

## 9. ICE-PROOF YOUR CAR.

To keep your car windows free of ice, mist a 3:1 mixture of distilled vinegar and water onto the glass before a storm or icy weather hits. You can also spray the mixture on already ice-covered windows to more quickly melt the ice.

## 10. WALK LIKE A PENGUIN.

Frigid temperatures and melting snow equal one thing - ice. The secret to walking on ice is to channel your inner penguin. Waddling helps keep your center of gravity directly above the ice, preventing falls.

## 11. PREP YOUR SHOVEL WITH COOKING SPRAY.

Shoveling snow is one of the worst winter tasks to tackle. Make the whole episode go more smoothly by properly preparing. Rubbing vegetable oil, paraffin wax, or cooking spray onto your shovel ahead of time will keep the snow from sticking, and allow you to shovel faster and easier.

*Helping You Stay Safe -*  
**ONE HACK AT A TIME**



**Our Mission:** Guided by the principles of quality, respect, excellence, ethics, and integrity, we care for our community through uncompromised commitment to compassionate PeopleCare.

# Your Safety Matters

# 11

## FOOL-PROOF HACKS

### FOR SURVIVING FREEZING, ICY WEATHER

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## EVERCARE

MANAGED LONG-TERM CARE PLAN  
CERTIFIED HOME HEALTH AGENCY  
ADULT SOCIAL DAY PROGRAM



### 1. USE KITTY LITTER ON STUCK TIRES.

Salt and sand can help when your car gets stuck in the snow, but kitty litter will also work in a pinch. Shovel as much snow and ice as possible out from the path of your tires, and then put a liberal amount of cat litter around and under the tire. Then just rock your car back and forth, switching from drive to reverse carefully, until you're unstuck.



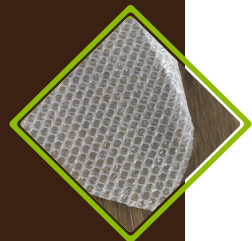
### 2. BUY HAND WARMERS.

Air-activated heat packs are safe, odorless, and can provide heat for 10 hours. You can also make your own by sewing together a fabric pouch, filling it with rice, and warming it up in the microwave before leaving the house.



### 3. WARM BLANKETS WITH A HOT WATER BOTTLE.

Before climbing into bed, fill a water bottle with hot water and stick it under your covers. It will warm the sheets, and can be left safely in bed all night long for added warmth. Take this hack to the next level by wrapping your pajamas around the bottle, and sticking them under the covers before putting them on.



### 4. BUBBLE-WRAP YOUR WINDOWS.

A lot of heat escapes through windows unnecessarily, thus increasing utility costs. For an easy way to insulate your window while still letting the light in, use large bubble wrap. Call around to furniture and/or department stores to see if they have any large bubble wrap ready for disposal that you can buy on the cheap. They're usually swimming in the stuff.

Then, carefully use an X-Acto knife to cut the size you need, and mist water onto your window with a spray bottle. Push the flat side of the wrap against the window and it will stay put, and keep your room insulated for months. No tape or glue required!



### 5. DRY YOUR SHOES QUICKLY WITH NEWSPAPER.

Once the snow starts to melt, shoes quickly become wet, and are hard to dry. Putting them near a heat source can have the unwanted effect of shrinking your shoes. Instead, stuff wet shoes with newspaper. It will absorb the moisture quickly, though you might have to replace the newspaper a few times depending on how drenched your shoes are. You can also wrap the outside of your shoes with the newspaper and secure with a few rubber bands.



### 6. MITTENS VS. GLOVES.

It may be easier to text in gloves, but your digits will be much warmer in mittens. Mittens offer your fingers the opportunity to share body heat among themselves. Mittens also tend to have a smaller surface area than gloves, which reduces heat loss.



### 7. AVOID WEARING COTTON.

Cotton clothes and socks are the absolute worst things you can wear during the winter. If you sweat under your jacket, get wet from the snow, or if there's any moisture in the air, the cotton will quickly absorb it and keep it close to your skin, making you feel even colder.



### 8. LEARN YOUR CEILING FAN SETTINGS.

Ceiling fans are not just there to cool you off in the summer; most fans have a setting that allows them to spin clockwise on low to recirculate warmer air trapped near the ceiling toward the floor. You'll be shocked at how much warmer the room will get.