



HURSTPLACE

compassion. knowledge. growth.

NEWSLETTER | Summer 2008

Message from the Director

The first heat wave of the summer season has made the long cold winter of 2008 a memory of the past. As we gear up for the lazy, hazy days of summer it is more important than ever that we take the time to enjoy all that summer has to offer. When the world throws you tornados, increased gas costs at the pumps, traffic jams as a result of summer road construction, disrespect, being taken for granted or nasty remarks what can you do? You can learn to become more light hearted:

1. **Smile** to become instantly more likeable, attractive and approachable. Smiling cools our brains while frowning heats it. It's like having our very own internal air conditioner. Bring on the summer heat wave!
2. **Laugh** whenever possible. Laughter helps increase alertness, blood circulation, creativity, enthusiasm, productivity and decreases muscle tension.
3. **Feel.** Notice who you are with and what you are doing when you feel unhappy, hurt or angry, notice when you feel happy and try to get there more often.
4. **Let go** of trying to exert power over others. Not only will your stress level drop your relationships will improve when you trust others to live life their way.
5. **Acknowledge your humanness** – accept yourself and others as being perfectly imperfect.
6. **In-joy** yourself as you only get to live your life once! Take your challenges seriously and yourself lightly. Know what you love to have, do and be.

This summer think about what is physically, mentally emotionally, creatively, socially and spiritually energizing for you.

Now go in-joy yourself!

Warm Regards;

Wendy Murdock
Executive Director



SAVE A LITTLE THIS SUMMER!

Saving Money at the Pumps a Priority this Summer!

With the cost of gas increasing at the time of year when travel is at its peak we need to be smarter in looking at how we can not only save money but also be more efficient and environmentally friendly too. It doesn't take a hybrid, an electric car or an efficient car to save fuel. To save on fuel consumption all we need to do is change our driving habits.

Here is how you can save a little this summer!

1. **Wash the car.** Clean cars with a smooth waxed surface offer less wind resistance. Less wind resistance means less gas used. Remove anything else that may create wind resistance, flags, roof racks, etc.
2. **Don't top the tank.** Fill the gas tank until the first "click" of the automated fuel nozzle. Excess gas will spill out of the top of the tank.
3. **Keep you car maintained.** A well maintained vehicle will operate with greater efficiency, help extend the life of your car, preserve its resale value, help you avoid costly repairs down the road, and will extend gas mileage. Because of this your car will last longer, drive better and will save you money at the pump.

SAVE A LITTLE THIS SUMMER!

Tips for a well maintained car:

- a. **Clean air filters.** Diminished airflow from dirty air filters restricts the flow of air into the engine, which harms performance and increases gas waste.
- b. **Inflate the tires.** Tires should always be inflated properly. Buy a digital gauge. Check your tires once a month (best to check when tires are cold: such as before you drive) and make sure those tires are full. Under inflated tires will wear down more quickly and will lower your vehicle's gas mileage. Your vehicle's owner's manual, or the data plate in the driver's doorjamb will provide you with the correct pressure amount information for your tires.
4. **Don't use the Air Conditioning if you don't have to.** On a beautiful summer day consider opening the windows and turning off your vehicle's Air Conditioning. The exception would be driving at highway speeds. When driving at highway speeds it is more efficient to have the Air Conditioning on low than to drive with wind resistance from open windows or an open sunroof.
5. **CLEAN OUT YOUR CAR!** Not only is it unpleasant to drive in a messy car, but it is also important to note that the more weight your car has to haul, the more gas it needs to drive it around. In addition if you have an SUV with a third row of seats you don't use often, remove it. This will help lighten up the overall weight of your vehicle.
6. **Drive at the speed limit.** Believe it or not, it is safer and more fuel efficient to drive at the speed limit. A good feature to use on clear flat roads, during good weather, is Cruise Control. It makes it easier to stay the speed limit and it makes driving easier.
7. **Plan your trip and combine errands.** If you have multiple errands (grocery shopping, paying the bills, visiting family, etc.) during the week, map out all the places you need to drive to see which places are closest to each other. Combine errands according to proximity of their location and then drive accordingly. Remember a warm engine uses less fuel. There is no need to go back and forth across town for each individual errand. It is a waste of gas and time.

Are You Suffering From Seasonal Allergies?

Itchy, watery eyes? Runny nose? Sneezing a lot? You are not alone. For millions of Canadians, the end of winter is one of those good news, bad news stories.

The long, cold slog and all that sniffing and sneezing brought on by a never-ending string of colds is finally over — only to be replaced by all that miserable sniffing and sneezing triggered by trees and grasses coaxed back to life by ever-milder weather.

More than one in six Canadians suffer from hay fever, or seasonal allergic rhinitis. Depending on what a person is allergic to, allergy season can start in the early spring and last right through to the first killing frost of the autumn. In some parts of the country, you could suffer from March to November.

A recent survey suggests as many as 10 million Canadians may suffer allergy symptoms and that more women than men admit to symptoms. The survey also found that 55 per cent of Canadians claim their allergies cut into their productivity and more than a quarter say they'll limit their outdoor time to prevent the onset of symptoms.

Now that the warmer weather has arrived, there is much more pollen in the air. You may first think that you just have a common cold. However, there are differences between allergy and cold symptoms. A cold will usually run its course in 7-10 days, with a thick nasal discharge. Allergies can linger for several weeks or even longer, with the nasal discharge being thin and clear. Knowing the difference is important in determining proper treatment.

Aside from staying away from the source of allergens (i.e., staying indoors and keeping windows shut), antihistamines may be used to decrease symptoms. In more severe instances of allergies, it is best to contact your family doctor.

There are a number of steps you can take, short of moving into a hermetically sealed chamber:

- Stay inside when the pollen count is high (especially between 5 a.m. and 10 a.m. when it's usually at its highest), and keep your windows and doors closed.
- Air conditioning can also help — but you must clean or change your furnace's air filter often.
- If you need to get out of the house on days when pollen counts are high or it's windy outside, consider going to air conditioned venues for your leisure activities.
- Wear a filter mask if you're going to be working around the yard.
- If you're driving, keep the windows closed and use the air conditioner.
- Keep your home as allergy-free as possible. Consider replacing carpets with wood or laminate flooring.
- Change your sheets and pillowcases often.
- If you have been exposed to outdoor pollens, change your clothes, wash your hair and shower as soon as possible.
- Use your clothes dryer rather than hanging them outdoors.
- When possible, avoid mowing and being around freshly mowed lawns, and areas surrounded by flowers and trees.