

June 2015

UPCOMING HOLIDAY CLOSINGS

The FBS office will be closed on the following holidays. Meals are provided to clients in advance of the holiday closure.

- Independence Day
Friday, 7/3/2015
- Labor Day
Monday, 9/7/2015
- Fort Bend County
Fair Day
Friday, 9/25/2015

June is the start of Hurricane Season

Quick reminders to keep your and your family safe.

- 1. Stock up on water** – The Center for Disease Control recommends three gallons per day, per person, with half of that available for drinking, and half for cooking and washing. If there are no young children or pets living with you, you can fill your bathtub with water for washing, in case the emergency disrupts the water supply to your house. But if young children live with you or you have pets, this is a drowning hazard. Instead, fill gallon milk containers or water bottles.
- 2. Take steps to keep food from spoiling.** Pack your freezer and refrigerator with blocks of ice made by filling empty plastic milk containers or two-liter bottles. Food can stay safe in refrigerator without power for about four hours if you don't open the refrigerator. Food in a freezer lasts one or two days.
- 3. Know what to buy before the storm.** Buy non-perishable items. If you have a gas stove, you can cook practically anything. Make sure you have matches to light your stove by hand, as the electronic ignition won't work.
- 4. Write down important phone numbers.** Write down important phone numbers, such as your doctor and family members who can help you in an emergency, in case you have to make a call from a neighbor's home or use their cell phone.
- 5. Prepare a storm kit.** Your storm kit should include a battery-powered radio, several flashlights, (LED lights burn the brightest and last the longest), and batteries for both. Include matches or a lighter to light your gas stove or a barbecue grill. Also include a basic first-aid kit, which you can purchase at any drug store.
- 6. Prepare an evacuation kit.** You'll want to pack pajamas, clothing for a few days, a few non-perishable snacks, prescription medications (bring the whole bottle), and those phone numbers you wrote down.

Mission Statement: Fort Bend Seniors is committed to helping seniors remain independent by enhancing their quality of life through services and resources.

CASE MANAGEMENT STAFF CONTACTS :

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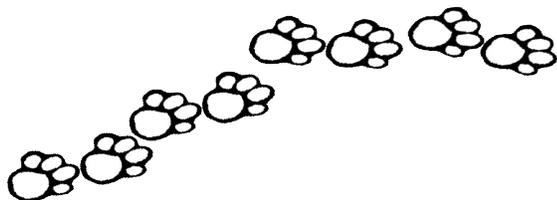
National Pet Preparedness Month

Did you know that June is National Pet Preparedness Month? Hurricane season typically begins June 1 through November 30. Pet owners are urged to make preparations in case they meet with an unfortunate force of nature. What should pet owners do with their dog or cat in case of a hurricane, tornado, flood or other natural disasters?

The American Humane Association lists the Top Ten Items needed for a Pet Preparedness Kit:

1. Food (your pet's regular food)
2. Water
3. Leash and collar
4. Bowl(s)
5. Photo of your pet/ID and a photo of you with your pet
6. Medications your pet needs
7. Immunization/vet records (keep both updated)
8. Pet carrier
9. First Aid Kit
10. Contact list of pet-friendly hotels, veterinarians, American Red Cross, American Humane Association and out-of-town friends/family

Also: toys, rope, sanitation bags



FORT BEND SENIORS
"SENIOR PROM"

On Wednesday, May 6, 2015, Fort Bend Seniors Meals on Wheels hosted its Eighth Annual Senior Prom with the help of Lamar Consolidated High School (LCHS), at the Bud O'Shieles Community Center. Senior citizens from Fort Bend and Waller Counties took a trip back in time and enjoyed a morning of dining and dancing, and even witnessed a prom court selection and the crowning of Prom King and Queen, Roberto Munoz and Lorene Clute.



Themed "A Red Carpet Affair," the Fort Bend Seniors' "Senior Prom" was complete with Hollywood stars, paparazzi and cardboard Oscars to create a resemblance of the Academy Awards. Decorations were courtesy of LCHS and its student marketing and business organization, DECA.

MEALS SERVED IN MAY

Home Delivered: 23,748
 Congregate: 7,934

CLIENTS SERVED IN MAY

Home Delivered: 769
 Congregate: 549

Transportation Units

Clients: 159
 Rides: 2,901

