



Preparing for Cooler Weather

With the hot days of summer behind us and cooler temperatures on the way, it's a good time to begin preparing yourself for cold weather. Here are some tips to make sure you stay healthy and safe during the cold months ahead.

Hypothermia

In cold weather, individuals over the age of 60 are at a high risk for developing hypothermia. Hypothermia occurs when too much heat escapes from the body.

Warning Signs of Hypothermia

- Confusion, difficulty speaking
- Cold, stiff muscles
- Weak pulse



Tips to Prevent Hypothermia

- Keep thermostat set to at least 65°F
- Dress warmly. Wear several layers of loose clothing and mittens when outside
- Wear a hat and scarf to hold in body heat
- Use extra blankets when sleeping

If you live alone, arrange for a daily call or visit with a friend, neighbor, or relative.

Falling



It is easy to slip and fall in the winter, especially in icy conditions.

Tips to Prevent Falling

- Wear shoes or boots with non-skid soles
- If you use a cane, replace the rubber tip before it is worn smooth
- Stretch before going outside. Stretching improves circulation and limbers muscles

Items you should have on hand during cold weather:

- Water (2 gallons per person)
- Non-perishable food items
- Warm clothing and bedding
- Tools (turning off water and gas)
- First Aid Supplies
- Emergency supplies (flashlight, lanterns, radio, batteries, can opener)

Recipes to Warm Up

Food and drinks can help keep you warm and comfortable. A nice warm cup of tea or a hot bowl of soup may be just the thing to keep you feeling warm and cozy throughout a cold winter day.



Warm Ginger Tea

Slice or grate 1 tablespoon fresh ginger root into a mug of hot water. Enhance with honey or lemon.

Warm Cinnamon Vanilla Oatmeal

In a microwave safe bowl, combine 1/2 cup quick oats, 1 cup water, 1 teaspoon cinnamon, and 1 teaspoon vanilla extract. Microwave on high for 2 minutes. Let cool for 1 minute and enjoy.

Canned Soup Boost

Boost the nutritional value of any canned soup by adding a handful of fresh or frozen vegetables such as peas, spinach, carrots, peppers, broccoli, etc.