

RISE UP

A newsletter created to enable and empower consumers to achieve a higher quality of life.

Follow us! 

September 2019

Our Commitment to You

CARF

In early October, people from CARF International will visit each of our locations. They check to make sure we are doing what we say we will do. You may see a person from CARF during your visit to one of our locations. If you have any questions about CARF, you may call our Customer Services or visit carf.org.

Home Fire Safety

Every year, the majority of fire deaths in North America happen at home during the fall and winter. In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. The tips below will help you better prepare for and prevent fires in your home.

Home Fire Escape Planning

- 🔥 Home fire escape planning and drills are important. Plan and practice an escape plan before a fire strikes.
- 🔥 A home escape plan should include the following:
 - Two exits from every room in the home – usually a door and a window
 - Properly installed and working smoke alarms
 - A meeting place outside, in front of the home, where everyone will meet after they exit
 - A call to 9-1-1 or the local emergency number from a cell phone or a neighbor's phone

Smoke Alarms

- 🔥 Working smoke alarms cut the risk of dying in a home fire in half
- 🔥 Install smoke alarms in every sleeping room, outside each separate sleeping area, and on every level of the home, including the basement.
- 🔥 Test smoke alarms at least once a month using the test button.
- 🔥 Make sure everyone in the home understands the sound of the smoke alarm and knows how to respond.

Cooking

- 🔥 Cooking is the leading cause of home fires and home fire injuries. The leading cause of fires in the kitchen is unattended cooking.
- 🔥 Stay in the kitchen when you are frying, boiling, grilling, or broiling food.
- 🔥 If you are simmering, baking, or roasting food, check it regularly and stay in the home.
- 🔥 Keep anything that can catch fire away from your stove top.

Heating

- 🔥 Heating equipment is one of the leading causes of home fires during the winter months.
- 🔥 Space heaters are the type of equipment most often involved in home heating equipment fires.
- 🔥 All heaters need space. Keep anything that can burn at least 3 feet (1 meter) away from heating equipment.
- 🔥 Have a 3-foot (1-meter) “kid-free zone” around open fires and space heaters.
- 🔥 Purchase and use only portable space heaters listed by a qualified testing laboratory.
- 🔥 Have a qualified professional install heating equipment.
- 🔥 Maintain heating equipment and chimneys by having them cleaned and inspected by a qualified professional.

Community Resources

Genesee County

Catholic Charities

Need a little help at Christmas?

Let the North End Soup Kitchen help provide gifts for your children! (children 17 and under) Registration begins October 1st of each year. Bring the following with you: Your Michigan I.D., each child's birth certificate or DHS Verification Form or Social Security card. For more information call John Manse, Director of Community Services (810) 785-6911 or email jmanse@ccsgc.org

The North End Soup Kitchen

Hot balanced meals are served 7 days a week, 365 days a year, including Christmas. The North End Soup Kitchen is open on Christmas so that no one has to go without a Christmas feast! All children receive a new toy and clothes and all adults receive new towels, socks, scarves, hats, and person hygiene kits.

Old Newsboys

Coats and Shoes for Children

The ONB issues referrals to every elementary school in Genesee County to provide new coats and shoes to children in need. Once identified by school counselors or staff, the child comes to the ONB office to receive a new coat, a certificate for shoes, or both. With each coat, children also receive hats, mittens and scarves. Due to limited quantities we can't serve every child who qualifies. To find out about getting a coat or pair of shoes for your child, please contact the parent liaison or counselor at your child's school. If you do not know who to contact at your child's school, call the Old Newsboys at 744-1840 and they will look it up for you.

Christmas Box Program

Although the Old Newsboys (ONB) administer three programs, we are best known for the Christmas Program. The ONB provides a time frame for parents (or legal guardians) to enroll their child. Children who are low income or suffer from special circumstances qualify for the program. Once a child qualifies for the program he or she receives a sweatsuit, socks and underclothes, a hat and pair of warm gloves, dental hygiene products, and a beautiful new age appropriate gift. For more information about how to enroll your child in this program, contact Old Newsboys.

Macomb County

Salvation Army Christmas Assistance

Parent or legal guardian of children ages 14 and under may apply for toy shop assistance. (Families will receive a holiday food box and a toy for each child aged 14 and under in December.) Seniors, aged 55 and over may apply for Christmas meal assistance. (Seniors will receive holiday meal assistance in December.)

You must reside in service area. Please call their location for required documentation to register. Each location requires different documentation.

The Salvation Army Warren Worship & Service Center

24140 Mound Rd., Warren, MI 48091 (South of 10 Mile Rd, East Side of Mound Rd.)
(586) 754-7400

Salvation Army Mt Clemens Citadel

55 Church, Mt Clemens, MI 48043
586-469-6712

Shiawassee County

Commodity Supplemental Food Program (CSFP)

CSFP food packages are distributed monthly to supplement the nutritional needs of low-income pregnant and breast feeding women, new mothers up to one year postpartum, infants, children up to their sixth birthday and those persons at least 60 years of age who meet income eligibility requirements. In addition to distributing food, the CACS program offers food preparation demonstrations, recipe suggestions, and nutritional information to assist program recipients to make healthy dietary choices. Call (517) 393-7077 or email info@cacs-inc.org to see if you qualify.