



# ONE VISION

February 2019  
Volume 10, Issue 2

**INTEGRATION, EQUALITY, AND OPPORTUNITY  
FOR PEOPLE WITH DISABILITIES.**

## **Tips for Winter Wellness**

*by Matt Sabatini*

Although it's tough, staying focused on health and wellness is crucial to help you stay healthy during the longer and darker winter months. Here are some simple tips that may assist you this winter season.

### ***Get Outside Often***

It's easy to avoid going outside in winter. But staying inside for days on end (with nothing but artificial warmth and sniffling companions for company) is why most people get sick. Choose a day when the sky is clear and blue to expose your skin to some natural daylight: this helps with Vitamin D absorption which can increase bone and immune system health.

### ***Get Moving in Any Way Possible***

Colder, darker days can make that couch a very appealing place. But staying active and exercising during the winter months may improve health, avoid weight gain, and decrease your chances of getting sick.

### ***Keep a Regular Sleep Schedule***

Things can seem much more overwhelming when you are tired. Getting up and going to bed at the same time of day regardless of the season will keep your natural body rhythm in sync, and may assist in keeping your mood and energy levels high. A good night's sleep may also reduce stress and keep your immune system in fighting shape.

*Transitional Paths to  
Independent Living*



**[www.trpil.com](http://www.trpil.com)**

**Transitional Paths to  
Independent Living  
(TRPIL)**

69 East Beau Street

**724.223.5115**

**TRANSITIONAL PATHS TO INDEPENDENT LIVING STRENGTHENS  
CONSUMER CHOICE AND ACTIVE CITIZENSHIP THROUGH  
LEADERSHIP, SERVICES, AND PROGRAMS.**

*(turn over for calendar)*



### February 2019

Day	Time	Event/Activity
Wednesday <b>February 6</b>	1:00–3:00	<b>Wii Game Day</b> <i>Come play Wii games with us!</i>
Thursday <b>February 14</b>	All Day	<b>Valentine's Day</b>
Saturday <b>February 16</b>	12:00–3:00	<b>Bowling at Meadows</b> Youth vs Other Members
Wednesday <b>February 20</b>	2:00–4:00	<b>Advocacy Afternoon</b> Educate, Advocate, Organize! <i>Making Change Through Systemic Advocacy</i>
Thursday <b>February 21</b>	1:00–3:00	<b>Get Movin'!</b> <i>Monthly Wellness/Fitness Assessment</i>
Wednesday <b>February 27</b>	12:30–1:00	<b>Lunch &amp; Learn</b> <i>Good Food and Healthy Recipes</i>

***RSVP at least one week in advance!***

### Have an Idea for Our Calendar?

Become a member (or renew your membership)  
by contacting our Membership Director

**Matt Taylor** at [mtaylor@trpil.com](mailto:mtaylor@trpil.com),  
or call **724.223.5115, ext 1385.**

