

News & Notes December 2009  
**Happy Holidays**



**Complete Care  
Coordination**

**Geriatric Services & Resources**

[www.completecare.ca](http://www.completecare.ca)

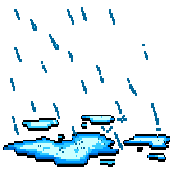
Tel: (514) 697-CARE (2273)

[care@completecare.ca](mailto:care@completecare.ca)

**~ Bringing Quality Care  
To Montreal Seniors ~**



**Food for Thought:** Dr. Alan Logan, author of *The Brain Diet*, recommends eating blueberries as often as possible. Blueberries help maintain brain cell communication so neurotransmitters continue to fit into the brain receptors like a lock and key.  
Zoomermag.com



**Joke of the Month:**

A Russian couple was walking down the street in St. Petersburg when the man felt a drop. "I think it's raining," he said. "No, that felt more like snow," his wife replied. "No, I'm sure it was just rain," he said. Well, they were about to have a major argument about whether it was raining or snowing. Just then they saw a minor communist party official walking toward them. "Let's not fight," the man said, "let's ask Comrade Rudolph whether it's raining or snowing." The man said, "Tell us, Comrade Rudolph, is it raining or snowing?" "It's raining, of course," he answered and walked on. But the woman insisted: "I know that felt like snow!" To which the man quietly replied: "Rudolph the Red knows rain, dear!"



**CCC Custom Care:**

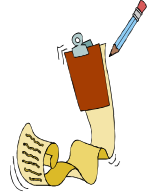
**We can monitor your blood pressure on an as needed basis.**



**Oh, Take a Pill!** 1. Adalat is used to treat high blood pressure. It works by relaxing blood vessels so blood can flow more easily. It should be taken by mouth on an empty stomach at the same time each day. Do not crush, chew, or break the tablets as this can destroy the long action of the drug and may increase your risk of side effects. Avoid eating grapefruit or drinking grapefruit juice while being treated with this medication unless your doctor instructs you otherwise. Grapefruit juice can increase the amount of this medication in your bloodstream.

2. Glucophage (Metformin) is used to treat type 2 diabetes also known as non-insulin-dependent diabetes mellitus. It should be taken with meals, swallowed whole, and never crushed or chewed. Make sure you tell your doctor if you have kidney or liver problems. Common side effects include diarrhea, nausea, and upset stomach. Taking your medicine with meals can help reduce these side effects. And, they generally go away after you take the medicine for a while.

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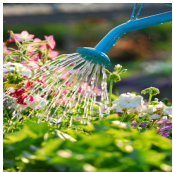


**Did you know?**

**Myth:** Arthritis is an “old person’s disease”.

**Truth:** Sixty percent of the nearly 4.5 million Canadians with arthritis are under age 65. And, one in 1000 children also has arthritis.  
**Source:** Arthritis Society

**Inspirational Quote:** “As we struggle with shopping lists and invitations, compounded by December’s bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same. Donald E. Westlake



**Alzheimer’s Tip:** Allow the person to carry out old habits (i.e. watering the plants) as long as these habits do not put anyone at risk.

**Events / Resource:**

Dec. 2<sup>nd</sup> @ 4:00pm  
Trafalgar Holiday Concert  
Church of St. Andrew & St. Paul  
3415 Redpath St., Montreal  
Phone: 514-842-3431  
Free



**Testimonial:** “I would like to express again, my appreciation and deep gratefulness for all that you and your team have done for my husband during the last days of his life. My family and I were comforted by your kindness and professionalism in those difficult times.”  
Simonne C.



**Going Green**

**Composting:** garbage to gold.  
If you’re composting you’re producing less garbage, which means less energy is used to haul away your garbage, less land is contaminated by landfill use, and your local landfill will emit less methane. It also means free garden fertilizer.

**Source:** Homemakers, Summer 2008