



AmeriCorps Seniors

RSVP

Retired & Senior Volunteer Program
Blair and Huntingdon Counties
1-800-323-9997

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sponsored by



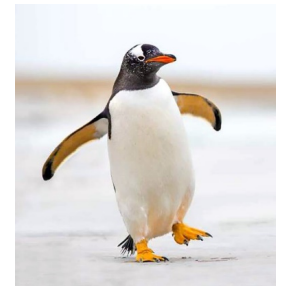
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Winter Tips

Winter in Central Pennsylvania can be beautiful. But it also brings freezing temperatures, snow, ice and increased risk of illness. It requires us to think of ways to protect ourselves from the flu, hypothermia and other concerns related to this time of year. It also creates challenges for mobility, whether that is on foot or by vehicle. Following are tips that can help.



Personal Tips

- When walking on ice, walk like a penguin. Point your feet out. Wear gloves to avoid having to put your hands in your pocket. Hold arms slightly out from your sides. Shuffle and take short steps. If you have things to carry, try fitting them in a backpack so your arms stay free and you are not off balance.
- Avoid caffeine and nicotine prior to outdoor activities in the cold. Both are stimulants that add extra stress to the heart.
- Wear layers of clothing. Heat gets trapped between the layers which helps keep you warmer. The layers can be removed to adjust body temperature as needed.
- Eat healthy and get enough sleep which will help boost your immune system.
- Drink lots of water and use body lotions to keep your skin from drying out. The water will also help flush toxins out of your system.
- Exercise. Even if confined to the house, march in place, climb the stairs, create and use a cleared indoor walking path.
- Wash your hands frequently and avoid touching your eyes, nose and mouth.
- Keep a distance from those who are sick and/or use a face mask when around them or out in public.

Tell your medical provider if you're more sensitive to the cold than in the past. It could be a symptom of a problem with nutrition, circulatory system, thyroid gland, or the brain's thermostat. Try to note how often it happens, how long it lasts, and if it's getting worse.

House Tips



- Turn ceiling fans on low speed, directed to push the rising warm air down.
- Open drapes and blinds to allow warming sun rays in during the day. Close them at night to help hold heat in.
- A humidifier will add moisture to the dry winter air making it feel warmer.
- Check weather stripping around windows and doors to be sure it is blocking air sufficiently. Use tube shaped draft stoppers along bottoms of doors and windowsills.
- Install storm windows if possible.
- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Check and replace the furnace filter monthly in winter or every three months while the system is in operation. The owner's manual will indicate where the filter is located.
- If you do not have working smoke and CO detectors, install them. Test and replace batteries as directed by the manufacturer.

Car Tips

- Wipers freezing to windshield: Raise the wiper blades overnight and cover with old socks until you are ready to drive.
- Mirrors covered with ice: Place gallon size plastic bags secured over car mirrors with rubber bands when not driving. The bags can be used repeatedly.
- Frozen door locks: Squirt a little hand sanitizer on frozen locks. The isopropyl alcohol lowers the freezing point of water and can melt the ice inside the lock. Or use a straw to blow on the lock to melt the ice.



Car Tips continued:

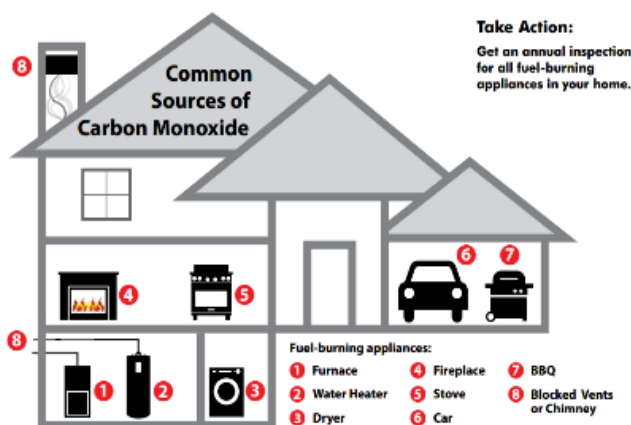
- No tire traction on ice: Keep some sand, sawdust, coffee grinds or kitty litter in the trunk to throw down. These work to provide traction on walkways too. Car floor mats slipped under the tires can also be used to get traction... just don't leave them behind!
- Wet feet from shoveling the car out: Stash an extra pair of socks in the glove compartment. Socks worn over shoes can also provide more traction.
- Foggy windows and mirrors: Reduce moisture in the car that causes this by using silica-based cat litter packed in a couple socks placed on the dashboard overnight.
- Door edges freezing to frame: Coat cooking spray on the rubberized door edges and then rub them down with a paper towel. This also works to keep snow/ice buildup off snow shovels.
- Dull headlights: Clean the headlights with toothpaste by applying a thin layer and then wiping it off. This will help make them clearer.
- Park your car facing east so the rising sun hits your windshield in the morning to help melt ice and snow.
- Always keep at least a half tank of gas to avoid getting stranded. It also prevents any water in the tank from freezing and damaging the fuel pump.

Ways to Warm Up

- Wrap in a blanket when you are sedentary watching T.V., reading, etc.
- Throw a sweater, towel or blanket in the dryer for a few minutes before using. Cover extremities to minimize body heat loss. Wear socks, gloves and/or a hat around the house and even to bed.
- Keep extra socks, gloves, hat, sweater, etc. near (not directly on) your heating source. Drape on a chair or table close to the radiator or register.
- Have at least one hot meal each day. Many soups, stews and casseroles are easy to make.
- Sip a warm drink such as tea, cider, hot chocolate or hot water with a splash of fruit juice added.
- Eat spicy foods if you have no digestive issues doing so. In general, hot, spicy foods are stimulants that increase the circulation and raise body temperature.
- Sit in the sunshine during the day. Move away from windows/doorways in the evening, especially if they are drafty.
- Sit near a space heater. Be careful to follow manufacturing instructions to avoid fires. Purchase one that turns off automatically if knocked over.
- Do some quick exercises to increase blood flow which can help you feel warmer.
- Heat a corn bag in the microwave, fill a hot water bottle or plug in a heating pad and use to warm cold body parts.
- Individual hand and feet warmers can be purchased for a few dollars each. They are usually a one-time use, but last for hours. Stash a few at home and in the car.
- Carry a warm towel or blanket from your house to put over your lap in the car until the heater kicks in.



Carbon Monoxide Prevention



The warning signs of carbon monoxide poisoning can be subtle. But the condition is a life-threatening medical emergency. If you think you or someone you are with may have carbon monoxide poisoning, get into fresh air and seek immediate emergency medical care.

Carbon Monoxide (CO) Poisoning

- CO is a colorless, odorless, tasteless gas created when fuels such as wood, gasoline, coal, natural gas and kerosene burn.
- CO poisoning occurs when you inhale carbon monoxide fumes, which prevent the body from using oxygen properly.
- Most carbon monoxide exposures happen in the winter. The most common source is unvented space heaters that run off fuel such as gas/propane. Other possible sources include vehicles, fuel-burning appliances and fireplaces.
- Symptoms of CO poisoning include headache, dizziness, weakness, nausea and vomiting, rapid heartbeat, shortness of breath, seizures, chest pain, disorientation, and loss of consciousness.
- Prevention of CO poisoning includes using CO detectors and ensuring that your fireplace and heaters are working properly. Also, do not let a car running in a garage, even with the garage doors open.



RSVP Second Quarter Mileage Reimbursement

AmeriCorps Seniors who claim the RSVP mileage reimbursement benefit must submit Oct/Nov/Dec logs to their station supervisor by the end of the first week of January. Amounts totaling \$10 or more will be reimbursed at the beginning of February. Amounts less than \$10 will be carried over to future quarters until the limit is reached. A final reimbursement for all amounts of \$5 or more will be made at the end of the fiscal year. Contact Dorcey Cuzzolina, RSVP Project Coordinator, with questions: dcuzzolina@ccaofpa.org or 814-506-5267.



January

- 5 - Charles Grove
- 6 - Raymond Kemp Jr.
- 8 - Bill Benson III
- 8 - Barbara Grove
- 9 - Jim Rozier
- 10 - Jim Jackson
- 12 - Dolly Grissinger
- 14 - Peggy Fields
- 14 - James Gatehouse
- 19 - Wilford Park
- 22 - Joanne Garber
- 23 - Eric Glover
- 24 - Philip Conlin
- 25 - Ben Kreidler
- 27 - Barb Stapleton
- 29 - Carolyn Parks
- 31 - Marian Monios

February

- 1 - Rodney Rollason
- 3 - Cathie Yingling
- 11 - William Scott
- 16 - Gini Kelley
- 17 - Pearl Jackson
- 22 - Connie Angeski
- 25 - Kitty Lucas
- 29 - Patty Kough

**Birthday wishes
to all of you for
a happy, healthy**



Old-Fashioned Sayings

Can you guess the sayings associated with the following definitions and explanations of origin? Hint: words from the sayings are used in the clues.



1. **Appearing insane:** Mercury was used in the manufacture of felt hats in the 17th and 18th centuries. A side-effect to the “hatter” was often poisoning, which can cause issues that lead to madness.
2. **Wearing fancy attire:** In the 18th century, custom men’s suits required nine yards of fabric, so they were much more expensive.
3. **Something not quite accomplished:** Cigars were a common prize for winning a carnival game in the 1800s. Of course, you won nothing for just being close to winning.
4. **Symbol of achievement:** Once upon a time, it was common practice to award a feather to a soldier which was then worn on the helmet or cap as a status symbol.
5. **Narrowly escape a difficult situation:** A boxer might narrowly avoid losing by the ring of the bell marking the end of a round.
6. **Humble yourself:** Historically, owning a horse was a sign that you were part of the upper class and from that high perch could look down upon “inferiors.”
7. **Acting without delay:** In the 1800s, the signal to start a race was when a hat was thrown in the air and it dropped to the ground.
8. **Go through something unpleasant:** Before anesthesia and pain killers, soldiers would bite down on bullets to stop from screaming out in pain while being operated on.
9. **A short distance:** In days of yore, an estimated short distance was based on how far a person could throw a rock.
10. **Twelve plus one:** Historically, laws existed to fine or flog bakers selling “underweight” bread. They would include an extra loaf to avoid being accused of shorting people.
11. **Overreact, usually in anger:** The phrase originated from the way a loose ax head will separate from the handle if you swing too hard.
12. **Annoyingly nice and well-behaved:** This phrase comes from a late 18th century story of a poor orphan who only had one shoe and was given two shoes as a reward for her virtue.
13. **Staying up late to work:** In olden days, lamps were used for lighting and oil would be burned well into the night if working late.
14. **Making money:** This phrase comes from a story of a young couple in old England who loved their lord so much he rewarded them with some bacon.
15. **Confronted with consequences of our actions:** In early American colonial era, disgraced military officers had to face a drumline when they were discharged.

Answers to this quiz will be posted on the RSVP Facebook page and in the next newsletter.

Answers to November and December Observances Quiz

Following are notable days in November and December 2021 in addition to the commonly observed Thanksgiving and Christmas. Can you name these days by the hints provided?

1. Nov 1&2 – Traditional Mexican observation, this is a time of joyful prayer and remembrance of friends and family members who have passed away: Day of the Dead (Dia de los Muertos)
2. Nov 7 – Always the 1st Sunday in November in the U.S., this day marks the end of extra daylight enjoyed since March: End of Daylight Saving Time
3. Nov 11 – Day to honor all who have served in the United States Armed Forces: Veterans Day
4. Nov 13 – This day reverses the cultural norms of men as the romantic pursuers: Sadie Hawkins Day
5. Nov 18 – Always the 3rd Thursday of November, this is a day of challenge to cease the use of a product which remains the single largest preventable cause of disease and premature death in the U.S.: Great American Smokeout
6. Nov 26 – Always the day after Thanksgiving, this traditionally marked the start of holiday season shopping when U.S. retailers made their most profit: Black Friday
7. Nov 28 – Always the 25th day of Kislev in the Hebrew calendar, this marks the beginning of the 8-day Jewish “Festival of Lights.”: Hanukkah
8. Dec 7 – This day honors the Americans killed in the 1941 Japanese surprise attack in Hawaii which led to the U.S. entering World War II.: Pearl Harbor Day
9. Dec 21 – The shortest period of daylight and longest night of the year.: Winter Solstice
10. Dec 23 – This festival day is promoted as an alternative to the pressures and commercialism of the Christmas season: Festivus
11. Dec 26 – The annual celebration of African-American culture based on African harvest festival traditions: Kwanzaa
12. Dec 31 – The end of the old year: New Year’s Eve