

# CARIBOO QUARTERLY



## A Shift in the Weather

As you will have noticed, Summer is gone. And quick on its heels has been a few cold snaps and the need to turn on the furnace. This is a good time to cover a few safety tips:

- remember to make sure you have safe winter tires on your vehicle
- request a home heating inspection
- make sure you have a carbon monoxide detector and install new batteries
- have emergency supplies ready (flashlights, first aid kit, bottled water etc)
- dress for the weather and in layers
- protect from frostbite
- use caution when walking on snow and ice
- be careful of overexertion when shoveling snow
- wear a hat

## Did You Know?

The city of Prince George was once three separate town sites. Around 1909 two competing communities had emerged – South Fort George on the Fraser and Central Fort George on the Nechako. South Fort George had the advantage of being the landing site for most of the sternwheelers and also having the first sawmill in the area. The founder of Central Fort George, was George Hammond of the Natural Resources Security Company.

**Cariboo**  
HOME & HEALTH  
SERVICES

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## Festive Fall Activities

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As you will have likely been noticing the daylight hours are getting shorter, the temperatures are dipping lower during the night and early mornings, and there are even some leaves changing colours already and – yes falling. All of this to signify the Fall season is just around the corner. Those lazy days of summer will meld into the advent of sweaters, long pants, and pumpkin spiced lattes that most of us love.

For some, this can mean a slight sadness. Those who find themselves with “cabin fever” during the long winter months may start to feel a pang of sadness knowing after Fall comes winter and that feeling of being cooped up coming around again.

What can you do to lift the mood for yourself or perhaps a loved one who tends to be shut in during the colder seasons?

Continue reading:

<http://cariboohomeandhealthservices.com/festive-fall-activities/>

Read other recent blogs here...

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

## Seniors Section

### Have you tried "Try It"?

Try a new sport, Curling, hosted by the Blackburn Community Association, the Prince George Curling Club and Engage Sport North.

This beginner Curling Mini-program Try-It! event - offered through the Sport Discovery Community Try-It! program - provides an opportunity to try and participate within a new sport once every week for 4 weeks.

Participants can also try wheelchair Curling and experience the sport in a new way.

Participants do not need to bring equipment, as the Prince George Curling Club will provide the equipment needed.

Please wear appropriate warm clothes and sport shoes. You do not need to live in the area where the Community Association is located to participate in this event.

This event cost \$20.00.

Visit [princegeorge.ca](http://princegeorge.ca) to find out more

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



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