A Safer Naper

PLAN FOR A HEALTHY YEAR
This year will be unlike any other, so it’s important to think ahead and have all the facts when it comes to travel in the New Year during the COVID-19 pandemic. I know we are all ready for a vacation from our quarantine over the past many months. Visit the CDC’s website for guidance!

LOCK IT OR LOSE IT
• Don’t leave vehicles unattended with the doors unlocked, windows down or the keys in them, even in your garage or driveway.
• Always take your car keys with you and lock your car doors.
• Take valuables with you or keep them out of sight by placing them in the trunk or using stow-and-go seating, preferably before arriving at your destination.

9 PM ROUTINE
Humans are creatures of habit. Get into the habit each night of making sure you’ve secured your home and vehicle and taken proactive steps to combat auto thefts and break-ins. The 9 PM Routine empowers residents to develop their own personal security routines by having a designated time to perform these tasks every night.

WINTER DRIVING TIPS
Stay Alert
• Keep your gas tank close to full.
• If road conditions are hazardous, avoid driving if possible.
• On longer trips, plan enough time to stop to stretch, get something to eat, return calls or text messages, and change drivers or rest if you feel drowsy.

Avoid Risky Driving Behaviors
• Do not text or engage in any activities that may distract you while driving.
• Obey all posted speed limits, but drive even slower if necessary for weather conditions.

Driving in Winter Conditions
• Drive slowly. It’s harder to control or stop your vehicle on a slick or snow-covered surface.
• On the road, increase your following distance enough so that you’ll have plenty of time to stop for vehicles ahead of you.
• Know whether your vehicle has an antilock brake system and learn how to use it properly.

WINTER SAFETY KIT FOR CARS
Carry items in your vehicle to handle common winter driving-related tasks, such as cleaning off your windshield, as well as any supplies you might need in an emergency. Keep the following in your vehicle:
• Snow shovel, broom, and ice scraper.
• Abrasive material such as sand or kitty litter, in case your vehicle gets stuck in the snow.
• Jumper cables, flashlight, and warning devices such as flares and emergency markers.
• Blankets for protection from the cold.
• A cell phone with charger, water, food, and any necessary medicine (for longer trips or when driving in lightly populated areas).
Winter safety includes keeping walkways free of ice. Not all ice melting products are plant friendly. Some plants show immediate damage, such as browning on evergreens. In summer, deciduous plants may display burn or scorch on leaves, branch dieback, stunted growth, or lack of vigor and death. Lawns along sidewalks and streets can be killed from excessive salt.

Rock salt, or sodium chloride is commonly used. It is extremely harmful to plant material and can impact the soil health. Instead, choose products made with calcium chloride, magnesium chloride, or calcium magnesium acetate. If using a service, ask about a plant safe de-icer.

Adding sand or sawdust will extend a de-icer and provide extra traction. Try to avoid piling salt-laden snow around trees and shrubs. Make sure drainage patterns flow away from the plants. Thoroughly watering the area in the spring to wash de-icer out of the soil, off of the root zones and woody structures of the plants will help.

The best way to deal with potential salt damage is to choose plants known to be salt tolerant. This does not mean you can use a heavy hand with the de-icer, but these plants are a bit more hardy to sustain the use of de-icers over winter. Read more about them at thegrowingplace.com.

### SHRUBS Tolerant of Salt
- Chokeberry
- Barberry
- Forsythia
- Hydrangea
- Hypericum
- Deciduous Hollys
- Mockorange
- Mugo Pine
- Sumac
- Alpine Current
- Spirea
- Coralberrys
- Lilacs
- Yucca

### TREES Tolerant of Salt
- Coffee tree
- Honeylocust
- Ginkgo
- Eastern Redcedar
- Oaks

### PERENNIALS Very Tolerant of Salt
- Sea Thrift
- Feather Reed Grass
- Pinks
- Fountain grass
- Virginia Creeper

### PERENNIALS Tolerant of Salt
- Japanese Anemone
- Wormwood
- Pigsqueak
- Jupiter’s Beard
- Plumbago
- Daylily
- Coral Bells
- Plaintain Lily
- Lavender
- Shasta Daisy
- Creeping Lyl turf
- Pincushion flower
- Sedum
- Speedwell
- Thyme

### PERENNIALS GRASSES Tolerant of Salt
- Big Bluestem Grass
- Northern Sea oats
- Fescue Grass
- Maiden Grass
- Switch Grass
- Prairie Dropseed

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**SIGNS THAT YOU ARE TECHED OUT...**

1. You try to enter your password on the microwave, when you were really aiming for the refrigerator.
2. You have 15 phone numbers to reach your family of three.
3. If you get cash money, you immediately put it on a debit card.
4. Delivery times over 2 days are appalling.
5. You don’t keep in touch with some of your family because you can’t text them.
6. You consider a phone call an actual waste of time.
7. You text your son in his room to say dinner is ready. He texts you back to ask what you’re having.
Pet Tales
By the Naperville Area Humane Society
1620 W. Diehl Road | Naperville | 630-420-8989

MARTIN LUTHER KING, JR. DAY

ONE DAY CAMP AT NAHS

Monday, January 18, 2021
9 am - 12 pm
Naperville Area Humane Society
1620 W. Diehl Rd., Naperville, IL 60563

$55 per student · $10 cancellation
4% online fee

To celebrate the work of Dr. King, this camp focuses on animal welfare and wellbeing. Children will learn about having empathy for people and pets while creating enrichment puzzles for the animals.

Children ages 8-11 will explore how we care for our animals at Naperville Area Humane Society and how to be safe around all animals.

To register or for more information go to https://www.naperhumane.org/one-day-camps

CAPITAL CAMPAIGN

After 40 years, the dream of larger facility is finally a reality!
We need your support to help create this amazing place to celebrate pets and the people who love them!

This new facility will allow for happier, healthier animals housed at Naperville Area Humane Society, more children learning about and practicing compassion, more second chances, and many more adoptable pets’ lives saved.

The expansion allows for us to lead our community forward and continue to save hundreds of healthy, adoptable pets from being euthanized in overcrowded shelters every year.

Our Dream is Their Need!
Check us out on GoFundMe and please visit https://www.naperhumane.org/new-page-1 for the new facility map and more information!

Adoptable Pets of the Month...

Luna | Female | 3 Years Old
Hi, I’m Luna and I promise when you take me home you’ll be over the moon! I’m a very happy and playful kind of pup, so I’m always up for an adventure! I also love to cuddle and get attention, so you can count on me to be your loyal sidekick! I can be very curious and am eager to meet anyone who I encounter! I seem to like most other dogs and cats, so I guess I’m somewhat of a social butterfly! I just want to have fun and give lots of love, and as long as I get playtime and some stimulation, I’ll be on cloud nine! If you want to feel out of this world, make an appointment to meet me and give me my forever home!

Jinx | Male | 13.5 Years Old
My name is Jinx and you can think of me as your good luck charm! Have you ever heard of an anti-jinx? When you have two jinxes, they balance each other out! So if most cats have 9 lives, I must have 18 due to all my good luck! Plus I’m super sweet and charming, I like to follow people around so they don’t walk under any cracks. I love to be petted and can be somewhat playful, so you would never guess that I am 13 years old! I’m fortunate to be aging gracefully, I told you luck was on my side! My adoption fee is waived thanks to the Lucky 7 Fund, donations to which helps senior animals get adopted. As if I couldn’t be lucky enough! The only other thing I could want is to find my forever home, so make an appointment to meet me and make me a part of your lucky family!
Happy Lights Take the Gloom Out of Winter

With short days and fewer options to socialize this winter, more people than ever may find themselves in need of a boost to help with lagging energy or even depression during the dark months.

Many people swear by their "happy lights," a whimsical term for light therapy. Used as a way to treat seasonal affective disorder (SAD) and other conditions, light therapy involves sitting near a device called a light therapy box for a period of time each day. It's also known as bright light therapy or phototherapy.

The light therapy box gives off a bright light that mimics sunshine. The Mayo Clinic says it is thought to affect brain chemicals linked to mood and sleep. The boxes may ease SAD symptoms and help with other types of depression, sleep disorders, and other conditions like jet lag or dementia.

A few studies have demonstrated benefits for seniors whose sleep patterns have become disrupted and in seniors who were diagnosed with depression.

Light therapy boxes should filter out UV light, so look for one that emits as little as possible. They are available in a variety of intensities, measured in units called lux. During a light therapy session, you sit or work near the light box placed 16 to 24 inches away for about 20 to 30 minutes a day. Most people use them shortly after getting up in the morning.

The Mayo Clinic recommends talking with your doctor before using one and specifically recommends that those diagnosed with bipolar disorder consult a physician first, as a light box may trigger mania in these patients.
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