



Complete Care Coordination

Geriatric Services & Resources

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~ Bringing Quality Care
To Montreal Seniors ~



Joke of the Month:

A lady was driving on the highway. She was careful to stay within the speed limit. However, when she looked into her rear view mirror she saw a police car not far behind! And, much to her dismay, the car had on his flashing lights. She thought to herself, "Uh-oh, what have I done now? I'm not speeding. I'm not drinking. I have my seat belt on! So, she pulled over and the police car pulled over right behind her car. She rolled down the window, and prepared to get an undeserved ticket. The policeman walked up to her window, and spoke to her. The lady pointed to her ear and shook her head, meaning she was deaf. The policeman smiled slightly, and knowing sign language, signed back, "I know. I'm here to tell you that your horn is stuck."



CCC Custom Care:

We can get you to your Bridge Club or maybe you prefer a less competitive game of cards with your caregiver at home.



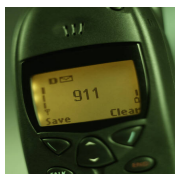
Food for Thought: Q: Does ginger really combat nausea and motion sickness? A: Formal research is mixed, but leans toward "yes". Gravol has jumped on the ginger bandwagon and now sells ginger capsules. Ginger interferes with clotting so those taking anticoagulant medication should watch how much they consume. Source: Dr. S. Grobys, naturopathic doctor in TO.



Oh, Take a Pill! 1. Inderal (propranolol) is used to treat high blood pressure, irregular heartbeats, shaking (tremors), and other conditions. It is also used to prevent migraine headaches and chest pain (angina). Therefore, it is not be used to treat chest pain or migraines when they occur. It works by blocking the action of certain natural chemicals in your body (such as epinephrine) that affect the heart and blood vessels. This effect reduces heart rate, blood pressure, and strain on the heart. Take this medication before meals (and at bedtime if taking 4 times daily).

2. Paxil is used to treat depression, panic attacks, obsessive-compulsive disorder (OCD), anxiety disorders, and post-traumatic stress disorder. It works by helping to restore the balance of certain natural substances in the brain (i.e. serotonin). This can improve your mood, sleep, appetite, and energy level and may help restore your interest in daily living. If you experience nausea, take this medication with food. Paxil may make you either sleepy or wakeful. Therefore, depending on how it affects you, your doctor may direct you to take the entire dose in either the morning or evening.

Happy New Year



Did you know?

It is safer to have a phone in your name. If someone other than you is responsible to pay your phone bills, when you dial 911 their address **may** appear on the screen at the 911 centre instead of yours. 911 administration recommends keeping a card with your address and telephone # beside the phone.

Events / Resource:

January 11th @ 2:00pm – 3:00pm
Speaker: Dr. Joe Schwarz
Topic: Wine and Chocolate - The Keys to Good Health?
Location: Cote St. Luc Public Library, Auditorium, 5851 Cavendish Blvd., CSL.
Free

January 13th @ 6:30pm
“Newest Techniques for Alzheimer Prevention and Detection”
Presented by: Alzheimer Groupe Inc.
Hotel Ruby Foo’s, 7655 Decarie Blvd.
Free but please pre-register @ 514-485-7233 or by e-mail at admin@alzheimergroupe.org
Speakers: Dr. Serge Gauthier, Dr. Jens Pruessner, and Dr. Howard Chertkow



Alzheimer’s Tip: Set routines and schedules. Try going to bed, waking, and eating meals at the same time each day.



Testimonial:

“Thank you so much for your love, support, and thoughtfulness during this difficult time”. Cynthia J.



Going Green

Once your party is a “go” and your invitation list is complete, send your invites online using www.evite.com. These invitations are usually free and the site also offers map features, message updates, a guest list, selected themes, and a follow-up thank-you note.

Source: Solutions, Boomersview, Winter 2008/09



Inspirational Quote: “Youth is when you are allowed to stay up late on New Year’s Eve. Middle age is when you are forced to.” Bill Vaughn