

SPRING CREEK SENIOR PARTNER NEWS – January 28th, 2022

The New Year has started off with some brutally cold weather. Here are some tips from the National Institute on Aging.

Cold Weather Safety for Older Adults

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 the body with aging.

Warning Signs of Hypothermia

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.

Keep Warm Inside

People who are sick may have special problems keeping warm. Dress warmly even when inside. Here are some tips for keeping warm while you're inside:

- *Close off rooms you are not using.*
- *Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed; use weather stripping or caulk if you have gaps around windows.*
- *Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.*
- *When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.*
- *Make sure you eat enough food to keep up your weight. Body fat helps you to stay warm.*
- *Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.*
- *Ask family or friends to check on you during cold weather.*

Bundle Up on Windy, Cold Days

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days and try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time.

Here are some other tips:

- *Dress for the weather if you have to go out on chilly, cold, or damp days.*
- *Wear loose layers of clothing. The air between the layers helps to keep you warm.*
- *Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.*
- *Wear a waterproof coat or jacket if it's snowy.*

STAYING HEALTHY YEAR-ROUND

Tips on how to increase your chances for a long and healthy life:

- *Be active – walk; exercise; if possible, take the stairs instead of the elevator.*
- *Eat lots of fruits, vegetables and whole grains and little or no fatty foods.*
- *Don't smoke and limit your alcohol consumption*
- *Go for annual medical checkup. Take advantage of preventive screenings and immunizations like flu and pneumonia shots.*
- *Pay attention to your mental health – ongoing sadness, loss of interest, anxiety, feeling overwhelmed, changes in sleep pattern, loss of appetite, excessive crying, irritability and so on. If you experience any of the above-mentioned symptoms, please contact NYC WELL at 1-888-692-9355.*

Spring Creek Senior Partners offers many events and activities to help keep you active, informed and healthy.

For more information, call the office of Spring Creek Senior Partners and speak to one of NORC Nurses at 718-348-7620 for an appointment.

Join us for

Technology Class every Monday, Wednesday and Friday (Virtual)

Arts/Crafts (Crochet) and Gardening every Thursday (in-person)

Game Day/Bingo every Friday (in-person)

Dancersize every Friday (in-person)

Snacks, refreshments, GIVE-AWAYS are served for in-person activities

The staff of Spring Creek Senior Partners is here to assist those living in Spring Creek Towers who are 60 years and older. You are always welcome to participate in our many events and activities.

If you need to see one of our case workers or the NORC Nurse, please call for an appointment. Our number is 718-348-7620.

******Every Monday, Wednesday and Thursday FROM 9:30am to 12:30pm, Spring Creek Senior Partners offers free blood pressure, Body Mass Index, Weight and Oxygen Level screenings. Call our office at 718-348-7620 to schedule an appointment.*

ABOUT SPRING CREEK SENIOR PARTNERS

Spring Creek Senior Partners is a Naturally Occurring Retirement Community/Supportive Service Program (NORC/SSP) and we serve all residents who are 60 years or older. Our services are free and open to all residents of Spring Creek Towers. You can visit Monday through Friday 9:00 am to 5:00 pm at 160 Schroeders Ave. (G5) or call us 718-348-7620.

