

WINTER SAFETY TIPS

1. **Dress for the Weather.** In colder climates, it's important to dress appropriately. When participating in outdoor activities, wear layers, a tightly woven (preferably wind-resistant) coat, hats, mittens, a scarf and waterproof boots. If parts of your body are left uncovered and you choose to not follow cold weather safety precautions, you may be susceptible to frostbite and hypothermia. Frostbite occurs when extremely cold temperatures cause damage to the skin that can extend to the bone. Warning signs include white, ashy or grayish-yellow skin with a waxy texture and numbness. You may also feel tired, confused, weak or sleepy, sleepy or experience slowed breathing. If you are feeling any of these symptoms, go inside immediately.
2. **Manage Seasonal Depression.** As the days grow shorter and there is less sun exposure, seasonal affective disorder (SAD) becomes more common. Take charge of your mental health by engaging in a mild to moderate activity, scheduling "wind-down" time for yourself, or video chatting with a loved one. If you find yourself having trouble coping with your seasonal depression, talk to your primary care provider or mental health counselor. They may have other winter safety tips for seniors.
3. **Eat a well-balanced diet.** With colder temperatures and shortened daylight, it's difficult to get outside and soak in the sun's rays. To support your bone health and make up for the lack of vitamin D, it's important to add nutrient-rich foods into your diet. Here are several foods that are that you can incorporate:
 - Almonds, Brazil nuts, and sunflower seeds
 - Dairy products, such as milk, cheese and yogurt
 - Green leafy vegetables
 - Salmon and sardines
 - Cheese
 - Egg yolks
 - Fortified cereals

- Fortified milk
- Tuna, salmon, and mackerel

4. **Winterize your Home.** Although staying at home is one of the safest places to be during the winter months, there is no guarantee of safety. Thankfully the CDC has guidelines on how to prepare your home for winter. The CDC suggests that you:

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Have a safe alternative heating source and alternate fuels available.

5. **Stay Safe on the Road.** Road conditions may not be optimal this winter. That is why you must be prepared and winterize your vehicle. Check and service the antifreeze, tires, windshield wipers and radiator. If you choose to drive in bad weather, make sure you have a full tank and remember to carry a charged cell phone with you in the case of an emergency. You should also stock your car with emergency supplies like a first aid kit, blanket, jumper cables, windshield scraper and a flashlight. Try your best to stay off the roads when it snows or if the roads are icy.

Now that you know the best winter safety tips for seniors, you're ready for winter. Always remember to dress for the weather, take time for your mental health, incorporate nutrient-rich foods into your diet, and winterize your home and car. When you can, try and stay indoors to avoid the cold. However, try to get your outdoor walks in when the weather permits.

FOREVERWELL



THURSDAY, DECEMBER 19TH
11:00 AM-1:00 PM

Bring a dish to share
and
a wrapped gift to give away
(\$10 - \$15 value)

Holiday BINGO

Please sign up at Member Services to attend
and to sign up for the Item you'd like to share.

FOREVERWELL CLASS SCHEDULE

WATER EXERCISE

MONDAYS/WEDNESDAYS/FRIDAYS

10:00 am-10:45 am

MONDAYS

5:30 pm

PICKLEBALL

TUESDAYS/THURSDAYS/SATURDAYS

9:00-Noon

SILVERSNEAKERS® CIRCUIT

TUESDAYS

10:00 am-10:45 am

SILVERSNEAKERS® CHAIR YOGA

NEW!! - TUESDAYS - NEW!!

11:00 am-11:45 am

SILVERSNEAKERS® CIRCUIT

THURSDAYS

10:00 am-10:45 am

SILVERSNEAKERS® CLASSIC

FRIDAYS

10:55 am-11:40 am

Coffee and Conversation

Join us for coffee and conversation on

Fridays

10:45 am-12:30 pm

Feel free to bring treats to share.

ENVIRONMENT
SPRIT

ST PAUL EASTSIDE

875 Arcade Street
St. Paul, MN 55105

BRANCH HOURS

Monday-Friday

5:00 am-9:00 pm

Saturday-Sunday

7:00 am-4:00 pm

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December Kindness 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2025				



