



# senior circuit

2009/Issue 4



***"In the depths of winter I finally learned that within me there lay an invincible summer."***  
*...Albert Camus*

## WINTER IS HERE AGAIN. BE PREPARED FOR STORMS

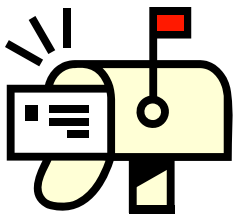
Winter has arrived once again to New England and the weather can turn severe. It pays to be prepared for possible bad weather and to know what to do once the storm arrives. Being prepared can help you and your family avoid an emergency situation.



### ~ BEFORE A STORM COMES ~



- Store drinking water, first aid kit, canned/no-cook food, non-electric can opener, radio, flashlight and extra batteries where you can get them easily, even in the dark!
- Keep cars and other vehicles fueled and in good repair, with a winter emergency kit in each.
- Know how the public is warned (siren, radio, TV, etc.) and the warning terms for each kind of disaster in your community; e.g.:
  - ◆ "winter storm watch" --- Be alert, a storm is likely
  - ◆ "winter storm warning" --- Take action, the storm is in or entering the area
  - ◆ "blizzard warning" --- Snow and strong winds combined will produce blinding snow, near zero visibility, deep drifts, and life-threatening wind chill--seek refuge immediately!
  - ◆ "Winter weather advisory" --- Winter weather conditions are expected to cause significant inconveniences and may be hazardous, especially to motorists
  - ◆ "frost/freeze warning" --- Below freezing temperatures are expected and may cause damage to plants, crops, or fruit trees
  - ◆ "flash flood or flood watch" --- Be alert to signs of flash flooding and be ready to evacuate on a moment's notice
  - ◆ "flash flood warning" --- A flash flood is imminent--act quickly to save yourself because you may have only seconds
  - ◆ "flood warning" --- Flooding has been reported or is imminent--take necessary precautions at once. Know safe routes from home, work and school to high ground.
- Know how to contact other household members through a common out-of-state contact in the event you have to evacuate and become separated.
- Know how to turn off gas, electric power and water before evacuating.
- Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.
- Winterize your house, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock or equipment. Install storm shutters, doors and windows; clear rain gutters; repair roof leaks; and check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow--or water, if drains on flat roofs do not work.



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**“Laughter is the sun that drives winter from the human face.”**

*...Victor Hugo*

### Prevent Dry Skin This Winter

- Take warm, not hot, showers or baths
- Use glycerin-based moisturizers after showers and hand washing
- Invest in a humidifier
- Use moisturizing, not drying, soaps/ cleansers
- Put on moisturizer before putting on gloves
- Moisturize your feet and sleep in cotton socks
- Don't forget to moisturize your lips, beeswax or petroleum jelly works well
- Avoid itchy skin by taking warm baths with oatmeal or baking soda

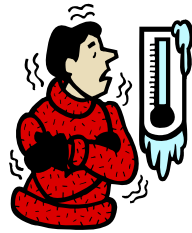


**“Winter is the time for study, you know, and the colder it is, the more studious we are.”**

*...Henry David Thoreau*

### ~ DURING A SEVERE WINTER STORM ~

- Monitor a Weather Radio or keep a local radio and/or TV station on for information and emergency instructions.
- Have your emergency survival kit ready to go if told to evacuate.
- If you go outside for any reason, dress for the season and expected conditions:



- For cold weather, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. Outer garments should be tightly woven and water-repellent. Mittens are warmer than gloves. Wear a hat. Cover your mouth with a scarf to protect your lungs from extremely cold air. Wear sturdy, waterproof boots in snow or flooding conditions.



- Conserve fuel, if necessary, by keeping your house cooler than normal. Temporarily shut off heat to less-used rooms.
- If using kerosene heaters, maintain ventilation to avoid build-up of toxic fumes. Keep heaters at least three feet from flammable objects. Refuel kerosene heaters outside.
- Avoid travel if possible. If you must travel, do so during daylight.
- Don't travel alone. Stay on main roads, and keep others informed of your schedule.
- If advised to evacuate, tell others where you are going, turn off utilities if told to, then leave immediately, following routes designated by local officials.

### ~ IF A BLIZZARD TRAPS YOU IN YOUR CAR ~

- Pull off the road, set hazard lights to flashing, and hang a distress flag from the radio aerial or window. Remain in your vehicle; rescuers are most likely to find you there.
- Conserve fuel, but run the engine and heater about ten minutes each hour to keep warm, cracking a downwind window slightly to prevent carbon monoxide poisoning. Exercise to maintain body heat but don't overexert. Huddle with other passengers and use your coat for a blanket.
- In extreme cold use road maps, seat covers, floor mats, newspapers or extra clothing for covering--anything to provide additional insulation and warmth.



- Turn on the inside dome light so rescue teams can see you at night, but be careful not to run the battery down. In remote areas, spread a large cloth over the snow to attract the attention of rescue planes.
- Do not set out on foot unless you see a building close by where you know you can take shelter.
- Once the blizzard is over, you may need to leave the car and proceed on foot. Follow the road if possible. If you need to walk across open country, use distant points as landmarks to help maintain your sense of direction.



## ~ AFTER THE STORM ~

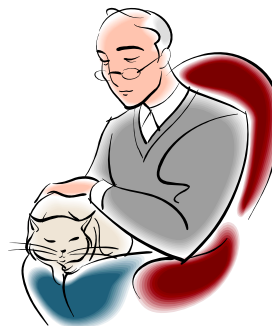
- Report downed power lines and broken gas lines immediately.
- After blizzards, heavy snows or extreme cold, check to see that no physical damage has occurred and that water pipes are functioning. If there are no other problems, wait for streets and roads to be opened before you attempt to drive anywhere.
- Check on neighbors, especially any who might need help. Beware of overexertion and exhaustion. Shoveling snow in extreme cold causes many heart attacks. Set your priorities and pace yourself after any disaster that leaves you with a mess to clean up. The natural tendency is to do too much too soon.



## REMEMBER YOUR PETS THIS WINTER

Pets need to get used to the Winter season just like we humans do. Many pets, even those who spend a great deal of time outside, need to adjust to the cold and would prefer to be in a warm area. Below are a few tips to consider from The American Society for the Prevention of Cruelty to Animals that can help your pet stay safe and warm this winter.

- Keep cats inside. Outdoor cats can freeze, get lost, or be stolen, injured, or killed. Cats sometimes choose to sleep under the hoods of cars where it is warmer. Before starting the car, bang loudly on the hood and wait a few seconds to give the cat a chance to escape.
- Never let your dog off the leash on snow or ice, especially during a snowstorm. Dogs frequently lose their scent in these conditions and easily can become confused as to their whereabouts. Make sure they always wear I.D. tags.
- Thoroughly wipe off dogs' legs, paws, and stomach when they come in out of the sleet, snow, or ice. Salt can irritate paws and antifreeze or other chemicals could be toxic if ingested.
- Antifreeze, even in very tiny doses, is a lethal poison for dogs and cats. Because of its sweet taste, animals are attracted to it. Be sure to clean up any spills from your vehicle thoroughly. To prevent accidental poisoning, use animal-friendly products that contain propylene glycol rather than ethylene glycol. Call your veterinarian or ASPCA Animal Poison Control Center (1-888-4ANI-HELP) if you suspect your animal has been poisoned.
- If your dog is a short-haired breed, consider getting a warm coat or sweater with a high collar or turtleneck. Look for one that covers the canine from the base of the tail on top to the belly underneath.
- Never leave your dog or cat alone in an automobile during the cold weather. A car can act as a refrigerator in the winter, holding in the cold--and your companion animal could freeze to death.
- Make sure companion animals have a warm place to sleep far away from drafts and off the floor. Consider a dog or cat bed or basket with a warm blanket or pillow in it.



## Beat the Winter Blues



- Join a book club at your local library
  - Take a class from Adult Education
  - Attend events at your area Senior Center
  - Take a walk around the mall. It's inside and great exercise
  - Volunteer at local organizations
  - Garden indoors
  - Do a crossword puzzle
  - Play brain teaser games
  - Go see a movie
  - Take up a new hobby
- 



***“Live life to its fullest, and be positive always... Be kinder than necessary, because everyone you meet is fighting some kind of battle.”***

*...Unknown*



### Night Driving Precautions

- **See and be seen**
- **Ensure your headlights work well**
- **Stay alert on the road. Lower your speed, pay extra attention, and maintain a three-second following distance**
- **Recognize/prevent drowsiness. Run errands in the morning when you may be more alert**

## SHOVEL SAFELY THIS WINTER

- Proper snow shoveling techniques can reduce back injury or lower your risk of a heart attack.
- You should face the snow you're about to shovel.
- Always keep your back straight, your knees bent, and throw the snow forward.
- Avoid throwing snow over your shoulder. Twisting while throwing snow behind you can cause back strain. Experts recommend that you push the shovel to move the snow and avoid lifting whenever possible.
- Before shoveling, warm up with a few stretching exercises.
- Don't smoke or eat a large meal before shoveling.
- Dress warmly in layers with a hat. Cover your neck.
- Tackle heavy snow in two stages. Begin by skimming off the snow from the top, then remove the bottom layer. Avoid overloading the shovel.
- Don't try to shovel too much too quickly. Allow yourself enough time to do the work so you don't feel rushed. Follow a slow and steady pace. Take frequent breaks to stand up and stretch.
- Drink water during breaks. Breathing cold air dehydrates the body.



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