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		Listed	Sold	Listed	Sold
June	24	6	5	\$539,000	\$580,000
May	24	10	7	\$699,900	\$775,000
April	24	7	10	\$793,477	\$797,500
March	24	9	8	\$1,037,400	\$1,017,500
February	24	2	1	\$2,395,000	\$2,395,000
January	24	6	7	\$799,900	\$784,000
December	23	2	3	\$675,000	\$653,200
November	23	10	10	\$739,450	\$732,000
October	23	6	7	\$659,900	\$640,000
September	23	13	10	\$839,500	\$827,500
August	23	7	7	\$848,500	\$830,000
July	23	8	10	\$774,000	\$770,000

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# Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Servings:** 4 to 6

**Ingredients:**

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganise
- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)



**Directions:**

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.
- In a medium sized bowl, add mayonnaise or veganise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!



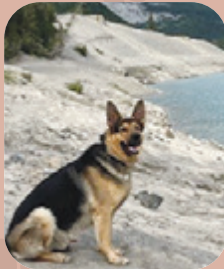
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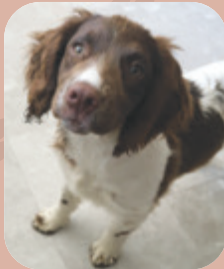
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# Ergonomics and You

by Alberta Health Services



Ergonomics is the study of the kind of work you do, the environment you work in, and the tools you use to do your job. It can prevent musculoskeletal injuries such as back strain or carpal tunnel syndrome by reducing physical and mental stress caused by the workstation setup. This is why it's important to evaluate your work process, including job organization, worker rotation, task variety, and demands for speed and quality.

### Office Ergonomics

The goal of office ergonomics is to set up your office workspace so that it fits you and the job you are doing. By focusing on the physical setup of your workstation and the tools you use, you can reduce your chances of injuries.

It focuses on how things are set up in your office workspace such as:

- Your workstation setup, how you sit, and how long you stay in one position.
- How you do a certain task, the kinds of movements you make, and whether you make the same movements over and over.
- Your work area, including light, noise, and temperature.
- The tools you use to do your job and whether they are set up to fit your needs.

Office ergonomics can help you be more comfortable at work. It can help lower stress and injury caused by awkward positions and repetitive tasks.

It's common for injury and illness to happen at work. Both can cost you and your employer time and money. They can also affect how well you do your job. Injuries can cause stress and strain on your muscles, nerves, tendons, joints, blood vessels, and spine.

You could also be at risk for problems such as tendinopathy and bursitis. These are caused by overuse and repetitive movements. Over time, these kinds of movements can make you feel bad. They can cause long-term health problems. And they use up your sick time.

By applying ergonomic solutions, you may be able to reduce physical problems and improve your comfort and ability to work effectively.

A properly set up workstation could have the following positive effects:

- Reduce problems such as headaches or eye strain.
- Reduce neck and back pain.
- Prevent bursitis or tendon problems that are linked to doing the same task over and over (repetitive tasks).

## Ways To Use Your Workstation Properly

When setting up an ergonomic workstation, choose workstation tools that fit your personal, physical, and comfort needs. Consider utilizing a work surface or desk that is large enough to accommodate papers, reference manuals, and other workstation tools. Ensure the desk or work surface is at a height that allows enough space for your knees and thighs to fit comfortably underneath. Arrange your work to reduce stress on your body. If you are using a laptop as a secondary workstation, try using a docking station with an adjustable keyboard and mouse to help keep your wrists in a neutral position to reduce stress and strain.

These tips can also help avoid the cumulative effect of repetitive motions:

- Try to sit or stand comfortably in a position that does not put stress on any specific area of your body. You should be able to keep your neck in a neutral position and minimize the need to look up or to the sides continuously while you are working.
- Try to not move from your waist.
- Keep the workstation and workstation tools within reach without having to lean, bend, or twist at the waist frequently.
- Vary postures if possible.
- Take ten- to fifteen-second breaks frequently throughout your task.
- For example, look away from your computer monitor, stand up, or stretch your arms. Short breaks reduce eye strain and buildup of muscle tension.
- Take regular breaks.
- Try taking three- to five-minute breaks or changing tasks every twenty to forty minutes. Working intensely over long periods of time without taking breaks can greatly increase your risk for musculoskeletal injuries. Taking breaks and stretching may reduce the risk of repetitive motion injuries.
- Do stretching exercises during your breaks.

Stretch your body by getting up out of your chair and stretching your arms, shoulders, back, and legs. When you are sitting, shrug and relax your shoulders.

Having proper office ergonomics can help reduce your chances of injury and stress, and can even make your workday comfortable and enjoyable.

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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.



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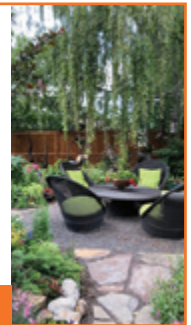
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### NORTH GLENMORE PARK JUNE 2024 STATISTICS



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