

This Publication is for Individuals and Families with Intellectual and/or Developmental Disabilities

ACTIVE NEWS

Winter is Here! Time to bundle up and enjoy the cold season. You may want to have fun, but also remember to be safe and healthy. Here are some things you can do to be safe during Winter:

Drink water or something warm to stay hydrated.



Don't smoke! It takes some of your body heat when it is cold out.



Keep exercising even if you can't be outside. Help with chores like doing laundry, vacuuming or dusting.



Eat healthy: fruits, vegetables, nuts and raisins for energy and soup to keep you warm.



Wear layers when you go outside: Gloves, hat, scarf, warm socks and good shoes.



Don't drink things with Caffeine or Alcohol.



Outside Winter Safety

Be aware of what's around you: ice and snow from roofs above you, plows and people moving snow around

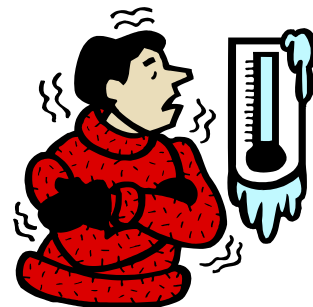


Don't stay outside too long when it is very cold.

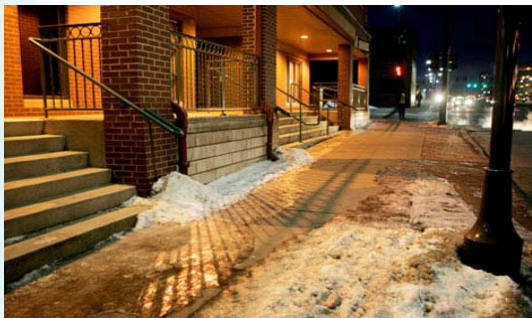
Watch for



Take it slow!



Walk on paths that have been cleared.



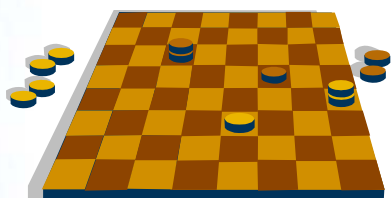
If you are outside and have any:

Numbness Pain Blisters
Grey color in skin

When using the stairs outside, hold onto the railing.

Fun Things to do Inside during the Winter

Board Games



Puzzles

Read a Book



Make a Special Healthy Snack



Needle Work/Knitting

Watch a Movie



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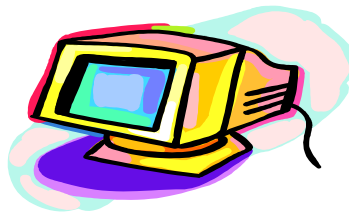
Extension 3685

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www.pchc.org

This is the second edition of PCHC's newsletter, ACTIVE NEWS!
Suggestions, comments or ideas for future articles are welcomed.
Please call 215-546-0300, extension 4545 and leave a message.