
Cold Cuts

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Hurray For Spring! How Did You Survive The Winter?

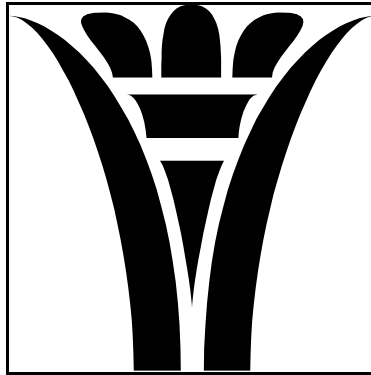
Did you think the warm weather would never come this year? Whew, what a winter! I'm sure we all felt like hibernating from the cold.

How did you cope with the unusually bad weather this year? Did you develop multi-layered wardrobe techniques? Find ways to warm up quickly after coming in from the cold? How about new strategies for accomplishing as much as possible by mail and phone?

Considering the severe conditions these last few months, I personally managed to survive better than I might have hoped. In fact, for the first winter in three or more years, I had no major attacks with lasting effects as in the past, such as painful ulcers on my toes.

How did I manage so well? Quite frankly, I'm not entirely sure. But here are three ways I survived this year:

- **Shopping** — I did as much shopping by mail this year as possible. In fact, I did nearly all of my holiday shopping through catalogs and my fax machine. Outside of a few out-of-stocks, it worked great!
- **Skiing** — Yes, even though I know I shouldn't, it's hard to give up the sport completely. This year, I was so bundled up, not an inch of me was uncovered. Some days I even wore two snow suits. And to keep the ski mask from fogging up my vision, I found heated goggles that worked to perfection.
- **Protection** — Now that I'm more conscious of protecting myself from the cold, it's half the battle. And the toe and hand warmers sure came in handy!



Congratulations — you survived the Winter of 1994!

Each of you probably has two or three tips that may prove invaluable for fellow group members and Raynaud's sufferers. Why not jot them down before the ideas melt away with the warm weather and bring them to the next meeting. Or, send them to me for publication in the next newsletter. Just because spring and summer are upon us doesn't mean we're home free this year. Soon, the culprit will be air conditioning!

Inside This Issue

- **Winter Survival Strategies**
 - **Plans For Next Meeting**
 - **Hot Product News**
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Next Meeting To Be Announced Soon.

In case you're wondering what's taken so long since our last meeting the end of January, it's not for lack of trying...it's just taken a lot longer to line up a speaker than I ever would have imagined.

Comments expressed in our last couple of meetings, reinforced by previous written suggestions from members, indicated a general interest in *natural* ways we can prevent attacks and proactively protect ourselves through diet.

Initially, I asked our friends at Dobbs Ferry Hospital if their staff Dietician would join us for a session. Unfortunately, they've been "between staff members" and unable to locate their former Dietician...

I tried the Yellow pages and some doctor referrals, but came up short. It appears few people in the field are familiar with the effect of diet on our condition.

Finally, I located the West Rockland Dietetic's Association. Their Director assured me she'd locate a speaker, but still has not delivered.

Somehow, in the process of all this research, referrals and phone calls, time just got away from me (in between ski weekends...). The trail is getting cold again, so I could use your help.

Do any of you know someone who would be qualified to speak on the subject? If not, would any of you be willing to call around to some of the local hospitals for a potential speaker?

If so, please give me a call at 914-682-8341. Suggested subjects for alternate topics are also welcome.

Hot Stuff: Product News for Cold Sufferers.

Thought I'd share with you some of the latest catalog items that can warm the hearts — and more — of fellow Raynaud's and cold sufferers:

- **Handeze Gloves** — I found this product through Estelle Leissing, one of our newer members. Estelle types a lot and needed something to keep her hands warm, but still provide freedom of movement. *Handeze* are fingerless, lycra gloves that do just that. They are available for \$19.99 from Adaptability. Item # 80634. Call 800-243-9232.
- **Vancouver Mugs** — Hate to put your hand around a cold glass of soda? Crate and Barrel offers an elegant all-purpose 16 oz. glass with a mug handle, perfect for all occasions. Dishwasher safe. Sold in a set of 6 for \$19.50. Item # 6206. Call 800-323-5461.

- **Coca-Cola Tumblers** — The Coca-Cola catalog offers a set of 16 oz. insulated plastic tumblers that won't feel cold to the touch. They are unbreakable and sweatproof, but my advice is not to put them in the dishwasher. A set of 4 sells for \$29. Item # 5269. Call 800-872-6531.

By the way, those foam rubber can coolers found this time of year make great drink and yogurt holders. I keep several around the office and the house. Someone also found one for me that folds flat for travel that I keep in my briefcase for use at business meetings.

If you've discovered any products that have made your life easier, please share them with the group. Bring them to the next meeting, or send them for publication in the next newsletter.

Note: discounted hand and toe warmers, plus microwavable Zap Pacs are still available to members.

Wanted: Spare Hands (Even Cold Ones).

We've grown to 60+ members in the past year and a half. That's the good news. The downside is the time and thought that goes into serving the needs of such a large and growing group.

Several of you have been terrific in offering your time to help us plan and conduct follow-up calls for meetings. But more help is welcome and needed.

Please let me know if you have any interest in helping out in the following areas:

- *Helping to identify speakers*
- *Calling members prior to meetings*
- *Suggesting newsletter articles*
- *Spearheading group expansion into NYC, NJ and Long Island*

Call me at 914-682-8341 if you're interested.

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