



Grandparents Corner

October 2011

Have a Safe Halloween



For many children, autumn is a time filled with excitement and special activities such as Halloween. Children enjoy dressing up in costumes as they rush from door-to-door trick-or-treating or rushing to attend Halloween parties. It is important for children to remember Halloween safety rules. In a split second, a fun-filled time can turn into a frightening experience resulting in an accident, injury or worse.

By following the letters in SAFE HALLOWEEN, festivities and trick-or-treat can be safe AND fun!

- S Swords, knives and similar costume accessories should be short, soft, and flexible.
- A Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- F Fasten reflective tape to costumes and bags to help drivers see you.
- E Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- H Hold a flashlight while trick-or-treating to help you see and for others to see you.
- A Always test make-up in a small area first. Remove before bedtime to prevent skin and eye irritation.
- L Look both ways before crossing the street. Use established crosswalks wherever possible.
- L Lower your risk for serious eye injury by not wearing decorative contact lenses.
- O Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.
- W Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips and falls.
- E Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.
- E Enter homes only if you're with a trusted adult. Otherwise, stay outside.
- N Never walk near lit candles or luminaries. Wear flame-resistant costumes.

About 1 in 4 adults has a mental illness in any given year, and nearly half have more than one mental illness at the same time. Answer True or False to the questions below to test your knowledge.

1. Because older adults may have a combination of medical, psychological and social issues, managing mental health problems can be challenging. T F
2. Mental illness refers to a wide range of disorders that include depression, anxiety disorders, schizophrenia, eating disorders, and addictive behaviors. T F
3. Most mental illness will improve on its own. T F
4. A person may be genetically vulnerable to developing a mental illness, and a life situation may trigger it in persons who are at-risk. T F
5. Untreated mental illness can cause severe emotional, behavioral and physical health, and legal and financial problems. T F
6. Challenging situations like the loss of a loved one, financial problems and high stress may trigger mental illness. T F
7. Domestic violence among older adults is a form of elder abuse, and it can turn a home into a place of fear, hopelessness and desperation. T F
8. Asking complicated questions while you are helping the person in your care go up and down stairs, get in or out of the bath, or in low-light situations will not cause a fall. T F
9. Alcohol can worsen symptoms or interact with medications. T F
10. In most cases, mental illness symptoms can be managed with a combination of medications and counseling (psychotherapy). T F

KEY: 1. T 2. T 3. F 4. T 5. T 6. T 7. T 8. F 9. T 10. T