

CARIBOO QUARTERLY



Considering a Move?

Cariboo Home and Health Services offers the following to help with your upcoming move:

- Decluttering
- Packing
- Cleaning

Contact us for a quote 250.649.8783

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Did You Know?

Prince George has a weekly radio program for seniors?

You can listen live at 93.1 FM
or stream live: www.cfisfm.com
Tuesdays 1:00 - 2:00 pm

Companion Care

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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Dealing With Dementia

WRITTEN BY WENDIE HOLBROOK, OWNER OF VIRTUALLY YOURS



What is dementia?

According to online sources, dementia is a general term for a decline in mental ability severe enough to interfere with daily life.

Dementia in and of itself is not a specific disease, but rather a term to describe symptoms of impairment. Memory loss and Alzheimer's are examples of dementia.

What are some of the various symptoms of dementia? Although one or two of these symptoms does not mean that dementia is the case, it is important to recognize the early signs and certainly more than a noted few would suggest consulting with your doctor:

- Difficulty finding the right words
- Confusion
- Difficulty following storylines
- Changes in mood
- Reduced concentration
- Loss of ability to do everyday tasks
- Short-term memory loss
- Apathy
- A failing sense of direction
- Being repetitive
- Struggling to adapt to change

Continue reading here...

[Read other recent blogs here...](#)

Seniors Fair @ the BCNE

Thursday August 16th 10 AM -5 PM

- Informative exhibits
- Products or services to seniors
- Free draws
- Activities
- Seniors (55+) Admission only \$2.00 (Thursday Only)

Get to Know: Prince George

Recently, a book called People of Prince George - The Foundation of Our Community was published and is an interesting read for anyone wanting to know more about the foundations of our community. All proceeds from the sale of the book go to the Prince George Community Foundation. You can purchase your copy from Studio 2880 for \$25

Do You Know Someone Who Could Use Our Services?

We have gift certificates and we reward referrals!

We Also Offer:

- Respite care
- Music therapy for seniors
- New construction cleaning
- Garden services
- Shopping and errands
- Palliative care

