



Global Mobile Care

# Newsletter Spring

## 5 WAYS TO EASE POLLEN ALLERGIES THIS SPRING

### What is pollen?

Pollen is the microscopic powdery granules of flowering plants that allows for the fertilization of trees, grasses, and weeds.

Pollen triggers a histamine response in the body, which can cause an cause swelling, sneezing, itching and a runny drippy nose or postnasal drip

### Now, how to ease that miserable itching, wheezing, sneezing and coughing?

1. Antihistamines (Anti-Allergy Medications such as Benadryl or Zyrtec-D which also has a decongestant)
2. Saline Spray for Nostrils
3. Apple Cider Vinegar
4. Green or Nettle Leaf Tea
5. Probiotics





# Spring into Fitness and Fun

## 5 Fun Ways to Stay Active for Adults

1. Walking or Hiking
2. Gardening
3. Water aerobics classes and swimming
4. Volunteering or attending local events
5. Senior sport or activity classes here at Global Mobile Care

## WHAT'S HAPPENING AT GMC THIS SPRING ?

Pizza Party  
Easter Egg Hunt  
STAX Museum  
Picnic in the Park

2018 Senior Expo  
Andy B's Bowling Center  
Memphis Zoo  
Movie Day

CHECK OUR WEBSITE FOR UPDATES &  
BE ON THE LOOKOUT FOR OUR NEXT NEWSLETTER !