

SUNSHINE GANG

JANUARY

2025

17

DEVOTION & DONUTS

9:00AM at the YMCA

BINGO & LUNCH

12:00PM at the YMCA

31

Cold Weather Safety for Older Adults

Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly.

Hazards of cold weather include falls on wintry surfaces; injury caused by freezing (frostbite); and hypothermia, a medical emergency that occurs when your body temperature gets too low. Being informed and taking certain actions can help lessen risks during the colder months.

MORE INFO: