



TRIVIA CONTEST!

There were 3 correct answers given by: Bonnie Dennis, Joe Powers and Jean Hof. The winner of the drawing was...BONNIE! Congratulations Bonnie!

How well do you know your Bible? Turn your answer in to Colleen for a chance to win.

Who is the only woman whose age is mentioned in the Bible?

A: Esther B: Sarah C: Mary D: Ruth

"Bounce Berries"

Cranberries are ranked among the top 10 antioxidant foods-and a ½ cup serving provides 10% of the daily requirements for vitamin C.

Prayer:

Isaiah 35:3-4

Strengthen the feeble hands, steady the knees that give way. Say to those with fearful hearts, be strong, do not fear; Amen

Proverbs 17:22

A cheerful heart is a good medicine, but a crushed spirit dries up the bones.

Never exercise to the point of pain. If something hurts, don't do it.

Start early

Try to shovel snow as soon as it falls. Packed snow is heavier and will put more of a strain on your back.

****Safety tips:** stretch your arms, back and legs before you start. Use a small shovel and push snow instead of flinging it. Lift with your legs and bend with your knees, not at the waist. Go slowly so your heart rate and blood pressure don't spike. Talk to your doctor before shoveling snow if you are inactive or have a history of heart trouble.

STROKE SYMPTOMS:

Call 911 if you or someone you're with shows any of these symptoms:

- Sudden confusion or trouble speaking or understanding
- Numbness or weakness of the face, arms, or legs, especially on one side
- Sudden trouble seeing with one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

Ice and Snow

High and low tech ways to avoid winter falls

- 1) Before it freezes, cover surfaces around your home with de-icer, rock salt, sand or kitty litter. Carry a small bag in your car or pocket to sprinkle on patches of ice when you find them
- 2) Look out for broken paving or cracked sidewalks, if it looks slippery, walk on the grass
- 3) Wear proper-fitting boots or shoes with wide, low heels and rubber soles, not smooth leather
- 4) Carry a flashlight so you can see and so passing drivers can spot you too
- 5) Walk flat-footed, not on your toes, give yourself extra time