TOWN OF GORHAM, NH

JOINT LOSS MANAGEMENT COMMITTEE

Late Winter Safety Tips

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Important Dates:

- 3/8 Daylight Savings
- 3/10 Town Meeting (Election Day)
- 3/17 St. Patrick's Day
- 3/20 1st Day of Spring
- 4/5 Easter
- 5/10 Mother's Day
- 5/25 Memorial Day

During winter we all know how messy and dangerous thing can get. Ensure all entrance areas, sidewalks and parking lots are cleared of ice and snow. Be aware of roof overhangs and roof drainage areas where snow and ice may collect. These areas should be checked regularly and cleared of any overhead accumulation of snow (which could fall on people below). Be aware of water and snow that is tracked into the inside of buildings as certain floor materials make for an extra slippery surface. Use carpet runners in wet areas to reduce the chance of slip and falls. No one wants the embarrassment, much less the injuries, that can come with slip-and-fall incidents. Everyone should be aware of these tips to prevent falls on slippery surfaces:

- Wear appropriate winter footwear that is well-insulated, waterproof, has a nonslip, thick sole and a wide, low heel. Ice grippers can also improve walking on ice or snow.
- Use walkways that have been salted or shoveled. Don't take shortcuts over snow piles or in areas where snow and ice removal isn't feasible.
- Test your travel path for slickness by sliding your shoe or boot on it before proceeding.
- **Do the penguin shuffle.** Walk flat-footed. Take short steps to maintain your center of balance over your feet. Keep your head up and don't lean forward. Walk slowly.
- **Step down, not out.** When getting out of your car, swing both legs out of the door, place both feet on the ground, flatfooted and grab onto the door frame or steering wheel to support you as you stand up. Use at least three points of contact, two feet and one hand. When stepping down from a curb, step flatfooted off the curb to

Cabin Fever Winter Activities

- Start a Hobby
- Exercise
- Change Your Diet
- Snowshoeing
- Ice Skating
- Skiing (cross-country)

HEALTHY RECIPES FOR WINTER TIME

Slow Cooker Classic Pot Roast

INGREDIENTS:
1/4 cup tomato paste, 2 tablespoons cornstarch, 1 pound, carrots (peeled and cut), 1 pound baby potatoes (about 15), 1 medium onion (cut into 1/2-inch wedges), 2 stalks celery (cut into 1-inch pieces), 2 bay leaves, 1 three pound beef chuck roast, kosher salt, black pepper, 1 tablespoon chopped fresh flat leaf parsley

DIRECTIONS:
In a 4 to 6 quart slow cooker, whisk together the tomato paste, cornstarch, and 1 cup water. Add the carrots, potatoes, onion, celery, and bay leaves. Season the beef with 1½ teaspoons salt and ½ teaspoon pepper and set on top of the vegetables. Cover and cook until tender, on low for 7 to 8 hours or on high for 4 to 5 hours. Let the meat rest for 10 minutes before slicing the meat across the grain. Serve with the vegetables and cooking liquid and sprinkle with the parsley.

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