

CARIBOO QUARTERLY



New Tests for Detecting Dementia

Brain changes caused by alzheimer's disease will soon be able to be detected by way of a simple blood test long before any outward signs are evident. The test would be able to be administered in a doctors office rather than having to wait to have a PET scan.

What steps can you take to avoid alzheimer's?

- Avoid smoking
- Control vascular health (high blood pressure, high cholesterol, diabetes)
- Eat a balanced diet rich in vegetables, fruits and lean protein
- Be physically and socially active
- Do activities that use your cognitive skills and memory

Did You Know?

The Prince George Heritage Commission launched a website in 2015 to mark Prince George's 100th anniversary by showcasing 100 people, places, and objects that defined the city. Each year, the Heritage Commission adds new icons to the collection of unique and interesting exhibits from Prince George.

<http://www.theexplorationplace.com/pg100/100-prince-george-icons>



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Dying With Dignity?

WRITTEN BY WENDIE HOLBROOK, OWNER OF VIRTUALLY YOURS



What does “dying with dignity” mean, and what has it come to? According to the World Health Organization, “All people have a right to receive high-quality care during serious illness and to a dignified death, free of overwhelming pain and in line with their spiritual and religious beliefs.” In 2015 the right to die via lethal injection was enacted by the Supreme Court of Canada. The newly introduced law meant that a patient with a medical condition causing severe suffering, by the patient’s definition, could opt to die via lethal injection and this decision could be arrived at whether or not palliative interventions could aid in significant relief thereby possibly improving quality of life. If the patient wanted to die, it was their choice. Each province within Canada administers its own health care system and have since passed provincial laws to accommodate the legalization of euthanasia. This has caused obvious problems for doctors who wish to remain true to the Hippocratic oath they have taken, and for those doctors who fiercely revere the sanctity of life.

Continue reading:

<http://cariboohomeandhealthservices.com/dying-with-dignity/>

Read other recent blogs here...

(<http://cariboohomeandhealthservices.com/blog/>)



<https://www.facebook.com/CaribooHomeHealthServices>

cariboohomeandhealthservices.com

Seniors Section

Keeping Fit in the Winter

Daily walking strengthens bones, can reduce the risk of heart disease, and relieves stress and tension. The People in Motion program at the CN Centre and Rolling Mix Concrete Arena is a free way to stay active from September to April every year and keep moving during the winter.

Visit princegeorge.ca under Seniors Activities to find out more

Rate Updates

Elderly / personal care	\$32.00
Palliative / companion care	\$32.00
Bi-Weekly Cleaning	\$32.00
Decluttering / Packing	\$35.00
Move out/in	\$35.00
Spring/Fall Cleaning	\$35.00
New Construction Cleaning	\$35.00
Zone 2 Fee	\$10.00
Zone 3 Fee	\$17.00



*Count your life by smiles, not tears.
count your age by friends not years*

Cariboo Home Health Services
offers in-home companionship
to seniors giving you peace of
mind knowing your loved one
is not lonely