



Winter Safety

Approximately 15,000 deaths each year are a result of falls in the home or community. All age groups are at risk of falling, but older adults are most at risk. Eighty percent of fatal injuries in falls are to people over the age of 65.

Around the Home

Here are some tips to reduce your risk of slips and falls in the home:

- * Keep the floor clear. Reduce clutter and be sure telephone and electrical cords are out of walkways.
- * Keep the floor clean. Clean up grease, water and other liquids immediately.
- * Use non-skid throw rugs to reduce your chance of slipping.
- * Install handrails in stairways and grab bars in the bathroom.
- * Make sure living areas are well lit.
- * Climbing and reaching high places will increase your chance of a fall. Use a sturdy step stool with hand rails when these tasks are necessary.
- * Follow medication dosages closely. Using medication incorrectly may lead to dizziness, weakness and other side effects that can lead to falls.



Outside the Home

This time of year in this part of the country snow and ice can cause problems outside the home. There are precautions that you need to take whenever you go outside your home but winter brings additional safety concerns.

Here are some things to keep in mind when you venture outside the home:

- * Keep all sidewalks and entrances to your home free from ice and snow.
- * Make sure hand railing and steps are in good shape.
- * Make sure there is enough light out doors to be able to see snow and ice patches.
- * Be sure to dress appropriately before going outside. If possible dress in layers. A hat, scarf and gloves or mittens are important for protection against winter weather.
- * Wear shoes or boots with good traction to prevent falls.
- * Be especially careful if you shovel snow or exercise outside in the winter.
- * If you have a history of heart trouble, do not shovel snow without a doctor's permission.
- * Shovel only fresh snow

- * Take it slow! Shoveling can raise your heart rate and blood pressure; so pace yourself.
- * Push the snow as you shovel.
- * Don't pick up too much at once.
- * Do not work to the point of exhaustion. Take a break frequently.

Remember exercise is good but don't overdo it.



February is American Heart Month

Cardiovascular disease is the single greatest cause of death in the United States each year. In 2003 it was responsible for more than 2,400 death per day.

For over 40 years Congress has designated February as American Heart Month.

Good news: Heart attacks are preventable. Seventy-five percent of American adults already show traces of dangerous fat in their arteries that contribute to cardiac arrest. To protect yourself from heart disease follow these guidelines:

- * Maintain a healthy and balanced diet.
- * Exercise regularly for at least 20 minutes, 3 times a week.
- * Avoid preventable risk factors such as stress, smoking and high blood pressure.



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Poached Salmon with Spinach (serves 2)

- ½ pound salmon
- 1-cup water
- 1 green onions, sliced
- 1 bay leaf
- ½ of a 10-ounce package frozen chopped spinach
- 1/8-teaspoon ground nutmeg
- 1/4 cup shredded mozzarella cheese
- black pepper

Cut salmon into 2 pieces, rinse, and pat dry. Set aside. In a large skillet, combine water, onions and bay leaf. Over high heat, bring to a boil. Carefully add salmon and return to a boil. Reduce heat, cover and simmer 8 to 10 minutes, or until fish flakes easily with a fork. Remove fish. Cook spinach according to package directions. Drain well, squeezing out moisture. Stir in nutmeg. Place fish on a broiler pan. Top with spinach mixture, sprinkle with cheese and pepper. Broil 4" from the heat 1 to 2 minutes or until cheese melts.

Nutrition information per serving: 190 calories, 8 g fat, 2 g carbohydrates, 47 mg cholesterol and 110 mg sodium

