

Don't forget to follow WVI on Facebook!

WVI Newsletter

NOVEMBER 2020



Holiday Gathering

As mentioned in the November Newsletter, WVI will not have its holiday gathering this year but will celebrate "Christmas in July" at a local park in early July 2021

Did you know?

*1 in 7 men in the USA are veterans . . .
1 in 69 women in the USA are veterans!*



Picture provided by C. Nagy

INSIDE THIS ISSUE:

Holiday Gathering	1
Clothing Give Away	1
Thanksgiving Food Baskets	1
Winter Skin Care	2

Clothing Give Away

WVI held a second successful clothing give away on November 8, 2020 from 1:00pm - 4:00pm. There were seven women veterans and four family members that selected from the many sweaters, pants, cotton tops, turtle neck sweaters and coats

A special thank you to those that donated new clothing items: P. Bollinger (Operates Estate Sales at 517-605-0051), L. League (Army), J. Batton (Navy), and L. Edelman (Navy). The remaining clothes were donated to the South Side Life Station per suggestion of C. Hagan (Army).



Picture provided by C. Nagy

Thanksgiving Food Baskets

Thank you to the Joseph W. Diehn American Legion Post 468 for providing a Thanksgiving basket to four women veterans and their families. Nineteen adults and children were able to partake of a delicious dinner with all the trimmings.

Something to think about ...

"A good conscience is a continual Christmas."

Quote by Benjamin Franklin

Winter Skin Care

There are many things not to like about the winter, but one of the worst is the dry, itchy skin that can drive you crazy. Depending on your local climate, it is not likely that you will be able to completely eliminate the problem, but there are things you can do and avoid that can make it better. Here are three tips for healthier winter skin.

Don't Abuse Your Skin

The winter will damage your skin enough without you helping it along. Although the skin is very resilient and bounces back from most of the abuse you give it, during the winter, it is helpful to do less of the things that will aggravate the condition. Avoid those harsh cleansers and exfoliates or use them less often. Don't use alcohol-based cleansers and astringents and avoid abrasive cleansers. Use face cream to remove makeup and use a gentle exfoliate, or if your skin is sensitive, skip exfoliates during the winter. Use a damp washcloth instead and gently cleanse flaky skin. Also, if you use products such as Retin-A, cut your treatments in half during the winter. As much as they feel good, avoid long hot showers and baths. Keep the temperature down, and don't stay in as long. Also, try to cut your shaving in half. Scraping sharp metal across dry, sensitive skin isn't a great idea for making things feel better.

Keep Your Skin as Moist as Possible

It should be obvious that if dry skin is the problem, then moist skin is the solution. Slather on the moisturizers and creams at every opportunity, especially first thing in the



COMPREHENSIVE CENTERS
FOR PAIN MANAGEMENT

morning and just before bed. Make sure your moisturizers are oil-based and not water-based for the best results. Speaking of which, plain old Vaseline is your best friend in the winter. Use it on the trouble spots and keep a tube handy for a lip balm or to quickly treat itchy spots. Rub some into your hands and feet several times a day, and wear gloves outside. Also, don't forget the sunscreen. Many people don't associate sunscreen with the winter, but the sun can be just as harsh, especially coupled with wind and cold temperatures.

Keep the Air Moist in Your Home

You can't do much about the air outside, but you can help control the moisture inside your home. Consider a whole-house humidifier to keep more moisture in the air. They are usually cheaper and more effective than the small, portable units. Barring that, keep a tea kettle simmering on the stove. Don't run the dryer so much. After a bath, leave the water in the tub until it cools. Put some live plants in your home and keep them well watered. You spend a good portion of your day inside your house. Keeping the air moist there is half the battle.

Getting through a harsh winter is tough enough without the added aggravation of itchy skin. Follow these three tips and minimize the effects of winter weather on your skin.

Submitted by: Carisa Pellek, Marketing Coordinator

Wishing you and your family a happy & healthy 2021!