

SENIOR NEWS LINE

by Matilda Charles

Getting ready for winter

We might be having heat waves now, but before we know it, the weather will turn and winter will be on its way. There are several steps we can take to get ahead and be ready before cold weather arrives.

Take care of draft control. Not only will we be more comfortable without cold air creeping into our homes, but our heating bills will be lower if the furnace isn't working so hard. Windows can have caulking or window stripping applied, or you can buy those insulation film kits. Buy your supplies now before everyone else has the same idea, and schedule someone to help you. Right after Labor Day is a good time to get the windows sealed.

Consider how many times you lost power last year and be ready for that. Bring in a supply of batteries for flashlights. Put them in your lights now so you're ready the minute the power goes out the first time. Have someone help you put new batteries in your smoke detector, if it hasn't been done in a while.

Make your list of three to four days' worth of food for emergencies such as storms when it's just not safe to go out, and start shopping for those items now. Put a jug of ice melt or cat litter on your list if your area is likely to get snow and ice.

Does your furnace need an annual inspection? Does your vehicle need antifreeze and new windshield wipers?

But we can't forget the fun stuff for those cold days! A stack of books for cold afternoons, a few small craft kits, ideas for a story to be written during the annual November novel writing month (nanowrimo2.com), several exercise videos for seniors on YouTube, recipes to try, new songs to learn on the piano or guitar ... the list is only limited by your imagination!

© 2026 King Features Synd., Inc.

FROM KING FEATURES WEEKLY SERVICE,

300 W. 57th STREET, 15th FLOOR, NEW

YORK, NY 10019

CUSTOMER SERVICE: (800) 708-7311 EXT.

257

SENIOR NEWS LINE

FOR RELEASE AUG. 24, 2026

By Matilda Charles