



Partners In Health



DECEMBER 2019

Tips for a Happy Healthy Holiday Season!

In a few days we will say goodbye to 2019 carrying our basket of good and bad habits into the new year. That load could be a lot lighter if somewhere along the road we were able to dump all the bad habits and jump into 2020 with only our good ones! How wonderful would that be! Losing that 10 pounds, saying “adios” to the tobacco, getting rid of all the junk that we really don’t need... in other words adopting healthy living choices.

Healthy living means making positive choices that enhance your personal, physical, mental and spiritual health. You make these choices when you:

- Eat nutritiously, choosing a variety of foods from all of the food groups.
- Build a circle of social contacts to create a supportive environment of people who care and respect you.
- Keep your body strong, reduce stress and improve your energy by staying physically active.

Healthy living choices are affected by where you live, work, learn and play. Keeping yourself informed about positive health practices within your environment is an important way to improve your overall health and sense of well-being.

Sore throat soothers!

Honey mixed in tea or simply taken straight up has long been a home remedy for sore throat. Gargling with warm salt water can help soothe a sore throat and break down secretions. It’s also known to help kill bacteria in the throat.

A salt water solution consisting of half a teaspoon of salt in a glass of warm water can help reduce swelling and keep the throat clean.

Other potential sore throat soothers include eucalyptus, which you’ll likely find in natural throat lozenges, cough syrups, and chamomile tea. Trying out various natural remedies while making sure to drink lots of fluids and getting plenty of rest may help you feel better more quickly, and save you a trip to the doctor’s office.

Healthy living means making positive choices

Source: <http://www.healthline.com/health/cold-flu/sore-throat-natural-remedies#Peppermint>

A Word From Our Staff!

From everyone at ARC Assistance & Referral Centre, we wish you all a Joyous Holiday Season and a Happy New Year!

May the year 2020 bring new joy, new goals, new achievements and new inspirations to your life!



Warm Apple Cider (Non-alcoholic)

This warming and quick non-alcoholic apple cider recipe is comforting, healthy, full of fibers and super easy to make.

Yield: 5 servings

Ingredients :

- 4½ cups filtered water
- 3 cups organic apple, cored (about 3 large apples)
- 2 to 3 tablespoons date syrup or (for non-vegans) honey, raw (to taste)
- 1 teaspoon cinnamon

(Optional) a splash of raw unpasteurized apple cider vinegar

(Optional) serve with 1 teaspoon whole cloves

Preparation:

1. Add all ingredients to the container of your blender and secure lid.



Start on low speed and slowly increase to high speed and blend for 6 minutes and serve .

Source: <https://thegreencreator.com/quick-non-alcoholic-warm-apple-cider/>



Emotional Self-Regulation in children

Self-regulation is the ability to manage emotions and behaviors within the demands of a certain situation, including: able to resist highly emotional reactions to upsetting stimuli, calm yourself down when upset, adjust to a change in expectations and handle frustrations without outbursts.

"We approach self-regulation skills in the same way we approach other skills (academic or social), [we] isolate that skill and provide practice", a researcher stated.

The key is to start at a level that is appropriate for your child. Rather than letting them give up, reduce the activity so it is more doable, and slowly give your child more and more independence to handle it.

For example, if teeth brushing is a problem for your child, you might start by focusing just on putting toothpaste on the brush, and respond with positive feedback and rewards when they do it.

Source : <https://childmind.org/article/can-help-kids-self-regulation/>

Handwashing

Handwashing can actually help prevent illnesses.

5 Simple Steps:

1. Wet, 2. Lather, 3. Scrub (during 20 seconds), 4. Rinse, 5. Dry

Regular handwashing, particularly before and after certain activities is one of the best ways to remove germs, avoid getting sick and protect your family and others around you.

When to clean your hands?

- Before/during & after preparing food
- Before eating food
- Before & after caring for someone who is sick
- Before & after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal/animal food/animal waste
- After touching garbage

Handwashing is a win for everyone, except the germs!

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

Holiday Humour

What happens if you eat too many Christmas decorations?

Answer: You get "Tinsel"-itis

Source: <https://www.emailsanta.com/jokes-for-kids/christmas-jokes.asp>



Vaccine Season

Vaccination is the best protection against certain serious diseases; it can protect infants and children (aged 2 months to 6 years), teens, adults as well as seniors.



Seniors and people with heart disease should be mindful of seasonal flu (a contagious disease caused by the influenza virus). These people have a greater risk of symptoms and complications such as hospitalization, heart attack, stroke and death.

Flu prevention

The best way to prevent the influenza virus is to receive the vaccine each year, develop good hygiene habits (regular hand-washing) and covering your mouth with your elbow when coughing. These tips will help limit propagation.

It's important to bring your vaccination booklet with you for each of your vaccination visits during vaccine season. Look up the Integrated Health and Social Services Centres in Montérégie-Centre (CISSS-MC) website for vaccination services offered near you!

Source : <https://www.santemonteregie.qc.ca/en/services/vaccinations-infants-children-and-adolescents>
<https://www.santemonteregie.qc.ca/en/center/documentation/influenza-and-persons-heart-disease>
<https://www.santemonteregie.qc.ca/en/center/documentation/influenza-and-seniors-aged-75-and-over>



BRAIN GAME CORNER

RULES

Each row, column, and square must contain each number (1 to 9) only once.

	7		6	8	1			4
6	2			4		9	3	
5	8	4	9	3	2	6	7	1
2	4					1	9	
8		7		9		4	2	
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1	8		2	9		4	6	
			4	1	3	5		9
4			8		5		1	2

4	9	3	3	8	6	5	7	1	2
7	6	2	4	1	3	5	8	9	6
1	5	8	7	2	9	3	4	6	9
9	1	5	2	7	4	8	6	3	3
8	3	7	1	9	6	4	2	5	5
2	4	6	3	5	8	1	9	7	7
6	8	4	9	3	2	6	7	1	1
9	2	1	5	4	7	9	3	8	3
3	7	9	6	8	1	2	5	4	4

Answer:

Source: <https://skell.hxxx.se/sudoku/>

Important dates on the horizon:

Dec. 1 to 7: National Hand Washing Awareness Week

Dec. 1 to 7: National Influenza Vaccination Week

Dec. 25: Christmas

Dec. 31: New Year's Eve