

**Villa Bulletin**  
**August 2009**

## **Pandemic Update**

**Is it influenza or a cold?**

**The following table can help you determine whether you have influenza or a cold.**

<i><b>Symptoms</b></i>	<i><b>Cold</b></i>	<i><b>Influenza (the flu)</b></i>
Fever	Rare	Usual, sudden onset 39 <sup>o</sup> -40 <sup>o</sup> , lasts 3 to 4 days
Headache	Rare	Usual, can be severe
Aches and Pains	Sometimes mild	Usual, often severe
Fatigue and weakness	Sometimes mild	Usual, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual, early onset, can be severe
Runny, stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, coughing	Sometimes mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure, and more complications in persons with chronic diseases
Prevention	Frequent hand-washing	Yearly influenza vaccine and frequent hand-washing
Treatment	No specific treatment is available; symptom relief only	Anti-viral drugs by prescription, which can reduce symptoms.



**Neil McArthur Memorial Golf Tournament** – October 6, 2009 at Dundas Valley Golf & Curling Club. ***This is one tournament you won't want to miss!*** Cost \$225.00 per golfer (includes green fee, golf cart, lunch, dinner, registration gift, mulligan & contests). ***Register early as we sold out in July the last 3 years!*** There are sponsorship opportunities available and we still require live auction items and prizes. If you can help us call Laurel in the Foundation office at (905) 627-9011 ext. 2293 for more information. Proceeds from the tournament will go towards the building redevelopment project and program & services for seniors.

### **Come Shop With Us! Paddy's Clothing Store**

If you need a new fall wardrobe, please browse through Paddy's Clothing Store. Due to the generosity of so many people, the Clothing Store has much to offer, for all shapes and sizes, and at a price you can't refuse. Staff, residents, families, visitors and volunteers are welcome to venture into Paddy's.

Located on the 1<sup>st</sup> Floor across from the Tuck Shoppe  
Monday and Wednesday - 9:30-11:30  
Friday and Saturday 2-4 pm.

### **Cassaday Café Hours**

After shopping at Paddy's, drop by the Cassaday Café for a coffee. New hours at the Café are Monday through Friday 8:00 a.m. to 2:30 p.m.



### **Brighten Someone's Day**

Fresh Ornamental Sunflowers - \$5.00 a bundle. Available in Tuck Shoppe and Reception. Proceeds to St. Joseph's Villa Foundation.

**Watch for the New Bulletin Look in September!**