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FOR IMMEDIATE RELEASE

Mather LifeWays Offers Winter Wellness Tips for Older Adults

For Older Adults, Preparedness is Key to Enjoying the Upcoming Season

Evanston, Ill. (January 31, 2011) – As temperatures drop and snow falls, older adults and their families may be looking for ways to stay comfortable and safe this winter. Mather LifeWays, a not-for-profit organization dedicated to creating ways to age well, has devised a checklist that older adults can use to make sure they are ready for Jack Frost.

“We believe that focusing on wellness and staying healthy should be a priority for everyone, every day of the year,” said Reed Engel, director of wellness strategies for the Evanston, Illinois-based organization. “Mather LifeWays would like to reassure older adults that with a little preparation, the winter season can be safe and enjoyable.”

Mather LifeWays’ winter wellness tips for older adults are:

- **Plan ahead** – Winter storms can limit access to many services. Older adults should have one to two months of prescription medications on hand in the event that they cannot get to a pharmacy. Keep a contact list for emergency and community services in your area that can assist with snow removal and transportation. Mather LifeWays Info Plus is such a service that can connect older adults with the information they need at no cost. Chicago-area residents can call the Info Plus line at 1-888-600-2560.
- **Keep up with exercise programs** – Dancing, bowling, yoga, indoor tennis, mall walking, and even Wii exercise programs, are just a few of the activities that older adults can continue to partake in, even as temperatures hit seasonal lows. Though exercising outdoors may be more challenging, fit older adults who are dressed in appropriate winter exercise gear can walk, snow shoe, or even cross country ski, an activity that is among the highest calorie-burning exercises.
- **Dress appropriately** – Snow and ice can make sidewalks treacherous for everyone. Make sure to wear waterproof shoes with wide soles that provide sufficient traction. Dressing in layers can help older adults stay comfortable indoors and out. Canes should be fitted with new rubber guards. Finally, if going outside, wear a hat, gloves and scarf to minimize exposure to the elements.
- **Fill your social calendar** – The dark winter months can cause cabin fever. Seeking out family, friends and colleagues; and volunteering can help keep the winter blues at bay. Talk to a professional if depressed feelings last longer than a few weeks. Engage in lifelong learning from the comfort of your home through the free classes offered by Mather LifeWays Telephone Topics, all you need is your telephone!
- **Ask for help** – Don’t be afraid to call on neighbors and friends for help. Ask a neighborhood teen to shovel the walk. Passers-by can help cross icy patches. Grocery delivery services can make particularly wintry days easier for everyone.

About Mather LifeWays

Based in Evanston, Ill., Mather LifeWays enhances the lives of older adults by creating Ways to Age WellSM. Founded in 1941 by entrepreneur and humanitarian Alonzo Mather, Mather LifeWays is an unique not-for-profit, non-denominational organization dedicated to providing a continuum of living and care; making neighborhoods better places for older adults to live, work, learn, contribute and play; and identifying, implementing and sharing best practices for wellness, workforce issues, memory care support and empowering caregivers. To learn more about our senior residences, cafes, community initiatives and Institute on Aging, call (847) 492.7500 or visit www.matherlifeways.com online.