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## Start the New Year Ready for Anything

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The start of the New Year brings about good intentions—eating more fruits and vegetables, being more physically active, talking with the kids and grandkids more often. The New Year is also a time to accomplish some of those things that everyone knows needs to be done, but it just hasn't been done yet. Preparing for an emergency situation is one of these tasks that are so important for everyone health and safety.

This includes any of the following:

- Filling out an Advance Health Care Directive
- Assembling/maintaining an emergency kit
- Writing a will
- Putting together a trust
- Completing a File of Life

The County of Orange Office on Aging is supplying Orange County senior centers with **File of Life** magnets. This is a clear plastic sleeve that holds a two-sided form. On this form are areas to fill in personal information, medical history, medications, allergies, and emergency contact names. This is then left on the refrigerator in case paramedics come to your home. They will then take this "file" with them for the emergency room personnel. Always make sure the information is kept current, especially the medications.

Call the Office on Aging Information Specialists at **1-800-510-2020** or **1-714-567-7500** to find out which senior center you can pick up a File of Life. You can also come to the Office on Aging and pick one up in person. There is also a limited supply of Spanish-language File of Life magnets. The Information Specialists can also make referrals to elder law attorneys, provide emergency preparation information, in addition to social and health services.