could harm them
- Time the seizure
- Turn them on their side if they are not awake and aware
- Never put anything in their mouth or restrain them
- Call 911 if the seizure lasts longer than 5 minutes; repeated seizures; difficulty breathing; seizure occurs in water; the person is injured, pregnant, or sick; the person does not return to their usual state, first-time seizure; or the person asks for medical help.



Connect with the Kentuckiana Epilepsy Foundation for local events, support, and resources.



Retrieved from <https://www.epilepsy.com/learn/about-epilepsy-basics/facts-about-seizures-and-epilepsy>

Therapy Spotlight



Prewriting Skills



Prewriting skills are important for a child to learn how to write. These strokes include: __ , | , x , o , +. By helping your child master these skills, you will facilitate their ability to write & draw. Prewriting skills are essential for a child to hold and use a pencil once they enter school!

Heater Safety

Almost half of U.S. families use alternate sources of heat to stay warm during the winter months. Heating equipment causes more than 65,000 home fires each year and is one of the leading causes of home fire deaths. Half of all reported home fires occur during the months of December, January, and February. Portable space heaters are convenient but do increase the risk for house fires.

Here are some tips to keep you and your family safe when using space heaters:

- Never leave space heaters unattended
- Never plug space heaters into a power strip or extension cord and always unplug them when not in use
- Place on a flat, level surface and never on cabinets, tables, furniture, or carpet
- Keep a 3-foot area free of combustible material around the heater
- Never allow children or pets to play within a 3-foot radius of a space heater
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Home Safety Tips:

- Test smoke alarms monthly and replace batteries yearly
- Having a working smoke alarm reduces the risk of dying in a fire by nearly half
- In case of fire, get down low, get out, and call 911. Never go back inside for people, pets, or things
- Have a plan and a designated meeting spot outside. Practice the plan so that everyone knows what to do

Scan code to create your own Home Fire Escape Plan



Sources:

<https://www.nfpa.org/-/media/Files/Public-Education/Resources/Safety-tip-sheets/PortableHeaterSafety.ashx>
<https://www.esfi.org/space-heater-safety-tips-2/>
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire.html>

