

CARIBOO QUARTERLY



The Lazy Days of Summer

We have been seeing a lot of rain this summer so far - but I think we are thankful more than anything for the way it is keeping away the forest fires so far!

Looking for some fun events this summer?

Prince George has a list of events for you and your family here:

<https://calendar.princegeorge.ca/>

Services we can assist you with this summer:

- > move in / move out cleaning
- > decluttering
- > yard maintenance
- > new construction cleaning
- > housekeeping

Please contact 250.649.8783

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Did You Know?

It was Alexander Mackenzie, in 1793, who was credited as being the first white man to see the area that is now occupied by the City of Prince George? Interesting, but it was another Scotsman, Simon Fraser, who founded the original Fort George in 1807 as a NorthWest Fur Company Trading Post.

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Natural DIY Cleaners

WRITTEN BY WENDIE HOLBROOK, OWNER OF VIRTUALLY YOURS



In our last blog, we shared how very toxic many of the household products are that we use for cleaning. In this blog we will be offering some natural DIY cleaners; alternatives to commercial cleaning products which include ingredients you likely already have in your home.

Let's start by saying that for most of these recipes you should have white vinegar and baking soda on hand. To be honest these two items will clean nearly anything in your home, naturally.

Over the years I have gone from using paper towels to cleaning cloths and disinfectant wipes. I do like the ease of having disinfectant wipes, but two issues are that they are not recyclable and they, of course, contain harmful ingredients.

For this first recipe, we will be mindful of both issues.

Continue reading here to get some useful natural cleaning recipes:

<http://cariboohomeandhealthservices.com/natural-diy-cleaners/>

Read other recent blogs here...

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

Seniors Section

Prince George Council of Seniors

The Prince George Council of Seniors (PGCOS) is an umbrella organisation of 12 organisations servicing Prince George's senior residents and working to support and enhance quality of life for all seniors in the city.

Some of the programs offered by the PGCOS include:

- > Computer Access workshops
- > Health promotion workshops
- > Housing information
- > Meals on Wheels
- > Outreach

Health promotion workshops include:

- > Fall Prevention
- > Medication Awareness
- > Healthy Eating for Seniors
- > Safety in the Home
- > Preventing Elder Abuse and Neglect

Contact the PGCOS for more information or pay a visit to the local office.

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

