

CARIBOO QUARTERLY



Spring is Here!

And with it comes melting snow, growing grass, weeding, thatching, and a whole bunch of things we can help with!

Some services we offer are:

- Gardening (weeding, mowing, raking trimming)
- Elderly/Companion Care
- Shopping and Errands
- Housekeeping
- Move in / Out cleaning
- Palliative Care
- Home Support
- New Construction Cleaning

Please contact 250.649.8783



Did You Know?

Prince George once had the most millionaires per capita in the country and was the second-largest city in British Columbia

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Seasonal Allergies

WRITTEN BY WENDIE HOLBROOK, OWNER OF VIRTUALLY YOURS



If you are living in the Prince George area, you likely have observed much of the snow is finally starting to disappear, but what you may have also noticed is something called snow mold.

Never heard of it?

Snow mold may sometimes appear as small black masses but usually looks like cobwebs along the grass. It does not stay around for long and normally when the weather gets warmer the sun kills it.

Snow mold is just one of the many culprits that can cause people to experience what is known as seasonal allergies.

What are the symptoms of seasonal allergies?

The usual symptoms are sneezing, watery eyes, runny or stuffy nose, itchy sinuses, throat or ears, and ear congestion.

Continue reading here...

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



Seniors Section

Seniors Housing Symposium

May 2nd, 2019 8:30 am - 3:00 pm
@ the Prince George Conference and Civic Centre
BC Seniors Advocate & Keynote Speaker Isobel Mackenzie will be highlighting issues that matter most to seniors

Tickets are FREE

Register [HERE](#)

Tax Time

Need help with your taxes? Every March and April volunteers through the PGCOS assist seniors with their taxes. For more information Call: 250.564.5888

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

Rate Changes:

Please be advised our rates will be increasing effective May 1, 2019. New rates will be as follows:

Personal Care	\$35.00
Elderly Care	\$35.00
De-Cluttering	\$30.50
Clutter Removal	\$35.00
Move Ins / Outs	\$35.00
Spring / Fall Cleaning	\$35.00
New Construction Cleaning	\$35.00
Weekly Bi/Weekly Cleaning	\$30.50
Moving Prep & Packing	\$35.00