

*CONCORD
RETIREMENT
RESIDENCE*



2020
NEWSLETTER



CONCORD CHATTER

It was one of those fine October days
free from summer's heat and haze
but not yet gripped by autumn chill.



It was one of those fine October days
when the sky's so clear
you can see the moon
through the atmosphere
at midday.



It was one of those fine October days
when the trees sport yellow and red
instead of everyday summer green.



It was one of those fine October days
when one draws a deep breath
and is grateful
to be resident on Earth.

~Richard Greene~



Autumn carries more gold in its pocket than all the other seasons.

~Jim Bishop~



Thanksgiving is a time of family traditions and connections. Sadly it is going to look different this year.

But Thanksgiving is also a time to pause and reflect on things that we are thankful for. This year more than ever we need to adjust our perspective and be grateful.

Lucky are those that deeply miss connection with family and friends, for you personally know the depth of love and friendship (not everyone does). Those strong ties stay with you regardless of the distance. Their embrace can be felt without actual physical contact. So, this Thanksgiving – pause – and think of all that you are grateful for.



Happy Birthday

03 MARY BROWN

04 VIOLET HUSSEY - HAPPY 100TH!!!

One on One:

Would you like some help with something? Maybe you need some help with bills/paper work or need to order something online. Would you like to facetime with family? Do you need help cleaning the fridge or help with the accumulation of clutter? You can let the office know and we will book a time that Jenn will be able to assist you.



Changes to Shopping:

In order to be more efficient, we have made a change to the shopping schedule. Please make out your shopping list and hand into the office by **Tuesday** afternoon and personal shopping will be done on Thursdays.



Keeping your *Brain Power* in motion:

- Words in a Word (new challenge every week)



Please continue to be sexy sanitizers!! When you come into the dining room everyone needs to sanitize their hands and again when you leave the dining room. IT IS SO IMPORTANT to continue the practice of washing your hands (both sides and between fingers) many, many times a day and always after using the washroom, before you eat and REMEMBER DO NOT TOUCH YOUR FACE!.



BE A NUMBER ONE HAND WASHER in the fight against this virus.



Remember to sneeze and cough into your sleeve instead of into your hands, eat well, **drink lots of fluids**, get lots of sleep and stay healthy! Wash your hands constantly!

If you are experiencing any symptoms like a cold, dry cough, sore throat, upset stomach, muscle ache or fever (or any other symptom out of the ordinary) please report it to the office immediately and stay in your room.

We will continue taking temperatures and screening for COVID symptoms on a daily basis until further notice. Thank you for your patience and co-operation.

Social Distancing:

By definition this means staying at least 6 feet from another person. When the girls are entering your room with meal service it would be helpful if you would stand back or stay in your chair. I know you all want to help but we will have to use “air hugs” for the time being from a social distance of 6 feet.



Remember social distancing is essential between yourself and fellow residents, and more particularly, between yourself and visitors.



New Meal Service:

Breakfast – still delivered to your rooms

Lunch – 11:30 (Group A) - socially distanced

12:45 (Group B) - socially distanced

Dinner – still delivered to your rooms

**** Please advise the kitchen if you want an alternative entrée' by 9:00 A.M. in order to allow the Chef sufficient time.**



Friday Special Lunch – twice a month - Check your calendar

Saturday treat basket!



Sunday Ice cream



Please refer to your activity calendar for our small group programs (socially distanced and thoroughly sanitized)



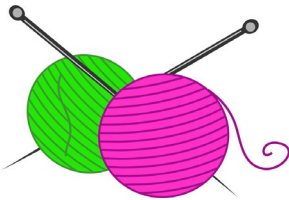
Wheel of Fortune

Tuesdays at 10:00 a.m.



Crafts with Jenn (individual supplies – no sharing)

Wednesdays at 2:00 p.m. in the Dining Room



Knitting

Fridays at 2:00 p.m.



Halloween is October 31st but let's have some halloween fun on Friday, October 30th. How about decorating your door or even the hallway with some Spooktacular decorations! (We will provide the decorations and you can create)

BUS DRIVE



Everyone seems to be loving the return of bus outings (Tuesday & Thursday afternoons) even if it is only 5 people socially distanced and no one ever gets off the bus!!

PLEASE NOTE that any activities that we are slowly able to re-introduce are for residents only. As much as we love family participation, we are unable to include guests at this time.

Visitors: Visits are limited to outside only at a social distance of 6 feet. All visitors must contact the office and book an appointment time. Visits are scheduled before 5:00 p.m. There is a limit to the number of visitors on the property at one time. All visitors must sign in and answer some screening questions. Masks must be worn appropriately AT ALL TIMES (masks pulled under the nose are not effective). Visitors are not allowed in the building and there is no washroom access.

SKIP THE BUS:

Remember pre-COVID when we used to go on great excursions on the bus? Have you heard of “skip the dishes”? This is when you get food delivered to you and you don’t have all the dishes and cleanup. Well “Skip the Bus” is when you get to have the experience of an outing but you don’t have to travel on the bus! Our “Skip the Bus” travels can take us anywhere (somewhere in the community or further abroad) and there are no traffic jams! Watch the calendar for our next trip.

WELCOME BACK: Book your appointment with the office
** Adele & Glynnis will be wearing masks and following strict safety protocol.



Glynnis - Wednesday

Hairdressing (Men & Women)

** a price increase of \$5.00



Adele – Nails -

Thursday, October 15– make an appointment with the office



YOUR HEALTH:

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



11 Natural Treatment Tips for Colds and Flu

Looking for a natural or alternative treatment for your cold or flu symptoms? Here are 11 tips that may help relieve your symptoms.

#1 Know When not to Treat Symptoms

Believe it or not, those annoying symptoms you're experiencing are part of the natural healing process -- evidence that the immune system is battling illness. For instance, a fever is your body's way of trying to kill viruses by creating a hotter-than-normal environment. Also, a fever's hot environment makes germ-killing proteins in your blood circulate more quickly and effectively. Thus, if you endure a moderate fever for a day or two, you may actually get well faster. Coughing is another productive symptom; it clears your breathing

passages of thick mucus that can carry germs to your lungs and the rest of your body. Even that stuffy nose is best treated mildly or not at all. A decongestant, like Sudafed, restricts flow to the blood vessels in your nose and throat. But often you want the increase blood flow because it warms the infected area and helps secretions carry germs out of your body.

#2 Blow Your Nose Often (and the Right Way)

It's important to blow your nose regularly when you have a cold rather than sniffing mucus back into your head. But when you blow hard, pressure can carry germ-carrying phlegm back into your ear passages, causing earache. The best way to blow your nose: Press a finger over one nostril while you blow gently to clear the other.

#3 Treat That Stuffy Nose With Warm Salt Water

Salt-water rinsing helps break nasal congestion, while also removing virus particles and bacteria from your nose. Here's a popular recipe:

Mix 1/4 teaspoon salt and 1/4 teaspoon baking soda in 8 ounces of warm water. Use a bulb syringe or nasal irrigation kit to squirt water into the nose. Hold one nostril closed by applying light finger pressure while squirting the salt mixture into the other nostril. Let it drain. Repeat two to three times, then treat the other nostril.

#4 Stay Warm and Rested

Staying warm and resting when you first come down with a cold or the flu helps your body direct its energy toward the immune battle. This battle taxes the body. So give it a little help by resting.

#5 Gargle

Gargling can moisten a sore throat and bring temporary relief. Gargle with half a teaspoon of salt dissolved in 8 ounces warm water, four times daily.

To reduce the tickle in your throat, try an astringent gargle -- such as tea that contains tannin -- to tighten the membranes. Or use a thick, viscous gargle made with honey or honey and apple cider vinegar. Seep one tablespoon of

raspberry leaves or lemon juice in two cups of hot water; mix with one teaspoon of honey. Let the mixture cool to room temperature before gargling.

#6 Drink Hot Liquids

Hot liquids relieve nasal congestion, prevent dehydration, and soothe the uncomfortably inflamed membranes that line your nose and throat. If you're so congested that you can't sleep at night, try a hot toddy, an age-old remedy. Make a cup of hot herbal tea. Add one teaspoon of honey and one small shot (about 1 ounce) of whiskey or bourbon. Limit yourself to one. Too much alcohol will inflame the membranes and make you feel worse.

#7 Take a Steamy Shower

Steamy showers moisturize your nasal passages and may help you relax. If you're dizzy from the flu, run a steamy shower while you sit on a chair nearby and take a sponge bath.

#8 Use a Salve Under Your Nose

A small dab of mentholated salve under your nose can help to open breathing passages and restore the irritated skin at the base of the nose. Menthol, eucalyptus, and camphor all have mild numbing ingredients that may help relieve the pain of a nose rubbed raw. However, only put it on the outside, under your nose, not inside your nose.

#9 Apply Hot or Cold Packs Around Your Congested Sinuses

Either temperature works. You can buy reusable hot or cold packs at a drugstore or make your own. You can apply heat by taking a damp washcloth and heating it for 55 seconds in a microwave (test the temperature first to make sure it's not too hot.) A small bag of frozen peas works well as a cold pack.

#10 Sleep With an Extra Pillow Under Your Head

Elevating your head will help relieve congested nasal passages. If the angle is too awkward, try placing the pillows between the mattress and the box springs to create a more gradual slope.

#12 Eat Infection-Fighting Foods

Here are some good foods to eat when you're battling a cold or flu:

- Bananas and rice to soothe an upset stomach and curb diarrhea
- Vitamin C-containing foods like bell peppers
- Blueberries curb diarrhea and are high in natural aspirin, which may lower fevers and help with aches and pains
- Carrots, which contain beta-carotene
- Chili peppers may open sinuses, and help break up mucus in the lungs
- Cranberries may help prevent bacteria from sticking to cells lining the bladder and urinary tract
- Mustard or horseradish may help break up mucus in air passages
- Onions contain phytochemicals purported to help the body clear bronchitis and other infections
- Black and green tea contain catechin, a phytochemical purported to have natural antibiotic and anti-diarrhea effects

Remember, serious conditions, such as sinus infections, bronchitis, meningitis, strep throat, and asthma, can look like the common cold. If you have severe symptoms, or don't seem to be getting better, call your doctor.



Lets Laugh!



A Texas Wife

Three men married wives from different states.

The first man married a woman from Michigan. He told her that she was to do the dishes and house cleaning. It took a couple of days, but on the third day, he came home to see a clean house and dishes washed and put away.

The second man married a woman from Missouri. He gave his wife orders that she was to do all the cleaning, dishes and the cooking. The first day he didn't see any results, but the next day he saw it was better. By the third day, he saw his house was clean, the dishes were done and there was a huge dinner on the table.

The third man married a girl from TEXAS. He ordered her to keep the house cleaned, dishes washed, lawn mowed, laundry washed, and hot meals on the table for every meal. He said the first day he didn't see anything, the second day he didn't see anything but by the third day, some of the swelling had gone down and he could see a little out of his left eye, and his arm was healed enough that he could fix himself a sandwich and load the dishwasher.



A couple was invited to a swanky masked Halloween Party. She got a terrible headache and told her husband to go to the party alone. He, being a devoted husband, protested but she argued and said she was going to take some aspirin and go to bed, and there was no need of his good time being spoiled by not going.

So he took his costume and away he went. The wife, after sleeping soundly for about an hour, awakened without pain and as it was still early, she decided to go to the party.

Since her husband did not know what her costume was she thought she would have some fun by watching her husband to see how he acted when she was not with him.

She joined the party and soon spotted her husband cavorting around on the dance floor, dancing with every nice chick he could and copping a little feel here and a little kiss there. His wife sidled up to him and being a rather seductive babe herself, he left his partner high and dry and devoted his time to the new stuff that had just arrived. She let him go as far as he wished;

naturally, since he was her husband.

Finally, he whispered a little proposition in her ear and she agreed, so off they went to one of the cars..... Just before unmasking at midnight, she slipped away, went home, put the costume away and got into bed, wondering what kind of explanation he would make for his behavior.

She was sitting up reading when he came in, and she asked what kind of a time he had. He said, "Oh, the same old thing. You know I never have a good time when you're not there."

"Did you dance much?" she asked.

"I'll tell you, I never even danced one dance. When I got there, I met Pete, Bill and some other guys, so we went into the den and played poker all evening. But you're not going to believe what happened to the guy I loaned my costume to....!!"



Two elderly women were out driving in a large car; neither was barely able to see over the dashboard. As they were cruising along, they came to an intersection. The stoplight was red but they just went on through. The woman in the passenger seat thought to herself, "I must be losing it, I could have sworn we just went through a red light."

After a few more minutes they came to another intersection, the light was red, and again they went right through. This time, the passenger was almost sure that the light had been red, but was also concerned that she might be seeing things. She was getting nervous and decided to pay very close attention. At the next intersection, sure enough, the light was definitely red and they went right through it.

She turned to the other woman and said, Mildred! Did you know we just ran through three red lights in a row? You could have killed us!"

Mildred turned to her and said, "Oh Crap! Am I driving?"



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

*** Old People Rock!***



*"It is better to be approximately right
than precisely wrong"*

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life easier for you!***

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