



NEWS

You Can Use



A QUARTERLY PUBLICATION OF CATAWBA COUNTY EMERGENCY SERVICES

VOLUME 13 | OCT-NOV-DEC 2026



FIRE PREVENTION

Your risk of dying in a fire in your home rises as you get older. Adults over 65 are 2.5 times as likely to die in fires than younger adults.

Two-thirds of all home fire deaths occur in homes without working alarms. Age-related issues like decreased mobility, hearing or vision loss, and medication usage may make it more difficult to respond quickly to the sound of a smoke alarm.

Planning ahead and knowing what to do if there is a fire can help save your life!



Consider installing alarms with flashing lights or vibration.



Test all alarms regularly and change batteries.



Know 2 ways out of every room. Practice your escape plan 2x/yr.



Remove items that may block your way.



Discuss escape plan with family/neighbors.



Keep glasses, keys, hearing aids, phone, walking aids within reach.

WINTER PREPAREDNESS



Schedule maintenance for furnaces and fireplaces to ensure they are safe to use.



Check batteries in portable radios, flashlights, smoke alarms and carbon monoxide detectors.



Keep all heat sources and vents clear of clutter.



Make sure smoke alarms and carbon monoxide detectors are installed and working on every floor of the home.



Never leave portable heaters unattended.



Put entry or garage lights on a timer or light sensor so they come on as soon as it gets dark each day.



Keep fire extinguishers on hand and near heat sources.



Keep the home well-lit by installing the maximum watt bulbs indicated.

Don't be caught off guard when winter weather hits this year! Follow these tips to be prepared ahead of time!

Tips for Staying Warm:

- Dress in Layers
- Keep home at comfortable temperature
- Wear non-slip shoes
- Use heating devices safely

Home Safety Measures:

- Ensure proper insulation and weather-stripping
- Prevent Frozen Pipes
- Create an Emergency kit with non-perishable food, water, flashlights, battery-powered radio, battery charger for phone, etc

Health Considerations:

- See your Doctor for a check-up to address any concerns
- Staying hydrated is important in winter too!
- Combat winter sadness with exercise, social activities, light exposure

GIFT IDEAS

Need suggestions to give your loved ones for holiday gifts for YOU this year?

1. Helpful Gifts to Make Life Easier:

Nightlights; Non-slip rugs or rug grippers; Grab bars for shower/bathroom; Reacher/Grabber; Shower Seat; Bedrail; Lapdesk; Large-print books/puzzle books; Delivery gift cards: groceries, pharmacy, meals

2. Cozy Comforts:

Soft blankets; Slippers with non-slip soles; Comfortable loungewear; Warm Accessories: hats, scarves, gloves

3. Gifts to Support Health & Well-Being:

Light therapy lamp for mood boosting; massage cushion; light hand weights or resistance bands

4. Memory-Making/Sentimental:

Photo books, digital picture frame, customized calendar, memory journals



5. Technology that Connects:

Easy-to-use tablet or smart display for video calls and photos; voice-activated assistants to play music or set reminders; digital subscriptions for audiobooks, puzzles, etc

6. Experiences that Spark Joy:

Tickets/membership to local theater, museums, gardens; gift certificates for massage, manicure, hair salon; "Coupon book" for chore help, outings or homemade meals; Planned family trips, game nights or scenic drives

EASY MEAL IDEA

Sheet Pan Sausage & Veggies

Sheet pan dinners are amazing ! Quick, easy healthy, and so little effort! Best of all, only one pan to clean!!

Ingredients:

- 12-16 ounces Smoked Turkey or Chicken Sausage, about 3 cups
- 2 cups sweet potato, diced into 1/2" cubes
- 2 cups broccoli florets
- 1 cup bell pepper, chopped (any colors)
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 tablespoon Italian seasoning (or taco, cajun or your favorite seasonings)
- ½ teaspoon salt
- ½ teaspoon black pepper

Instructions:

- Pre-heat oven to 400F.
- Slice the sausage into 1" rounds. Dice the sweet potatoes into small 1/2" cubes.
- Add the sausage, veggies and minced garlic to a large baking sheet. Drizzle with olive oil and sprinkle with the Italian spices or your favorite spice blend. Season with salt and pepper. Toss veggies with your hands until they are fully combined and coated with olive oil and spices.
- Bake for 25 minutes, flipping halfway. Enjoy !



DAYLIGHT SAVINGS

Don't forget to "Fall Back" before going to bed Saturday night, November 1, 2026. Official time change happens Sunday 11/2 at 2 am. Many "smart" devices like cell phones and computers will automatically change to standard time. Non-smart devices like microwaves, ovens, clocks with hands will need to be changed manually. As a result, sunrises and sunsets will be earlier. DST will begin again March 14, 2027.

VETERAN'S CORNER

The Catawba County Veterans Service Office and the Register of Deeds would like to invite veterans to join us for a Veterans Day Breakfast as we honor and recognize the veterans in our community.

This breakfast is our way of saying thank you for your service, sacrifice, and dedication to our country. We would be honored to have you join us for a morning of fellowship and appreciation.

Date: Veterans Day
Time: 8am-10am
Location: The Catawba County Emergency Services building located at 100 Government Drive, Newton.

We hope you will join us as we come together to celebrate and honor those who have served.

With sincere gratitude,
Catawba County Veterans Service Office & the Catawba County Register of Deeds



CATAWBA COUNTY
★ VETERANS SERVICE OFFICE ★

Honoring Those Who Served.
★
Strengthening Our Community.




VETERANS DAY BREAKFAST

ALL LOCAL VETERANS ARE INVITED

Join us for a complimentary breakfast as we honor and thank our local veterans for their service, sacrifice, and dedication to our country.



**WEDNESDAY,
NOVEMBER 11, 2026**



8:00 – 10:00 A.M.



CATAWBA COUNTY GOVERNMENT
100 Government Dr.
Newton, NC 28658



*Good Food
Great Fellowship
Grateful Community*

★ ALL VETERANS WELCOME ★
No registration required.

- ★ SERVICE
- ★ SACRIFICE
- ★ FREEDOM
- ★ COMMUNITY

CATAWBA COUNTY EMERGENCY SERVICES
*Veterans Service Office
CATAWBA COUNTY REGISTER OF DEEDS
Honoring those who served. Serving those who sacrificed.*

- HIRUENSTEGIX _____
- FERI TNPTADEMRE _____
- ELDUETCTR _____
- ASPECE TUREO _____
- ERLPAFIEC _____
- SERGAE RIEF _____
- LLETARICCE _____
- SPTO DROP LORL _____
- SAEPC EHARET _____
- SNPCIALEPA _____
- RRDEY VTNE _____
- NCBROA XMIDEON IONSPGNOI _____
- TFCESAOUF _____
- KMEOS ARLMA _____
- MFLEAS _____
- GNMYRCEEE _____
- IYCHMNE _____
- EPORW TRSIP _____
- FMLAMLEAB _____
- CAHENG ESTAIETRB _____



FIRE SAFETY

WORD SCRAMBLE

- | | |
|--------------|---------------------------|
| Emergency | Space Heater |
| Flammable | Change Batteries |
| Cluttered | Escape Route |
| Electrical | Fire Department |
| Flames | Fireplace |
| Power Strip | Stop Drop Roll |
| Smoke Alarm | Suffocate |
| Grease Fire | Dryer Vent |
| Appliances | Carbon Monoxide Poisoning |
| Extinguisher | Chimney |