

# Polish American Social Services "PASS"

PolishAmericanSocialServices.com

## Pennsylvania Department of Health Public Notices Beat The Heat!

### Tips for Preventing Heat-Related Illness

The best defense is prevention. Here are some prevention tips:

- \* Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- \* Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- \* Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- \* Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- \* Wear lightweight, light-colored, loose-fitting clothing.
- \* NEVER leave anyone in a closed, parked vehicle.
- \* Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
  - \* Infants and young children
  - \* People aged 65 or older
  - \* People who have a mental illness
  - \* Those who are physically ill, especially with heart disease or high blood pressure
- \* Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

If you must be out in the heat:

- \* Limit your outdoor activity to morning and evening hours.
- \* Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- \* Try to rest often in shady areas.
- \* Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

To view more information on extreme heat, visit:

- \* Centers For Disease Control and Prevention at: <http://www.bt.cdc.gov/disasters/extremeheat/>
- \* Pennsylvania Department of Aging at: <http://www.aging.state.pa.us>
- \* Pennsylvania Emergency Management Agency at: <http://www.pema.state.pa.us>

Best Wishes to Polonia

## Beneficial Savings Bank

In recognition of a contribution from

### The Michael J. Kosloski Foundation

In loving Memory of Leo Kosloski

For Polish American Social Services programs

**Business Directory continued...**

## Relocation Services

**Isaac's Relocation Service**  
4309 G Street • Philadelphia, PA 19124  
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Paid training program/immediate openings/excellent starting pay  
To arrange for an interview, call (800) 949-3574 Ext. 940

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24 Hours a day, 7 days a week, at:

**PolishAmericanRadioProgram.com**

From the Desk of  
**Richard Klimek**  
Program Supervisor  
**Polish American Social Services**  
**"PASS"**



The change of seasons is upon us again. We are about to replace the high costs of natural gas and oil to heat our homes with the high costs of electric bills to cool our homes. Now would be a good time to revisit the household budget, see what we can afford for utilities and determine whether we qualify for the electric company's Customer Assistance Program (CAP) or the Utility Emergency Services Fund (UESF) to help pay bills. Kindly see the information on these pages about CAP, UESF and other programs that can help alleviate your home energy costs.

There has been much discussion and many press releases about the Economic Stimulus Program where the federal government is giving money back to the people to "stimulate" the economy. Some people have already received their checks. The group of people that PASS is concerned about is the one that includes senior citizens, the disabled and low-income individuals who may miss out on getting \$300 or \$600 back from the government because they no longer need to file a tax return. In order to get a stimulus check, you must file a 1040A return. The good news is that this group still has till October 15, 2008, to file for the stimulus program and PASS can help. It only takes about ten minutes to file, so why not call PASS to see if you can qualify for this program. Please spread the word to anyone you think may not know about this opportunity.

Also remember that now would be a good time to test air conditioners, dehumidifiers and fans to see if they work and also to consider insulating doors, windows and other areas where you can lose energy, especially the cool air of an air conditioner. Also remember, with the warm weather upon us, to be careful of dehydration and other heat-related dangers. Always check in with elderly family, friends and neighbors when the heat and humidity reach high levels because they may need help cooling off. **(See article on this page about "Beat The Heat".)**

For any questions concerning social services or any of the programs listed on these pages, call PASS, Monday through Friday, 9 AM to 4 PM, at (215) 923-1900. All inquiries are confidential, and callers can be assisted in the Polish or English language.

## Summer Air Conditioning Bills Around the Corner PECO Offers CAP Program

PECO Energy offers a discount on the price of kilowatts to low income customers with the CAP Program. What's even better, if there is a previous balance on your bill, PECO may forgive it if you pay the new agreement for six months. This CAP Program may also prevent a shut-off of your electric service.

To qualify, household income must be at or below the following amounts:

Number in Household	Approximate Monthly Income	Annual Income
1	\$1,300	\$15,600
2	\$1,750	\$21,000
3	\$2,200	\$26,400
4	\$2,650	\$31,800
For each additional person add:	\$450	\$5,400

Customers are asked to call PECO at 1-800-774-7040 or they can call PASS for more information at 215-923-1900.

In recognition of a contribution from

### The Wachovia Foundation

For Polish American Social Services programs

For more information about PASS Services, go to:

**PolishAmericanSocialServices.com**