

## From the Security Committee

The National Safety Council recommends taking the following precautions on potentially slippery surfaces:

Avoid wearing high-heeled shoes or boots outside. Instead, wear flat shoes with slip resistant soles or rain/snow boots; both of these provide you with some degree of traction.

Take short, flat steps. The heels and soles of your shoes should keep contact with the ground as long as possible, providing you with maximum surface contact.

Before heading indoors, shake your umbrella outdoors; and once inside, remove your shoes. Snow and ice often stick to the soles of shoes and will melt almost immediately as your shoes begin to warm up. The result is a slippery surface and the risk of a fall.

### **9 Quick Tips to Overcome the Winter Blahs!**

- Exercise. Get your blood pumping and get a better attitude about everything with daily exercise. It can improve your body and your mind. Walking is one of the easiest ways to stay fit.
- Read some good books. Take time to read. Do a crossword puzzle. They keep your mind working.
- Find a new hobby. Try something different. If you are a gardener, plan your summer garden.

- Socialize. Don't hibernate. Force yourself to go out either with friends or to meet others.
- Color your home with flowers. Start plants inside: Daffodils, tulips and hyacinths start well in the house. If you don't have a green thumb, buy some pretty plants or flowers for your home.
- Soak up some rays. Let the sun shine on you at least 15 minutes a day. Many people are affected by the lack of sun and daylight during the winter months.
- Simplify, simplify, simplify. Henry David Thoreau said it, said it best, and it still works. Take time now to bring order to your life. Reorganize and clean out closets, dresser drawers and desks. Give things away to charity. Shred documents you no longer need.
- Watch what you eat. People tend to gain weight during winter. Avoid heavy pastas and soups. Try comforting beans, lentils and other tasty legumes instead. They make hearty meals without heavy calories.
- Get those indoor projects done. Look around and see what indoor projects you can work on. It could be as simple as fixing a light fixture or as involved as painting a room. You'll feel better when you cross a long-needed project off your to-do list.