

@Home with Winona

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Inside This Issue:

- 1 Cold and flu very common in children this time of year
- 2 How to honor troops on November 11
- 3 How to get the most mileage out of every tank of fuel this winter.



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Cold and flu very common in children this time of year

Whether it's at daycare or school - children are consistently in contact with many germs, leaving them highly susceptible to illness. The number of colds per child can be as high as five to eight per year. Children have also been shown to encounter the highest number of flu cases, accounting for 24 per cent of type A influenza cases and 17 per cent of type B cases, according to the Public Health Agency of Canada.

Despite the common occurrence of these illnesses and no matter how many times your child gets sick, each case can be just as stressful as the last. Identifying whether your child has a cold or the flu can be tough, as symptoms can be similar.

The common cold is a mild infection of the respiratory passages that often leads to runny nose, sneezing and watery eyes. The symptoms of the flu are typically more severe than a cold, and affect the entire body. Symptoms of the flu may include: chills, fever, body pain and headaches.

Finding effective and safe treatments can also be a challenge for parents. With Health Canada's restrictions on the use of cough and cold medicines for children under the age of six, parents are often unsure of how they can help their child battle cold and flu.

Some natural health products, such as Coryzalia, Stodal and Oscillocoquinum from Boiron Canada, have been approved by Health Canada and may be used for the treatment of coughs and colds in children and help relieve their symptoms with no known side effects. A little extra TLC, warm baths, extra rest and consumption of clear fluids will also help your child on the road to recovery. Used together, Health Canada-approved medicines and home remedies can help your child effectively tackle their symptoms, having them back to good health in no time.



(Source: News Canada)

How to honor troops on November

Devoting a few minutes of silence on Remembrance Day can seem like a lifetime when you have meetings to attend, items to check off the "to do" list, and emails to type. But in the busyness of life, it's important to remember soldiers and veterans who have sacrificed their lives and personal comforts so we could enjoy our own. Show your appreciation to our troops by participating in these meaningful gestures:

Attend a ceremony. Back in grade school, mandatory assemblies kept us on track with the purpose and significance of Remembrance Day. But with age comes responsibility, and without your teacher's insistence, it can become difficult to stay accountable. Give your respect to those who fought and continue to fight for your freedom by scheduling time to attend a ceremony or watching one on television.

Poppy pride. From the last Friday in October to November 11, pin a poppy on the left lapel of your garment or as close to the heart as possible. This will publicly remind you of what it represents and will also encourage others to do the same.

Thank soldiers personally. Send a letter or card to express your appreciation. Mailing addresses are listed on the Department of National Defence website. You can also post a message to troops on the site's message board.

Put others first. Follow the example of Canadian soldiers who aim to bring peace and security to countries in need and do your part to help others.

(Source: News Canada)



How to get the most mileage out of every tank of fuel this winter

Follow these fuel-efficient driving tips from Natural Resources Canada (NRCan) and make fewer trips to the gas station this winter:

- Avoid aggressive driving behaviors, such as quick starts and hard stops—that can increase your fuel consumption by up to 25 per cent;
- Drive at the posted speed limit—decreasing your cruising speed from 120 km/h to 100 km/h will decrease fuel consumption by approximately 20 per cent;
- Don't idle—idling for more than 60 seconds uses more fuel and produces more CO₂ compared to restarting your engine;
- Use cruise control—on dry, flat, wide-open highways, use cruise control to help improve fuel efficiency by maintaining an even and steady speed;
- Take the most fuel-efficient route—routes with fewer stop lights and less traffic may use less fuel than shorter routes with more stop lights and heavy traffic;
- Measure your tire pressure once a month—under-inflated tires by 56 kilopascals (eight pounds per square inch) can increase your vehicle's fuel consumption by up to four per cent;
- Calculate your mileage—set your trip odometer every time you fill up and challenge yourself to go farther and farther on each tank of fuel.

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