



Open Arms Senior Connection

January 2017 Newsletter

Wintertime Safety Tips

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses -- especially for seniors.

Here is some helpful advice for preventing common winter dangers that the older population faces.

Avoid Slipping on Ice

Icy, snowy roads and sidewalks make it easy to slip and fall. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations. While younger people often recover relatively quickly from such injuries, older adults face complications.

Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace worn cane tips to make walking safer. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the Centers for Disease Control (CDC), more than half of hypothermia-related deaths were of people over the age of 65.

So -- don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body

temperature dips too low. According to the CDC, more than half of your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

Fight Wintertime Depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation.

To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

Check the Car

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your AAA membership is up-to-date in case of emergencies.

Prepare for Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

Eat a Varied Diet

Because people spend more time indoors and

may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency -- can be a problem. Nicole Morrissey, a registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

Prevent Carbon Monoxide Poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

<https://www.care.com/c/stories/54477-winter-safety-tips-for-seniors/>

Welcoming the NEW YEAR!

The holiday season has come to a close so now we'll get back to some of our "regular" stuff!

A BIG thank you is in order to those of you who have brought in cookies and special treats for Open Arms throughout the year and at the holiday time. It is greatly appreciated. The donation jar is out to encourage you to put in whatever you are comfortable giving. This is a way to continue to replenish our supplies and provide programming opportunities.

Thanks to all the participants and volunteers who helped make the Gracedale winter craft -- cute little alphabet block elves. They brought a twinkle to many folks' eyes.

An even BIGGER thank you is in order to those of you who remembered Open Arms at Christmas. Your kindness is very much appreciated. We look forward to a great 2017 and to your continued participation in this wonderful program.

~ Alice and Karen

Yes, it's time to think about weather...



OPEN ARMS WEATHER CLOSING POLICY

There will be times that Open Arms will need to close due to weather. When the weather looks doubtful, please check your local TV or radio station for Easton Area School Districts closing. If schools are closed due to weather, we are closed!

Questions:

Karen 610-252-2338 (home), 610-392-2840 (cell)
or the church office at 610-253-3732.

Special thanks to:

- **Country Meadows** for coming to do a monthly "Health Check"
- **Jackie** for another "Sit & Be Fit" gentle chair exercise session
- **Sean Gough** for entertaining us with a wonderful "Piano & Organ Concert"
- **All** who helped make and deliver our cute little alphabet block elves for our friends on the 5th floor at Gracedale
- **Santa and his elf helper "Jingles"** -- for posing for pictures and adding to our Christmas fun
- **All who made special treats and/or helped** with our December Luncheon!

You won't want to miss:

- **Tuesday, Jan. 3rd -- 10:30 a.m.** -- "Optional Worship" with communion
- **Thursday, Jan. 5th -- 11:00** -- "Health Check" -- Country Meadows
- **Thursday, Jan. 5th -- NOON** -- Pork and Sauerkraut Luncheon (Note: this is the January luncheon for Open Arms)
- **Thursday, Jan. 12th -- 10:00 a.m.** -- "Gentle Chair Yoga" with Nancy
- **Tuesday, Jan. 31st -- 10:30 p.m.** -- Join us for a "Kitchen Band/Sing Along"

Winter Preparedness Checklist:

Household emergency supplies should include enough food, water and supplies to last four days without power or help. Check your home emergency kit against this basic checklist.

- Food that doesn't require heating or refrigeration, such as canned meats, soups and stews, cereal, and energy bars
- Manual can opener
- Paper plates, cups and plastic utensils
- 1 gallon of water per person per day (allow enough for four days)
- Flashlights and batteries
- Battery-powered radio
- Battery-powered clock
- Cellular phone
- First-aid kit
- Four-day supply of prescription medicines
- Blanket and cold-weather clothing for each family member
- Pet food and additional water for household pets



January 2017

Arndt's Open Arms Senior Connection

SUN.	MON.	TUESDAY	WED.	THURSDAY	FRI.	SAT.
1	2	3 10:00 AM – “Gathering” 10:30 AM – * 1:00 PM – Cards, games, socializing	4	5 10:00 AM – “Gathering” 11:00 AM – “Health Check” – Country Meadows NOON – Pork & Sauerkraut Lunch served (note: this is our lunch for the month of January)	6	7
8	9	10 10:00 AM – “Gathering” 10:30 AM - Cards, games, socializing 1:00 PM – Cards, games & socializing	11	12 10:00 AM – “Gathering” 10:30 AM – “Gentle Chair Yoga with Nancy” 1:00 PM – Cards, games, socializing	13	14
15	16	17 10:00 AM – “Gathering” 10:30 AM – Cards, games & socializing 1:00 PM – Merchandise Bingo – bring a small prize to share	18	19 10:00 AM – “Gathering” 10:30 AM – “Healthy You” – Manor Care 1:00 PM – Cards, games, socializing	20	21
22	23	24 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Wii bowling	25	26 10:00 AM – “Gathering” 10:30 AM – Cards, games & socializing 1:00 PM – Cards, games & socializing	27	28
29	30	31 10:00 AM – “Gathering” 10:30 AM - Kitchen Band/Sing Along 12:30 – January Birthdays Celebrated 1:00 PM – Cards, games, socializing				



***Optional Worship Service** – an optional worship service with communion is offered the 1st Thursday of the month
PLEASE BRING A BAG LUNCH unless the calendar says that lunch is provided.
Bad weather? Check your local TV or radio station for Easton Area School Districts closing.
Questions? Call Karen at 610-252-2338 (home) or Karen at 610-392-2840 (cell phone), or the church office at 610-253-3732.