

CARIBOO QUARTERLY



What's "Afoot"?

Did you know pedicures are not just a means of being pampered, although that is a great reason to have one! We rely on our feet daily to take us everywhere and we spend a great deal of time on them with little thought of taking care of them. Having a regular pedicure can be very important though.

A regular pedicure can:

- Detect problems in your feet early
- Decrease the chance of infections
- Help to preserve moisture
- Exfoliate the skin on and around your feet
- Help people with diabetes by ensuring there are no cuts or small blisters that can turn into major complications, including loss of the foot or even death

Don't forget to book a pedicure regularly, if not to be pampered, then for your overall health!

Two local professionals who offer this service are:

- Joanne's Footcare 250.640.8905
- Blue Rose Mobile Footcare - Debbie Boutilier 250.981.1961
- Martha Wilson CMP 250.596.6400 or 250.552.7249

Did You Know?

If you or someone you love has a mobility impairment which has lasted or is expected to last for a period of at least 12 months, the impairment affects you or your loved one all of the time, and the condition can be certified by a registered health practitioner, you may be eligible to receive a refund for a portion of the income tax you or your loved one has paid every year, over the last 10 years, up to \$5,000 a year. For more information, you may contact CRA or www.healthrefund.com or 1-888-999-2221

As well, you may qualify for the Disability Tax Credit



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BY WENDIE HOLBROOK OWNER OF VIRTUALLY YOURS



None of us really like to think about being incapable of making decisions regarding our care because of a serious accident or illness, but the truth is we never know when something could happen to render us unable to make decisions for our own selves.

Planning for such an event is imperative so you will be able to make your wishes and instructions for your future health care known, provide your health care team with information to guide them in your care and so you can ease the burden on your loved ones during a difficult time.

By having conversations with a close family member, friend or healthcare worker, you can express your wishes should something happen to you.

Recording your wishes and instructions for your care should you become unable at some point to make these decisions yourself, means creating an Advance Care Plan.

Continue reading here...

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Are you taking advantage of all of our services?

Below is a non-exhaustive list of services we offer:

- Companion Care
- Palliative Care
- Elderly Care
- Accompanied Transport
- Light Housekeeping
- Laundry Mending and Ironing
- Shopping and Running Errands
- Note-taking during doctor visits
- De-cluttering and Downsizing
- New Construction Cleaning
- Spring and Fall Clean Up

Looking for something not listed here? Reach out - if it is not something we do, we will likely know who can help too.

Spring Has Finally Sprung!

And with Spring comes that urge for most of you to get cleaning! Or maybe to have someone else do the cleaning for you? Cariboo Home and Health Services specializes in Spring cleaning. But what you may not know is that we also do Spring cleaning on the outside. We can clean out flower beds, storage rooms/sheds, and garages too! Contact us for ALL of your Spring cleaning needs!

