

## Enjoy your summer!



### Complete Care Coordination

Geriatric Services

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

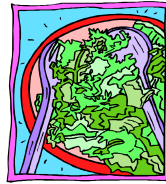


### Joke of the Month:

A man saw a woman in the grocery store with a little girl. In the cookie section, the little girl asked for cookies and when her mother told her "No", she began to whine and fuss. The mother said quietly, "Now Monica, we have half of the aisles left to go through - don't be upset. It won't be long." In the candy aisle, the little girl shouted for candy and cried when told "No". The mother said, "There, there, Monica, don't cry - 2 more aisles and we'll be gone." At the checkout, the little girl began to clamour for gum and burst into a tantrum when she was told "No". The mother said serenely, "Monica, we'll be through the checkout in 5 minutes and then you can go home and have a nice nap." In the parking lot, the man stopped the woman to compliment her. "I couldn't help noticing how patient you were with little Monica," he began. The mother replied, "I'm Monica - my little girl's name is Tammy."



**CCC Custom Care: Need blood work done and cannot get out to the CLSC. We can arrange for you to have it done privately at home.**



**Food for Thought:** Using dark leafy greens, such as baby spinach and mesclun, in your salads instead of iceberg and romaine lettuce boosts your intake of vitamin E, folate, potassium and a range of antioxidants.

Source: Rosie Schwartz, dietician



**Oh, Take a Pill!** 1. Lopressor Also called metoprolol, is a beta-blocker used to treat chest pain (angina) and high blood pressure. It works by blocking the action of certain natural chemicals in your body, such as epinephrine, on the heart and blood vessels. This results in a lowering of your heart rate, blood pressure, and decreases strain on the heart. Take it with or right after a meal. Do not suddenly stop taking this medication as your condition may become worse. You may experience dizziness, lightheadedness, drowsiness, tiredness, diarrhea, vomiting, unusual dreams, trouble sleeping, or vision problems as your body adjusts to the medication.

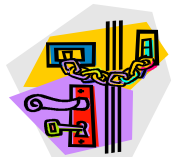
2. Nexium works by blocking acid production in the stomach. It is used to treat acid-related stomach and throat problems e.g., acid reflux. Take by mouth usually once daily at least 1 hour before a meal. Do not crush or chew the capsule(s). Headache, diarrhea, nausea, gas, stomach pain, constipation, or dry mouth may occur.

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**Did you know?** Alzheimer's and other forms of dementia are typically seen afflicting seniors. However, new data suggests that an increasing number of middle-aged people are suffering as well. In fact, the Alzheimer Society of Canada reports, of the half million Canadians affected by dementia, 50,000 are 59 or younger.

Source: The Canadian Press

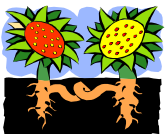


**Safety Tip:** Install second locks on exit doors (i.e. add a chain lock to a dead bolt, to make the process of unlocking too complicated for the Alzheimer's person to carry out) or lock the exit doors with a key from the inside and pocket the key.



**Testimonial:** "I would like to take this opportunity to thank you for all the 'quality' time and effort you have spent with Doreen over the past few months. The work that you do has great meaning, not only for Doreen but for my family as well and we appreciate you greatly."

Rod



**Inspirational Quote:** "Our ideas, like orange-plants, spread out in proportion to the size of the box which imprisons the roots." Edward Bulwer Lytton



### **Events / Resource:**

Aug. 12<sup>th</sup> 6:30pm – 7:30pm  
Speaker: Gigi Cohen, Holistic Health Care Expert

Topic: Summer is the best time to get healthy. Learn how to make delicious smoothies that cleanse the body.

Where: Cote St. Luc Library, Auditorium  
5851 Cavendish Boulevard

Cost: \$5:00 – tickets on sale July 2<sup>nd</sup>.

"Solutions Magazine" is a great way to inform yourself about how to care for your elderly family member. Check out their website at [solutionsmagazine.com](http://solutionsmagazine.com)

If you have an event you would like us to announce, please give us call at 514-697-2273



### **Going Green**

Recycled papers end up as everything from toilet paper to roofing shingles. Using one ton of recycled newsprint means that 19 trees are left standing.

Source: Alan Britnell, Homemaker, April 2009