

Being **CONNECTED** helps all of us get through the winter



Senior citizens may feel especially vulnerable during winter. In fact, some seniors call winter the “hip” season because it’s a cause of so many broken hips.

Here are some reminders for our seniors and the rest of us as well:

- Get to know the people in your neighborhood. Familiarity will make it easier to ask for help if you need it, and to give help if asked.
- Wear shoes with non-skid soles and use handrails whenever you can.
- Dress warmly, in layers, when you venture outside, and pay particular attention to your feet, hands, nose and ears. Take a cell phone with you, in case of an emergency.

Volunteering is another great way of **CONNECTING** with those around you. ReadyCarver, under the auspices of Carver County Public Health, sponsors a collaboration of the three volunteer organizations listed below. All three groups give you training, support and the opportunity to vounteer at a level that matches your needs.

- > The **Medical Reserve Corps (MRC) of Carver County** volunteers work primarily in a public health emergency. They may assist with a mass clinic, answer phones in a call center or provide public education.
- > **Community Emergency Response Team (CERT)** members work closely with other first responders and those in emergency management in both non-emergency and emergency situations.
- > The **Carver County Red Cross** uses volunteers to help set up shelters for individuals and families who have been displaced by an emergency and provide food, clothing and other necessities.

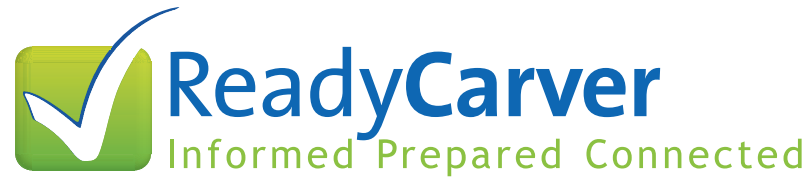
To find out more about getting **CONNECTED** through volunteering, call 952.361.1314 and press 3 to go to the ReadyCarver mailbox, or visit ReadyCarver.org.

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