

How to Address Frequent Feelings of Coldness



It's not uncommon for older adults to feel colder.

As people age, many report feeling chilly even when the temperature outside is warm. Studies have shown that older people are more likely to have slightly colder body temperatures than their younger counterparts. Feeling cold can be the result of the natural aging process, or it may be symptomatic of a medical condition. Understanding the reasons behind chilliness can help people take proper action.

Aging adults can feel cold for various reasons. As people age, their metabolisms slow down, leading to decreased energy. During times of low energy output, one can feel cold. The American Geriatric Society Foundation for Health suggests that individuals with slower metabolisms may not produce enough heat from their own bodies to stay warm.

Circulation issues also may be a concern. As people age, the walls of their blood vessels may

lose their elasticity, negatively affecting circulation as a result. Vasoreceptors also may no longer be as quick to direct blood vessels in order to constrict to keep body temperature up.

Inadequate fat storage may also be a contributor. Older people generally have less subcutaneous fat stores and muscle mass, both of which can insulate their bodies from cold weather. As a result, they may have trouble regulating body temperature. Exercise and healthy eating may help remedy this situation.

Certain medical conditions or medications may be to blame, too. SUNY Upstate Medical University offers that some drugs, like beta blockers, can decrease heart rate, which can reduce circulation to the extremities. High cholesterol levels can

impair blood flow. Hypothyroidism, or an underperforming thyroid, also can affect a person's ability to regulate body temperature. It's imperative that people speak with their doctors to rule out any medical conditions or medication issues that may be

contributing to their feelings of being cold.

The following are some additional steps aging men and women can take to stay warm.

- Make sure you are at a healthy weight for your gender and age.
- Get the cardiovascular system pumping by exercising more.
- Layer clothing until you feel comfortable so that you are not adjusting the thermostat as frequently.
- Wear a vest to keep your chest warm to prevent heat being drawn from the extremities. Often the body will sacrifice heat in the hands and feet to keep its core warm.
- Invest in wool socks and blankets, as wool will help wick away moisture from the body.

Feeling cold is usually nothing out of the ordinary when a person gets older. Fortunately, there are ways that older men and women can stay warm.

Masstown UCW to Meet

By Chris Urquhart

Masstown UCW will meet on Thursday March 1st, 7pm, at the home of Irene Gratto. All ladies welcome.

You are reminded to bring items for the children's hospital bags. For those of you who don't attend, our UCW does up Ziploc baggies with a few items in them - such as a coloring book, crayons, stickers, story book, small toy etc. - and these are taken in to the hospital to be passed out to any children who are spending more than one night in the hospital.

We try to do them up in age appropriate "bags" so

that there are items which will go to children who are toddlers to those up to age 12.

If you wish to help with this project, please contact Edith Rutherford at 902-662-3190.



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The Savvy Shopper

in Downtown Truro

March brings March Break Activities, St. Patrick's Day, and lots of activity Downtown. Check out all the happenings on the Senior pages, March Break activities and Library page. There are several new businesses that have opened in February. Be sure to check them out Downtown and remember SHOP LOCAL!



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Armed Robbery Charges Laid

A Brookfield man was arraigned in Truro Provincial court on February 20th charged with the May 23, 2017 armed robbery of Debert Mini-Mart.

As a result of the robbery, Colchester District RCMP received a 911 call reporting an armed robbery in progress at a convenience store near Plains Rd.

Two men, one of whom had a firearm, entered the store and demanded money, cigarettes and lotto tickets. Two employees

tried to stop the men from stealing and were assaulted by them. The men fled the store with over \$2,000. The employees had minor injuries and did not require hospital treatment.

After a nine month investigation, the assailant was arrested on February 16 and held in custody until his court appearance on February 20th. He was charged with Robbery with a Firearm and was released on a Recognizance. The investigation is ongoing.

Colchester's Building Permits

By Maurice Rees

In Colchester County a total of 436 building permits for the 12 months of 2017 totaled \$48,729,211 compared to \$35,932,696 for the previous year which had a total of 462 permits. In the fiscal year for the period from April 1 to December 31st, 2017 included 357 permits totaling \$33,012,111, while 381 permits for the same period in 2016 had value of

\$27,987,146.

December was a slacker month with 10 permits for \$606,000, while December 2016 had 7 permits totalling, \$1,257,000. In November 2017 24 permits totaled \$3,397,900, whereas 36 permits in 2016 were valued at \$3,460,500. A significant portion of November 2017 figures was due to a permit to Dalhousie University for an institutional permit for Cox Road area.

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