

## BeeHealthy *Timely Hints for a Healthy Lifestyle*

# Symptoms of carbon monoxide poisoning can mimic other illnesses

Chillier weather in many parts of the country has people turning up the heat and possibly increasing their chances of harming themselves and their families.

Emergency physicians are warning the public of the dangers of carbon monoxide, or CO, an odorless and colorless gas found in the emissions of fireplaces, gas stoves, water heaters, kerosene heaters, furnaces and boilers.

"If you get bad headaches or suffer from fatigue, nausea, dizziness or confusion, you may easily confuse those symptoms with the flu," said Dr. Brian Keaton, president of the American College of Emergency Physicians.

"So it's very important that people know the symptoms of dangerous levels of gas in their homes and, more importantly, know how to prevent the buildup of CO in their homes in the first place," he said.

According to the Centers for Disease Control and Prevention, more than 500 Americans die each year from unintentional CO poisoning.

Severe symptoms of CO poisoning include vomiting, loss of consciousness, heart irregularity and breathing difficulties, but these symptoms can vary widely based on the exposure level, duration, and the health and age of an individual.

"Every home should have a carbon monoxide detector, and you should never ignore the alarm or turn it off without having the sources of CO checked in your home," said Keaton. "It is much better to be safe than sorry when dealing with CO because it can be very dangerous."

To protect your family this winter, ACEP provides the following safety advice:

- Install a carbon monoxide detector on each level of your home, especially near the sleeping areas.
- Have gas appliances installed by a qualified professional.
- Use only appliances that vent fumes outside.
- If you choose to use an unvented fuel-burning space heater, only use it while someone is awake to monitor it.
- Never use a gas range or oven to heat a home.
- Never use a charcoal grill inside.
- Never leave the motor running of a vehicle parked in an enclosed garage.
- Turn on the exhaust fan over your gas stove when using it.
- Make certain the fireplace flues are open during use.
- Have gas furnaces, water heaters, clothes dryers, fireplaces and flues inspected annually by a qualified service technician.

## Veterans of America reaches out to women veterans

A special event for women who served in the military or those covered by Tricare will be held on Wednesday, Feb. 21 from 9 to 11 a.m. at Wegmans, 651 Dick Road in Depew.

The event features a women's health talk and presentations about veterans' benefits and services available through the Veterans Administration and New York State.

Breakfast is provided, and the program is free. Registration is required by calling Evangeline Conley at 862-8753 by Feb. 15.

All registered attendees will receive a free bag of health information and gifts.

Women veterans should bring along their military discharge papers (DD214), if available.

Currently, women comprise around 8 percent of the total veteran population, but this figure is rising as more women opt to serve in the military.

The VA offers comprehensive health care benefits to women veterans, in addition to education, home loan, disability compensation and other benefits.

**“ Every home should have a carbon monoxide detector, and you should never ignore the alarm or turn it off without having the sources of CO checked in your home. It is much better to be safe than sorry when dealing with CO because it can be very dangerous. ”**

— Dr. Brian Keaton  
president of the American  
College of Emergency  
Physicians

## What's Going On

### Free tax help offered at libraries

Free tax help will be offered for people 60 and older by certified volunteers from 1 to 5 p.m. Wednesdays at Audubon Library, located at 350 J.J. Audubon Parkway; from 10 a.m. to 2 p.m. Tuesdays at Clearfield Library, 770 Hopkins Road; from 1 to 4 p.m. Thursdays at the Eggertsville/Snyder branch, 4622 Main St.; and from 2 to 5 p.m. Tuesdays at the Williamsville branch, 5571 Main St. The program will be offered from Feb. 1 through April 13.

### Spaghetti dinner to benefit staff member

A spaghetti dinner will be held from 4 to 8 p.m. Thursday, Feb. 1 at Amherst Central High School to benefit the Boccolucci Family. The cost is \$7 for adults, \$5 for children 10 and under, and free for those under 2. Dessert will be available for purchase. There will be entertainment by "Toast," a basket auction and 50/50 raffle.

### Come and See to hold meeting Feb. 1

Deacon Ted Pijacki will explore "Struggling with Change" at the next Come and See session at 7:30 p.m. Thursday, Feb. 1 at St. Benedict Church, 1317 Eggert Road in Eggertsville. For information, call 834-1041.

### Church to hold luncheon Feb. 8

The United Methodist Women of Christ United Methodist Church will hold a luncheon and general meeting at noon, Thursday, Feb. 8 at 350 Saratoga Road in Snyder. The \$5 program will be "Keeping in Touch."

### Youth Model-Builders Club to be offered

A basic plastic-model-builders class for youths 5 to 14 will be held from 10 a.m. to noon Saturdays through Feb. 24 at 4255 Harlem Road in Amherst. Registration and supply fee is \$12 for Amherst residents and \$17 for nonresidents. Checks may be made payable to the Amherst Youth Board by Wednesday, Jan. 17. Registration is limited. Call 631-7215.

### Lecture to give history of WNY railroads

Joseph Kocsis of the Western New York Railway Society will speak about the history of WNY railroads. The event will be held at 8 p.m. Wednesday, Feb. 7 at St. Peter's Episcopal Church Hall on Longmeadow Drive in Amherst. Call 440-7385.

### Mothers & More to have chocolate taste test

The Buffalo Chapter of Mothers and More will meet at 7 p.m. Wednesday, Feb. 7 for a "Chocolate Taste Test" and Thursday, Feb. 22, to discuss "The Five Love Languages." The meetings will be held at Elderwood at Glenwood Village, 5271 Main St. in Williamsville. For more information, call 691-0005 or 839-2345.

### Victorian Valentine's Day to be held at museum

The Amherst Museum will host a Victorian Valentine's Day from 1 to 4 p.m. Saturday, Feb. 10 at 3755 Tonawanda Creek Road. Admission is \$5 for adults, \$1.50 for children.



**HITTING THE HIGH NOTES** — Ben Elliott of Amherst performed at Clarence High School Jan. 19 to benefit the Brothers of Mercy Campus Foundation. His group, "The High Notes Quartet," sang along with other acts during the Clarence Rotary Club Variety Show.

Photo by John Rusac  
Purchase photos at www.beenews.com

## Foundation awards \$43,000 in grants

The Board of Directors of the Amherst Senior Citizens Foundation has awarded \$43,026 to various agencies in 2006 in order to improve the quality of life for senior citizens in the Town of Amherst.

Board President David J. Dengler expressed the foundation's appreciation for the support of the hundreds of individuals and businesses who have contributed to the organization in the past and added that the expenditures have been used, not only for programs that function out of the Center for Senior Services, but also to benefit home-bound, frail and low-income seniors who live in the community and are unable to come to the Center.

The Foundation contributed funds to Amherst Meals on Wheels and Amherst Senior Transportation Service.


Amherst Meals on Wheels, which is not a part of the county program, received money to update its software and subsidize the cost of meals for those who cannot afford the full cost of the meals they receive.


ASTS received funds that will enable it to continue to purchase the vans needed to provide the medical, shopping and miscellaneous transportation services so important to the senior community.

Other Foundation contributions included handicapped-accessible doors at the Senior Center, an electronic piano for the lounge, a subsidy to cover costs of the annual Volunteer Recognition Luncheon, funding for a monthly Caregivers Newsletter and a refrigerator for Meals on Wheels.


Anyone interested in making a tax-deductible contribution to the Foundation can send a check to the Amherst Senior Citizens Foundation at 370 Audubon Parkway, Amherst, NY 14228 or call 636-3050, ext. 125.

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