

**Cover up!** All parts of your body should be covered when you go out in the cold. If your skin turns red or dark or starts hurting, go inside right away.

**Know the warning signs of frostbite:** skin that's white or ashy or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone else has frostbite, call for medical help immediately.

**If frostbite occurs,** run the affected area under warm (not hot) water.

## Injury While Shoveling Snow

It's one of the evils of winter – snow shoveling. If you choose to shovel, take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have "thin bones" (osteoporosis).

**Ask your healthcare provider** whether shoveling or other work in the snow is safe for you.

## Falls

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

### Precautions to Take

- ◇ Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- ◇ Wear boots with non-skid soles – this will prevent you from slipping.
- ◇ If you use a cane, replace the rubber tip before it is worn smooth. Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

## Accidents While Driving

Adults 65 and older are involved in more car crashes per mile driven than those in nearly all other age groups. Winter is an especially important time to be vigilant when driving because road conditions and weather may not be optimal.

### Precautions to Take

- ◇ "Winterize" your car before the bad weather hits! This means having the antifreeze, tires, and windshield wipers checked and changed if necessary.
- ◇ Remember your cell phone when you drive in bad weather, and always let someone know where you are going and when you should be expected back.
- ◇ Avoid driving on icy roads, and be especially careful driving on overpasses or bridges. Consider alternate routes, even if it means driving a longer distance, if the more direct route is less safe. Often bigger roads are cleared of snow better than smaller roads.
- ◇ Stock your car with basic emergency supplies such as:
  - \***First aid kit**
  - \***Blankets**
  - \***Booster cables**
  - \***Flashlight**
  - \***Rock salt or a bag of sand or cat litter (in case your wheels get stuck)**
  - \***Water and dried food or canned food (with can opener!)**
  - \***Shovel**
  - \***Extra warm clothes**
  - \***Windshield scraper**

Article by [HealthinAging.org](http://HealthinAging.org)

# FITNESS DEPARTMENT

EXT. 2015



# FIT & WELL NEWSLETTER

NOVEMBER/ DECEMBER 2022

## Winter Safety for Older Adults

**Baby, It's Cold Outside!** When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

### Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

**Warning Signs:** cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia.

**Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.**

### Precautions to Take

- ◇ Stay indoors (or don't stay outside for very long).
- ◇ Keep indoor temperature at 65 degrees or warmer.
- ◇ Stay dry because wet clothing chills your body more quickly.
- ◇ Dress smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
- ◇ Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.

### Frostbite

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers, and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk. *(article continues on last page)*

**STRONGER,  
HEALTHIER,  
BETTER YOU!**

### Important Info:

#### CHANGES

-New start time for Pickleball  
9:00am for the winter season.

#### \*NEW CLASSES

-Senior Shape

w/Ling Hanson

Saturdays @ 12:30– 1:15pm

(6-weeks; 10/22– 11/26; \$50)

-POUND

w/Jeremy Sherron

Sun., Nov. 13th @ 2:30pm

Sat., Dec. 31st @ 2:30pm

(1-hr; \$10 per class)

-Movement & Rhythm for

Joy & Wellness

w/Alison Crosby

Thurs., Nov. 17th @ 2pm

Thurs., Dec. 8th @ 2pm

(1-hr; \$10 per class)

#### Reminders & Highlights:

Smores & Samoas w/Girl  
Scouts (SG)

Sat. Nov. 5th @ 2:30pm

Afternoon Meditation w/

Shailey Sharma

Tues., Nov. 8th @ 4pm

Tues., Dec. 13th @ 4pm

BE BOLD BE YOU:

Rock Climbing @

Movement (Columbia)

Tues., Nov. 15th

(bus departs at 12:30pm) \$25

#PUNCHESFOR

PARKINSON'S

Fri., Nov. 18th @ 10am

Fri., Dec. 16th @ 10am

Winter Workout Jam


(see flyer for details)



**NOVEMBER GROUP EXERCISES & FITNESS SCHEDULE**

**DECEMBER GROUP EXERCISES & FITNESS SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Advanced Toning & Sculpt 9:15AM <b>Muscle Toning</b> 10:00AM <b>RSB</b> 1:30PM <b>Stretch &amp; Flex</b> 3:00PM International Folkdance 6:30PM	Pickleball 9:00AM 1 <b>Gentle Yoga Flow w/Eccentric Mvmt</b> 9:45AM (\$) (w/Ling Hanson) <b>Chair Yoga</b> 11AM (w/Ling Hanson) (\$) <b>Wii Bowling</b> 12:00pm	2 Advanced Toning & Sculpt 9:15AM <b>Muscle Toning</b> 10:00AM <b>*RSB 1:30PM (short class)</b>	3 Boot Camp 8AM Pickleball 9:00AM Balance, Strength & Mobility 10AM <b>Stretch/Flex</b> 10:30AM HC Exercise 1:30PM Resident Tap Dance 3PM	4 Pickleball 9:00AM Advanced Toning & Sculpt 9:15AM <b>Tai Chi 1:15PM (resident led)</b>	5 Pickleball 9:00AM Zumba Gold 11:15AM (w/Leilani) (\$) <b>Senior Shape</b> 12:30pm (\$) <b>Smoes &amp; Samoas w/Girl Scouts</b> 2:30pm (SG) 
Advanced Toning & Sculpt 9:15AM <b>Muscle Toning</b> 10:00AM <b>RSB</b> 1:30PM <b>Stretch &amp; Flex</b> 3:00PM International Folkdance 6:30PM	Pickleball 9:00AM 8 <b>Gentle Yoga Flow w/Eccentric Mvmt</b> 9:45AM (\$) <b>Chair Yoga</b> 11AM (\$) <b>Wii Bowling</b> 12:00pm <b>Afternoon Meditation</b> 4pm (w/Shaily)	9 Advanced Toning & Sculpt 9:15AM <b>Muscle Toning</b> 10:00AM <b>RSB</b> 1:30PM	10 Boot Camp 8AM Pickleball 9:00AM Balance, Strength & Mobility 10AM <b>Stretch/Flex</b> 10:30AM HC Exercise 1:30PM Resident Tap Dance 3PM	11 Pickleball 9:00AM Advanced Toning & Sculpt 9:15AM <b>Tai Chi 1:15PM (resident led)</b>	12 Pickleball 9:00AM Zumba Gold 11:15AM (w/Leilani) (\$) <b>Senior Shape</b> 12:30pm (\$)
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**Things to know:**

- ⇒ **POUND:** new class filled with drumming and cardio fun; (Sun., Nov. 13th & Sat. Dec. 31st)
- ⇒ **Walk to End Alzheimer's:** currently raised \$15,790; fundraising continues through Dec. 31st. Last contributions to be submitted to team captain, Vivian O. Smith by Dec. 23rd.
- ⇒ **#PUNCHESFORPARKINSON'S:** as of 10/31/22 total punch count is **677,862**. Let's get as close to **1 million** punches by Dec. 31st. Continue to hit the punching bags in the Fitness Center and report your total count.
- ⇒ **Winter Workout Jam:** classes w/description to be confirmed at a later date.
- ⇒ **Fall Prevention Presentation** to be rescheduled for an early date in 2023.



All classes taught by Fitness Staff will also offer a virtual option via Zoom. Please contact Fitness Staff to acquire about the link to join the Group Exercise class via Zoom.