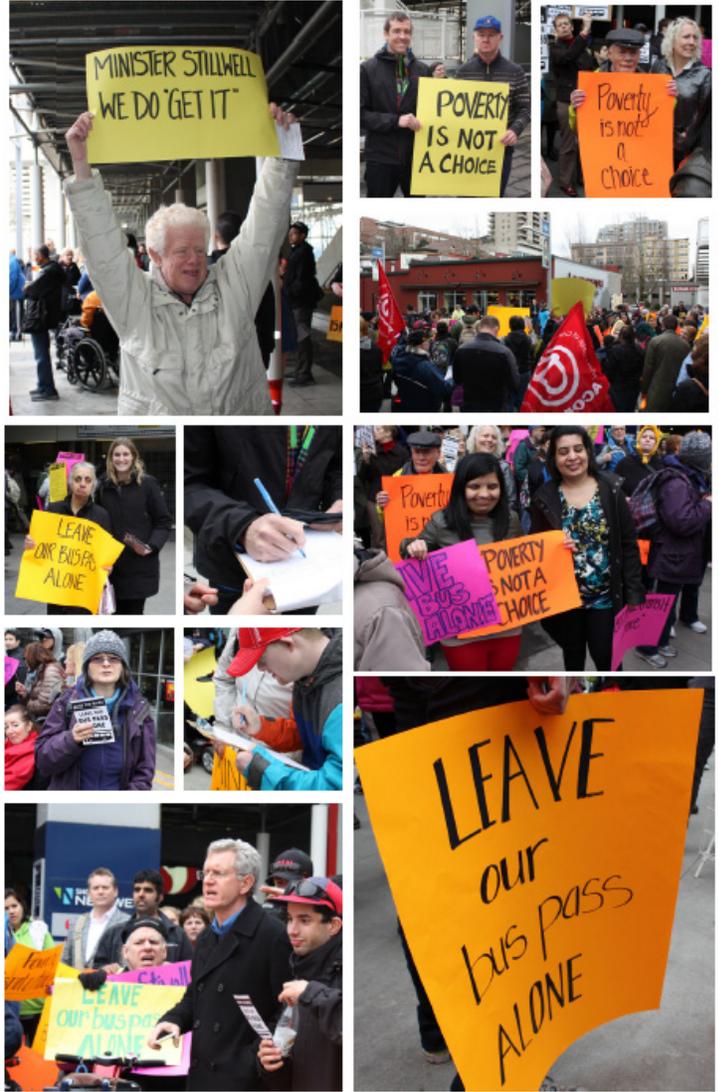


In the News...

Last year the government had increased the PWD (persons with disabilities) rate by \$77/month. Some individuals were very upset that this increase happened at the same time that the bus pass that had been provided for \$45/year now would cost \$52/month to retain. While those that retained their bus pass only noticed a \$25/month PWD increase it was the first increase in about a decade.

Update! Since **Inclusion BC** launched their "raise the rates" campaign, monthly disability benefit rates have gone up \$100 per month.

In the first week of October 2017, the BC government announced an additional \$52 a month increase for a bus pass or other transportation needs. This is very positive news and we recognise those that took part in the rallying and petitioning towards this positive change



“energy and persistence conquer all things”

- Benjamin Franklin

Thank you to everyone who was able to attend the CLS Christmas Open House! We look forward to seeing you all again this summer at our annual picnic! Have a safe and Happy Holiday!
From CLS



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When Do I Have Time For ...? The Importance of Water by the Family Support Institute

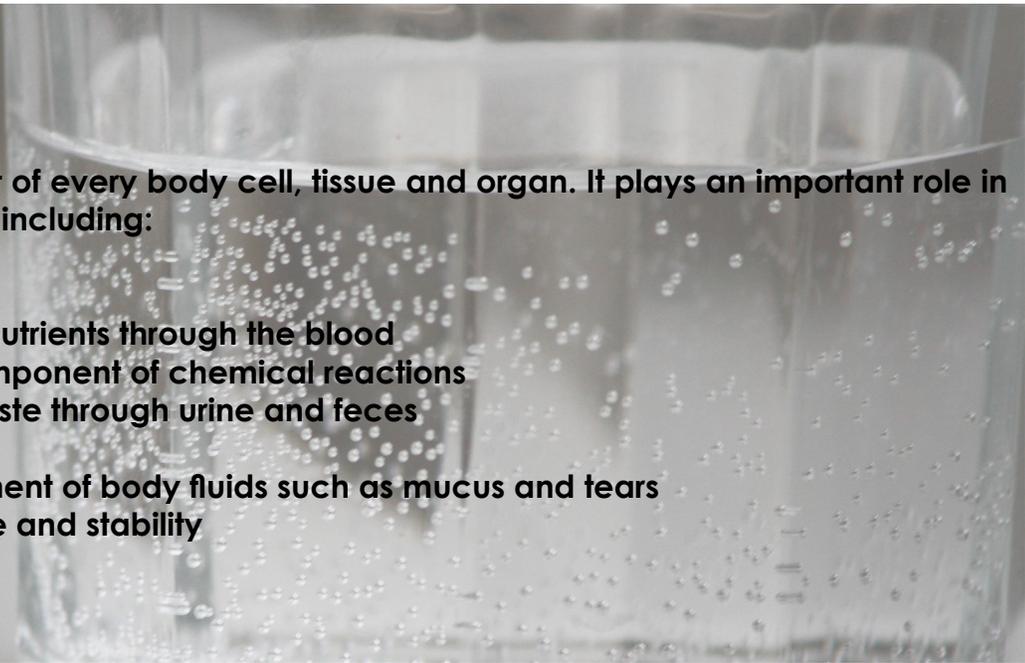
In B.C. we take water for granted. We have beautiful lakes, flowing rivers and the calming ocean. How great is this province? We have water all around us! Why are we drawn to the water? We need water to survive. The human body consists of 55-85% water, depending on the size of body. Next to air, water is the most important element necessary for survival.

We can survive without food for up to 2 months but only a couple days without water before vital organs are compromised. Not drinking enough water can have negative effects on the body. Our brains depend on hydration to function at optimal levels and our brain cells lose efficiency when not properly hydrated. The initial sign of dehydration is thirst; once you are thirsty you are already dehydrated. Most people are in a state of dehydration without realizing that they are. Other mild symptoms of dehydration include: heartburn, stomach ache, lower back pain, headaches and depression. Dark urine colour, dry and sticky mouth, sunken eyes, not producing enough tears, little to no urine output, lethargy, low blood pressure and a rapid heart rate may also be symptoms.

When you drink caffeinated beverages such as: coffee, alcohol, tea or pop you will need to add more water to your intake as these drinks dehydrate rather than hydrate your body. We need water to help us digest food, carry nutrients, remove waste, cushion organs and maintain fluid and electrolyte balance.

Drinking enough water is a great place to start improving your health and costs nothing. Water intake is also important to weight loss. If you are not drinking enough water, your body will store it causing water retention. You need at least 8 to 10-8 oz. glasses of water per day to keep yourself healthy and hydrated. This is a generalization only and fluid needs are affected by diet, exercise, body composition and climate. Your consumption of water should be spread out during the day. If you are concerned about having to go to the bathroom constantly, your body will regulate itself over time.

One tip to get enough water into your day to day life would be to carry a water bottle that you can continually sip or drink from. Another would be getting your fluids from fruits and vegetables. If just water is getting boring, try putting a slice of lemon or lime into your water bottle to add a bit of flavour. We go 6 to 8 hours without water when we sleep, so practice drinking a glass of water when you get out of bed to hydrate yourself. Get your body off to a good start right out of the gate after sleeping.



Water is a major component of every body cell, tissue and organ. It plays an important role in almost every body function, including:

- **Regulating temperature**
- **Transporting oxygen and nutrients through the blood**
- **Acting as a necessary component of chemical reactions**
- **Aiding in elimination of waste through urine and feces**
- **Lubricating joints**
- **Acting as a major component of body fluids such as mucus and tears**
- **Giving the cells their shape and stability**

The above is an excerpt from the Family Support Institute Wellness Booklet "When Do I Have Time...? For Wellness". You can access the complete booklet here <http://www.familysupportbc.com/resources/fsi-wellness-booklet>. Please note that the article has been slightly modified to better reflect the audience of our CLS families.