

# WOODFIELD GATE

## MARCH 2023 NEWSLETTER



- 2 eggs
- 2 tbsp milk
- Pinch salt
- Pinch pepper

**Step 1** - Wipe microwave-safe container (e.g. mug, ramekin, or little bowl) inside lightly with vegetable oil.

**Step 2** - Whisk eggs, milk, salt and pepper in container. Cover lightly

**Step 3** - Microwave on Medium-High (70% power) for 30 seconds, stop to stir, then in for another 30 seconds to 1 minute.

**Step 4** - Cover and let stand for 30 seconds to 1 minute before serving. Eggs will finish cooking while standing.

### What's happening this month?

- Monday's - Stone Soup with Louise at 1:30 lobby
- Tuesday's - Art with Bryan, 2:30 meet in the lobby
- Wednesday's - Feed the Good Wolf with Mike, 2 pm common room
- Thursday's - Coffee with Doug, 11 am in the lobby
- Friday's - Bullseye with Bryan 6pm common room
- Saturday's - Vanessa's Meditation & Yoga 6 pm common room
- Sunday's - Stages of Change with Mike 2 pm in the common room

### Benefits of Yoga

Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Yoga helps with back pain relief. It is as good as basic stretching for easing pain and improving mobility in people with lower back pain.

Yoga can ease arthritis symptoms and benefits heart health. Regular yoga practice reduces levels of stress and body-wide inflammation.

Yoga relaxes you, helps you sleep better and can mean more energy and brighter moods. Yoga helps you manage stress. According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

### Taking the Plunge

We all have toilets and sometimes those toilets get clogged. Flush while going and using less toilet paper with each flush is one approach to avoid this issue but sometimes! Below you will find the suggested plunger, how to use it and some ideas if you are plungerless. Chris, our lead on Facilities suggests one from Canadian Tire – the PlumbShop Heavy-Duty Cup Plunger, sold for \$9.99. Plunging technique involves lowering the plunger into the toilet bowl at an angle and fitting the rubber cup over the toilet's drain hole. Grip the plunger handle with both hands. With a forceful motion, move the cup up and down without breaking the cup's seal around the hole. Repeat this action for about 10 to 20 seconds and then remove the plunger. Hard blockage or no plunger? - Make your own drain cleaner by pouring one cup of baking soda and two cups of vinegar into the toilet and adding 2 litres of very hot water.

Dish soap can also help soften and loosen some obstructions. The slippery soap can help lubricate the clogged pipe and allow the lodged debris to slide down more easily. When using either method, allow the solution to sit overnight and then flush the toilet to see if the obstruction has cleared. A more severe blockage could require manually moving the item. To do this without a plunger, unravel a wire coat hanger until it's straight. Push one end of the wire into the clogged area. Prod the debris until it becomes free and flows down the drain. A drain auger is a better choice, but the wire hanger will work in a pinch.



#### How to Unclog a Toilet With a Plunger

- 1 Make sure there is standing water in the toilet bowl 
- 2 Angle the plunger over the hole 
- 3 Work the handle down and back up 
- 4 Flush 

the spruce