

# Bulletin for Health and Wellbeing

## November 2017

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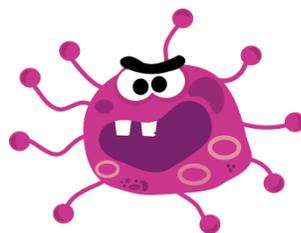
### What You Need to Remember About the Flu

Flu season begins in November! Those who are considered at risk include:

- People with health conditions like diabetes, heart conditions, cancer, or obesity
- People aged 65 and over
- People who live in long-term care facilities

*Projections for the flu in North America are based on the flu season in Australia and other parts of the Southern Hemisphere.*

The winter of 2017-18 is projected as being a particularly bad flu season. The secondary infections that can develop after the flu, such as bronchitis, pneumonia, sinus infections, and so on are typically more dangerous than the flu virus itself. Getting a flu shot is your best defense against all of these illnesses – and it doesn't just protect you, it protects everyone around you.



Even if you are not included in the at-risk group, getting a flu shot is still important if you are in close contact with vulnerable people. For example, caregivers who visit long-term care facilities increase the risk of spreading the flu to the entire facility if they are not inoculated.

What else can you do? Careful hand washing is important, and so is making sure you stay at home when you're sick, coughing and sneezing into your elbow, and disinfecting surfaces like doorknobs, phones, remote controls, and other objects people touch frequently.

Sources: Health Canada, *Flu (influenza)*, <https://www.canada.ca/en/public-health/services/diseases/flu-influenza.html>

Global News, *Here's why Canada may be in for a miserable 2017-18 flu season*, <https://globalnews.ca/news/3782452/heres-why-canada-may-be-in-for-a-miserable-2017-18-flu-season>

*This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.*

# Remembrance Day

A few facts about Remembrance Day:

- Some of the 54 Commonwealth member states (Canada, the United Kingdom, Australia) observe Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day on different dates, such as Poppy Day in South Africa, on the Sunday that falls closest to November 11.
- Many nations that are not members of the Commonwealth also observe Remembrance Day on November 11, including France, Belgium, and Poland.
- Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called “Armistice Day” to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month.
- As of 2015, we remember the more than 2,300,000 Canadians who have served throughout our nation’s history and the more than 118,000 who made the ultimate sacrifice.



Sourced almost verbatim from Veteran Affairs Canada: <http://www.veterans.gc.ca/eng/remembrance/information-for/educators/quick-facts/remembrance-day>

## Frozen Meals Update

The Frozen Meals Project is now a collaboration between Vision, Accueil Blanche Goulet, CAB Le Hauban, and Multiservices Gaspé. The delivery of meals to previous customers resumed on November 2, 2017. The Project is currently running at a smaller scale as the new partnership comes together, and so is not open to new customers yet. We will make sure to notify you when the Project begins accepting new clients.

D	A				G			E
		C	B		I			H
		H		E	A	I	D	
F	C	E					G	
		B				A		
	D					H	E	B
	I	D	G	C		F		
C			D		F	B		
H			I				C	D

## Activity Corner

Just like Sudoku! Each of the nine rows and columns, as well as each of the nine sub-regions, must contain one and only one of each of these nine letters. Good luck!



## October 2017 Solution

				5	1			
			1	4	2			
			2	8		1	8	
4	3	5	1	7	2	6		
2	1			9	8			
			8	6	9			
			9	7				