

Used: Aug 2021  
Sept. "  
Oct. "  
Nov. "

## **PSA: GETTING GOOD SLEEP :30 SECS.**

HAVING TROUBLE SLEEPING? THE SLEEP WELLNESS INSTITUTE HAS THESE SUGGESTIONS. FIRST, MAINTAIN A REGULAR BED AND WAKE TIME EVEN ON WEEKENDS. SECOND, DO SOMETHING RELAXING JUST BEFORE BED LIKE TAKING A HOT BATH OR READING A BOOK. THIRD, CREATE A SLEEP CONDUCTIVE ENVIRONMENT THAT IS DARK, QUIET AND COOL. ~~NEXT SLEEP ON A COMFORTABLE MATTRESS.~~ ALSO, FINISH EATING THREE HOURS BEFORE BEDTIME. IN ADDITION REGULAR EXERCISE IN LATE AFTERNOON MAY ALSO BE HELPFUL. FINALLY, AVOID CAFFEINE SEVERAL HOURS BEFORE BEDTIME. FOR MORE INFORMATION GO ONLINE AT [SLEEPWELL.ORG](http://SLEEPWELL.ORG).

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## **PSA: DEER SAFETY :30 SECS.**

THE FALL MONTHS MEAN DEER ARE ON THE MOVE. MICHIGAN HAS ONE OF THE HIGHEST INCIDENCE OF CAR/DEER ACCIDENTS IN THE COUNTRY SO ONCE AGAIN LOCAL AND STATE LAW ENFORCEMENT AGENCIES ARE REMINDING MOTORISTS "DON'T VEER FOR DEER." IF A DEER RUNS INTO THE PATH OF YOUR CAR IT'S SAFER TO HIT THE DEER THEN TO SWERVE AND HIT A TREE OR ANOTHER CAR. DEER ARE MORE ACTIVE IN EARLY MORNING OR EARLY EVENING SO BE ESPECIALLY VIGILANT DURING THOSE TIMES.

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## **PSA: FALL CLEANUP :30 SECS.**

AUTUMN HAS ARRIVED AND THAT MEANS TIME FOR FALL CLEANUP. IF YOU ARE AN OLDER ADULT WHO IS STILL ABLE TO DO A LOT OF THE WORK YOURSELF ITS IMPORTANT TO TAKE A FEW PRECAUTIONS. TAKE FREQUENT BREAKS. STAY HYDRATED. DRESS IN LIGHT LAYERS THAT CAN BE REMOVED IF YOU GET TOO HOT. USE SAFETY GLASSES, GLOVES AND OTHER PROTECTIVE GEAR. WEAR STURDY, CLOSE-TOED SHOES OR BOOTS. REMEMBER TO BEND AT THE KNEE WHENEVER YOU PICK THINGS UP AND USE LADDERS WITH CAUTION. THE CENTERS FOR DISEASE CONTROL SAYS 42 MILLION PEOPLE VISIT THE EMERGENCY ROOM EACH YEAR FOR YARD WORK RELATED INJURIES.

2021

Public Service Announcements

WFUR FM102.9/ AM1570 /FM92.9 & WKPR 1440AM + 105.1FM

These announcements run once per day (rotating) Monday-Saturday on all 3 stations

1. US Forsetry Service- encouraging use and enjoyment of US Forest resources.  
[www.discovertheforest.org](http://www.discovertheforest.org)
2. Covering all aspects of fatherhood and being a dad in 2018. [www.fatherhood.gov](http://www.fatherhood.gov)
3. Join your local al-anon group to aid in breaking the cycle of alcohol abues.  
[www.alanon.org](http://www.alanon.org)
4. Constant caregiving for a relative can leads to depression and stress. Find help and coping skills at [www.AARP/caregiving.org](http://www.AARP/caregiving.org)
5. Saving money for your future will enable you to live a better life.  
[Www.feedthepig.org](http://Www.feedthepig.org)
6. Macular degeneration is the number one cause of blindness in older americans. U.S. Citizens can find out more at [www.fightingblindness.org](http://www.fightingblindness.org)
7. Veterans in need- - some veterans are lonely and have few family connections. You can help a vet in your are [www.maketheconnection.net](http://www.maketheconnection.net)
8. YMCA- the YMCA does more than just teach swimming safety. Find out about community programs, contacts, and support. Go to [www.wmca.net](http://www.wmca.net)
9. Retirement saving- financial help and info regarding retirement savings, social security, and ways to save can be found at [www.aceyourretirement.org](http://www.aceyourretirement.org)
10. Zika Virus- Zika poses a serious threat to fetal develment in pregnant women. Learn about ways to avoid Zika at [www.cdc.gov/preventzika](http://www.cdc.gov/preventzika)
11. Humane Society- -tips and information on whether zoos, animal housing, and animal hospitals treat their animals in a kind and caring way. Go to [www.americanhumane.org](http://www.americanhumane.org)
12. Homeowner Community Associations- find out about home care, neighborhood, and living in community, along with your rights. Call 1-888-224-4321
13. department of Homeland Security is asking for citizens to report strange activity to keep America safe. [Www.seesay.hq.dhs.org](http://Www.seesay.hq.dhs.org)