

WELLNESS CORNER

NATURAL REMEDIES FOR COLDS AND THE FLU

by Sondra Forsyth

Cold and flu season is upon us; it is the time of year when body aches, fever, chills and nasal congestion combine and can stop you in your tracks, leaving you bedridden for days. Complications arising from the flu can become serious. If you still have symptoms after seven to 10 days, be sure to make an appointment with your doctor. If any of your symptoms include difficulty breathing, a rapid heartbeat or feeling faint, or if you experience other severe symptoms such as a high fever, seek immediate medical assistance.

There are ways to prevent the symptoms from reaching that serious point. To feel better and get back on your feet, use the following natural cold and flu remedies to alleviate your symptoms:



- **Vitamin C.** Some studies indicate that vitamin C can shorten the lifespan of a cold and boost your immune system. The best way to get vitamin C is through your diet—the fresher the food, the better. Oranges, limes, lemons, grapefruits, leafy greens and bell peppers are all good sources of vitamin C. Be careful with supplements, as they can lead to upset stomach and kidney stones.
- **Honey.** Honey has natural antiviral and antimicrobial properties. Drinking honey in tea with lemon can ease sore throat pain. Research suggests that honey is an effective cough suppressant, too. Honey often contains Clostridium bacteria, so never give honey to a child younger than one year because infants' immune systems are not able to fight them off.
- **Chicken Soup.** This popular cold and flu remedy helps because hot liquids reduce mucus buildup and keep you hydrated. Chicken soup, in particular, has anti-inflammatory properties, which help reduce a cold's unpleasant side effects. Keep some in the freezer or even canned for flu season. It is quick to prepare that way and soothing to eat.
- **Aromas.** When you have congestion from the flu, applying camphor or menthol salve around your nose can help break up mucus. Aromatherapy oils, such as peppermint and eucalyptus, can have a similar effect. Also, vapor rub can reduce cold symptoms, especially in children older than two years. It helps open air passages to combat congestion, reduce coughing and improve sleep. It is a good alternative to over-the-counter cold medicines for young children because those may have unwanted side effects.
- **Probiotics.** These are friendly bacteria and yeast found in the body, some foods and supplements. They can help keep your gut and immune system healthy, and they may reduce your chance of getting sick with an upper respiratory infection. For a delicious and nutritious source of helpful bacteria, include probiotic yogurt in your diet.

Colds and the flu are threats to us every year, but they do not have to get us down for long. Natural home remedies can reduce symptoms so you can be more comfortable and get the rest you need to get better faster.

THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING

COMMUNITY EVENTS

Shopping Trip to Yellow Dog and Skylark Bookshops

Celebrate World Book Day by visiting these two local bookshops! These shops are located right next to each other on 9th Street. Yellow Dog sells used books specializing in literary fiction, history, religion and cultural studies. Skylark features recently published books. Between the two, every reader will be able to find something to love.

Succulents with Steve

If you like the potted succulents at the Concierge Desk, then this workshop is for you! A \$15 fee will cover the small pot, plants and instructions from our favorite plant guy, Steve! Please RSVP by Monday, March 2.

Art in Bloom

Do not miss the Museum of Art and Archaeology's annual exhibit, "Art in Bloom." Mid-Missouri florists design and create fresh-cut floral arrangements inspired by the artwork and artifacts found throughout the museum's galleries. This year, MU's Missouri Historic Costume and Textile Collection will display costumes with floral themes. These costumes will be accompanied by floral headpieces and jewelry created by students from MU's Wedding Floral Design course. The museum is free and ADA accessible.

State Historical Society of Missouri

Sign up for shuttle service to the State Historical Society to see the newest exhibit, "Missouri Women: Suffrage to Statecraft." Displays include related clothing and artwork from statewide collections that highlight roles of Missouri women in the national suffrage movement, as well as trailblazing women in Missouri politics before and after ratification of the federal amendment.



From the Desk of
Baxter Fowler

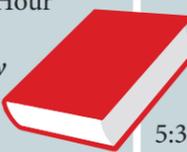
Baxter started in December as Bedford's Transportation Attendant

If you have not already met me, my name is Baxter and I am St. Louis-born. I have three beautiful children and seven grandchildren. I have always enjoyed working with people, whether it was on my paper route as a child or working for the VA Medical Center in St. Louis, where I interacted with veterans and their families. I attended Watterson College, where I studied crisis intervention and law enforcement, which I quickly realized was not right for me. Then, I moved on to hotel and motel hospitality, received automotive training at Ranken Technical College and even started a construction company.

Eventually, I left St. Louis and moved west to Columbia, where I began working with seniors and retirement homes. I am so glad to be continuing my journey at The Village of Bedford Walk because I love getting to meet and speak with all of the residents who live here. With the skills I have gained over the years, I am also able to assist Rick with maintenance work around the property. And of course, if you attended the New Year's Eve party, you know I am also a DJ for clubs and events in my spare time. Thank you for welcoming me into your community, and I hope to get to know each of you soon!

Happy Birthday!

Les N.	March 1
Judith L.	March 2
Connie A.	March 3
Doc F.	March 5
Marcie.	March 6
Barb O.	March 12
Sue V.	March 13
Patsy S.	March 17
Marcia H.	March 20
Ann M.	March 20
Mildred H.	March 23
Diane S.	March 24
Phyllis T.	March 25
Bob B.	March 29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p>3:30 p.m. Afternoon Movie in Theater Room</p> 	<p>2</p> <p>9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room***</p> <p>2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***</p> <p>4:00 p.m. "The Marvelous Mrs. Maisel" in Theater Room</p>	<p>3</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>1:00 p.m. to 4:00 p.m. Trip to Dillard's Clearance Center and Central Dairy in Jefferson City**</p> <p>4:30 p.m. Movie in Theater Room</p>	<p>4</p> <p>10:20 a.m. FitCo**</p> <p>10:50 a.m. FitCo**</p> <p>2:00 p.m. Walmart**</p> <p>4:30 p.m. Social Hour in Piano Lounge</p> <p>*March Birthday Celebration*</p> 	<p>5</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>2:30 p.m. TEE Time Workshop in Theater Room***</p> <p>3:00 p.m. World Book Day: Shopping Trip to Yellow Dog Bookshop and Skylark Bookshop**</p> <p>5:30 p.m. Movie in Theater Room</p>	<p>6</p> <p>9:00 a.m. Coffee Catch Up in Bistro</p> <p>9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room***</p> <p>10:30 a.m. Meditation in Fitness Room***</p> <p>2:30 p.m. Tai Chi in Fitness Room***</p> <p>2:30 p.m. Succulents with Steve*** (\$15)</p>		
<p>8</p> <p>Daylight Savings</p> <p>2:00 p.m. Conklin Music Group in Piano Lounge</p> <p>3:30 p.m. Afternoon Movie in Theater Room</p>	<p>9</p> <p>9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room***</p> <p>2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***</p> <p>4:00 p.m. "The Marvelous Mrs. Maisel" in Theater Room</p>	<p>10</p> <p>VOTE Election Day: Presidential Primary</p>  <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>9:00 a.m. and 1:00 p.m. Shuttle Service to Polls**</p> <p>4:30 p.m. Movie in Theater Room</p>	<p>11</p> <p>10:20 a.m. FitCo**</p> <p>10:50 a.m. FitCo**</p> <p>2:00 p.m. Walmart**</p> <p>4:30 p.m. Social Hour in Piano Lounge</p>	<p>12</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>2:30 p.m. Legacy Health Seminar: Joint Protection Techniques***</p> <p>5:30 p.m. Movie in Theater Room</p> <p>5:30 p.m. Dinner Club at Addison's South**</p>	<p>13</p> <p>9:00 a.m. Coffee Catch Up in Bistro</p> <p>9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room***</p> <p>10:30 a.m. Meditation in Fitness Room***</p> <p>1:00 p.m. Stress Management Seminar in Theater Room***</p> <p>2:30 p.m. Tai Chi in Fitness Room***</p>	<p>14</p> <p>1:00 p.m. to 3:00 p.m. "Art in Bloom" at the Museum of Art and Archaeology**</p>	
<p>15</p> <p>3:30 p.m. Flute Students in Piano Lounge</p> <p>3:30 p.m. Afternoon Movie in Theater Room</p>	<p>16</p> <p>9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room***</p> <p>2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***</p> <p>4:00 p.m. "The Marvelous Mrs. Maisel" in Theater Room</p> <p>6:00 p.m. Rhythm of the Dance at Jesse Auditorium**\$</p>	<p>17</p> <p>St. Patrick's Day</p>  <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>1:00 p.m. Shopping Trip to Goodwill**</p> <p>4:30 p.m. Movie in Theater Room</p>	<p>18</p> <p>10:20 a.m. FitCo**</p> <p>10:50 a.m. FitCo**</p> <p>2:00 p.m. Walmart**</p> <p>3:30 p.m. MU Health Seminar in Theater Room***</p> <p>4:30 p.m. Social Hour in Piano Lounge</p>	<p>19</p> <p>First Day of Spring!</p>  <p>8:00 a.m. Men's Breakfast in Magnolia Room***</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>4:00 p.m. Trivia Night in Mini Wisteria***</p> <p>5:30 p.m. Movie in Theater Room</p>	<p>20</p> <p>9:00 a.m. Coffee Catch Up in Bistro</p> <p>9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room***</p> <p>10:30 a.m. Meditation in Fitness Room***</p> <p>2:30 p.m. Tai Chi In Fitness Room***</p>	<p>21</p>	
<p>22</p> <p>3:30 p.m. Afternoon Movie in Theater Room</p>	<p>23</p> <p>2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***</p> <p>Forum 8 Movie: Time TBA in March 19 Mailer***</p> <p>4:00 p.m. "The Marvelous Mrs. Maisel" in Theater Room***</p>	<p>24</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>4:00 p.m. Art Adventures with Shawna in Magnolia Room***\$</p> <p>4:30 p.m. Movie in Theater Room</p> 	<p>25</p> <p>10:20 a.m. FitCo**</p> <p>10:50 a.m. FitCo**</p> <p>2:00 p.m. Walmart**</p> <p>4:30 p.m. Social Hour in Piano Lounge</p>	<p>26</p> <p>Baseball Opening Day</p>  <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>2:00 p.m. State Historical Society of Missouri**</p> <p>5:30 p.m. Movie in Theater Room</p>	<p>27</p> <p>9:00 a.m. Coffee Catch Up in Bistro</p> <p>10:30 a.m. Meditation in Fitness Room***</p> <p>1:00 p.m. Bob the Music Man in Piano Lounge</p> <p>2:30 p.m. Tai Chi in Fitness Room***</p> 	<p>28</p>	
<p>29</p> <p>3:30 p.m. Afternoon Movie in Theater Room</p>	<p>30</p> <p>9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room***</p> <p>2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***</p> <p>4:00 p.m. "The Marvelous Mrs. Maisel" in Theater Room</p> <p>5:00 p.m. Dinner Club at Flat Branch**</p>	<p>31</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>2:00 p.m. April Activity Sign-Up Day</p> <p>4:30 p.m. Movie in Theater Room</p>					<p>Reminder about late fees: A late fee of \$5 will be charged for signing up the day of an activity or for cancelling day-of.</p> <p>Please note that only the cost of transportation is provided for Dinner and Breakfast Clubs. Residents are responsible for their purchases.</p> <p>All activities involving transportation are subject to cancellation due to weather.</p>

Dillard's Clearance Center and Central Dairy
The Dillard's in Jefferson City has transitioned into a clearance center, stocking merchandise marked down at least 65%. After shopping, we will make a stop at Central Dairy for ice cream.

TEE Time Workshop
Learn about online sales groups, including Facebook Marketplace. Hear tips on how to determine whether a seller is legitimate and how to post your own items for sale.

Rhythm of the Dance
RSVPs were due February 20. Please see Concierge for cancellations or waitlist.

St. Patrick's Day
Enjoy a special lunch with Peachtree, and do not forget to wear green!

Trip to Goodwill
Do you have anything you would like to donate to Goodwill? Bring it with you, and then spend some time shopping.

Trivia Night
Put your knowledge to the test by competing in a Trivia Night! Residents will be split into teams based on number of sign-ups.

Art Adventures with Shawna
Residents had a great time at our last painting class with Shawna, so she will be returning! This time, she takes you step-by-step through creating a beautiful memory board. You will need to bring one or more of your own photos to showcase on the board. A \$10 fee includes supplies and instructions. Class size is limited, so be sure to RSVP. See Concierge for examples of the memory boards.

** Shuttle Service
Shuttle Service is provided for this activity. Please see the Concierge Desk to reserve your spot on the shuttle.

*** Limited Availability
Sign up at the Concierge Desk prior to the event if you plan to attend.