

Duggan Details

November 2017



FROM THE EDITOR

Halloween is over, and Winter seems to have really and truly arrived. I hope that everyone had a fun and safe Halloween, whether it was trick-or-treating with your kids, welcoming the little ones at your door, or attending any of the many events that were happening around the city. I know there were (as always) some fantastically decorated houses in the neighborhood!

We at the Duggan Community League are looking for a new Social and Events Director. If you are looking for a new challenge and love organizing and planning events, please talk to us! This is a great way to get involved in the community and help make it a better place for everyone. See this issue for more information, or drop me an email. We also have a number of other vacant positions if you are looking for other ways to get involved.

As always, I would love to hear from you. If you have advertisements or articles to submit to the Duggan Details, please send them to my email address below by the 15th of the month.

Tara Penner

duggandetails@duggancommunity.ab.ca



INSIDE THIS ISSUE

p3 Community League News
p5 Take Care of Yourself
p6 Seniors' Resources
p7 Local Businesses

DUGGAN COMMUNITY LEAGUE CONTACT INFORMATION

DUGGAN HALL ADDRESS

3728 – 106 Street NW
Edmonton, AB
780-436-6987

DUGGAN HALL MAILING ADDRESS

Duggan Community League
Yellowbird Post Office
P.O. Box 41041 Edmonton, Alberta
T6J 6M7

EXECUTIVE OFFICERS

| | |
|-----------------------|--------------------|
| President | (Vacant) |
| Vice-President | (Vacant) |
| Second Vice-President | Mohammad Ali Kamal |
| Treasurer | Richard Mak |
| Secretary | Gerald Draganiuk |

DIRECTORS

| | |
|----------------------|-------------------|
| Membership | Andre Huellstrung |
| Communications | Tara Penner |
| Youth Programs | (Vacant) |
| Soccer | Brad Kring |
| Neighbourhood Watch | Michelle Barin |
| Webmaster | Michael Elliott |
| Social Director | (Vacant) |
| Civic Director | (Vacant) |
| Youth Representative | (Vacant) |
| Social Media | Samantha Goettel |

COMMITTEE CHAIRS

| | |
|-----------------------------|--------------|
| Inventory | (Vacant) |
| Financial Review | (Vacant) |
| Bylaw Review | (Vacant) |
| Policy/Procedure | (Vacant) |
| Hall Booking | Rene Meister |
| Board Transparency | (Vacant) |
| Senior Liaison | (Vacant) |
| Fundraising | (Vacant) |
| Board/Volunteer Recruitment | (Vacant) |

Board Meetings are held at the Duggan Community Hall on the first Monday of every month. The next meeting will be on **Monday, December 4** at 7:30pm.

Do you love planning events?
Do you want to get to know your neighbors?
Do you want to make our community better?



The Duggan Community League is looking for a
Social and Events Director

As the Social and Events Director, you will:

- find out what types of events our community members want
- plan, organize, and advertise events in and around the community
- participate as a member of the Duggan Community League Board of Directors

If you are interested, please contact DugganDetails@mydcl.ca or President@mydcl.ca for more information.



Emergency Medical Services (EMS) paramedics respond to a number of cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white & waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

TAKING CARE OF YOURSELF

With the daily demands of life, and the never-ending challenges of balancing work and home, it seems our own health gets placed on a very long list of "to do's". We are all guilty of looking after everyone and everything else before ourselves. And yet, if we don't value and take care of ourselves, we can set ourselves up for physical and emotional stresses.

Massage and exercise are two great ways to care for your body. The importance of each is familiar, but less well-known is how they complement each other. In fact, massage and exercise often are both required to resolve common pain, posture, and movement issues. NB: First check with a medical professional to diagnose the problem.

Therapeutic & Sports Massage, and other forms of soft tissue bodywork, are used to reduce tension in muscles and fascia, and to break down undesirable adhesions or "knots" which form within the tissues. This release can help restore mobility and range of motion, allowing the body and mind to relax and feel at ease.

Exercise strengthens and builds new efficient muscle and connective tissue with controlled deliberate stress. The body is energized, and has a greater capacity to deal with unintentional stress. Good exercise results in both physical and mental changes as new motor patterns are developed—neurological conditioning of how the muscles work together to create movement and stability.

Muscular pain and dysfunction are often caused by a combination of over-active, shortened muscles in one area and weakened, over-stretched opposing muscles. In this case, both massage and exercise are required to treat both sets of muscles.

As flexibility in an area increases, it is also essential to develop the body's ability to support and protect that area. Increasing the range of motion without increasing strength and control in that range can cause susceptibility to injury and joint dysfunction.

Successful treatment often begins with focused soft tissue work, including massage and facilitated stretching, at the beginning of the treatment program to alleviate pain and release tissue. Specific corrective exercises are then added to address muscle imbalances and deficiencies. As the muscles respond, the massage program will shift to a general "maintenance" massage and integrated, functional strength training.

By teaming up with your R.M.T. and keeping your exercise routine on track, you can both relax and strengthen your muscles. Soft tissue is remodeled and the body becomes less painful and restricted, stronger and more mobile, and less likely to be injured.

DarleeAnn Mathieson, R.M.T. (M.T.A.A.) is a Registered & Sports Massage Therapist providing massage services in Blue Quill for athletes and other physically active people. For online bookings & information, visit DarleeAnn's website at: [http:// www.dmathieson.com](http://www.dmathieson.com)



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DarleeAnn Mathieson, R.M.T.
sports massage therapist

780.910.2243 | darleeann@shaw.ca

www.dmathieson.com

PETROLIA SENIORS GROUP (55+)

We invite YOU to come to ENJOY

LUNCH AND A PROGRAM (\$15 EXCEPT DECEMBER)

Every Third Tuesday (except July and August)

11:45 a.m. (sharp) to 2:00 p.m.

at Greenfield Community Hall

3803 – 114th Street

NOVEMBER 21ST—FIRE SAFETY AND PREVENTION FOR SENIORS

Edmonton Fire Rescue Services - speaker TBA

DECEMBER 12TH—BARBERSHOP QUARTET AND XMAS SING-A-LONG

JANUARY 16TH—MANAGEMENT OF MEDICATIONS & CHRONIC CONDITIONS

Sam Moharram, Pharmacist

To **CONFIRM** your attendance or for more information call:

Nick - 780-435-1045 or Betty - 780-434-0711

An additional “**outing**” is offered each month for your enjoyment

For information call Joyce – 780-435-6388

WE LOOK FORWARD TO YOUR PARTICIPATION.




THE PROVINCIAL

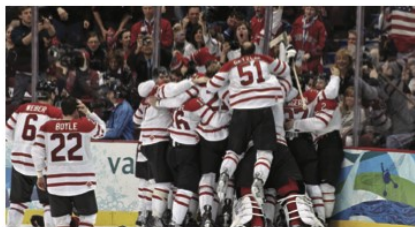
KITCHEN & BAR

Mon - Thurs / 3pm-2am • Fri - Sun / 11am-2am
Brunch every Sat & Sun / 11am-3pm

YOUR NEIGHBOURHOOD HOT SPOT FOR
FRESH & EXCITING **HOUSE-MADE FOOD** AND
A GREAT SELECTION OF **DELICIOUS DRINKS**



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RED SEAL CHEF, CÉDRIC BOEGLIN



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