

*CONCORD
RETIREMENT
RESIDENCE*



*JANUARY
NEWSLETTER
2020*



CONCORD CHATTER

And now we welcome the New Year.
Full of things that have never been.

Rainer Maria Rilke



All of us every single year, we're a different person.
I don't think we're the same person all our lives.

Steven Spielberg



To have the kind of year you want to have,
something has to happen that you can't explain why it happened.
Something has to happen that you can't coach.

Bobby Bowden



We will open the book. Its pages are blank. We are going to
put words on them ourselves. The book is called Opportunity
and its first chapter is New Year's Day.

Edith Lovejoy Pierce



Be always at war with your vices, at peace with your
neighbours, and let each New Year find you a better man.

Benjamin Franklin

 **UPCOMING EVENTS** 

Lunch Out
Sweet Dicken's ~ Oliver Tea Room
Friday, January 17th at 9:30 a.m.



Robbie Burns ~ Sing-A-long
Thursday, January 23rd at 4:00 p.m.



Cascades Casino
Friday, January 24th at 9:30 a.m.



Chinese Lunch In
Please Sign up in the Office.
Approximate cost \$8.00 will go on your account.
Monday, January 27th at Noon



Golden Ears Cheese Crafters
Friday, January 31st at 9:30 a.m.



Happy Birthday

04 ILSE LATHAM
06 RETA TAILLEFER
23 MARGARET McELROY

Resident Corner: Wander down to the basement (across from the recreation room) and check out the Resident Corner bulletin board. This is a place for sharing information – please feel free to post items of interest.



Garbage – If the weather is wet, you can drop off your personal garbage in the large can outside the work shop instead of walking down to the dumpster. **PLEASE DO NOT LEAVE GARBAGE IN THE HALLWAY BESIDE THE NEWSPAPER STAND!**

**** If you have your garbage outside your door before 8:00 a.m. we can pick it up for you.**



DO NOT PUT YOUR HOUSEHOLD GARBAGE IN THE LAUNDRY ROOM GARBAGE CAN



Check out our many books
3 libraries to browse thru – New books
being added regularly.

Salon Services: Book your appointment with the office

Glynnis - Wednesday

* Hairdressing (Men & Women)



Adele – Nails -

*check calendar – Time Change!



Social Hour

Tuesday and Thursday at 4:00 p.m.



Bingo

Fridays at 2:00 p.m.



Wheel of Fortune

Saturdays at 3:00 p.m.



**Service and Communion at St. Mark's Church
First Wednesday of the Month at 9:30 a.m.**

******Unable to go this month******

“EVERYONE WELCOME”

Shopping Trips: Tuesday & Thursday mornings at 9:30 a.m.
*please be ready to board the bus about 5-10 minutes early**.*

**Remember to sign up for shopping trips and bus outings at the activity binder in the lobby.



Shopping:

Please drop off your Shopping Request in the office and we will fill your order on our next shopping trip. Shopping expenditures will be limited to a \$50.00 maximum per person per shopping trip (unless there is prior approval from the office) as well as a 10% surcharge. The cost of getting a taxi to do your own shopping would far exceed the proposed 10% surcharge, not to mention the frustration and exhaustion!

Making your life easier is our priority. 😊



Walkers on the bus: Please indicate on the sign-up sheet if you will be bringing your walker and to indicate your destination on the shopping trips. It is very helpful for organizing the walkers on the bus.



Walkers in the Dining Room: We offer valet parking for your convenience – in fact, **we insist!** Walkers in the dining room pose a tripping hazard to residents and staff. The staff will gladly return your walker to you when you are ready to leave. Thank you for your co-operation.

NEW DAY!!!



Every Wednesday afternoon a **short bus trip** with Jenn

Bus Etiquette

When we have a large group for our outings, I would appreciate if we disembarked from the bus in the following order...

Those who don't have a walker please get off the bus first.

Followed by those with walkers...but please wait till I have your walker out and I call your name.

Lastly those that require the lift I will unload you last.

I just want to make sure everyone gets on and off safely...

Thank you, Jenn



Keeping your *Brain Power* in motion:

- Words in a Word (new challenge every week on the bulletin board)
- Word Search (pick one up in the Recreation Room)
- Scrabble – Wednesdays at 3:00 in the library
- Discussion Group – **January 22nd at 11:00 a.m.**



Personal laundry (an extra service)

\$7.00 per load or \$25.00 a month (4 loads a month).

LAUNDRY ROOM ETIQUETTE

1. PLEASE OBSERVE THE LAUNDRY SCHEDULE - check with the office if you need to move your time
2. DO NOT MOVE SOMEONE ELSE'S LAUNDRY FROM THE WASHER OR DRYER AND LEAVE ON TOP OF MACHINES – check with the office if you think someone has forgotten about their laundry



Want to make a suggestion?
Visit our Suggestion Box in the basement hallway



Mondays at 10:00 a.m. - Sing A-long with Sonia
January 2–at 5:30 p.m. – Martin Adcock - piano



Chair Exercises – Monday, Wednesday & Saturday
**** check your Activity Calendar for exercise times**
Yoga – Thursdays at 2:00 p.m.
Tai Chi – Every other Wednesday at 10:30 a.m.
Laugh for Your Health – Friday, January 24th at 1:00 p.m.

Strength & Balance – Tuesdays at 3:00 p.m.

Mindfulness – Wednesday, January 15th & 29th at 11:00 a.m.



YOUR HEALTH:

(The following is for interest only and is not intended to be taken as medical advice. Always check with your doctor.)



Home Remedies for Nasal Congestion

Nasal congestion in simple terms is known as a ‘blocked nose’ or ‘stuffy nose’. This happens when there is swelling in the nasal cavity, leading to a buildup of mucus. As a result, it becomes difficult to breathe normally. This problem is often associated with colds, flu and allergic reactions.

1. Apple Cider Vinegar

Apple cider vinegar is one of the best remedies to clear a stuffy nose quickly.

It works as a natural decongestant that helps break up congested mucous and provide excellent relief from a blocked, stuffy nose. Also, the potassium in it helps dry up a runny nose.

Treat Nasal Congestion with Apple Cider Vinegar

Plus, being rich in several nutrients, it is good for your overall health and immunity.

- Mix 2 tablespoons of raw, unfiltered apple cider vinegar and 1 tablespoon of raw honey in a cup of warm water. Drink this 2 or 3 times a day for a few days.
- Also, pour equal amounts of water and raw, unfiltered apple cider vinegar in a pan. Bring this mixture to a boil, then

inhale the steam. Make sure to close your eyes or it will sting the eyes. Do this 2 or 3 times a day or as needed.

2. Steam Inhalation

Steam inhalation is another popular home remedy for instant relief from nasal congestion. It works as a natural expectorant to clear the congestion and also lubricates the irritated respiratory tract.

You can use any of these remedies 2 to 4 times a day. Keep your head about an arm's length away from the water and a towel over your head to trap the steam.

- Add a few drops of peppermint or eucalyptus essential oil to boiling water and inhale the steam for about 10 minutes.
- Add 1 tablespoon of crushed carom seeds to boiling water. Inhale the steam for about 10 minutes.
- Inhaling steam from a humidifier or hot bath can also help decrease congestion.

Note: Steam inhalation is generally not recommended for younger children (below 12 years of age) because of the risk of scalding. Also, it may not be suitable for pregnant women, and those suffering from high blood pressure, heart condition or central nervous system disorders.

3. Nasal Irrigation

Nasal irrigation with a saline solution can also be used to treat nasal congestion. It helps wash away the mucus and irritants from the nasal passages and give you excellent relief.

To prepare the saline solution, mix 1 teaspoon of non iodized salt (iodized salt can cause irritation in the nasal passages) in 2 cups of warm distilled water. Here are two popular methods of nasal irrigation.

- A Neti pot, a container designed to flush mucus and fluids out of your nasal passages, is a popular device for doing nasal irrigation. To rinse the sinuses using a Neti pot, tilt your

head back and gently pour the mixture directly into one of your nostrils. Allow it to drain out through the opposite nostril. Repeat this process with the other nostril.

- Another option is to pour the salt solution into the palm of your thoroughly washed hands and inhale it through one nostril at a time.

Use either of these methods once or twice daily for a few days.

Note: Make sure to use distilled or previously boiled water for nasal irrigation and wash the irrigation device after each use.

4. Cayenne Pepper

Cayenne pepper is highly effective at relieving nasal congestion and blocked sinuses. The capsaicin in it works as a natural decongestant to provide relieve from inflammation in the nasal passages.

Plus, the fiery effect of cayenne induces a runny nose to get rid of the mucus and allergens in your sinuses. This in turn relieves a blocked nose.

- Add ½ teaspoon of cayenne powder to 1 tablespoon of raw honey and eat it a few times daily.
- Another option is to dip the tip of a cotton swab into cayenne pepper. Carefully insert the cotton swab into the nose to induce sneezing and clear the sinuses. There will be a burning sensation initially, but it passes quickly and eventually help relieve sinus pressure and pain. Do it 2 or 3 times a day.

5. Vapor Rub

Vicks VapoRub, a popular over-the-counter decongestant, can provide quick relief from a blocked nose.

The active ingredients, such as camphor, eucalyptus oil and menthol, help clear the congestion and make breathing easy and comfortable.

- Rub this mentholated topical cream gently on the chest, back and throat before going to bed to make breathing easy and help you sleep properly.
- Also, boil some water in a pot. Turn off the heat and put a small amount of Vicks VapoRub in it. Stand over the pot with a towel over your head, keep your eyes closed and inhale the steam for just a couple of minutes. Repeat as needed.

6. Garlic

Garlic is one of the best home remedies for reducing nasal congestion. Its antiviral, antibacterial and antifungal properties help fight the respiratory infection causing congestion.

It also helps control overproduction of mucus and prevents infection. It even promotes quick recovery, as garlic is a natural immune booster.

- Boil 2 to 3 garlic cloves in 1 cup of water. You may also mix in ½ teaspoon of turmeric powder. Drink it twice daily until the congestion clears.
- Eating fresh garlic cloves can also help relieve stuffiness and discomfort.
- Garlic supplements can also be taken on a regular basis to prevent or reduce the frequency of nasal congestion. Always consult your doctor before taking any kind of supplement.

7. Eucalyptus Oil

Eucalyptus oil is highly beneficial for those suffering from nasal congestion, thanks to its decongestant and anti-inflammatory properties.

It helps clear airways of mucus and also works as a natural cough suppressant.

- Add 3 to 5 drops of eucalyptus oil to boiling water in a large pot. Use a towel to cover your head and slowly inhale the steam through your nose for no more than 2 minutes at a time. Keep your eyes closed. Do it twice daily.
- You can also simply put 1 or 2 drops of eucalyptus essential oil in a fresh handkerchief and inhale the aroma a few times a day. You can even put a few drops of eucalyptus essential oil on your pillow so you can inhale it even when you are in deep sleep.
- For an aromatherapy bath, add a few drops of eucalyptus essential oil to your bathwater and enjoy the bath for 15 minutes once daily.

8. Ginger

Ginger is another effective and easy remedy for a blocked nose.

It has high antioxidant potential that helps inhibit the secretion of mucus. It also helps maintain normal nasal ciliary motility, an important element of sinus health.

- Drink 2 to 3 cups of warm ginger tea daily. To make the tea, boil 2 cups of water over low heat and add 1 tablespoon of fresh ginger slices in it. Let it simmer for 5 to 10 minutes. Strain, mix in some fresh lemon juice and raw honey, and drink it.
- Chewing small pieces of raw ginger sprinkled with salt several times a day can help treat a nasty cough and blocked nose.
- You can also take ginger in the form of lozenges, which are readily available in the market.

9. Spicy Tomato Tea

This is an excellent remedy for getting relief from nasal congestion, as it can help improve the flow of mucus through the nasal passages.

As it contains healthy components such as tomato juice, garlic and lemon, spicy tomato tea is also good for giving a boost to your immunity.

1. Boil 1 cup of tomato juice along with 2 garlic cloves (chopped), 2 to 3 teaspoons of freshly squeezed lemon juice, ½ teaspoon of hot sauce (if you do not have any hot sauce, use ¼ teaspoon of cayenne pepper) and a pinch of sea salt.
2. Drink this tea slowly while it is hot, twice daily for a few days.

Also, eat very spicy foods and include ginger, garlic, onion and red chili more often while preparing your food to make it spicier. You can also have chicken soup.

10. Turmeric

Turmeric works as a strong antioxidant, anti-inflammatory and antibacterial agent, thus making it another effective home remedy for nasal congestion.

The curcumin in it helps reduce the swelling and inflammation in the nasal passages, thereby providing quick relief from the symptoms. It also gives your immune system a powerful and welcome boost.

- Heat a glass of milk, add 1 teaspoon of turmeric to it and let it boil and then simmer for 5 minutes. Pour it in a cup, add a little raw honey and drink this turmeric milk twice daily to speed up the healing process.
- Alternatively, mix together 2 tablespoons of turmeric juice, 1 tablespoon each of lemon juice and honey, and a pinch of cayenne pepper. Have this mixture 1 or 2 times daily.

Additional Tips

- Drink more water to help thin the mucus and also keep the body hydrated.
- Have homemade chicken soup.
- Eat foods high in omega-3 fatty acids to fight inflammation.
- Increase your intake of vitamin C to boost your immunity.
- Both acupuncture and self-massage can help reduce the discomforts.
- A warm compress applied on the nostrils can help unclog a stuffy nose by opening the nasal passages from the outside.
- Get plenty of rest for a few days to help your body recover quickly.
- Maintain adequate humidity inside your house.
- Stay away from possible allergens that may be aggravating your condition.
- Avoid certain foods to reduce mucus, such as dairy products, grains, sugar and potatoes and other starchy root vegetables.
- Include exercise in your daily routine to clear out congestion quickly.



Remember to wash your hands frequently this Fall/Winter, sneeze and cough into your sleeve instead of into your hands, eat well, **drink lots of fluids**, get lots of sleep and stay healthy! Order tray service to reduce the spread of germs.



Let's Laugh

A Romantic New Year's Day Story

A married couple had been out shopping for most of the day. Suddenly the wife realized that her husband had "disappeared". Somewhat irate she called her husband's mobile and demanded, 'Where are you?'

Husband: 'Darling, do you remember that little jewelry shop where you saw that beautiful diamond necklace and totally fell in love with it but I didn't have the money at that time and I said "Darling it'll be yours one day."'

Wife, tremulously, 'Yes, I do remember that my love.'

Husband, 'Well I'm in the Pub next to that shop.'

A New Year's Wish

On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living.

Well, it was kind of embarrassing. As the clock struck - the bartender was almost crushed to death.

Lecture Tour with A Difference

On New Year's Eve, Daniel was in no shape to drive, so he sensibly left his van in the car park and walked home. As he was wobbling along, he was stopped by a policeman. 'What are you doing out here at four o'clock in the morning?'

asked the police officer.

'I'm on my way to a lecture,' answered Roger.

'And who on earth, in their right mind, is going to give a lecture at this time on New Year's Eve?' enquired the constable sarcastically.

'My wife,' slurred Daniel grimly.

New Year's Eve Party - Phantom Guest?

Trevor's New Year's Eve party was an annual occurrence with numerous guests arriving. During the evening, a man knocked on the door, was greeted heartily although no one knew who he was, and was led to where the drinks were, in the kitchen. He sat there happily, chatting away, for a couple of hours before a strange light dawned on his face. 'You know,' he confided to Trevor, 'I wasn't even invited to this party. I just came over to tell you that some of your guests' cars are blocking my drive.' He continued, 'My wife's been sitting out in the car waiting for me to get them moved, so that we can go out.'

New Year's Day Party - That Never Was?

As in many homes on New Year's Day, Janet and Nigel, a happily married couple, faced the annual conflict of which was more important: the football match on television, or the lunch itself. Hoping to keep the peace Nigel ate lunch with the rest of the family, and even lingered for some pleasant after-lunch chat before retiring to the lounge to turn on the television.

Some minutes later, Janet looked in to see how he was and graciously even bought a cold beer for Nigel. She smiled, kissed him on the cheek and asked what the score was. Nigel told her it was half time and that the score was still 0-0.

'See?' Janet said happily, 'You didn't miss a thing.'

A Bad Dream?

Jemima was taking an afternoon nap on New Year's Eve before the festivities. After she woke up, she confided to Max, her husband, 'I just dreamed that you

gave me a diamond ring for a New Year's present. What do you think it all means?'

'Aha, you'll know tonight,' answered Max smiling broadly.

At midnight, as the New Year was chiming, Max approached Jemima and handed her small package. Delighted and excited she opened it quickly. There in her hand rested a book entitled: 'The meaning of dreams'.



DON'T MESS WITH SENIORS!!!
We've been around the block more than once!

***** Old People Rock!*****



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