

Fit Bits

Winter can be very harsh on the skin. Here are some tips to keep your skin looking and feeling great all winter.

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Rita says using a humidifier will keep moisture in the air

The sun and wind can damage your skin in winter, you still need sunscreen and you should use chapstick

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Donna suggests covering your skin when you go outside. Protect yourself from extreme cold and wind by bundling up with hats and gloves or mittens.

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Heidi recommends Lubriderm lotion and says it's best to use after a bath or shower.

Use a gentle soap and a warm shower (not hot) to avoid drying out skin.

Drinks lots of water and eat your fruits and vegetables

Exercise for a healthy glow. 20-30 minutes is best

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This article was written by Rita Limauro, Donna Burke, Carrie Wells, Lisa Heiman and Heidi Ward



JUST HOW DO YOU WRITE THE VILLAGE WELL ????

Recently, a group of talented writers got together and found out the answer to that very question. In the month of November, REP offered a workshop called "Journalism, Writer's Workshop" led by Carol Vienneau. The group met over the course of four Thursdays and created this issue of the Village Well. Where did they start? How did they know what to write about? Where did they get their information?

Well, first they had to decide on a theme for the issue. The group sat around a table and brainstormed ideas. They looked over past issues of the Village Well and they talked about what months their articles would be published. It was only November but they had to think ahead to what people would want to read about in January and February, because that was when the next issue would be released. It was hard to talk about the cold winter months when they had not even gotten through the holiday season yet. But after much discussion and sharing of ideas, they came up with the theme "How to stay active and healthy in the winter". What a great idea!

Next the writers had to decide how to find information on staying healthy and active in the winter. They used the internet to research and they used their common sense and things they had learned over the years. They came up with lots and lots of tips and ideas to share with all the readers of this issue of the Village Well. Heidi Ward used her Braille typewriter to keep notes. At the end of the four weeks, they had written their very first Village Well. So if you see any of the following writers, be sure to congratulate them and tell them what a great job they did.

Authors of this month's Village Well: Donna Burke, Alan Feldman, Heidi Ward, Glenn Carey, Rita Limauro, Lisa Heiman, David Sollard, Mike Hackmeyer, Chip Fitts, Beth Bradshaw, Carrie Wells and Carol Vienneau.



Everyone discusses what goes into creating the content for *The Village Well*.



Heidi Ward uses her braille typewriter to write her article for the Village Well.

SEASONAL NOTES

By Chip Fitts, Glen Carey, Alan Feldman, David Sollar and Mike Hackmeyer

Walking in icy, snowy weather can be dangerous. And the cold weather can make it harder to stay healthy. You can stay safe by following our suggestions:

Don't run on icy or slippery surfaces.

Get enough Rest.

It's important to bundle up but make sure you don't wear a hat, scarf or hood that blocks your vision or keeps you from hearing traffic.

Wear light or bright clothing and dress in layers.

Make sure you dry yourself thoroughly after a bath, shower or swimming at the SWC.

Wash your hands thoroughly with soap and water or use a hand sanitizer.

It is most important after coughing, blowing your nose, handling animals, taking out the trash, using the bathroom.

And always wash up before you eat.

Don't let Old Man Winter get the best of you !



Chats with Chip

by Chip Fitts -- Roving Reporter

Look for Chip in the next issue of the Village Well. Our favorite roving reporter was too busy working on other articles in this issue.



“Dr.” Heidi Ward’s Cold Care Tips

If you follow all the tips we have provided and you still get a cold, here is what you should do:

- Get plenty of rest and go to bed early. Heidi suggests as early as 8 or 8:30.
- Drink lots of fluids.
- For a hot drink, try tea with honey to soothe a sore throat.
- Stay inside and do not spread your germs to others.
- Have a cup of soup. Heidi highly recommends Chicken Noodle Soup.

Winter Chicken Noodle Soup

By Beth Bradshaw and Bob Leonard

- 1 lb. chicken breast cut into bite size pieces
- 1 large onion
- 2 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 2 Lg. cans of diced tomatoes
- 2 Large cans of Chicken Broth
- 2 cups of cooked whole wheat noodles
- 2 cups chopped basil



Saute chicken in olive oil and onion until done. Add garlic and Saute for one more minute. Add tomatoes and chicken broth and bring to a boil. Add cooked noodles and basil. Bring back to a boil and serve immediately with parmesan cheese sprinkled on top.

Mmmmm ... Mmmmmm good.....

SAVE THE DATE !!!!

We have some very exciting news to share. On Thursday, February 15th, we will be having a Health and Wellness Fair at the SWC. Watch for the flyers coming out soon, but here is a sneak preview..... there will be shoe/sneaker fittings, fitness/fun stations, a drumming demonstration, healthy cooking, blood pressure clinic and much much more.

**Do you want to help us write the next issue of the Village Well ?
Please call Kim Lowman at Extension 208. It's that easy.**