

# Happy Labour Day!



## Complete Care Coordination

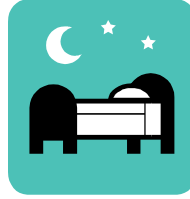
Geriatric Services & Resources

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

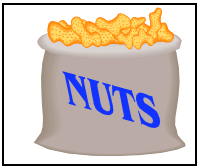
Tel: (514) 697-2273

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

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



**Food for Thought:** Many believe that eating before you go to bed will make you fat. It only will if you have already consumed your daily caloric intake. "If you overeat, it doesn't matter what time of day you eat, you're going to gain weight".  
Source: Dietician, Charlotte Varem-Sanders in *The Gazette*



### **Joke of the Month:**

A man visits his aunt in the nursing home. It turns out that she is taking a nap, so he just sits down in a chair in her room, flips through a few magazines, and munches on some peanuts sitting in a bowl on the table.

Eventually, the aunt wakes up, and her nephew realizes he's absentmindedly finished the entire bowl. "I'm so sorry, auntie, I've eaten all of your peanuts!"

"That's okay, dearie," the aunt replied.  
"After I've sucked the chocolate off, I don't care for them anyway."



**CCC Custom Care:** Planning a trip?  
We can help you with the arrangements and accompany you if required.



**Oh, Take a Pill!** 1. Sinimet is used in the treatment of Parkinson's disease and syndrome. It should be taken as prescribed by your doctor. Some side effects are nausea, low or high blood pressure, dizziness, or involuntary movements. Be advised that occasionally, dark color (red, brown, or black) may appear in your urine, saliva or sweat. This can discolor your clothes. Also, be alert to the possibility of sudden onset of sleep during daily activities. Use caution when driving.

2. Zoloft is used for the treatment of major depressive disorder in adults. Some side effects are dry mouth, sleepiness or insomnia, dizziness, headache, and nausea. Never stop an antidepressant medicine without first talking to a healthcare provider. Stopping an antidepressant medicine suddenly can cause other symptoms. Be aware that depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions.

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*your high school class is running the country.” Kurt Vonnegut*



**Did you know?** A study from McGill University found that surgery may not be as bad for seniors as thought. In fact, open-heart surgery can be a most viable option for seniors. The study showed that age alone should not be factor in ruling out heart surgery, but that overall health should be assessed. Source: McGill News, Winter 2008/09, printed in Rehab & Community Care Medicine, Spring 2009



**Events / Resource:**

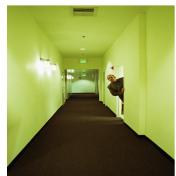
Sept. 14th 2:00pm – 3:00pm  
Speaker: Dr. Joe Schwarz  
Topic: Conjurers and Science Magicians are said to be the scientists of the stage. Find out why!

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

Cost: Free

Lakeview Memorial Gardens, Cemetery and Cremation Centre  
701 Donegani, Pointe Claire, Quebec  
For information on pre-planned funeral arrangements call Claire Winyard @ 514-694-9294

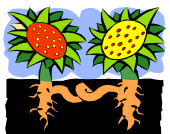
If you have an event or resource you would like us to promote, please give us call at 514-697-2273!



**Safety Tip:** Move furniture back from the centre of room, remove all small pieces of furniture, and keep hallways clear of furniture and knick-knacks, to allow for pacing and circular wandering for Alzheimer's patients.



**Testimonial:** “You honored my parent’s wish list in finding a great residence. The place you recommended will not only allow them to be together, but also to live a quality life.” Mary P.



**Inspirational Quote:** “True terror is to wake up one morning and discover that

**Going Green**

The Montreal Metropolitan Community is urging people to reduce the amount of garbage and recycling that they produce. Try buying in bulk, packing your lunch in reusable containers, choosing drinks in reusable and refundable containers, and avoiding over packaged products – like

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*your veggies on a Styrofoam plate with  
plastic wrap.*

*Source: Tips for Living Green, The Gazette*