



The Columbia

Catch-up October 2014

Did you know? Being older than 65 puts you at higher risk for getting the flu?

As you age, your immune system weakens. This weakening makes seniors more susceptible to the flu. For seniors, the [seasonal flu](#) can be very serious. It is important all seniors get the [flu vaccine](#).

Influenza (“flu”) is a contagious disease that is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu; symptoms come on suddenly and may last several days. They can include: fever/chills, sore throat, muscle aches, fatigue, cough, headache, runny or stuffy nose.

Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions — such as heart, lung or kidney disease, nervous system disorders, or a weakened immune system. Flu vaccination is especially important for these people and anyone in close contact with them.

Flu can also lead to pneumonia, and make existing medical conditions worse. Flu vaccine is the best protection against flu and its complications. Flu vaccine also helps prevent spreading flu from person to person.

Alberta Health Services will be at Columbia to provide free flu vaccines to our Residents and staff October 9th at 10:00am.

With your support of our coffee break, we were able to raise \$225.00 for the Alzheimer Society! Thank you to Donna Cook for the donation of the lovely tea set for our recreation programs.

It's all about the Beer

- In Babylonia 4000 years ago, the bride’s father would supply his son-in-law with all the mead (honey beer) he could drink for a month after the wedding. Because the calendar was lunar based, this period of time was called the “honey month”, leading us to today’s **“honeymoon”**.
- Pub patrons in Old England had a whistle baked into the rim or handle of their ceramic cups. When they needed a refill, they blew the whistle to get some service, giving rise to the phrase, **“Wet your whistle”**. The beer was purchased in either pints or quarts, and when customers became unruly, the bartender would shout, “Mind your pints & quarts and settle down!” The phrase evolved to today’s **“Mind your Ps & Qs”**.
- Before the invention of thermometers, brewers would dip a thumb or finger into the mix to determine the proper temperature before adding yeast. Too cold, and the yeast won’t grow; too hot, and the yeast dies. Hence, the original **“Rule of thumb!”**

