



HOLY TRINITY NEWS

February 4, 2024

Winter is here and can be beautiful, but it should also be a time for added caution if you or someone in your family is an older adult. It is the season for falls, slips on icy streets and other dangers that can be especially harmful for older adults. We are here for you if needed but we would like you to try and prevent a short-term stay!

It is important to prepare."

The flu, RSV, and Covid. Are all serious illnesses in older adults, who often have chronic medical conditions. Take all precautions recommended by your primary care professionals.

Hypothermia. Keep your thermostat set to at least 65 degrees to prevent hypothermia. Hypothermia kills about 600 Americans every year, half of whom are 65 or older.

Icy streets. Navigating through icy streets can be intimidating. Wear comfortable shoes with anti-slip soles. If you use a cane, replace the rubber tip before it is worn smooth and becomes slippery on the wet ice.

Falling in the home. Winter means fewer hours of daylight. Older people often need brighter lights in the home. Also, use night lights, especially in the bathroom, and don't have loose extension cords lying around—tape them to the floor. Make sure rugs are not wrinkled or torn in a way that can trip you as you walk.

Strenuous activities. Try to avoid strenuous activities like shoveling snow. If you must shovel, warm up your body with a few stretching exercises before you begin and be sure to take frequent breaks throughout.

If you are a caregiver, please remember to check on your loved one frequently. Offer to shop for her or him and check on medications when the weather is very cold and snowy.

All of us at Holy Trinity would like you to stay safe this season!

***REMEMBER, DIVINE LITURGY* celebrated every Wednesday morning at 9:30 am. *STAY CONNECTED.* Be sure to like our [Facebook page](#) for frequent updates and photos.**

