



the  
**WATCH**  
coalition

## **SNOWMAGEDDON 2026!**

WEST TENNESSEE GOT HIT... AND WOW, DID WE FEEL IT. THE SNOW WAS GORGEOUS, BUT THE ICE THAT FOLLOWED HAD OTHER PLANS. WE KNOW THERE WERE SNOW DANCES HAPPENING AT FIRST, BUT NOW WE'RE ALL OFFICIALLY OVER IT AND DREAMING OF WHITE SANDY BEACHES, SUNSHINE, AND ANYTHING ABOVE FREEZING!

THROUGH IT ALL, OUR TEAM HAS BEEN IN FULL SNOW-BOOT MODE—CHECKING ON YOUR FACILITIES AND HELPING HOWEVER WE CAN.

HUGE THANK-YOU TO EVERYONE FOR KEEPING UP WITH DAILY CHECK-INS AND STAYING IN TOUCH WITH US AS THINGS UNFOLDED. WE TRULY APPRECIATE THE TEAMWORK AND COMMUNICATION!

FEBRUARY 1, 2026  
ISSUE 29

## **THIS ISSUE:**

- SNOW RESPONSE
- DATES & MEETING LINK
- SAVE THE DATE & PROJECTS
- HEALTHY TIPS FOR THE NEW YEAR
- FEBRUARY FUN!
- CONTACT INFORMATION



# REMINDER

**MARCH 2ND**

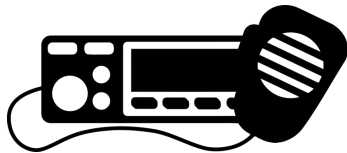
MRSE EXERCISE - VIRTUAL

**MARCH 18TH**

WATCH COALITION MEETING

**MAY 20TH**

WATCH COALITION MEETING



**IF YOU ARE INTERESTED IN BECOMING  
APART OF OUR COMMUNICATIONS  
COMMITTEE, PLEASE LET CHRIS WINSCHER  
KNOW AT CHRISTOPHER.WINSCHER@WTH.ORG**

Mark  
YOUR  
Calendar



COALITION  
MEETING LINK

WHILE WE WOULD LOVE TO  
SEE YOU ALL IN PERSON  
(804 N. PARKWAY,  
JACKSON), WE UNDERSTAND  
NOT EVERYONE CAN MAKE IT  
TO THE COALITION  
MEETINGS. BELOW IS THE  
ZOOM LINK TO USE WHEN  
LOGGING IN TO THE  
MEETING.

MEETING ID: 822 4137 2230  
PASSCODE: 612238



MRSE EXERCISE  
MARCH 2, 2026 9-12:00  
VIRTUAL

SIGN UP TO PLAY!



DO YOU HAVE IDEAS OR PROJECTS IN  
MIND FOR THE YEAR AHEAD?

WE'D LOVE TO HEAR WHAT YOU'RE WORKING ON!  
ALL PROJECTS SHOULD BE SHAREABLE AND  
BENEFICIAL TO COALITION MEMBERS.

**TAKING ACTION TO PROTECT #OURHEARTS**

HEART DISEASE IS THE LEADING CAUSE OF DEATH IN THE UNITED STATES – 1 IN 5 PEOPLE DIE FROM IT EACH YEAR, EVEN THOUGH IT IS LARGELY PREVENTABLE. RESEARCH SHOWS THAT MANY AMERICANS WILL LIKELY DEVELOP SOME FORM OF HEART DISEASE, BUT YOU DON'T HAVE TO BE ONE OF THEM. ACCORDING TO THE NATIONAL HEART, LUNG, AND BLOOD INSTITUTE (NHLBI), YOU CAN TAKE ACTION BY MAKING SMALL LIFESTYLE CHANGES THAT HELP REDUCE YOUR RISK AND IMPROVE YOUR OVERALL HEALTH.

NHLBI'S THE HEART TRUTH® PROGRAM ENCOURAGES YOU TO JOIN THE #OURHEARTS MOVEMENT AND TAKE THESE ACTIONS TO SUPPORT A HEART-HEALTHY LIFESTYLE:

- EAT BETTER. SELECT NUTRITIOUS SNACKS. TRY WHOLE FRUITS, DRIED FRUITS, UNSALTED RICE CAKES, FAT-FREE AND LOW-FAT YOGURT, OR RAW VEGETABLES. USE HERBS AND SPICES INSTEAD OF SALT.
- ADD MORE MOVEMENT TO YOUR DAY. SIT LESS. TAKE THE STAIRS. PARK A GOOD WALKING DISTANCE AWAY FROM YOUR DESTINATION. MARCH IN PLACE, OR WALK AROUND THE BLOCK. ANYTHING THAT GETS YOUR HEART BEATING COUNTS!
- STOP (OR DON'T START) SMOKING. MAKE A LIST OF THE REASONS YOU WANT TO QUIT, SELECT A QUIT DATE, AND TALK TO A HEALTHCARE PROVIDER ABOUT RESOURCES THAT CAN HELP.

# What do your blood pressure numbers mean?

## Normal range

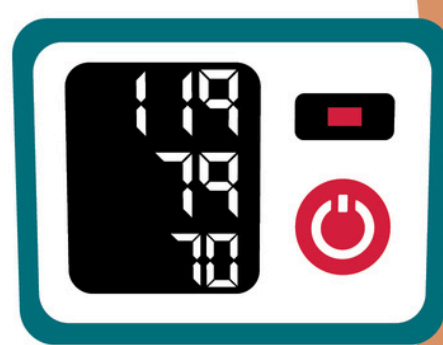
- Systolic: <120 mm Hg
- Diastolic: <80 mm Hg

## Elevated range

- Systolic: 120–129 mm Hg
- Diastolic: <80 mm Hg

## High blood pressure range

- Systolic: 130 mm Hg or higher
- Diastolic: 80 mm Hg or higher



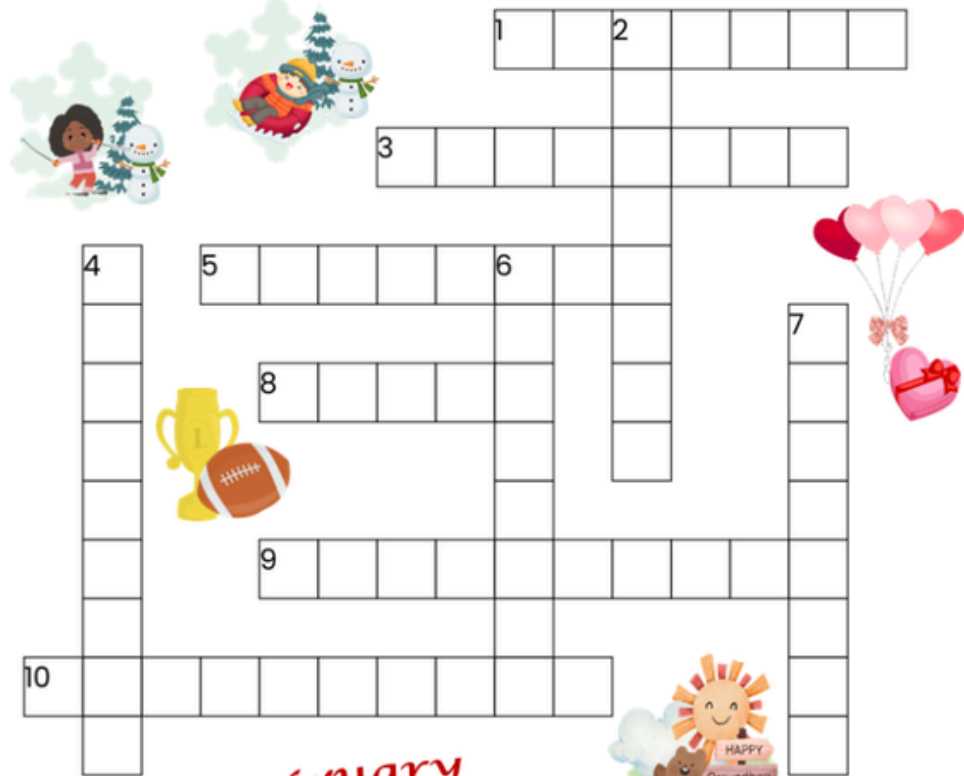
National Heart, Lung,  
and Blood Institute



# FEBRUARY



## February Mini Crossword Puzzle



ACROSS

1. Weather prophecy
3. Second month
5. American ball game
8. Valentine's Day symbol
9. First US president
10. Date of Valentine's Day

DOWN

2. Equal treatment
4. Forecasting woodchuck
6. Martin Luther King Jr.
7. Random acts of \_\_\_\_

*February*

TRUE LOVE



© Puzzle Cheer

## RIDDLE OF THE MONTH

WHAT KIND OF ROOM HAS NO DOORS OR WINDOWS?

# Contact Us

## REGIONAL HEALTHCARE COORDINATORS

### GINGER RODGERS

WEST REGION

GINGER.RODGERS@TN.GOV  
731-343-5383

### KEITH MIDDLETON

MADISON COUNTY

KMIDDLETON@MADISONCOUNTYTN.GOV  
(731) 437-3077

## WATCH BOARD MEMBERS

JAMES FOUNTAIN, CHAIR  
LORI BROWN, 1ST CHAIR  
JONATHAN WOOD, 2ND CHAIR  
CHRIS WINSHEL, SECRETARY  
LYN TISDALE, TREASURER

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