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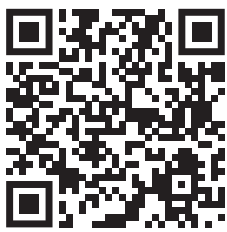
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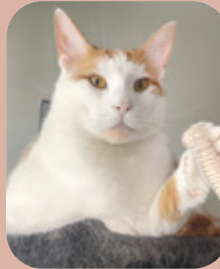


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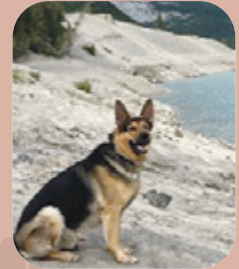
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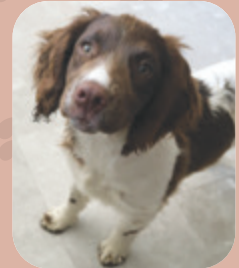
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Sleep and Headaches

by Alberta Health Services

Headaches and sleep issues often go hand in hand, with one condition leading to the other or vice versa. Individuals with headaches are two to eight times more likely to have sleep disorders compared to those without headaches. This connection is especially common in people with chronic headaches, occurring 15 or more days per month, compared to those with episodic headaches, which occur 14 days or less per month.

Research indicates that similar brain regions control both sleep and pain, and that inadequate or excessive sleep can trigger headaches, particularly migraines. Sleep can potentially alleviate a headache attack, while poor sleep may exacerbate an episodic headache into a chronic pattern.

Migraines and cluster headaches often occur during rapid eye movement (REM) sleep and can lead to lower levels of melatonin. Conditions such as sleep apnea and depression are common in individuals who wake up with headaches or migraines and suffer from sleep problems.

Common Sleep Problems for People with Headaches

There are several common sleep problems among people with headaches. Those include:

Insomnia – The most common sleep issue for people with headaches is insomnia. Insomnia occurs when an individual has a difficult time falling asleep and/or staying asleep, waking up too early and not being able to get back to sleep, or not feeling refreshed when waking up.

Obstructive Sleep Apnea (OSA) – The second most common sleep issue for people with headaches is OSA which is when a person stops breathing for short periods while they sleep. This happens because their airway doesn't stay open like it is supposed to. OSA is more common in men than women.

You may have OSA if:

- you snore
- you feel very tired during the day
- someone has noticed that you seem to stop breathing during the night



Some risk factors for OSA are:

- obesity
- long-term use of alcohol, sedatives, muscle relaxants, or medicine with codeine or morphine

When OSA is diagnosed and treated, both OSA and headaches can get better. OSA is usually diagnosed with an overnight sleep study. Many people with sleep apnea must use a continuous positive airway pressure (CPAP) machine at night. The CPAP machine helps keep the airway open. If you think you may have sleep apnea, talk to your doctor, who may refer you to a sleep specialist.

Other breathing problems – Other breathing problems at night such as snoring and upper airway resistance syndrome (UARS) have also been linked to headaches. With UARS, the airway narrows, and the lungs and diaphragm have to work harder. If UARS isn't treated, it may turn into sleep apnea. Treatments for UARS include mouth splints, surgery, weight loss, and sleeping on the side instead of the back.

Managing Your Headache Could Affect Your Sleep

Headache researchers Ong and Park say other factors affect sleep according to the popular Biobehavioural Model. The model says that a person may already have issues (predisposing factors) like anxiety which, when combined with stress or daily hassles (precipitating factors), may cause short-term sleep problems. The person may then try to find short-term ways to cope (e.g., take naps, take sleep medicine at night, or use caffeine during the day). These ways of coping may become factors themselves (perpetuating factors), which can make sleep problems continue. This model may have special meaning for people with headaches. This is because some perpetuating factors are common ways to manage headaches, like:

- using caffeine to stop a headache
- napping during the day to sleep off a headache

If people aren't careful, regular use of these strategies might lead to chronic sleep and chronic headache problems. A better solution is to learn ways to manage stress and to use sleep hygiene strategies.

Ways to Improve Sleep and Headaches

There are many ways to improve your sleep patterns and, potentially, alleviate headaches caused by sleep issues.

Some examples include:

- Using a headache diary to find your triggers. Notice any patterns that occur in correlation to your sleep or how rested you feel.
- Keep regular sleep patterns. Sleeping too much or too little can trigger headaches. If you do get a headache when your sleep pattern has changed, this may be a trigger that you can control.
- Manage stress. Exercise and eat nourishing food on a regular schedule.
- Seek treatment if you have depression or anxiety, which can both contribute to poor quality of sleep and headaches.
- Practice good posture to reduce neck strain. Reduce eye strain from computers at work and at home. Be mindful of jaw clenching, which can cause muscle tension in your face.

Visit 'Headache Management: Sleep Strategies' or talk to your healthcare provider for more information on the correlation between headaches and sleep.

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SCAN THE QR CODE FOR THE SOLUTION



GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



SCAN THE QR CODE FOR THE ANSWERS!

Don't Get Burnt by Solar This Summer. Here Are Six Things to Consider While Shopping for Your New Solar System

by Taylor Holbrook, Solar Sales Consultant



1. Beware of pushy sales tactics. Solar is a big-ticket renovation to your home, much like a new kitchen or bathroom. If you don't hire the right team, the value and peace of mind it brings can turn into a headache overnight. Take your time when making such an important financial decision about your home. This might be one of the largest investments you make on your home, so make sure you never sign up "at the door." Take your time and make sure you feel like you've had time to digest the information, ask any questions, and that you are fully comfortable with the next steps. The best practice is to shop around – get a few quotes from reputable, local installers and move on from there. Industry standard does not require a deposit with a quote, so be wary of companies "locking you in" for a fee at the door, these are often predatory.

2. Check reviews! There will be a lot of new solar sales and installation companies popping up in Calgary in the coming years as the industry grows. Take into account their reputation. How long have they been in the industry? What are their customers saying about them? You can tell a lot about a company by their reviews. Tip: make sure to read through and ensure the reviews are genuine and from customers, not their staff!

3. Do they subcontract out the installation? There are two main ways that solar companies go about installation: through an in-house install team or subcontracted out to a third-party installer. Although not always the case, there have been instances where the third-party installation company does a less-than-stellar job, and since the solar sellers are not liable for the third-party installer's practices, this leaves

the homeowner high and dry with their problems. We recommend choosing a solar company that does both the solar sale and installation, so all your warranties and customer service are in one place.

4. Do they follow safety standards? It only takes one OH&S violation to derail your entire project or stop it completely! Feel free to ask your solar sales representative about their company's installation safety practices. Great questions to ask include: Do they space their panels with enough distance between to safely access the panels if maintenance is required? Do they require safety practices for the installation team? You can also tell a lot from the design, like are the panels too close to or extended over the perimeter of your roof?

5. Is your quote accurate? Make sure that what your solar sales representative is offering you is actually obtainable and do your homework. Do they take into account the shade from the neighbour's house or the large evergreen in your front yard? Cross reference quotes and ask your representative what the accuracy percentage is on their designs. If one company is offering you 103% offset with eight panels, and another is offering you 98% with 12... the likely story is the eight-panel system is over-promising.

6. Do they offer a warranty? There is always a risk with any technological installation that either the technology itself needs replacing, or the workmanship may need a redo. Make sure both your system and the work are under warranty. At the moment, the best industry warranty that companies are offering is a 25-year workmanship warranty.



The Dalhousie Digest newsletter is now online and distributed quarterly.



Sign up to receive the newsletter via email at dalhousiecalgary.ca.

DCA members can still request delivery (attenuated postcard version) or pickup at the DCA and Dalhousie Co-op.

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YOUR CITY OF CALGARY

Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a “Free” label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it’s like a free garage sale right at your doorstep!
- If it’s still on the curb, let’s keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It’s a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

FASTEST MAN ALIVE

Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.

Dalhousie Real Estate Update

Last 12 Months Dalhousie MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2024	\$ 498,000	\$ 505,000
May 2024	\$ 504,500	\$ 562,000
April 2024	\$ 449,000	\$ 475,000
March 2024	\$ 377,449	\$ 391,500
February 2024	\$ 395,900	\$ 390,000
January 2024	\$ 246,900	\$ 238,266
December 2023	\$ 354,900	\$ 346,250
November 2023	\$ 290,000	\$ 277,125
October 2023	\$ 330,000	\$ 320,000
September 2023	\$ 399,000	\$ 459,000
August 2023	\$ 356,850	\$ 364,500
July 2023	\$ 319,990	\$ 345,100

Last 12 Months Dalhousie MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2024	22	21
May 2024	30	20
April 2024	23	19
March 2024	15	16
February 2024	17	23
January 2024	13	8
December 2023	5	8
November 2023	12	14
October 2023	15	17
September 2023	26	15
August 2023	19	24
July 2023	19	21

To view more detailed information that comprise the above
MLS averages please visit mycalgary.com

Accidental Poisoning

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

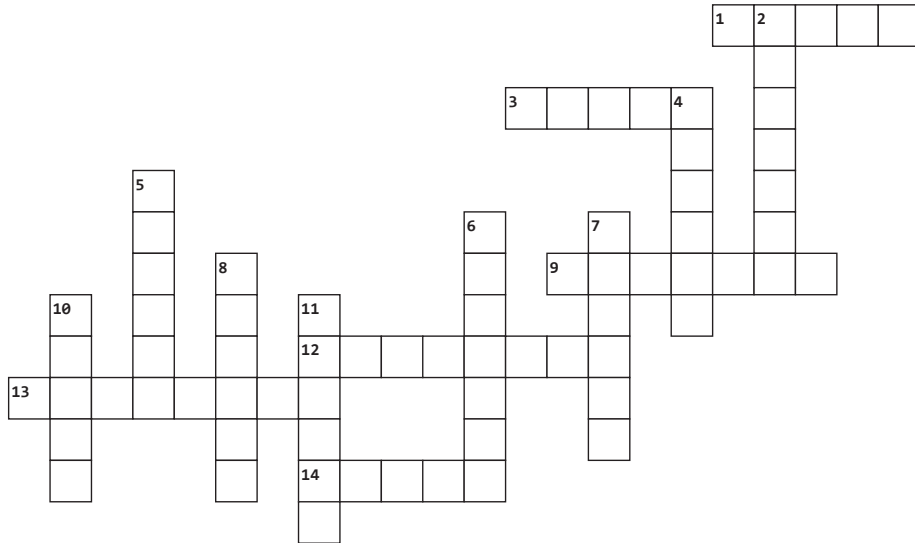
Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

August Crossword



Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers





Hello, Ward 4 Residents,

25th Anniversary of the International Year of Older Persons: Call for Time Capsule and Friendship Quilt Contributors

In 1999, the City, in collaboration with community partners and citizens, created a time capsule and a friendship quilt to celebrate the International Year of Older Persons. This year, 2024, marks the 25th anniversary of that significant event, making it the perfect occasion to open the 25-year time capsule and reflect on the meaning of the friendship quilt crafted during the 1999 celebrations. We are set to commemorate this milestone on October 1, 2024, coinciding with the International Day of Older Persons.

As we prepare for this special event, we aim to reconnect with individuals who played a crucial role in 1999, particularly in creating the time capsule and the friendship quilt. We want to ensure that those who contributed their time and creativity 25 years ago have the chance to participate in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year.

Your participation will enrich our celebration and help keep the spirit of community and connection alive for future generations. Join us in this journey of remembrance, gratitude, and celebration by emailing us at agefriendlycalgary@calgary.ca.

Enjoy the rest of your summer!

Warm regards,

Sean Chu

Ward 4 Councillor



Do You Know Your ABCDEs?

Hopefully you are enjoying the outdoors this summer, but are you putting yourself at risk? This year, almost 7,000 Canadians will be diagnosed with melanoma after spending too much time in the sun in the past.

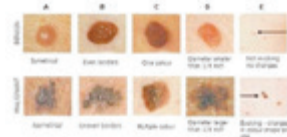
Melanoma is one of the most aggressive types of cancer and one of the most common types of cancer for those aged 15 to 29. If not caught early, it is the deadliest form of skin cancer.

Everyone is a candidate for melanoma, but those who are fair-skinned, blue-eyed, have red or blonde hair, have more than 50 moles on their body or have a family history of the cancer are most at risk.

The good news is that melanoma is easily, and often, detected by people doing personal examinations using the ABCDE method.

Examine your moles regularly and watch for:

- A - Asymmetry – One half of the mole does not match the other.
- B - Border – Mole edges are uneven, blurred, notched, or ragged.
- C - Colour – Colours are different or inconsistent with other moles.
- D - Diameter – Mole is growing in size or is larger than 6mm.
- E - Evolution – Mole has changed in recent weeks or months and may itch or bleed.



Limit your time in the sun and wear protective clothing, a hat, sunglasses, and sunscreen, even when it's cloudy. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.

Remember that there is no such thing as a 'healthy' tan. Tanning equipment damages your skin and increases your risk of developing melanoma.

Get outside and enjoy the summer but be sun-safe and sensible.



News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: ccpr.parkpeople.ca/2023/ for more on this report.

DYNAMITE!



When K-Pop group BTS released their single "Dynamite" on August 21, 2020, they changed the music industry forever. Their upbeat music video set an impressive world record by becoming the first video to be watched more than 100 million times in just 24 hours on YouTube! Talk about explosive popularity!

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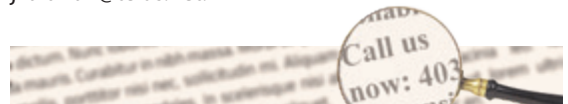
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PAINTING WITH JOY – NEW ART CLASS: Adult beginner starts October 18 in watercolour and acrylics. Fridays, 12:30 to 2:45 pm. \$136. Fall, winter & spring 8-week sessions at the Dalhousie Community Centre. Paint along demos to learn techniques, colour harmony, drawing & composition. Maximum participants - 12. For more information and to register, contact Joy Kaitman at jkaitman@telus.net.





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