Winter Weather Preparedness

Winter weather is something that all residents should be prepared for. From Nor'easters to icy driving conditions, if you prepare ahead of time, it will help to keep you and your loved ones safe. Ready.gov recommends adding the following content to your emergency kit before the beginning of the winter season:

- Rock salt or more environmentally safe products to melt ice on walkways.
- Sand to improve traction as well as snow shovels and other snow removal equipment.
- Sufficient heating fuel. You may become isolated in your home and regular fuel sources may be cut off. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Adequate clothing and blankets to keep you warm.

In addition they urge families to create a communications plan to help ensure all members of your family are safe if an emergency were to occur. The Centers for Disease Control and Prevention also reminds everyone to be aware of and clear any potentially blocked vents and other air systems so as to avoid carbon monoxide poisoning.

National Drug and Alcohol Facts Week (Jan 22–28)

During the week of Jan 22nd – 28th, The National Institute of Health hosts National Drug and Alcohol Facts Week (NDAFW), which is a national health observance for teens to promote local events that use National Institute on Drug Abuse science to SHATTER THE MYTHS about drugs. National Drug and Alcohol Facts Week® links students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the internet, social media, TV, movies, music, or from friends. It was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction.
Hoarding Disorder

What is Hoarding Disorder?

According to the International OCD Foundation—

"**Hoarding Disorder** (HD) is a mental health disorder where people have difficulty getting rid of possessions that are no longer useful. While most people go through periods during which they have trouble getting rid of things — for example, after the death of a loved one or when moving out of a childhood home — HD sufferers have difficulty parting with possessions all the time. Attempting to get rid of their things causes HD sufferers to feel significant distress, including when concerned loved ones try to get rid of possessions on their behalf.

For individuals with HD, the difficulty with getting rid of things causes their living spaces to become so cluttered that they are nearly unusable. Without help, HD can interfere with daily tasks like cooking, cleaning, personal hygiene, and/or sleeping. Extreme clutter can lead to eviction, increased risk for fire, and impaired access to emergency services. In addition, HD can lead to poor sanitation and cause serious conflict with families and communities."

**Diagnosis of Hoarding Disorder**

A **diagnosis of Hoarding Disorder** requires all three of the following:

1. A person collects and keeps a lot of items, even things that appear useless or of little value to most people.

2. These items clutter the living spaces and keep the person from using the rooms as they were intended.

3. These items cause distress or problems in day-to-day activities

For treatment options and additional information please visit: [International OCD Foundation website](https://www.ocdaction.org/).