

Home Care & Repair SEASONAL CHECKLIST



Do It Yourself

before/during **FALL**

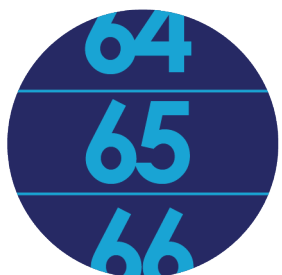
- Check and clean or replace furnace air filters **each month** during the heating season.
- Ensure all doors to the outside shut tightly, and check other doors for ease of use. Renew door weather-stripping if required.
- Drain and store outdoor hoses. Close valve to outdoor hose connection and drain the hose valve (for exterior faucet), unless your house has frost proof hose valves.
- Winterize landscaping (store outdoor furniture, prepare gardens, protect young trees for winter). 1st frost in St. Louis is usually around October 15th.
- Clean portable humidifier, if you use one.
- Check smoke, carbon monoxide and security alarms and replace batteries.
- Fall Back! Remember to change your clocks to Daylight Savings Time.

Get Some Help

- Remove the grilles on forced air systems and vacuum inside the ducts.
- Check sump pump and line to ensure proper operation, and to make sure that there are no line obstructions or visible leaks.
- Clean leaves from gutters and roofs, and test downspouts to ensure proper drainage from the roof.

Hire A Professional

- Have furnace or heating system serviced by a qualified service company every two years for a gas furnace.



St. Louis County

County Older

Resident Programs

(314) 615-4516

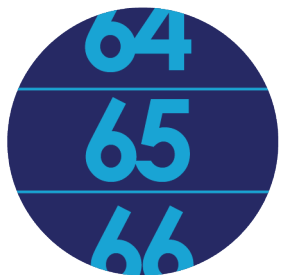
TTY 1-800-735-2966

Do It Yourself *before/during* **WINTER**

- Check and clean or replace furnace air filters each month during the heating season.
- Vacuum fire and smoke detectors, as dust or spider webs can prevent them from functioning.
- Vacuum radiator grilles on back of refrigerators and freezers, and empty and clean drip trays.
- Check gauge on all fire extinguishers; recharge or replace if necessary.
- Check fire escape routes, door and window locks and hardware, and lighting around outside of house; ensure family has good security habits.
- Monitor your home for excessive moisture levels—for example, condensation on your windows, which can cause significant damage over time and pose serious health problems—and take corrective action.
- Clean drains in dishwasher, sinks, bathtubs and shower stalls.
- Check electrical cords, plugs and outlets for all indoor and outdoor seasonal lights to ensure fire safety: if worn, or plugs or cords feel warm to the touch, replace immediately.
- Purchase and store salt for clearing off snow covered walkways, steps, and sidewalks.

Get Some Help

- After consulting your hot water tank owner's manual, drain off a dishpan full of water from the clean-out valve at the bottom of your hot water tank to control sediment and maintain efficiency.
- Test plumbing shut-off valves to ensure they are working and to prevent them from seizing.



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Do It Yourself

before/during **SPRING**

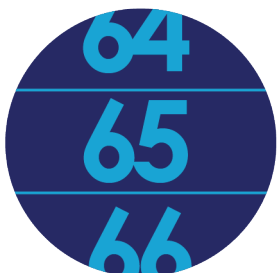
- Clean or replace air conditioning filter.
- Check dehumidifier and clean if necessary.
- Check smoke, carbon monoxide and security alarms and replace batteries.
- Spring Forward! Remember to change your clocks for Daylight Savings Time.
- Clean windows, screens and hardware, and replace storm windows with screens. Check screens first and repair or replace if needed.
- Open valve to outside hose connection after all danger of frost has passed (usually around April 15 in St. Louis area).
- Examine the foundation walls for cracks, leaks or signs of moisture, and repair as required. Repair and paint fences as necessary.

Get Some Help

- Ensure sump pump is operating properly before the spring thaw sets in. Check that discharge pipe is connected and allows water to drain away from the foundation.
- Check gutters and downspouts for loose joints and secure attachment to your home, clear any obstructions, and ensure water flows away from your foundation.
- Clear all drainage ditches and culverts of debris.

Hire A Professional

- Have fireplace or woodstove and chimney cleaned and serviced as needed.
- Check air conditioning system, and have serviced every two or three years.



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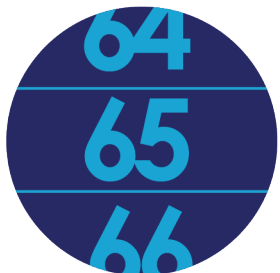
before/during **SUMMER**

Do It Yourself

- If you have a plumbing fixture that is not used frequently, a laundry tub or spare bathroom sink, tub or shower stall, run some water briefly to keep water in the trap.
- Deep clean carpets and rugs.
- Vacuum bathroom fan grille.
- Check smooth functioning of all windows and lubricate as required.
- Lubricate door hinges and tighten screws as needed.
- Check security of all guardrails and handrails, repair if loose.

Get Some Help

- Lubricate automatic garage door opener motor, chain, etc. and ensure that the auto-reverse mechanism is properly adjusted.
- Disconnect the duct connected to the dryer and vacuum lint from duct, the areas surrounding your clothes dryer and your dryer's vent hood outside.



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COMMON REFERRAL RESOURCE LIST

Alzheimer's Association St. Louis Chapter – 800-272-3900

Service Provided – Support helpline

Service Area – St. Louis County and nine surrounding counties

Website – www.alz.org/stl

Eligibility - None

Provides round-the-clock support through a 24/7 helpline, care consultations, community resource lists, support groups, safety services, advocacy and education classes for families and professionals working with people with Alzheimer's disease.

CLAIM (Community Leaders Assisting the Insured of Missouri) – 800-390-3330

Service Provided – Medicare support

Service Area – State of Missouri

Website – www.missouricclaim.org

Eligibility – Medicare recipient

CLAIM is Missouri's State Health Insurance Assistance Program and has been serving Missourians since 1993. The CLAIM program trains volunteers to answer questions about Medicare. CLAIM exists solely to provide Medicare beneficiaries with free, unbiased counseling for their Medicare questions and issues.

Department of Health and Senior Services Elder Abuse and Neglect Hotline – 800-392-0210

Service Provided – Elder Abuse helpline

Service Area – St. Louis County

Eligibility – 60 and older or 18 – 59 with a disability

Referrals for people who are being physically, emotionally, sexually or financially abused or neglected by others and for people who are abusing or neglecting themselves. In emergency situations response will be within 24 hours. In other situations a face to face contact is made within 7 days and an assessment completed within 15 days.



**Health &
Wellbeing**

Paraquad – 314-289-4251

Service Provided – Disability assistance

Service Area -- St. Louis County, St. Louis City and Franklin County

Website – www.paraquad.com

Eligibility – None

Paraquad helps to empower people with disabilities to live with self-determination choice and opportunity. Programs and services include personal care attendant services, independent living services, DEAF Way interpreting services, health & wellness center, assistive technology, education programs and home accessibility.

United Way 211 – Dial 2-1-1 or 800-427-4626

Service Provided – Agency referrals

Service Area – St. Louis County and surrounding counties

Website – www.stl.unitedway.org/people-we-help/united-way-2-1-1/

Eligibility - None

Connects people to services that will help them live their best life – from basic needs to child care to disaster relief to counseling.

VOYCE – 314-918-8222

Service Provided – Assistance for long-term care

Service Area – St. Louis County and 4 surrounding counties

Website – www.voycestl.org

Eligibility - None

Provides free assistance to families and individuals seeking long-term care for loved ones, as well as advocacy for those currently living in long-term care settings.

Mid-east Area Agency on Aging – 636-493-6380

Service Provided – Social and volunteer opportunities

Service Area- St. Louis County and 3 additional counties

Website – www.agingmissouri.org

Eligibility – 60 and older for services

Mideast Area Agency on Aging provides social activities at senior centers located throughout St. Louis County. In addition to the activities at the senior centers, they present programs at various St. Louis County Library locations. Volunteer opportunities include leading exercise and educational classes, delivering meals to homebound seniors, assisting with clerical work, offering telephone reassurance, protecting seniors against fraud and abuse, and advocating for state legislation that benefits seniors and their families.

OASIS – 314-862-4859

Service Provided – Social and volunteer opportunities

Service Area – St. Louis County and 3 surrounding counties

Website – www.oasisnet.org/stlouis

Eligibility – None

St. Louis Oasis offers a variety of classes including technology, exercise, history, art and much more. St. Louis OASIS offers a variety of volunteer opportunities for adults of all ages, including adults age 50+, sometimes working from home. Opportunities include tutoring children, coordinating classes, teaching classes, leading discussion groups, health insurance counseling and more.

St. Louis County Older Resident Programs (CORP) – 314-615-4516

Service Provided – Social and volunteer opportunities

Service Area – St. Louis County

Eligibility – 50 and older

CORP provides classes on basic computer instruction in addition to classes on using e-readers, smart phones, and tablets. A variety of volunteer opportunities are available including driving older adults to essential appointments, friendly visits or phone calls, helping with tax preparation, legal assistance, helping with clerical work, and other opportunities.



**Social & Civic
Engagement**

St. Louis County Parks and Recreation Department – 314-615-8865

Service Provided – Social and volunteer opportunities

Service Area – St. Louis County

Website – www.stlouisco.com/parksandrecreation/getinvolved

Eligibility – None

St. Louis County Parks and Recreation relies heavily on volunteers to help maintain County parks. Volunteer opportunities include museum attendant, trail crew, farm hand, trail watch, honeysuckle removal, gardening and natural docent.

Metro Call-A-Ride – 314-289-5230

Service Provided – Curb to curb transportation

Service Area – St. Louis County and St. Louis City

Website – www.metrostlouis.org

Eligibility – None, ADA eligibility for reduced fares

Metro's Call-A-Ride para-transit service is a curb-to-curb public transportation option offered to both the general public and to persons whose disabilities prevent use of regular, accessible, fixed route transit services. This service offers next-day shared rides in modern, wheelchair accessible vehicles.

O.A.T.S. - 314-894-1701

Service Provided – Curb to curb transportation

Service Area – St. Louis County and 3 surrounding counties

Website - www.oatstransit.org

Eligibility - None

OATS is a public transportation system that is available to everyone, regardless of age, race, gender, color, religion, or national origin, and in fact serves a wide diversity of clientele. OATS, Inc. helps people get to work, doctor appointments, essential shopping, and other places people need to go. The mission of OATS, Inc. is to provide reliable transportation for transportation disadvantaged Missourians so they can live independently in their own communities.



**Mobility &
Accessibility**

St. Louis County Older Resident Programs (CORP) – 314-615-4516

Service Provided – Door through door transportation

Service Area – St. Louis County

Eligibility – 60 and older

Volunteer drivers use their own vehicles to provide St. Louis County seniors with non-emergency, door-through-door transportation to medical appointments, grocery shopping, and other destinations.

Community Action Agency of St. Louis County – 314-863-0015

Service Provided – Weatherization and utility assistance

Service Area – St. Louis County

Website – www.caastlc.org

Eligibility - None

Provides weatherization and utility assistance for low-income St. Louis County residents.



**Safe &
Attractive
Neighborhoods**

Lutheran Senior Services Good Neighbor Program – 314-446-2471

Service Provided – Referral service for home care and repair or home services

Service Area – St. Louis County and 3 surrounding counties

Website – www.LSSGoodNeighbor.org

Eligibility – 62 and older

Handyman referrals to self-employed contractors are offered as a public service. These individuals can perform: general home repairs, plumbing, electrical, carpentry, painting, gutter cleaning and yard care. Referrals can also be made for meal preparation, light housecleaning, laundry and ironing, shopping and errands, companionship, personal care and activities of daily living. Clients are responsible for determining the suitability, training or experience of any individual hired.

Rebuilding Together St Louis – 314-918-9918

Service Provided – Home repair program

Service Area – St. Louis County and 4 surrounding counties

Website – www.rebuildingtogether-stl.org

Eligibility - None

Brings volunteers and communities together to improve the homes and lives of low-income homeowners. Volunteers complete free home repairs for homeowners who are low-income seniors, individuals with disabilities or military veterans.

St. Louis County Older Resident Programs (CORP) – 314-615-4516

Service Provided – Referral service for home care and repair

Service Area – St. Louis County

Eligibility – 60 and older

Free referral service that links individuals with independent workers for minor home repairs and home chores. Workers are interviewed and police background checks are done before referrals are made. Helpful tips are provided on hiring a contractor. Cost is negotiated between individuals and workers.