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Direct Draft Card

If you wish to pay your monthly service by direct draft, please fill out the card at right and return with a voided check. **Remember, you will now be charged a \$2.00 fee for receiving a paper bill. Please avoid this additional charge by signing up for direct draft today!!** Your account will be drafted on or after the 5th of each month. A "test" draft will be activated for the first month to ensure accuracy, therefore, you will receive one more statement for that month to be paid by check or money order. Thereafter, all monthly payments will be direct drafted from the account specified by you.



Hypothermia: A Cold Weather Risk for Older People

Almost everyone knows about winter dangers such as broken bones from falls on icy steps, sidewalks or streets. But cold weather also can cause an important, less obvious danger that can affect older people. Older adults are especially vulnerable to hypothermia, which can be deadly if not treated quickly. The National Institute on Aging (NIA), part of the National Institutes of Health (NIH), has some advice to help older people avoid hypothermia.

Hypothermia occurs when a person's body temperature drops below normal and stays low for a prolonged period of time. With advancing age, the body's ability to endure long periods of exposure to cold is lowered.

Older people also are at risk for hypothermia because their body's response to cold can be

diminished by certain illnesses such as diabetes and some medicines, including over-the-counter cold remedies. In addition, older adults may be less active and generate less body heat. As a result, they can develop hypothermia even after exposure to relatively mild cold weather or a small drop in temperature.

The best way to identify someone with hypothermia is to look for confusion or sleepiness, slowed or slurred speech, shivering or stiffness in the arms and legs, weak pulse, poor control over body movements or slow reactions. If you suspect that someone is suffering from the cold and you have a thermometer available, take his or her temperature. If it's 96 degrees or lower, call 911 for emergency help.

The NIA has information to help you

prevent hypothermia. Here are a few tips:

- Wear several layers of loose clothing when it is cold.
- Wear a hat, scarf, gloves or mittens, and warm clothes when you go outside in cold weather.
- To keep warm at home, wear long underwear under your clothes, along with socks and slippers.
- Make sure your home is warm enough. Set your thermostat to at least 68 to 70 degrees.
- Check with your doctor to see if any medications you are taking may increase your risk for hypothermia.

For more information on this subject visit www.nia.nih.gov.

-National Institute on Aging

Authorization Agreement for Pre-authorized Payments

Company Name: Acadian On Call

I (we) hereby authorize Acadian On Call to initiate debit entries to my (our) Checking account indicated below at the depository named below, hereinafter called DEPOSITORY, to debit the same to such account.

****First month is test month. You will receive a bill.**Please include voided check**

****For the initial debit month, all previous balances will be debited to bring account current.****

Depository Name: _____ Branch: _____

City Routing Number: _____ State: _____ Zip: _____

Account#: _____

This Authorization is to remain in full force and effect until Acadian On Call has received written notification from me (either of us) of its termination in such time and in such manner as to afford Acadian On Call and DEPOSITORY a reasonable opportunity to act on it.

Name(s): _____ ID#: _____

Date: _____ Signed _____

Note: All written debit authorizations MUST provide that the receiver may revoke the authorization only by notifying the originator in the manner specified in the authorization.