



Getting Ready for Winter

Quick recap

The meeting focused on Nicole's presentation about winter disability preparation, where she shared strategies for managing cold weather challenges such as staying warm, maintaining mobility, and managing health concerns. The discussion covered specific tips for disabled individuals including vitamin intake, exercise routines, and safety precautions when walking in icy conditions. Participants shared personal experiences about flu shots and COVID vaccinations, with some noting they experienced side effects while others reported no reactions.

Summary

Winter Disability Preparation Strategies

Nicole presented a slideshow on winter disability preparation, discussing challenges like sleep issues, slipping on ice, seasonal depression, and managing temperature. She suggested strategies such as maintaining adequate vitamin intake, meal prepping, and taking vitamins like D and B12, as well as exercises like sit-to-stand with a ball between the legs to maintain flexibility and warmth during the winter months.

Winter Safety for Stroke Survivors

The group discussed winter safety tips for stroke survivors, with Nicole sharing her experience of feeling colder due to blood thinners and suggesting layering, heated blankets, and mobility aids with ice picks for walking in snow. Susan mentioned her personal challenge of maintaining proper blood flow and warmth on the stroke-affected side, while Shelli inquired about the connection between blood thinners and cold sensitivity, which was confirmed by Nicole and



Yonara. The discussion concluded with suggestions for staying engaged through activism and maintaining safety during winter activities.

Winter Safety and Health Tips

Nicole discussed winter safety tips for people with disabilities, emphasizing the importance of having someone accompany them when going out, being cautious of icy surfaces, and learning how to fall safely. She advised on maintaining good physical and mental health through hydration, sleep, exercise, and engaging in hobbies, while also highlighting the need for proper hygiene, especially during flu season. Nicole concluded by encouraging participants to maintain their routines during the holidays to stay grounded and healthy.

Winter Safety for Stroke Survivors

The group discussed winter safety tips for stroke survivors, including using a cane, wearing insulated clothing, and sitting on padded envelopes to stay warm. Kellee shared her experience with seasonal affective disorder and using artificial light therapy. Michelle inquired about flu shot experiences and noted that stroke survivors may need to be more cautious during winter due to potential dizziness and gait issues.

Vaccination Safety and Recovery Tips

The group discussed the importance of getting flu and COVID-19 vaccinations, with several members sharing their experiences and recommendations. Layli highlighted the need for extra caution when walking due to potential balance issues post-stroke. Roo suggested timing vaccinations for weekends to allow recovery time and recommended hydration before and after shots.