

## Winter Sniffles: Allergies or the Common Cold?

The cold days of winter bring most of us indoors for the year – and then the sniffles start up. Symptoms like sneezing, congestion, and sore throat are common during the winter months.

**These unpleasant symptoms can be evidence of a winter cold, but they can also mean indoor allergies. What are the causes of these winter ailments, and how can they be identified and prevented?**

Symptoms of colds include congestion, stuffy nose, swelling of sinuses, sneezing, scratchy sore throat, headaches, aches and pains, fever,

and a cough. Allergy symptoms include stuffed or runny nose, sneezing, wheezing, sore throat, watery and itchy eyes, and sometimes headaches. The main difference between cold and allergy symptoms is that colds usually come with body aches and pains and possibly a low-grade fever, while allergies do not. In addition, colds usually last 7-10 days, while allergies will persist as long as the exposure to the offending allergen continues. If you have cold-like symptoms which persist for more than two weeks, it's a good guess that you're dealing with an allergy, not a cold.

### To treat and prevent indoor allergies:

- Visit an allergy doctor who can help you identify the offending indoor allergens
- Maintain low indoor humidity to kill dust mites and mold
- Vacuum using a HEPA filtered

vacuum and run a HEPA air purifier to remove airborne allergens

- Encase mattress, pillows, and bedding in allergen-barrier encasings to protect from dust mite allergies

### To treat and prevent winter colds:

- Wash your hands frequently and disinfect surfaces
- Get plenty of exercise and rest
- Eat nutritiously, with lots of fruits and vegetables
- Avoid alcohol, tobacco, and excess stress

When treating a cold, remember that medicines may relieve symptoms, but they will not cure the cold. Only giving your body the proper care it needs – rest, proper nutrition, and plenty of fluids – will cure the cold. And with allergies, the best way to treat allergy symptoms is to remove the offending allergens from the environment.

## Wellington Place at Biron

1661 South Biron Drive  
Wisconsin Rapids, WI 54494  
715.423.5600

Mandy Schulist, Administrator

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As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items. Please call our office.



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ILLINOIS**  
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[WellingtonPlaceBiron.org](http://WellingtonPlaceBiron.org)

WE ACCEPT CREDIT CARDS

## Letter from Administrator

We would like to thank everyone for the participation and generous response we got for our Pie Auction on November 26th. We were able to raise a very generous \$410.00 to fund the resident "Secret Santa" gift exchange on December 27th. Thank you from all of us!

## Happy Birthday!

|      |              |
|------|--------------|
| 1-4  | Rosemary W.  |
| 1-10 | Charlotte D. |
| 1-12 | Irmina B.    |
| 1-13 | Tiffany R.   |
| 1-22 | Shirley C.   |

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## Reduce Stress with More Vitamin C

It's all too easy to feel that you need to reach for the medicine cupboard when stress causes headaches and fatigue. Research shows that vitamin C is a healthy alternative to combat stress and may also have latent benefits such as preventing colds.

Vitamin C may reduce both the physical and the psychological effects suffered by people when stress attacks. Those who consume vitamin C regularly may not exhibit the symptoms of mental stress so easily when subjected to challenges each day. Additionally, those people find themselves able to recover from stressful encounters much more quickly than people whom consume very little vitamin C.

How can you be sure you're getting daily vitamin C? Try adding these foods to your diet:

- Uncooked vegetables such as broccoli, sprouts, tomatoes, parsley, and spinach
- Fresh fruits such as strawberries, bananas, and apples
- Red and green peppers
- One glass of orange juice with breakfast
- Raw fish foods
- Almonds and walnuts
- Whole wheat



## WISH List

- 2 flat-screen televisions
- Bingo prizes
- Supplies for 'busy boxes'
- Board games
- 2 washing machines
- Patio furniture
- Camera

*Your tax deductible donation of cash or items is greatly appreciated and helps support residents and our non-profit facility.*



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