

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

VOLUME 10 ISSUE 1

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- ▶ **Legal cannabis has an excise stamp** appearing in different colours for each province and territory on product labels.
- ▶ If you use cannabis, learn how to use it responsibly. **Know the health effects.** Like alcohol and tobacco, cannabis has risks, especially for youth and young adults.
- ▶ **Don't drive high or work impaired.** Cannabis can impair your ability to operate vehicles or equipment safely. Driving while impaired by cannabis or any other drug is a serious criminal offence.
- ▶ If you possess cannabis, **store it away** from children, youth and pets.
- ▶ **It's illegal to take cannabis across the Canadian border,** whether you're leaving or coming to Canada. This applies to all countries, whether cannabis is legal there or not.
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A Certain Age

Okay, I have some news for you. No, I'm not shaving my beard off... February is Heart Health Month! What does that mean to you and I? Plenty!

Heart disease is actually a term for a whole series of cardiovascular conditions. The most prevalent one is coronary artery disease where fatty material begins to build up in the arteries and restrict blood flow. Heart disease is currently one of the leading causes of death in Canada, affecting over 2.4 million adults each year. And as we get older, our risk of developing heart disease increases, whether it's through hereditary factors or poor lifestyle choices.

Have I got your attention now?

Fortunately for all of us, heart disease is manageable – and preventable. So how can you cut the risk? Eating healthy, getting physically active, cutting out smoking, and limiting your intake of alcohol are all great places to start. And Heart Health Month is the perfect time to think about making a few changes to your lifestyle, ones that will keep your heart running smoothly for years to come. The alternative is not something you want to think about.

Now, here's something that will make your heart lighter – the new edition of HWS Magazine! This time out, we have a cover story on the success of Fonthill's own Movement Unlimited (p12). There's also an exclusive interview with Registered Nutritionist Amanda Santalucia (p5), some healthy eating suggestions from the folks at Tibibev (p7), and a look at Bethlehem Housing and Support Services' new housing initiative in the Garden City (p20). **HWS**

Yours in health,
Adam Shields
President
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Heal Your Gut for Good!

An Interview with Amanda Santalucia by Jason Sebeslav

Do you feel bloated, heavy or sluggish after eating? Do you have low energy, yet trouble sleeping? Having frequent cravings and trouble losing stubborn weight? I recently spoke with nutritionist Amanda Santalucia about how all these symptoms may be connected to the overall health of our gut.

JS: Amanda, we hear more and more mention of “the gut” these days. Just to clarify, what are we referring to with this term?

AS: The “gut” is really your entire digestive tract. It starts in the mouth, down to the stomach, small intestine and large intestine. Each area secretes different enzymes that help break down different foods and extract nutrients from the foods we eat. The gut also contains billions of good and bad bacteria.

JS: Sometimes people are surprised to learn the amount of bacteria we carry around in our gut - and that it's a good thing!

AS: Yes! Our guts contain good and bad bacteria and the ratio is important. If we have too much bad bacteria, it can cause digestive issues like bloating, constipation, discomfort after eating and cravings for sweets and carbohydrates. Probiotics help with ensuring the good bacteria is in balance.

JS: So what is this we hear about the “gut-brain connection”?

AS: The gut is considered our “second brain” as it communicates with our brain and controls our nervous system – when to rest and when to digest. When we are stressed, our brain doesn't receive messages properly and it throws off our resting and digesting abilities. A common example of this is when people become constipated or have loose bowels when stressed, or have issues sleeping at night.

JS: What are some of more common signs of an unhealthy gut?

AS: Some key signs include bloating, gas with or without food, stomach irritation, constipation, feeling “full” even after light meals - just to name a few.

JS: What about some of the less common symptoms?

AS: Many health issues may actually be linked to an unhealthy gut. Some less obvious symptoms include chronic fatigue, lack of energy, cravings, unhealthy nails and hair (due to lack of nutrient absorption), dark circles under the eyes and unexplained moodiness. In fact, 95% of serotonin, our “happy hormone,” is created not in the brain but in the gut! So when the gut is off, your mood can be negatively impacted.

JS: How do digestive health issues start? What are some of the main culprits?

AS: The main culprits are poor diet and stress. A poor diet results in a lack of nutrients required by the body. Chemicals and artificial ingredients are taxing on the system, as the body isn't designed to break them down like natural foods. Stress hinders your body's ability to create digestive enzymes designed to break down and extract nutrients from foods in the digestive tract. The less enzymes we produce, the less our body can digest food.

JS: So what are a couple simple, effective changes that can help improve gut health and digestion?

AS: Reducing processed foods and replacing them with natural whole foods the body recognizes is a great start. But often we need help through supplementation to speed up the healing process. Digestive enzymes with meals and a probiotic are very effective to heal the gut.

JS: You advocate a digestive enzyme supplement called Digest+. Why might we need to supplement with an enzyme?

AS: Digest+ is great because it helps your body break down food and absorb nutrients, and relieves stomach distress like bloating, gas and heartburn within 15 minutes. This is a great supplement for people with poor digestion, IBS, a parasite or those without a gallbladder.

JS: What makes Digest+ different from other digestive enzymes out there?

AS: Unlike other enzymes, Digest+ is designed to work with your body and stimulate it to start producing its own digestive enzymes again, so you don't become dependent on it. It also contains a key ingredient, goldenseal, which helps kill off the bad bacteria that can cause negative digestive symptoms. It's also versatile as far as when you can take it – before or after a meal, or even on an empty stomach.

JS: How do you recommend taking Digest+ and for how long?

AS: For chronic digestive issues, take 2 tablets of Digest+ with heavy meals for 6-12 weeks.

For acute or occasional digestive issues, take 1 tablet before heavy meals for 4-6 weeks, or as digestive symptoms occur. If you are travelling, this is also a great product to prevent parasites or bad bacteria you may be exposed to. Digest+ will relieve digestive discomfort and stimulate your natural digestive process. **HWS**

Amanda Santalucia is a Registered Holistic Nutritionist (RHN) who has delivered over 1,500 nutritional consultations to people with chronic conditions including diabetes, high cholesterol and more. She is a strong advocate of natural health and healing.

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Co-Publishers

Jim Shields, Adam Shields

Circulation

HWS Magazine is published 6 times per year and distributed to health, wellness and safety professionals throughout the Niagara Region.

Subscription Rates

\$25 +HST for 6 issues. Send cheque or money order to above address.

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CELEBRATING SIX YEARS

Allison Kares keeps clients empowered and pain-free at her professional Pilates studio – Movement Unlimited.

Photo credit: Rob Petrullo

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Tibibev Inc.

By Scott Leslie

Leslie Payne-Zimmer has a problem – but it's a good one to have for a budding entrepreneur.

"I don't drink," she explains. "For over 20 years, I kept trying things like milk and soda...but they just weren't for me."

Turned off by the detrimental effects of caffeine in tea and coffee, Leslie finally decided to take her quest for a healthy alternative beverage to a whole new level.

"I began doing some nutritional research and learned how important enzymes are to your digestive system," she says. "I found fermented food has a lot of enzymes and that pointed me in the right direction."

After some trial and error, Leslie started up her own health food company in 2010 and developed a fermented probiotic drink using tibicos grains. Also known as water kefir grains, tibicos is a culture of bacteria and yeast that can be used to create any number of flavourful drink mixes.

"It's very healthy and low in calories," Leslie says of her naturally sweet tibicos drinks. "They're also dairy-free, sugar-free and non-alcoholic."

Leslie's firm is called Tibibev Inc., taking its name from "tibicos" and "beverage." Originally based in North York, Leslie moved her business to the Niagara area in January of 2018 and recently set up a new production facility on Keefer Road in St. Catharines.

Now selling under the brand name Raw Tibicos, Tibibev's core product continues to be its tibicos drink which comes in several different mixes including hops, nutmeg, sassafras, beet, ginger and sarsaparilla flavours. In order to provide greater variety for vegans, vegetarians and health-conscious eaters, however, Leslie has expanded her product line to include soups, garlic relish, pickled vegetables, corn fritters and potato fritters.

Health food developer and delivery service committed to bringing vegetarian alternatives right to your door – at a reasonable price.

Leslie and her team know how hard it is for vegetarians to get enough protein in their diets so they've developed hearty soups that are both filling and flavourful – based on nutrient-rich vegetables like yams, squash and beans.

"We want to offer healthy foods that are reasonably priced," Leslie says. "All our products are made with all-natural ingredients."

It's easy to place your order with Raw Tibicos Foods. Just contact their office and your order will be delivered right to your door. Leslie and her team currently serve the St. Catharines, Niagara Falls, Niagara-on-the-Lake and Welland areas, and are looking to expand as time goes on.

"We have regular routes and serve people of all ages," Leslie says. "We typically do individual orders – but we also offer catering and are looking to get into serving seniors homes."

When it comes to selection, Tibibev offers several ongoing specials and will often adjust its menu depending on the season. Although there is barley in some of Tibibev's soups, Leslie's food and drink products are generally good for people with gluten and lactose intolerance issues.

Tibibev is a great option for the health-conscious foodie – and Leslie says her customers have been clamouring for it.

"People ask me, 'Why haven't you been here before?'" Leslie says. "They really enjoy the taste of our soups and relishes. I'd like people to try our service out and see how it works for them. We want happy customers." **HWS**

Tibibev Inc. is located on 25-27 Keefer Road in St. Catharines. For more information, go to <https://tibibev.ca>. To place an order with Raw Tibicos Foods, text 905.327.5145 or 905.327.1701 or email it@tibb.ca. Company hours and discounts can be found at <http://fizzkitchen.ca>.

Healthy Hearts at Hamilton General Hospital



PROVIDED BY HAMILTON HEALTH SCIENCES FOUNDATION

February is Heart Month in Canada, a time to focus on the importance of cardiovascular health and what we can do to reduce our risk of heart disease. According to Health Canada, heart disease affects approximately 2.4 million Canadian adults and is the second leading cause of death.

Serving patients in the Niagara Region and throughout southcentral Ontario, Hamilton General Hospital performs more cardiac surgeries than any other hospital in the province. The site is home to the Regional Rehabilitation Centre, which offers services to meet the rehabilitation needs of patients who are recovering from cardiovascular disease. Also housed at The General is the David Braley Cardiac, Vascular and Stroke Research Institute, where today's cardiac research helps to improve the health care of tomorrow.

Ron Gardner from Burlington is just one patient who is alive today because of the specialized cardiac care he received at The General. He was planning a trip to Florida to visit his brother George, who played for the Vancouver Canucks as the team's first goaltender. Before making the trip, Ron received a phone call informing him that George had died after suffering a massive heart attack.

After the results of George's autopsy were released, Ron learned that they both suffered from a hereditary and life-threatening heart condition - a bicuspid aortic valve. The risk of the condition being inherited by a family member is as high as 89%, making screening of family members important.

After a referral from his family doctor, Ron began his journey with the cardiac team at Hamilton General Hospital. Test results indicated that Ron would require open-heart surgery, but he was healthy enough to delay surgery at the time.

Several months later, Ron was golfing in Vancouver when he dropped to his knees in pain.

"The sensation was like 'pushing back the darkness' as I tried desperately to catch my breath," says Ron. "Upon returning to Hamilton, the cardiac team at The General told me I probably would have died if I'd walked another 100 steps."

The rapid progression of Ron's symptoms meant that the time for open-heart surgery had come.

One of Ron's close friends who is associated with health care in Toronto offered to help facilitate a transfer to a Toronto hospital. To Ron's surprise, the friend called back a few hours later with a glowing endorsement of Hamilton General Hospital.

"Physicians he contacted in Toronto told him that Hamilton General Hospital was one of the best cardiac facilities in Canada," Ron says. "Given a choice, they would want to have open-heart surgery at The General."

Within four weeks of undergoing surgery at The General, Ron was back to work. A decade has passed since the operation, and Ron continues to praise the cardiac and ICU teams at The General for saving his life. Thanks to the care he received, Ron has been able to enjoy many years with family and friends as an active member of his community.

"I proudly tell people that we have a world-class cardiac program so close to home," he says. **HWS**

In honour of Heart Month, please make a gift to Hamilton General Hospital Foundation today and make a real difference in the lives of cardiac patients like Ron at hamiltonhealth.ca/donate.



Ron Gardner with photo of his brother George

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The Heart of the Matter

Brock's Heart Strong program designed to help Niagarans dealing with cardiovascular disease.

By Scott Leslie

There's an old saying: "An apple a day keeps the doctor away." If only it was that easy! Keeping yourself in tip-top condition takes a lot of hard work and dedication – particularly when you're dealing with a debilitating health condition.

In recent years, countless Niagara residents have been turning to the Brock-Niagara Centre for Health and Well-Being to accomplish just that.

Based on the Brock University campus, this community fitness studio is dedicated to helping people manage and rehabilitate their condition through exercise, activity and education. In order to achieve this mission, the Centre has a 6,700 square foot studio facility where participants can get involved in various exercise classes and use the gym's extensive weight and training equipment.

"Everybody has their own specific needs," says Centre Director Dr. Deborah O'Leary. "But we hope our clients will leave here feeling stronger and healthier – and be able to make better lifestyle choices in their daily lives."

One of the Centre's most popular initiatives is the Heart Strong program which is designed to help Niagarans dealing with cardiovascular disease. This program includes people who've experienced a heart attack, angina or angioplasty – or undergone coronary bypass graft surgery. The Brock-Niagara Centre for Health and Well-Being also welcomes participants who may be dealing with other related issues such as high blood pressure, diabetes, obesity or high cholesterol.

Here, participants are given customized training sessions that run the gamut from walking and cycling to stretching and resistance training. The

program also provides a wide range of information sessions where people can learn more about cardiovascular disease and how they can cut the risk of developing it in the first place.

Students from Brock University's Health Sciences department are volunteers within the program. Specially-trained in cardiac care, these Brock students provide expert supervision and instruction, and give participants a safe, friendly and informative environment in which to improve their health.

"We have hundreds of students who volunteer at our Centre all year round," Program Coordinator Ally Fast of the Centre says. "This gives them the opportunity to gain practical experience and apply what they've learned in the classroom to real life situations."

But there's more to the Brock-Niagara Centre for Health and Well-Being than the Heart Strong program. The Centre's other exercise programs include:

- The Power Cord program which provides exercise classes for wheelchair-bound individuals dealing with MS, amputations, and spinal cord injuries.
- The SeniorFit program which offers balance, cardiovascular, strength and flexibility exercises for men and women aged 55 and older.

"Our gym can target just about any lifestyle or fitness goal," Ally explains. "We encourage anyone who's looking to pursue a more active lifestyle to check out all the resources we have to offer." **HWS**

The Brock-Niagara Centre for Health & Well-Being is located in the Brock Research and Innovation Centre on 130 Lockhart Drive in St. Catharines. For more information on the Centre, please call Program Coordinator Ally Fast at 905.688.5550 x5585, email afast@brocku.ca or go to <http://hwc.brockubeta.ca>.

What to do if you think someone is having a heart attack

By Tammy Ciolfi-Grenier

Here are common signs and symptoms of a heart attack, although symptoms can differ. For example, not everyone experiences chest pain during a heart attack.

- Squeezing or crushing chest pain
- Problems breathing
- Abdominal or back pain (more common in women)
- Cold, sweaty skin
- Skin that is bluish or paler than normal
- Nausea and vomiting
- Jaw pain

During a heart attack, many women and elderly people tend to experience “soft signs” including:

- Mild unfocused chest discomfort that:
- Comes and goes
- Doesn't feel like pain
- Starts mild and gets continually stronger
- Gets better with rest
- Gets worse with activity
- Extreme tiredness
- Gastric discomfort
- Flu-like symptoms

Please note that men may have these signs as well.

What to do

If you witness someone experiencing these symptoms, it's important to take immediate action in case it is a heart attack – or if you are experiencing these symptoms, make sure to:

1. Call “911” or local emergency services.
2. Have the person sit or rest and try to remain calm.
3. Chew and swallow an aspirin (unless allergic or previously told by a doctor to never take aspirin). Aspirin can sometimes help but don't get up and look around for an aspirin as this may put unnecessary strain on your heart. If you're not allergic to aspirin and have some next to you (or if there's someone with you who can fetch them for you) chew two low dose aspirin tablets (81mg). If the aspirin isn't nearby, however, anyone with you should stay with you and not go looking for them.
4. Loosen any tight clothing.
5. Begin CPR if the person is not breathing. (CPR, when used with an automated external defibrillator and started immediately after a heart attack, can double a person's chance of survival.) **HWS**

Tammy Ciolfi-Grenier is a first aid instructor and the owner of Niagara First Aid Services. For more information, please call 289.213.9498 or go to www.facebook.com/NiagaraFirstAid.

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Hearty Soup

"On days when warmth is the most important need of the human heart, the kitchen is the place you can find it."

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Ingredients

½ cup	Pearl barley
1 tbsp	Non-hydrogenated margarine
4 cups	Reduced sodium chicken broth
½	Tomato, diced
2 cups	Mushrooms, sliced
2 cups	Kale, coarsely chopped
1 cup	Onion, chopped
1 clove	Garlic, chopped

Preparation And Directions

Preparation Time: 20 minutes
Cook Time: 1 hour
Servings: 4

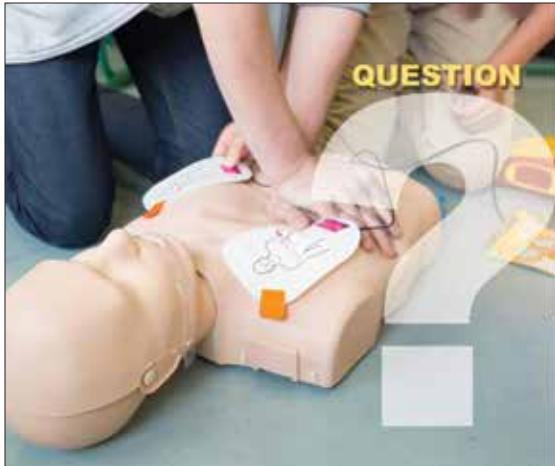
Bring 1 ½ cups water to a boil in saucepan. Add barley, cover, and reduce heat. Simmer 20 minutes until liquid is absorbed and barley is tender but not mushy.

Heat margarine in large saucepan over medium heat, add mushrooms and onion. Cook 4 to 5 minutes until vegetables are tender. Add garlic and cook 1 minute more.

Stir in broth, diced tomato and cooked barley. Bring to a boil and then reduce heat to low. Cover and cook 15 minutes. Add chopped kale and simmer 5 minutes more until kale is tender. HWS

Nutritional information per serving:

Protein 5g
Total fat 3.5g
Carbohydrates 14.5g
Calories 100
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Cholesterol: 5.2mg



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Unlimited Benefits

Movement Unlimited Inc.

Allison Kares keeps clients empowered and pain-free at her professional Pilates studio – Movement Unlimited.



First Row- L -R -Sally MacDonell, Kristina Tzvetkova, Allison Kares, Marie-Eve Nackers, Emily Robertson Second Row- L - R Karen Gemmel, Carling Carr, Gail Smith

By Scott Leslie

What do Samuel L. Jackson, Cameron Diaz, David Beckham, and Marisa Tomei all have in common?

I'll give you a hint... It's something anyone can do if they just set their mind to it.

That something is Pilates.

Allison Kares is a firm believer in the power of Pilates herself.

A certified Pilates instructor since 2002, Allison is the owner of Movement Unlimited Inc. – a professional Pilates studio that's been operating in Fonthill for the past six years.

Allison says Pilates is a great way to build up your core strength and enhance your posture and flexibility – and can benefit everyone from fitness enthusiasts to stroke and motor accident patients to amateur and professional athletes. It's also the perfect option for people who haven't had any luck with traditional rehabilitation methods.

"There's a big misconception out there that Pilates is just for women," she says. "Some men feel uncomfortable because they think they'll come into the studio and be surrounded by women

doing women's exercises. But that's not the case at all. Pilates was created by Joseph Pilates back in the 1920s – and it's ideal for men because it's a great way to work on your core and flexibility."

A Welcoming Environment

Movement Unlimited is one of just a select few professional Pilates studios in the entire Niagara Peninsula. Allison says it's the feeling of community at Movement Unlimited that really sets her studio apart from the rest.

"It's not like a corporate gym where people can feel self-conscious and awkward," she explains. "It's a much smaller, welcoming environment where everybody gets to know one another."

According to Allison, she and her dedicated team take great pride in their high levels of training and expertise.

"When it comes to skill, we have the largest group of fully certified instructors in Niagara," she says. "Our team has completed over 200 hours of training in every aspect of Pilates."

At the 3,800 square foot facility, the Movement Unlimited team teaches a wide range of group Pilates classes to the public. But they



Allison Kares working with clients

also offer private one-on-one Pilates sessions which can run between 30 minutes and an hour, depending on the client's needs.

"We keep our numbers low," Allison says of class sizes, "so it's not a room full of 30 or 35 people. We have six people maximum for equipment sessions and 10 people for our group sessions. We give hands-on feedback so our clients get really personal and tailored attention."

Although Pilates is a multi-faceted discipline, it's flexible enough to be modified for people of all ages and abilities. Right now for instance, the studio's youngest client is 10-years-old while the oldest is in their early 90s.

"We try to make movement fun so it doesn't feel like work," Allison explains. "I'm proud of the fact that many people who start doing Pilates say they don't exercise. Next thing you know, they're addicted."

Back To Basics

Movement Unlimited has been serving Niagara for several years. However, the health and fitness industry has been in Allison's blood for nearly three decades now.

Back in 1991, Allison began working as an exercise therapist for Kay Yardley & Associates Physiotherapy in Fonthill, where she provided therapy programs to injured patients. It was Kay, the clinic owner, who suggested Allison look into Pilates. Many of Kay's colleagues were using Pilates to help rehabilitate their clients. Allison decided to give Pilates a try.

The difference was noticeable – and astonishing.

"My body felt incredible when I first got into Pilates in terms of support and control," Allison explains. "It really spoke to me."

In 2002, Allison completed her full certification through Stott Pilates

Continued on next page

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Private pilates client session room.

Continued from previous page

in Toronto and began incorporating Pilates into her clients' rehab programs. The following year, Allison took her Pilates expertise to a whole new level by launching a full-time Pilates studio – Pilates Niagara – with her business partner. She would manage the successful Fonthill business for nearly a decade before deciding to go off on her own and establish Movement Unlimited in November of 2012.

Over time, Allison has taken several specialized training courses to enhance her Pilates experience. A graduate of the Polestar Pilates Program, she added Pelvic Floor Pilates to her studio six years ago and became a Pilates Method Alliance Certified Pilates Teacher earlier this year.

But Movement Unlimited is no one-trick-pony. In addition to Pilates training, Allison's studio offers yoga classes and registered massage therapy, not to mention athletic conditioning and pelvic floor physical therapy. Allison and her team also provide occupational therapy for adults and kids, and fascial stretch therapy – a table-based technique that helps people to improve their mobility and flexibility.

"It's much more of a wellness centre than it used to be," Allison says of her desire to create a more holistic studio. "I'm passionate about Pilates but I didn't want to have to go out and learn another discipline. We've added several complementary services and allied health practitioners over time whose values reflect ours so we can work collaboratively and achieve the best results for our clients."

Having worked as an exercise therapist for 12 years, Allison has developed a solid reputation in Niagara for her emphasis on rehabilitation. As a result, many specialists in the medical community like registered massage therapists and general practitioners have been referring their clients to Movement Unlimited for treatment.

"Pilates can help people connect with their core muscles much better than traditional exercises," she says. "The focus is on the entire body, not one specific area. That can make a big difference in their posture and overall rehab."

Feeling Your Best

Movement Unlimited has certainly turned some heads in the local business community since it first opened its doors. Just this past year, Allison's studio won the Welland Tribune's Readers' Choice Award three times – for Best Fitness Studio, Best Physical Therapist and Best Yoga Studio. Allison was also recently named Canada's Top Fitness Instructor for Ontario in IMPACT Magazine.

And Allison is doing her level best to give back to the community she calls home. She currently sits on the board of directors of the Welland Heritage Council and Multicultural Centre and is a proud sponsor of Wellspring Niagara and Pelham Cares.

Countless athletes and Hollywood celebrities have been jumping on the Pilates bandwagon in recent years. But Allison is just proud to see so many of her clients leave her Fonthill studio stronger, healthier – and feeling like a star.

"Even though running my own business can be challenging," she says, "and I feel like I am pulled in different directions, I love the opportunity to connect with people. I love helping them feel better and make progress toward a more enjoyable, functional life." **HWS**

Allison Kares is the owner of Movement Unlimited Inc. For more information or to book an appointment, please call 905.892.1239, email info@movementunlimitedinc.com or go to www.movementunlimitedinc.com.

Why is the Breath So Important?

By Melissa Ross

The breath is the single most important reflex in the body. Aside from keeping us alive, it nourishes us, feeds us and cleanses us. The breath is intuitive – in that we don't have to think about it. We just breathe. Concentrate on your breath for a moment as you exhale deeply. Pause and notice what happens at the end of the exhalation. Your body automatically draws in a breath without thought or effort.

The challenge for most of us is in lengthening and slowing down the breath. Why would you want to slow the breath? Lengthening and slowing the breath creates change in the body. It encourages full oxygen exchange, which increases energy and assists in detoxification. It calms the mind and helps to reduce stress and anxiety. By learning how to breathe mindfully, we become healthier, stronger and more aware, and in control of our emotions. Mindful breathing is one of the first techniques we teach in our yoga classes for kids.

Our breathing exercises are fun, easy to learn and integrate simply into everyday life. Take a moment to sit as a family today with your backs tall and your shoulders down. Mindfully breathe in through your noses and hold for the count of three. Exhale slowly through your noses or your mouths. You can repeat this cycle for as long as it feels comfortable. **HWS**

Melissa Ross is the owner and head yoga instructor at Breathe With Me Yoga. Our philosophy is that it's better to teach healthy kids now than fix broken adults later. To learn more about classes and registering your child, please visit www.breathewithmeyoga.com or email info@breathewithmeyoga.com.



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Compassion Lives Here

Hospice Niagara celebrates 25 years of providing Niagara residents with compassionate care and comfort.

By Scott Leslie

The year was 1993. And three nurses – Colleen Bredin, Audrey Rows and Pat Hundertmark – had a dream.

"Palliative care was in its infancy and there was considerable lack of understanding within the community," says Carol Nagy, the executive director of Hospice Niagara. "Colleen, Audrey and Pat came together to improve the quality of life for people dealing with life-limiting illnesses, death, dying, grief and loss."

It was through the collaboration of these nurses that the dream of Hospice Niagara became a reality.

Originally, the organization operated out of a small building on King Street in St. Catharines with additional services offered at the Grantham United Church. As awareness and participation in programs and services increased, the need to establish additional space to accommodate growing programs including a hospice residence became apparent.

In 2007, Hospice Niagara opened The Stabler Centre in St. Catharines, named in honour of the late Eric and Gwen Stabler – two former Hospice Niagara clients who left

a substantial gift in their estate.

According to Carol, a lot has changed since Hospice Niagara was incorporated as a registered charity back in 1993.

"Back then, people weren't talking much about hospice palliative care," she says. "We have made great strides in normalizing conversations to help bring palliative care to the forefront, but there is still more work to be done. We want to let people know we're here to help."

To increase awareness, Hospice Niagara has implemented a speakers' bureau, whereby staff and volunteers deliver presentations throughout the community. To complement this, Hospice banners and other informational materials are displayed at various public libraries and city halls across Niagara.

Building on the strong foundation that was created 25 years ago, Hospice Niagara continues to evolve to best meet the needs of Niagara residents living with a life-limiting illness, and their families, charging no fee for its services.

Serving people with a wide range of terminal illnesses, Hospice Niagara currently runs many of its programs at The Stabler Centre. The 14,000 square foot complex houses a 10-bed hospice residence where

clients receive 24-hour palliative care in a comfortable home-like setting. In 2017 alone, Hospice Niagara provided end-of-life care for 237 people in this residence.

Hospice Niagara offers several other care services including a weekly Day Hospice where clients with life-limiting illnesses can relax, enjoy a meal together, and take part in several activities and complementary therapies. It also provides family caregivers a day of respite.

"It's important for caregivers to have time for themselves," Carol says. "We recognize caregivers as needing a special type of support, and look forward to expanding our services for caregivers over this next year."

Currently, Day Hospice runs in St. Catharines and Welland. The Welland program is available to both French and English-speaking clients.

Following the death of a loved one, Hospice Niagara also supports loved ones through its grief and bereavement programs for children, youth and adults.

WORKING TOGETHER

With a diverse and aging population in Niagara, partnerships enable Hospice Niagara to meet the needs of the community.



Elected board of directors of Hospice Niagara.



Tender moment of grandfather and grandson.



Sharing Heartfelt moments.

They work in partnership with other health care services in the Local Health Integration Network (LHIN). Over the past year for instance, Hospice Niagara has set up a caregiver network with the Alzheimer Society of Niagara Region and Centre de santé communautaire to identify and implement supportive resources for caregivers. Hospice Niagara also works closely with its partners to provide palliative pain and symptom management consultation and interdisciplinary palliative care education to local health care professionals.

"Many people prefer to die in their home," Carol explains. "Eighty-percent of people don't want to die in hospital. Unfortunately, about 70% of people in Niagara end up doing just that."

Hospice Niagara partners with home health care providers and physicians to provide in home palliative care. This team works to support clients to stay at home as long as possible and if they wish to die at home. In this way, more people are supported every year in their own home, in their own community.

EVERY DAY COUNTS

Only 60% of Hospice Niagara's operating expenses are funded by the Ontario Ministry of Health and Long Term Care. Consequently, Hospice Niagara relies heavily on community donations in order to make up the remaining 40%. (In 2018, that difference amounted to \$1.8-million.)

"Our priority is serving clients who are living with chronic and complex illnesses," Carol says. "The demand for services continues to climb, yet we need to be judicious with our budgets in order to direct as many dollars as possible into programs and services."

In recent years, Hospice Niagara has launched several initiatives in order to decrease the gap between government-funded dollars and meeting its operating budget. This has included launching several annual fundraisers such "TASTE," "Hike for Hospice Niagara," and the "Swing Hard to Live Strong Golf Tournament." Its signature fundraising event is the "5 Car Draw" – a raffle with chances to win five new vehicles and cash prizes – which just reached its 10th anniversary.

In addition, during the holiday season, people can honour a loved one by making a donation and hanging a personalized butterfly ornament on a special holiday tree at the Pen Centre or at The Stabler Centre.

"It's a symbolic and meaningful gesture that provides comfort to people by honouring someone they love at this special time of year," says Carol.

Many people in the community also organize their own fundraising activities, everything from bake sales to golf tournaments to motorcycle and bicycle rides and donate the proceeds to Hospice Niagara. Local companies have held dress down days and offer employee matching gifts to support their donations to Hospice Niagara.

THE HEART OF HOSPICE NIAGARA

The big hearts and expert skills of staff and 350+ volunteers dedicate their time and talents to serve those living with a life-limiting illness, and their loved ones throughout Niagara. Volunteers work diligently to enrich people's lives in countless ways. Last year, Hospice Niagara volunteers spent more than 18,000 hours supporting clients at end-of-life and an additional 8,000 hours helping with office, fundraising and grounds maintenance support.

As it celebrates a quarter century of operation, Hospice Niagara is fully committed to serving the hospice palliative care needs of its clients and their loved ones. The organization's volunteers and staff continue to build on the strong foundation that Colleen, Audrey and Pat built which is anchored in dignity, integrity, respect and acceptance to bring exceptional and compassionate care to everyone, everywhere every time. **HWS**

For more information on its programs and services or to find out how you can get involved or support its mission, please call Hospice Niagara at 905.984.8766, email info@hospiceniagara.ca, visit hospiceniagara.ca or go to its YouTube channel. Stay connected by subscribing to Hospice Niagara's quarterly eNewsletter at news@hospiceniagara.ca. Follow Hospice Niagara on Facebook and Twitter.

TIRED OF FEELING TIRED?

Top tips to boost your energy

Provided by NewsCanada

Life is busy, and a lack of sleep, an unbalanced diet and high levels of stress can leave you feeling tired and run down, making even mundane daily tasks feel difficult. If you're in a low-energy rut, here are a few simple ways to get you feeling more energized and focused:



1 Get some z's. Everyone knows that getting a good night's sleep helps increase energy levels. But what many don't realize is how much your energy level can be impacted by when you go to bed, not just how many hours of sleep you get. Going to bed at a consistent time each night is important for ensuring a good sleep.

2 Drink your vitamins. According to Dietitians of Canada, B vitamins help keep your nervous system healthy and help your body use energy from food. How about getting more B vitamins in your diet with a cup of tea? For instance, Tetley has just released Canada's first lineup of teas fortified with vitamins and minerals, including Tetley Super Green Tea – Boost, which provides an excellent source of Vitamin B6, a factor in energy metabolism and the maintenance of good health. The hydration

from the tea is an added bonus since lack of fluids is a major cause of fatigue.

3 Get physical. It's important to remember that human beings don't "get" energy, we create it. Physical activity is one of the most important ways to feel more energized, release stress hormones and improve the quality of your sleep. Start small — you don't need to run a marathon. Consider a 10-minute walk on your next lunch break or a few jumping jacks in the middle of a busy afternoon at your desk.

4 Take a deep breath. Practice revitalizing breathing by letting your stomach expand outwards and your ribs flare out to the sides while your shoulders, upper chest and abdomen remain motionless. Fill every part of your lungs with air. This is called diaphragmatic breathing and it can almost instantly help you feel more energized.

5 Practice self-care. It's a simple equation – more stress equals less energy. This is because stress is a result of anxiety, which uses up lots of energy and can often impact sleep patterns. Take some time for self-care, whether it means talking with family or friends, a daily dose of meditation or doing some yoga. Just find a moment every day to relax and recharge. HWS

Article courtesy of www.newscanada.com.

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SO, WHAT'S THE RAVE ABOUT ESSENTIAL OILS?

By Rachel Epp

Essential oils have been around for centuries but have only recently been given the attention they truly deserve. Essential oils are liquids distilled from plants, or other sources, which come with many health benefits. In fact, if you're looking for a natural way to keep your family healthy, you should give essential oils a try.

HOW TO USE ESSENTIAL OILS

Massage: Massage therapy remains a popular treatment of choice for deep relaxation and to correct health issues. When combined with essential oils, aromatherapy massage offers healing properties to help optimize overall health and well-being. You can also add essential oils to a hot, soothing bath to create a relaxing and therapeutic experience similar to aromatherapy massage.

Inhalation: Essential oils can be diffused or sprayed in the air. It is one of the quickest ways to experience the therapeutic benefits of essential oils and is highly beneficial for helping respiratory ailments. It is also a great way to purify the air in your home!

Cleaning: For everyday cleaning, essential oils are a great additive as most are natural disinfectants and you won't be polluting the air with toxic chemicals while you clean. If you add a few drops of essential oils to your laundry, you can experience the benefits wherever you go.

Ingestion: Essential oils should be ingested with caution. They are highly concentrated and have the capacity to cause serious damage if used internally without the necessary expertise required for administration. It is highly recommended that you do the proper research and look for food grade essential oils when considering ingestion.

WHAT TO USE FOR WHEN...

You need a pick me up: If you need to boost your mood, try using a citrus blend such as orange, lemon bergamot and grapefruit in a diffuser. Add a couple of drops of frankincense to take it to the next level!

You have a headache: Place a drop of peppermint oil on the spot on your head where you feel pain. Peppermint oil can be also used to treat nausea. (It's great to keep on hand for road trips!)

You have trouble sleeping: Add lavender oil with a carrier oil and rub on your feet at bedtime. You can also add a couple of drops in a diffuser to help you relax and sleep better.

Prevent sickness: Diffuse a combination of clove, lemon, cinnamon, eucalyptus and rosemary oils. This combination has antibacterial and antiviral properties, so you can avoid whatever illness is going around.

So, why the hype? The versatility and health benefits complement a very natural lifestyle. As each oil contains different benefits, you can create a custom blend suited just for you! **HWS**

Rachel Epp has created natural cleaning products using natural ingredients such as coconut oil, distilled vinegar and essential oils. Rachel hopes to remove all toxic chemicals in each and every home. For more information on the "bare." product line, please contact Miss'es Clean at missesclean.ca.

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Housing and Health

Inadequate housing conditions have a significant impact on health outcomes.

By Jennifer Sinclair

What happens when you can no longer afford your home? You change your priorities and start by reducing your housing costs and making choices between paying rent, utilities and buying food. You apply for a home with lower rent, but you find yourself on a four-year waitlist. You struggle and wait, never knowing when unforeseen financial incidents will put you at risk of eviction or having to visit the food bank. You compromise on food quality, lower the heat, don't buy medications, reduce health treatments, and eliminate physical and recreational activities.

The effects of living in such precarious conditions will have a negative effect on your family's health and wellness. This is a common story of evidence that socioeconomic status is a significant predictor of physical and mental health outcomes.

Substantial health improvement opportunities can be found through the provision of affordable and adequate housing conditions for economically vulnerable families. In Canada, we are making historic transformational changes and investments with a new National Housing Strategy initiated by the federal government that states: "Because we understand the value of home; safe, affordable housing is a launch-pad for better socio-economic outcomes for our citizens, a more inclusive society where everyone has the opportunity to be well and to succeed." The local strategic response in Niagara is a collaborative effort of housing organizations, service partners and regional government with a multi-faceted 10-year Housing and Homelessness Action Plan: "A Home for All!"

St. Catharines is in the top 10 list of communities across Canada with the highest "core housing need rate" (Canada Mortgage and Housing Corporation report/2016 Census). These households are paying more than 50% of their income on housing costs. Their only option is to change spending priorities and make compromises that significantly impact their health outcomes.

Bethlehem Housing and Support Services has responded with innovative housing solutions for the past 30 years as a non-profit housing provider of supportive transitional and permanent housing for men, women and families. Bethlehem's most current housing initiative at 111 Church Street is a collaborative approach that reaches out to unconventional partners like local developer PennTerra Group Limited who has a reputation for successfully constructing purpose-built residences and source sustainable systems and materials to reduce overall capital costs for affordable housing builds.

Lori Beech, executive director at Bethlehem Housing says, "They are

partners with optimism and a shared desire for keeping rental costs low for mixed income households while at the same time providing a high quality building that the neighbourhood community can be proud of. Their contribution is an exemplary example of commitment to corporate philanthropy, community and social responsibility."

The key investor partner is FirstOntario Credit Union, whose motto is "Profits for a higher purpose." Much like PennTerra, they recognize and demonstrate good corporate responsibility. FirstOntario boasts over 115,000 members and is the second largest credit union in Ontario and has focused initiatives on poverty reduction. As an equity partner in this project, FirstOntario offers financial stability by lowering builder carrying costs.

The third partner is public support through government. The City of St. Catharines proclaimed affordable housing development as a municipal priority that helped to facilitate and support the zoning/planning process. The Niagara Regional Council committed to an exemption from property taxes and deferral of development charges by designating the property/building as a municipal capital facility. Regional Council approved the revision of a municipal bylaw, which opens up opportunities for other affordable housing development projects to benefit from similar municipal regulation tools.

This 3-P partnership housing project also includes an innovative ownership and operator structure. PennTerra / FirstOntario will own and manage the building as a capital asset. Bethlehem Housing will lease the building for a term of 40 years and bring day-to-day operating expertise, property management and connection to other community services to provide affordable rents and support for tenants.

The new build will not be the answer to all homelessness and precarious housing in Niagara. Rather, the aim is to add to the stock of affordable rental housing in the Region to act as an influencer, educator and inspiration by demonstrating to those in the private/public sectors what is possible through innovative collaboration.

In a public statement made on November 22, 2018 by St. Catharines Mayor Walter Sendzik, he stated, "Today I attended a National Housing Day event with partners from across Niagara. To respond to this need, we have developed a Housing Action Plan and are working together with partners to support more decent, affordable housing – for everyone. This building is an innovative partnership between Bethlehem Housing, FirstOntario Credit Union and PennTerra to create 127 new affordable apartments in the downtown. This project is an excellent example of the ways that public, private and not-for-profit sectors can work together to build housing that suits the needs of the community. There's more work to do and we are ready to work together at City Hall." **HWS**

Jennifer Sinclair is philanthropy manager at Bethlehem Housing and Support Services. For more information, call Jennifer at 905.684.1660 x2 or go to www.bethlehemhousing.ca.

SENIORS WHO STRIVE

Essentials Cremation and Burial Services

Niagara's affordable funeral home alternative believes in putting families first.

By Scott Leslie

Losing a loved one can be a difficult and expensive process for anyone to deal with. Fortunately, there's a new business in Niagara that's here to help – Essentials Cremation and Burial Services.

Serving the Niagara Region, Essentials Cremation and Burial Services is an independent funeral home alternative that prides itself on offering a variety of compassionate and affordable cremation and burial services. They offer everything from simple cremation to planning unique and personal celebrations of life.

Family owned and operated, Essentials Cremation and Burial Services is the brainchild of Krystal Riddell – a Niagara Falls entrepreneur who has spent over 11 years working as a licensed funeral director in Niagara.

"I've been a licensed director for some time now – but this is a dream come true for me," Krystal says of the business she launched in the Falls in December of 2017. "I'm so glad it finally came to fruition because people appreciate having a funeral home alternative here in Niagara."

At Essentials Cremation and Burial Services, Krystal takes great pride in her commitment to developing close bonds with families so they can feel comfortable making well-informed decisions. For instance, Krystal isn't afraid to spend extra time with a family when they need it.

"Being a people person is important to me," Krystal says of her no pressure approach with families. "So we'll talk and share stories. I get to know the family, what their loved one was like and what would be the best way to celebrate their life."

Available to help 24/7, Krystal can meet with families at their home or at her office in Niagara Falls. Since Krystal doesn't have a large amount of overhead, she's able to provide her families with an inexpensive range of service and merchandise options. But that doesn't mean Krystal scrimps when it comes to her level of service and professional guidance.

"As a low-cost alternative, we never sacrifice the level of care, quality of service or merchandise we provide," she explains.

In Krystal's case, that means doing everything from helping her families complete the necessary paperwork to providing after-care assistance to arranging unique and personal funeral sites. She carries a wide range of affordable caskets and urns, and provides families with several eco-friendly burial/cremation options.

To Krystal, the funeral business isn't about numbers and quotas. It's all about caring for people and lending a helping hand when they need it most.

"We are deeply passionate about helping people," she says. "It's 'families first' with us. We'll do whatever people want to make them feel at home." **HWS**

Essentials Cremation and Burial Services is located on 102A-4300 Drummond Road in Niagara Falls. For more information, please call 905-354-2133, email krystal@essentialscbs.com or go to www.essentialscbs.com.



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By Scott Leslie



Just The Facts!

Test your knowledge of the following health, wellness and safety minutiae.

1) Potassium helps the body to lower blood pressure, preserve bone density and decrease the risk of strokes. Which two of the following are your best sources for potassium?

- a) avocado
- b) bananas
- c) herring
- d) sweet potatoes
- e) Shoppers Drug Mart

2) The human body is approximately _____.

- a) 60% water
- b) 30% water
- c) 90% water
- d) 50% crunchy nougat

3) Jack LaLanne was a legendary fitness guru and motivational speaker who preached the health benefits of eating right and exercising regularly. Jack was often referred to as:

- a) "The Soup Nazi"
- b) "Mister Fit"
- c) "The Muscles from Brussels"
- d) "The Godfather of Fitness"
- e) "The Animal"

4) Spinach is to Popeye what _____ are to Wimpy.

- a) sandwiches
- b) hotdogs
- c) hamburgers
- d) fish tacos
- e) vegetables

5) Sweating is a natural process that cools the body when it overheats. Which of the following don't perspire?

- a) chameleons
- b) rhinos
- c) hippos
- d) carrier pigeons
- e) Abe Vigoda
- f) all of the above

6) Adults need an average of eight hours sleep to function at peak capacity. Experts agree that the best ways to fall asleep are to _____.

- a) listen to soft music
- b) drink chamomile tea
- c) keep your bedroom cool
- d) take a hot shower
- e) watch TV's "Fuller House"

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

1. a) & d) 2. a) 3. d) 4. C. f) (Abe Vigoda died in 2016.) 6. a), b), c) and d)

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