

## Caution: Winter has arrived *Winter Safety Tips*

Winter has arrived! Now is the time to start preparing your family, pets, and yourself for the cold Ohio weather. Ice, snow, and cold temperatures can be challenging for everyone, which can cause a wide range of injuries and illnesses.

With winter starting to hit hard, here are some helpful tips for preventing common winter dangers.

### Avoid Slipping on Ice

- ♦ Icy, snowy roads and sidewalks make it easy to slip and fall. During the winter months, this an unfortunate common occurrence for senior citizens. These falls can cause major injuries such as hip and wrist fractures, head trauma and major lacerations. It is important to make sure to wear shoes with good traction and non-skid soles. You can also prevents slips by staying inside until the roads are clear. Lastly, **replace a worn cane tip** to make walking easier.



### Dress for Warmth

- ♦ Going outside? Wear warm socks, a heavy coat, a warm hat, gloves, and a scarf. To help protect your lungs, cover your mouth with your scarf in very cold temperatures. Cold temperatures can lead to frostbite and hypothermia. **Check out our supply of warm Juzo socks next time you stop in!**



### Check the Car

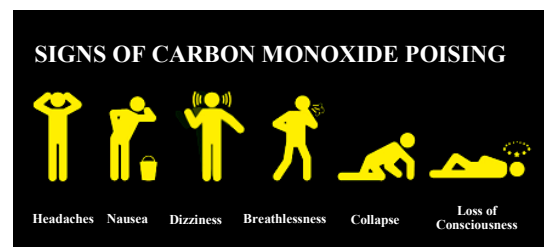
- ♦ Make sure you get your car serviced before wintertime. Checking the oil, tires, battery and wiper can make a big difference on winter roads. Some of the essential supplies you should carry include: a blanket, first aid kit, ice scraper/snowbrush, non-perishable food, drinking water, flashlight, and reflective triangles incase you become stranded.

### Prepare for Power Outages

- ♦ It is very important that you prepare your family for a power outage during the winter. Make sure you have access to flashlights and a batter-powered radio in case the power goes out. Have a supply of water, perishable foods, and a stock pile of warm blankets on hand. If the power does go out, make sure you wear several layers of clothing, including a hat.

### Prevent Carbon Monoxide Poisoning

- ♦ Do you have a carbon monoxide detector? If not its very important that you have one for your house. Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. If you have a back-up generator used to supply power during a power outage, make sure you operate it outside.



### Keep Pets Indoors and Warm

- ♦ Don't leave pets outdoors when the temperature drops. Pets are sensitive to severe cold and are at risk for frostbite and hypothermia during extreme winter weather. The best prescription for winter troubles is to keep your dog or cat inside with you and your family.





# Valentine's Day

February 14th, 2015

## American Heart Month

February

### Cardiovascular Disease

Heart disease, stroke, and high blood pressure is the number 1 killer of women and men in the United States.

Ways to control a number of risk factors for CVD, including:

1. Diet
2. Physical Activity
3. Tobacco use
4. Obesity
5. High blood pressure
6. High blood cholesterol
7. Diabetes

## National "Wear Red Day"

February 6th, 2015

### Support Women's Heart Disease

Heart disease and stroke kill 1 in 3 women, yet it's 80% preventable.

Help raise awareness to end this killer of women.

Make a change on National Wear Red Day!

1. Wear Red
2. Share on social media with #GoRed
3. Donate to help raise funds for awareness research

### Upcoming Events:

♦ **2015 Senior Luncheon**, presented by WAKR 1590  
February 18th, Wednesday  
Doors open at 11am  
St. George Fellowship Hall  
3204 Ridgewood Rd. Copley, OH  
For tickets call (330) 869-9800, WAKR

♦ **WITAN'S 38th Annual French Market**  
February 27th, Friday: 10am—4pm  
February 28th, Saturday: 10am - 3pm  
Tickets are \$6.00

**Todaro's Party Center**  
1820 Akron-Peninsula Rd.  
Akron, Ohio 44313

WITAN (Women in Touch with Akron's Needs) is a self-sustaining, non-profit organization and has donated over one million dollars to community agencies.

## Temo's Chocolates

Now Available



Valentine's Day is coming up! Don't forget to stop in and get your special someone a card and a box of Temo's Chocolates.

**Valentine's Day: February 14th, Saturday**



## Wayne Homes Chili Open Golf Outing

February 7th, 2015

Hale Farm and Village: 2686 Oak Hill Rd, Bath OH 44210

Sponsor: Akron Rotary Foundation

Tee Time: 9am-1:30pm

Fees: \$200 per foursome (\$50 per individual)

Rotary Camp provides summer programs and year round respite for over 2,000 children and adults. Campers enjoy traditional activities including crafts, outdoor games, swimming, canoeing, songs, campfires and much more.

For more information you can visit:

<http://chiliopen.net/>



Sand Run Pharmacy

Refill prescriptions online at:  
[www.sandrunpharmacy.com](http://www.sandrunpharmacy.com)

40 Sand Run Road Akron, Ohio 44313



330-864-2138