

## File of Life

This program is sponsored by the Pound Ridge Police Benevolent Association in an effort to provide a potentially lifesaving service to the community residents. Regardless of whether you're at home or out and about, the File of Life can help emergency responders help you in a time of need.

The File of Life can be obtained FREE at the Town House!

Having the above information easily accessible is the key to being treated in a medical emergency and for those living alone the benefits are obvious. But even for those living with others, sometimes in an emergency people can't think clearly or are too upset to provide information to emergency personnel. The File of Life eliminates confusion and has all the needed information right there in one location.

The pouch contains a two-sided form that has all the medical information that emergency personnel responding to a call would need immediately to help a person with a medical emergency. The pouch has a magnet that attaches to the outside of your refrigerator in a visible location.

The File of Life Kit also comes with a red wallet-size pouch that can be carried in a purse or wallet, so you have the same emergency information with you whenever you're away from home. This pouch is the size of a business card, and includes a smaller version of the information form described above.

For more information please contact the Pound Ridge Senior Program Coordinator Louise Paolicelli at 764-8201 or via email at PRSeniors [at] townofpoundridge [dot] com.

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