

## REP. KATE HOGAN'S SENIOR NEWS



### Helpful Winter Tips

Dear Friends,

Happy New Year! When the holiday season comes to a close, we often turn our thoughts to spring and hope for a mild winter in the meantime. Yet, with a couple months of cold weather ahead, I want to remind you of some everyday tips that can help ensure you stay safe this season.

#### **At Home**

- Heating is the second leading cause of home fires in the state. Keep yourself and your family safe this winter by protecting your home from heating fires. Find a detailed guide from the Department of Fire Services: [bit.ly/2b1yAqP](http://bit.ly/2b1yAqP).

- Take steps to prepare before a winter storm hits, such as insulating windows and preparing for power outages. Find more suggestions from the Massachusetts Emergency Management Agency:

[bit.ly/2BaSzkm](http://bit.ly/2BaSzkm).

- Make sure all of the smoke and carbon monoxide alarms in your home are working.

#### **Health & Wellness**

- Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear.
- Shoveling snow takes a toll on your body, and can often be dangerous. Before you pick up your shovel, review these helpful snow-removal techniques from AARP: [bit.ly/2BTkK40](http://bit.ly/2BTkK40).
- As people spend more time indoors, nutritional deficits – such as Vitamin D deficiency – can become a problem in the winter. Consuming foods that are packed with Vitamin D, such as salmon, yogurt, or orange juice can help counter this concern. Find more information about Vitamin D from AARP: [bit.ly/2z23AIV](http://bit.ly/2z23AIV).

#### **Driving**

- Consider getting your car serviced. Checking things like the oil, tires, battery, and wipers can make a big difference on winter roads.
- Check weather conditions before leaving the house and avoid driving during winter storms. If you are driving in any kind of winter weather, it's a good idea to slow down. Driving too fast in poor winter conditions, such as snow or black ice, reduces your tires' ability to grip the road.
- After a storm, and before driving, be sure to clear the snow and ice from your car completely.
- Find more winter driving tips from the Massachusetts Department of Transportation: [bit.ly/2C3VVTL](http://bit.ly/2C3VVTL).

**If you have any questions or concerns about any of the suggestions listed, please do not hesitate to contact my office at 617-722-2130. And, when in doubt, always reach out to your local fire or police department or Council on Aging for assistance.**

- Maynard Fire Department: 978-897-1014
- Maynard Police Department: 978-897-1011
- Maynard Council on Aging: 978-897-1009

#### **Rep. Hogan's Office Hours**

- District Office Hours will be held in **Maynard** on Thursday, January 11<sup>th</sup> from 6 to 7 p.m. at the Maynard Public Library, 77 Nason Street.

All questions, ideas, or concerns are welcome. If you are unable to attend office hours, call the State House at (617) 722-2130 to schedule an appointment. Staff is also available at the District Office on all Mondays from 10 a.m. to 3 p.m. (Closed Holiday Mondays)

A handwritten signature in black ink that reads "Kate Hogan" followed by a horizontal line.

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

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