

# Home Matters

## Newsletter

The winter months can bring many weather-related challenges for motorists, including frigid temperatures, slick roads and poor visibility. All of these conditions can have a significant impact on how cars, trucks and other automobiles must be prepared and maintained before getting behind the wheel.

Protect yourself and your family, and help make the road a safer place for everyone, by taking the following steps:

- **Check key systems.** Make sure your battery is healthy, as the extreme temperatures of winter could drain it quickly and leave you stranded. Additionally, check your antifreeze levels against what's recommended in your vehicle manual. Belts, hoses, spark plugs, wires and cables should also be examined regularly. This may also be a good time to assess and replace your windshield wiper blades.
- **Think about your tires.** Consider installing winter tires if you'll be driving in icy and snowy conditions. Additionally, keeping tire chains in your vehicle can help you avoid becoming stranded. Check your tire pressure frequently, as cold temperatures can cause deflation, which could reduce your traction on slippery roads.
- **Prepare for emergencies.** Even if you've conducted the necessary maintenance on your vehicle, you might end up in a difficult situation. Packing an emergency kit that you keep in your vehicle is advisable year-round, but may be particularly important during the winter. These supplies should include drinking water, nonperishable food, a first-aid kit, road flares, extra clothes, flashlights and batteries.

Contact us today for more seasonal vehicle safety guidance.

Whether for heating your home, providing ambience or decorating for the holidays, candles and fireplaces can be an enjoyable and cozy part of riding out the winter. But you must also be aware of the various risks that come with using them. Fires can quickly spread in your home, causing significant injuries and property damage. Follow these safety tips:

- **Always extinguish before leaving.** Open flames are inherently dangerous. Make sure you blow out candles and fully extinguish fireplaces before leaving the room or going to bed.
- **Supervise closely.** Keep children and pets away from candles and fireplaces, and never leave them unattended, even for a brief moment.
- **Inspect chimneys.** Before using a fireplace this winter, make sure you have your chimney inspected by a qualified professional.
- **Consider placement.** Place candles on stable, flat surfaces, and away from any flammable materials, such as curtains, furniture and carpeting.
- **Check smoke detectors.** Double-check that you have working smoke detectors throughout your home, including on each level and in every bedroom.

For additional home safety resources, contact us today.

November is Bladder Health Month. This initiative focuses on promoting discussion about bladder health and providing information to the general public about possible issues and how to prevent them. According to the Urology Care Foundation, more than 33 million Americans have an overactive bladder.

Help your bladder stay healthy this November with the following tips:

- **Stay hydrated.** It's important to drink enough water. Try to drink at least six 8-ounce glasses per day to help flush your bladder.
- **Reduce irritants.** Limit your consumption of substances that may irritate your bladder, such as alcohol, caffeine, spicy acidic foods and artificial sweeteners.
- **Take your time.** Avoid rushing when going to the bathroom and allow enough time to fully empty your bladder, as not doing so could increase your risk of a bladder infection.
- **Exercise.** Staying physically active can help relieve symptoms of bladder inflammation and other health issues. Kegel exercises in particular can help improve bladder control and limit incontinence.

[Click here](#) for more information and resources regarding bladder health and wellness.

This newsletter is intended for informational use only and should not be construed as legal, financial or medical advice. © 2025 Zywave, Inc. All rights reserved.