

Health Notes



“Protecting Yourself in the Cold Winter Weather”

Most of us consider ourselves “Hearty Minnesotans.” However, even the most experienced of us may find ourselves caught in the cold weather of the Midwest. Here are some tips on keeping yourself warm and protected during the cold, winter months when some unexpected weather might come up!

Layering -up: Layering clothing is one of the most basic things you can do to stay warm, both inside and out. Wearing layers instead of just one thickness of clothing allows you to adjust to different environmental changes in keeping your body warm. Wearing several layers that may be added or taken off serves us much better than just wearing one garment with thickness.

Wear clothing with a proper fit: Wearing loose-fitting pants and tops rather than tight-fitting clothing, as it keeps you warmer and allows the heat of your body to circulate around your body. We often see pictures of Eskimos with large, over-sized clothing, which is an excellent example of loose-fitting clothing being more protective and warmer when out in the elements.

Protect your extremities: When we are outside, keeping our head, hands, and feet warm is very important. It is true that covering your head and feet will hold warmth in our bodies because once our head and feet are cold, it is difficult to warm up. Wearing a hat or scarf, warm gloves, thick socks, and boots are excellent ways to stay warm and hold body heat in. You may also wear two layers of socks or leggings/thermals under your jeans or snowpants for extra warmth. It is important for all of these “outdoor wear items” to be waterproof since these are the areas where you are most likely to notice wetness and additional cold.

Move around: Rather than standing in one place when outside during cold weather, moving around creates body heat and keeps you warmer. When standing for long periods, shift your weight from one foot to the other, or change body positions to keep your body warmer.

Always keep your vehicle packed with extra supplies, in cold weather: When winter weather sets in add warm blankets, additional warm clothing (such as extra gloves, socks, warmer boots, and hats) to your trunk or back seat. Carry warm liquids in a thermos along with extra water and snacks, just in case you are stranded for a time. And try to pack a shovel, as well.

Wintertime is a wonderful time of year to see God’s beauty all around us, to enjoy winter activities with family and friends, and it’s also a GREAT time protect yourselves and stay warm!!

Resources: Centers for Disease Control and Prevention; Minnesota Department of Health.



ACTIVE AGING PROGRAMS
Catholic Charities of Southern MN



Are you **caring for a family member, friend or neighbor?**

Do you struggle with the **challenges of being a caregiver?**

Have you felt **angry, guilty or depressed?**

Powerful Tools for Caregivers

A **FREE** class to help caregivers take better care of themselves, while caring for others!

Powerful Tools for Caregivers (PTC) is a health & wellness workshop that provides caregivers with tools and strategies to better handle the unique challenges that a caregiver may face.

Powerful Tools for Caregivers helps caregivers develop skills and confidence to better care for themselves while caring for others. This six-week series offers weekly topics that include: challenges of caregivers, identifying signs and sources of caregiver stress, dealing with anger, guilt and depression, benefits of good communication, power of optimism, and benefits of making an action plan. Participants who complete the program show improvement in self-care behaviors, management of emotions, self-efficacy (confidence), and the use of community resources. Join us and learn how to thrive as a caregiver!

Rochester Workshop

Meets **Wednesdays**
10:00 – 11:30 AM
February 22nd – March 29th

Homestead Church
3004 Highway 52 N.
Rochester, MN 55901

This workshop is free to participants!

For information or to register, contact:

Jessica Mollison
Active Aging Programs Administrator
507-459-6265
jmollison@ccsommn.org

Register online at www.ccsommn.org



Caring Connection Meeting
Monday, February 13, 2023,
7:00 pm, via Zoom

Please join us on Monday, February 13th, from 7 pm to 8:30 pm for our next Caring Connection Zoom Meeting. We are pleased to have Madelynn Strong, MS, RDN, CSO, LD, Mayo Clinic Dietician in Medical Oncology and Endocrinology, presenting on "Healthy Eating in 2023."

Madelynn will focus on the following points:

1. Identifying the important food groups to choose from each day
2. Discussing ways in which to incorporate necessary foods into your daily diet
3. Describing the benefits of a healthy eating pattern for overall health and chronic disease prevention

As always, we will open with a short devotion and prayer, then spend time on the above topic, and leading into whatever our members would like to discuss. Please feel free to invite family or friends you think might want to join us.

Any Redeemer members who are new, interested, or have questions regarding this "Zoom" meeting, please contact Kathy Zarling, RN, Redeemer Parish Nurse, at [507-398-7036](tel:507-398-7036), or call the church office.

The link and invitation will be sent to you by Email Blast on Thursday, 2/9/23, before our February 13th meeting. Please bring your questions and discussion points to share with everyone. We look forward to having you join us!

Redeemer's Caring Connection Team