

Smart and Safe Snow Removal

This has been one of the snowiest winters in recent memory. Have you been stuck in the house or struggling to clear your driveway and sidewalk? The Independent Living department at Society's Assets has some suggestions for winter safety.

What You Wear

Bed Buddy Warming Mittens

Keep your hands from getting chilly on those cold winter nights. Just put the mittens in the microwave for a few minutes, and they will retain heat for up to an hour. Cost is \$8.48. For more information, check out www.activeforever.com or call (800) 377-8033.

Mail carriers and other people working outside wear **ice cleats**. They can be attached over your shoes or boots for improved traction. Yaktrax Walkers are the most popular. They are priced at \$19.95. For more information, check out Yaktrax.com or call (866) 925-8729.



Ice picks can be installed on the bottom of a cane to offer more stability on slippery surfaces. One type is retractable and another type has to be flipped out of the way when not in use. The retractable type is \$18.00. The standard type is \$9.00. For more information, check out www.activeforever.com or call (800) 377-8033.

Clearing Sidewalks

Use a **de-icer** before a storm to keep ice from forming. Use **salt** to remove ice after it has formed.

An **ice and snow carpet** is rolled over ice or snow to create a slip-free surface. Cost is \$24.98. For more information, check out fulloflife.com or call (800) 521-7638.

Heated entrance mats and stair treads can keep your entrance clear of snow and ice. And the added benefit? You won't track snow inside. Prices start at \$129.00. For more information, check out www.activeforever.com or call (800) 377-8033.



To make shoveling easier, use one of many adapted shovels. Here's an example. The **Wovel** is a shovel with a wheel. It moves snow, and you don't have to twist or lift. Cost is \$115.00. For more information, check out www.wovel.com or call (877) 699-6835.



Cleaning Off the Car

Check out your local auto parts stores or a major department store to find these helpful items.

A **windshield cover** can eliminate scraping. There are several options, all in the \$15.00 range. More information is also available from www.autobarn.com



Heat your **scraper** by plugging it into your vehicle's cigarette lighter. Scraping the windows will be easier. Cost is around \$10.00.