

HOWE SOUND PHARMACY – DISPENSING SOUND ADVICE SINCE 1979

Healthy Exercise

When the sun's shining, everyone's outdoors for exercise and fresh air. Keep these easy-to-remember points in mind...

Water of life – Hydrate well before your run. Take extra water with you.

Sunscreen works – Apply lotion up to 60 minutes before going out so it can form a protective screen. Cover your skin with breathable but sunproof clothing. Wear a hat. Protect your eyes. Check the Environment Canada UV Index and remember that you can burn even on an overcast day, especially near the ocean or at high elevations.

Teach youngsters this easy 5-S skin health campaign slogan from the sunny climes Downunder: Slip-Slop-Slap-Seek-Slide. It means, "slip on a shirt, slop on the sunscreen, slap on a hat, seek shade, slide on some sunglasses."

A cool thing to do – get up early, seek the shade and avoid the most harmful rays of the day.

It's a dog's life too – heat exhaustion is serious and can kill, so don't leave your dog in the car while you're enjoying some R and R at the park or beach. Also, remember that your dog, by nature, is a pack animal and he will loyally (and mistakenly) run with you as long as you keep moving — and that's not what most dogs are

designed to do. He will keep running even if he's not doing well in the heat — not good.

Make a dog date for early morning, and his cooling system (he cools off through his tongue and his paws, not his skin, unlike humans) will be able to keep up with your pace. Bring his water bottle along too! For more information about exercising with your favorite four-legged friends, visit the BC SPCA website <http://www.sPCA.bc.ca/animalissues/exercising.asp>



Healthy Living – Smoke-Free Housing in BC

Smoke-free living is increasingly in demand in BC rental houses, apartments and condos. If you're a landlord or tenant and would like more information, see Smoke-free Housing BC's new website www.smokefreehousingbc.ca – one of the first websites in Canada dedicated to increasing options for those seeking and offering healthy smoke-free living.



HOURS

Monday to Friday

9AM – 5:30PM

Saturday 9AM – 12:00PM

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825 Gibsons Way, next to the
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June 5th United Nations Annual World Environment Day

Your planet needs YOU! (your health depends on it)

<http://www.unep.org/wed/2009/english/>

Established in 1972, World Environment Day helps to ensure that all nations and peoples enjoy a safer and more prosperous future.

Healthy Living

Are You Prepared?

Warm summer days may be carefree, but emergencies do happen – many British Columbians will not soon forget the many weeks of fear and unknown during the disastrous Okanagan Mountain wildfire of 2003. “Interface fire” could happen here too, especially with more of us building homes up on the peaceful forested slopes of the coast.

Establish a local AND an out-of-town friend or family contact so that all members of your family can check in with them if you are separated and local services are cut-off.

Valuable documents – technology allows us to keep copies away from our home and community. Choose sentimental and legal documents, make digital copies, do it now!

Valuable items – they say you can't take it with you, and that is certainly true. If you're in a vulnerable location, store some precious items away from your home, especially during fire season.

Take your document kit with you – prescriptions, identification, cash and credit cards, cell phone charger (have you seen the gyro-cell phone chargers?)

At any time of year follow these three steps to be prepared and keep your family safer –

Know the risks • Create a plan • Make a kit

For more information about how to decrease wildfire risk around your home, visit <http://www.pssg.gov.bc.ca/firecom/pdf/homeowner-firesmart.pdf>

For more information about emergency preparedness and your family, visit www.getprepared.ca - a Government of Canada website

Visit www.soundcare.ca for a downloadable family emergency plan template (click Newsletters link)

Healthy Eating – Rocky Mountain Granola

For breakfast, snacks, or even to top a fresh-picked blackberry crumble, this easy-to-make granola is healthy and sure to please all tastes

Take it to the cottage, on the boat, up the mountain, for a camping trip. After it's cooled, add some Smarties or M&M's for an extra treat.

Serve with milk / soy beverage or yogurt plus fruit.

INGREDIENTS

4 cups rolled oats (not quick oats) – you'll find organic oats in the bulk section

1/2 cup raw sesame seeds

1 cup flaked almonds (with skins on)

1/2 cup maple syrup (substitute pancake syrup if necess.)

1/3 cup canola oil

1 tsp vanilla extract

1/4 tsp salt (optional)

3/4 cup dried cranberries or blueberries

INSTRUCTIONS

Preheat oven to 325 °F. Line a large cookie sheet with parchment paper.

In a large bowl, mix the oats, sesame seeds, almonds and salt. In a separate bowl, blend the syrup, oil, vanilla. Pour the liquid over the dry ingredients and mix well. The granola will look darker and shinier.

Pour the granola on to the cookie sheet. Bake for 10 minutes, remove the granola from oven, stir it to turn the granola over. Put it back in the oven for another 10 minutes. Stir again. Turn the oven OFF and keep the door open. Let the granola sit in the oven to make it crispy and crunchy. Cool and then add the dried fruit and, if desired, the Smarties. Store in an airtight container for up to 2 weeks.

Adapted from the Fairmont Jasper Park Lodge chef's recipe www.fairmont.com & www.johnsteel.com

Taking your best recipe to a summer picnic or party? Be extra careful — pack and store your foods to ensure that cold stays cold and hot stays hot.

Did you know? You don't even need to leave home to have your prescriptions refilled*. **Call us with your order, and we'll deliver right to your door, for free!** 604-886-3365

*Delivery available Monday to Friday, Port Mellon to Redrooffs. Certain prescription refills may require a doctor visit. Please call us for further details.

Visit our website for more helpful info www.soundcare.ca

