

Winter 2014

Issue 1

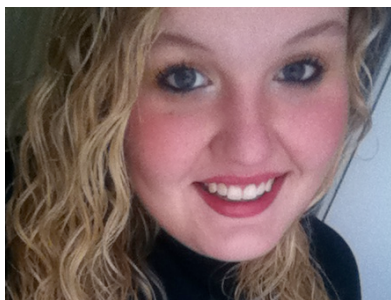
Managing Winter

While winter is fraught with health and safety concerns (See our **Winter Safety Tips** on page two), it is also important to prevent feelings of isolation and depression. We all get a little bit stir crazy spending so much time indoors. For people with limited mobility, missing out on weekly errand runs or social engagements has negative effects on mental and physical health. So what's a person to do?

It's time to have that game night you've been talking about. Sitting around the table playing cards or a board game stimulates the mind and warms the heart. Make sure to have some tasty snacks on hand or maybe a pot of hot soup. Don't forget to spend time sharing "The Worst Winter Ever" stories! Check the Internet and your local paper for events at your local library. Book clubs, art activities, and film presentations are regular occurrences.

Physical exercise is as important as mental exercise. Do not neglect your physical well-being. Stretching at home and walking the mall are good winter options. Be sure to invite a friend for companionship!

OWLS Companion in the Spotlight



Joyce Good, who just celebrated one year with OWLS, is studying nursing at The University of Akron. She likes to go camping and fishing and spend time with her multiple pets. Joyce decided to join OWLS because of the relationship to her chosen field. If Joyce is ever scheduled to visit, ask her to share an Almond Joy.

In this Issue

Page One -

Managing Winter

Companion in the
Spotlight

Page Two -

Baked Chicken and
Vegetables recipe

Winter Safety Tips

Online Activity
Resources

Savory Baked Chicken and Potato Dinner

- 4 boneless skinless chicken breasts
- ¼ cup Dijon mustard
- ¾ cup regular or reduced fat baking mix
- 1 ½ lb small red potatoes, cut into fourths
- 1 medium bell pepper, cut into 1/2-inch pieces
- 1 medium red onion, cut into 16 wedges
- Cooking spray
- ¼ cup grated Parmesan cheese
- 1 teaspoon paprika

Heat oven to 400°F. Spray 15x10x1-inch pan with cooking spray. Brush chicken with 2 tablespoons of the mustard, then coat with baking mix. Place 1 chicken breast in each corner of pan. Place potatoes, bell pepper and onion in center of pan; brush vegetables with remaining 2 tablespoons mustard. Spray chicken and vegetables with cooking spray; sprinkle evenly with cheese and paprika. Bake uncovered 35 to 40 minutes, stirring vegetables after 20 minutes, until potatoes are tender and juice of chicken is clear when center of thickest part is cut (170°F). Serves four. (Pork chops can be substituted for chicken.)

From www.Pillsbury.com

Online Activity Resources

www.Lumosity.com has great "brain games" to keep you sharp.

www.websudoku.com has all levels of Sudoku and it's FREE!

www.webcrosswords.com features a FREE daily crossword puzzle as well as other word games.

Older Wiser Life Services, LLC provides families with secure, reliable, trustworthy companion care. OWLS companions are available across Northeast Ohio.

www.VisitOWLS.com

info@VisitOWLS.com

216-282-OWLS (6957)

Winter Safety Tips

Avoid frostbite by covering all exposed skin when outside. Carry an extra pair of gloves. Always wear a hat and insulated boots.

Avoid hypothermia by dressing in layers and staying dry.

Step slowly and use a cane, walker or handrails when navigating icy walkways. Remember, you may not "see" the ice. Salt can be just as slippery. Slow down. When exiting a vehicle, make sure you are not stepping onto a slippery surface.

Ask your doctor if shoveling snow is safe for you. If the answer is no, make arrangements to have it done.

Have a plan if the power goes out. How will you call for help? Where can you go to stay warm?

Stay hydrated. You should consume hot tea and soup or broth every day.

Never use a grill or unapproved appliance to heat your home. The Home Energy Assistance Program can help. Call HEAP at 1-800-282-0880.