



Servicing Du Page,  
Cook, Will, Lake and  
Kane County

## Deep Freeze, Keep in Mind:

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



## Our newest members of our Caregiving Team

- TyJana
- Monday

## 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 wears: hats, gloves or preferably mittens, winter coat, boots, and a scarf to cover your mouth and nose.
- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home, or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping.

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weekly blog that  
includes education  
information on ageing.

## Senior Music Therapy

Music therapy is often helps older adults deal with age-related problems such as  
Cognitive Skills,  
Communication, Stress  
Reduction, Physical  
Coordination, and Social Skills

general stress, depression,  
chronic pain, and even  
memory impairment. For a  
deeper look into music therapy  
look out for a blog post at  
<https://snugandcomfortageingboldly.weebly.com> this month.



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