

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

VOLUME 10 ISSUE 3

THE NEXT
BREAKTHROUGH IN
CANCER THERAPY
EMF and Health

THE WORKPLACE:
CULTIVATING GOOD MENTAL
HEALTH FOR GOOD RETURN

SUPPORTING
HEALTH CARE FOR
EVERY STAGE OF
LIFE'S JOURNEY



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Niagara Family Centre

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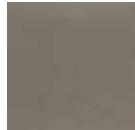
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THE FIRST WORD

We Want To Hear From You!

Over the years, HWS Magazine has provided thousands of tips to the health-conscious newbie and the exercise aficionado.

In our last issue, we introduced "Your Home Remedy" – a feature that gives you (the reader) the opportunity to tell the world about your very own silver bullet.

Do you have an old-fashioned home remedy that's been in your family for decades? Do you have something that's more effective than every over-the-counter medicine out there? Have you got a simple cure-all that works like a charm? We want to hear about it!

If we choose your home remedy, we'll print it in an upcoming issue of HWS Magazine. Don't forget – HWS Magazine reserves the right to edit and revise all submissions for length and clarity.

We look forward to hearing about your magic elixir today!

**Stay healthy,
Your HWS Team**

P.S. – HWS Magazine prides itself on its international reach. Do you have a special remedy from Europe, the States, Asia or another point around the globe? We'd love to hear from you!

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- Your first and last name
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(100 words maximum)
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Working Wonders

Bethesda looking to preserve its mandate of providing family centred services and supports to children and youth with special needs.

Cover photo: Katherine Muir and her son Elliot

Photo credit: Rob Petrullo

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This magazine is intended as a general information source only, not as a medical manual. The information given is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed to you by your doctor. If you suspect that you have a medical problem, or if you are pregnant or nursing, we urge you to seek competent medical care. The supplements described in the magazine should not be given to children without the advice of your doctor. If you are taking prescription medications or being treated for a chronic health condition, it is advisable to consult your doctor before taking any supplements.



ASK THE EXPERT



A HOLISTIC PEDORTHIC APPROACH TO LOWER LIMB AND FOOT CARE

Mitchell Fedorchuk
Candidate Member of the
Pedorthic Association of Canada
(PAC)

Many individuals suffering from disease and disorders affecting the lower limbs and feet need to take a holistic approach to manage symptoms and to help prevent future degeneration of tissue. This means treating a combination of mechanical properties affected by deformity or disease resulting in abnormal function, pain, and/or discomfort. Canadian Certified Pedorthists at Elio's Foot Comfort Centre in Thorold conduct a detailed history and assessment of the patients surface anatomy, joint range of motion, gait, and footwear. Pedorthists use this information to plan and manage the individual's treatment. Conservative implements, such as custom foot orthoses, off-the-shelf orthopedic footwear, orthopedic footwear modifications, custom footwear, compression socks, and lower limb bracing are recommended to the patient to provide assistance for abnormal lower limb mechanics and alleviate painful or debilitating conditions. To ensure the highest possible result, many treatment plans require multiple implements that work together to treat the entirety of the lower limb and feet. The goal at Elio's Foot Comfort Centre is to help patients achieve and maintain proper foot care and lower limb health so they can live happy, healthy, active lives. **HWS**

The Trend You Should Actually Try: Package Free Shopping

By Rachel Epp

There's a new trend that I personally hope sticks around forever – package free shopping. While this concept is still new to many people (there aren't a lot of stores out there who've yet adapted this model), it's one of the biggest changes to your shopping habits that will help reduce waste.

When I first created bare. cleaning essentials, my mission was to help others make health their priority by offering a line of natural cleaning products in a market where they're hard to find. I soon learned that my mission couldn't stop there. It wasn't just about providing safe cleaning alternatives. It's a complete lifestyle change that should be easy, accessible and cost-effective.

While we all do our part to be environmentally friendly, one of the biggest things we all still struggle with is reducing waste. Sure, we shop with reusable shopping bags, choose paper over plastic and reuse our containers. But have you ever thought about the products we're actually putting in those bags and containers and how they're packaged? Shopping package free means avoiding single-use plastic and disposable products to the best of our ability. I do want to point out that it's to the best of our ability. There are many areas in my life where I still use plastic as it's not 100% attainable to achieve a plastic-free lifestyle. I do believe, however, there are still some more ways we can be a little more conscious.

When I created bare., I wanted to offer carefully crafted products in glass containers so that they could be reused over and over again. Our refill stations allow just that – a way for customers to create a positive environmental impact by reusing their bottles with their favourite cleaning essentials. In the last three months, we've kept over 200 bottles out of our landfills! Over the next year, we hope to reach our goal of 1,000 bottles. While that's a personal goal, I also hope to inspire others to make changes to reduce packaging and waste one bottle at a time. **HWS**

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The Next Breakthrough in Cancer Therapy

Provided by the Nature Medicine Clinic

Did you know that Photodynamic therapy is thought to herald in one of the next breakthroughs in cancer therapy and antimicrobial research? A lot of research has been going in to finding a patentable photosensitive material that could be activated by a laser and selectively destroy cancerous tissues and infectious microorganisms.

The idea behind the treatment is the cancerous cells or infectious microorganisms absorb astronomically more of the photosensitizing material than normal tissue cells. Therefore, these cells or microorganisms become targeted. When the laser is administered, only the cells with a significant amount of the photosensitizer inside of them will be killed, having no effect on the normal cells aside from the positive benefits of being treated by the laser.

Each coloured laser activates a specific photosensitizer and research suggests the combination of these photosensitizers with their appropriate lasers is more effective than a solo photosensitizer with its corresponding solo laser. Turmeric and riboflavin are photoactivated by the blue laser. Hypericin (St. John's wort) is activated with the yellow laser. The oral supplement photoactive plus is activated by red, yellow and blue laser respectively.

Photodynamic therapy is positioning itself to be the next breakthrough in cancer therapy and infectious disease.

The Nature Medicine Clinic is located on 296 Welland Avenue in St. Catharines. For information, please call 905.684.4934, email office@naturemedicine.ca or go to www.naturemedicine.ca.

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EMF and Health

By Catherine Bradley

In this issue, I'd like to focus on providing the best options for safe prevention, healing, and rejuvenation from the harmful effects of Electro-Magnetic Frequency or EMF. As I noted in my last article, EMF is the essence of how technical, mechanical and magnetic energy functions. With the latest push for 5G, it's critical we practice healthy provisions and interventions to prepare and support life and our means of survival.

EMF affects the vibrational energy in each of us. Vibration is associated with sound energy. For instance, music is derived from several chords that make vibrational sounds. These sound waves are known as Hertz – a measurement of the frequency of vibration. The frequency of the vibration changes through tone (pitch), rhythm (pattern) and beat (timing). All living things carry and exude these vibrations through the use of perception (the senses) and the essence of the ethers.

Why is it that plants, humans and animals respond to certain sound waves? We've seen this in the experiments of plants that were exposed to music and those that weren't – or those that sat near an EMF energy source and those that didn't – thereby comparing the cellular energy of their thriving or dying cellular life.

All living things carry water in them and need water in order to survive. These living cells and molecular structures are impacted by toxins, vibrations and trauma that essentially affect their energy levels and overall health. EMF is a huge vibrational pattern that impacts all living things by decreasing its energy levels

and deteriorating life and health at all levels, especially the cellular one.

How can we prevent the energy levels from dwindling and the cellular levels and internal vibrational energy from becoming distorted? The extreme option is to eliminate any contact with an EMF source. The likelihood of this is slim, however, unless we decide to live like hermits!

In order to support the Four Ethers (warmth, tone, light and life), we must tune into our vibrational energy – the wave of Mother Earth. Nature is grounding, calming and provides a wholeness for all life to thrive. It allows the sensory perceptions to open (light) and feed our internal love of creation (life) and clarity (tone) where we can excel our purpose (warmth) and accomplish our "jobs." Animals, plants, insects already do this but it's something of a challenge for humans to explore – the art of doing without doing – allowing the Etheric Body to thrive. It's this body that nourishes our physical body (cells/hormones/organs/blood), our astral body (heart/ancestry/soul) and supports our digestion through life and death processes. By aligning with healthy vibrational patterns and frequencies within us and outside of ourselves – and by absorbing the essence of minerals and nutrients for continual life – we can grow and thrive to live healthy.

Here are some options that can help you to encourage healthy vibrational patterns:

- Listening to Solfeggio Frequencies (often found in classical music or meditation type music)
- The use of minerals – especially Himalayan

Salt lamps, rock minerals (crystals) in the home.

- Geopathic stress testing to eliminate electrical pathways that cause stress in certain rooms of the home or register high dirty energy from outlets

- Orgone energy accumulators/muffins/pendants that will absorb the negative energy and neutralize it

- An EMF Neutralizer (that plugs into an outlet) or EMF Neutralizer cell/cordless phone protectors that stick on the phone or EMF remediation advice and products for the home.

- The use of LED lights, and blue light filters for TV and computer screens.

- Turning routers/ Wi-Fi off, and cell phones into airplane mode during sleep/night time as unhealthy EMF can deteriorate melatonin levels

If you can't get outside or are "challenged" by nature, you can always opt for a grounding mat. Many of these options are offered through several sources. Ideally, by incorporating some or all of these resources, you'll help promote greater health in your home and your life.

Catherine Bradley is a Doctor of Medical Heilkunst and Animal Heilkunst. To find out more about her practice, call Catherine at 905.684.8013, email cbradley@cogeco.ca or go to bradleyheilkunst.com.



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ASK THE EXPERT

GOLDEN AGE IN THE GOLDEN SUN

My 79-year-old mother likes to spend long periods puttering in her garden. What safety precautions should she and I be aware of during the hot and long dog days of summer?

To stay safe during the summer heat, keep these five summer heat safety tips in mind:

1. Wear sunscreen, even during cloudy overcast days, as UV light can still run the risk of skin damage. UV 30 should be a minimum level and applied as directed throughout the day.
2. Drink plenty of fluids, especially water. Try to stay away from excessive consumption of caffeinated drinks or alcohol as these can act as a diuretic and make dehydration worse.
3. Some medications can make people more susceptible to heat-related injury and heat stroke. Consult with your doctor or pharmacist about the risks associated with your medications.
4. Dress appropriately. Wear a hat, sunglasses and light weight clothing to protect from potential damage from the sun. Be wary that overdressing may result in overheating and can lead to heat related injury.
5. Don't overdo exercise and activity. Activity during the noon to mid-afternoon hours should be postponed or limited, especially during periods of extreme heat and humidity. Be sure to take frequent breaks in a cool and shaded area, and drink plenty of fluids if out in the heat for extended periods of time. **HWS**

Sandy Kovacs is the owner of EnCompass Home Care Solutions. For more information, call 289.969.2536, encompasshcs@gmail.com or go to facebook.com/sandykovacsencompassHCS.

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Bridging The Gap Between Health Care And Fitness

By Sally MacDonell

The need for joint replacement can be a daunting process. As you prepare for surgery, one of the most important things you can do for yourself is prepare your body with strengthening and mobility. Although the need for joint replacement happens due to pain and degeneration of the joint, this does not mean that you should not move! Motion is lotion. Adding balance, flexibility and strengthening exercises helps prepare your body for surgery and makes for a speedier recovery.

We often forget that our whole body is affected by needing a joint replacement. Over the years as wear and tear was developing in the joint, your body was adapting and changing postures and positions to help accommodate for pain or discomfort. These small adaptations can cause changes in posture, muscle balance and core control. Working with a professional to retrain your body and mind for better strategies is necessary after surgery. Traditional rehab focuses on the surgical area - but to maximize your recovery, your whole body needs reconnecting.

A functional fitness program is a great adjunct to your recovery after discharge from a rehab program and can also improve your results when done in conjunction with other practitioners. Pilates is a method of movement that allows you to connect with the small muscles in your body that provide support for the joints and improves core connection for overall balance and stability. We focus on a mind and body connection to movement that not only helps you rehabilitate your surgical site but works with your body as a whole. Learn and connect with different movement patterns and muscular strategies through awareness techniques that are integrated with each exercise. This approach produces a feeling of well-being and whole-body connection.

Often rehab programs are time limited - but our need for continued progress or enhanced function can last long after treatment has finished. Finding the right program to help you continue your journey to moving better and feeling better is a goal that everyone should strive for. Investigate programs that are tailored to your specific needs and professionals who have experience working with joint

replacements so you can feel comfortable and confident that you're receiving the best plan for your continued success.

A joint replacement is a chance for renewed comfort and a return to enjoyable activities. Making sure you maximize your recovery can help you achieve this goal.

"He who has health has hope, and he who has hope has everything." – Arabian proverb

Sally's passion and love for fitness has been transformed into a vehicle to help people improve their health and wellness. She has used her own personal experiences with joint replacement to create a unique program for those preparing for and recovering from joint replacement surgery. Sally MacDonell has been teaching for 20 years and has become fascinated and truly inspired by the small increments in progress that she sees clients making with each session. She believes in making fitness fun and functional and has a creative way to challenge even the most restricted client. Join Sally as she walks you through the process of joint replacement recovery using Pilates as the vehicle to help you move better and feel better. **HWS**

FIND FREEDOM IN YOUR MOVEMENT



Sally MacDonell

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Join Sally as she walks you through the process of joint replacement recovery using Pilates as the vehicle to help you move better and feel better.



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Working Wonders

Bethesda looking to preserve its mandate of providing family centred services and supports to children and youth with special needs.

By Scott Leslie

Katherine Muir had never felt so lost in her life.

In January of 2016, she was having trouble with her two-year-old son Elliot. He was unable to focus or communicate with others and started to become physically aggressive. Things were so bad that Katherine had to take him out of junior kindergarten.

"Elliot was non-verbal and required a lot of attention," she explains. "He would bite and kick people and couldn't understand more than five words in total."

That April, doctors were able to give Katherine an official reason for Elliot's behaviour.

Her son has autism.

Autism spectrum disorder (ASD) is a lifelong neurological disorder that affects the way one communicates and relates to people and the world around them. According to Autism Ontario, approximately 1 in every 66 Canadian children and youth are diagnosed with autism.

After Elliot's diagnosis, Katherine wasn't sure where to turn.

That's when Bethesda entered the picture.

Serving the Niagara community since 1937,

Bethesda is a non-profit agency that provides a continuum of services and supports to children, youth and adults with special needs and their families. Its services include consultation, developmental assessment, respite, and specialized programs like Individualized Applied Behaviour Analysis and Early Intensive Behavioural Intervention.

Bethesda has a state-of-the-art location on 3310 Schmon Parkway in Thorold that was designed specifically to meet the needs of children and youth with special needs. The 27,000 square foot building includes group and individual treatment rooms, a respite area, a kitchen, a sensory room, a playground and full-sized gymnasium, office space, and large meeting rooms for workshops and seminars.

"We provide a variety of individual and group-based services using the principles of Applied Behavior Analysis," says Alyson Wilson, director of children's services at Bethesda. "We serve children who've had a diagnosis of autism, ADHD and/or an intellectual disability who may benefit from intervention to learn new skills or reduce challenging behaviour."

Seeing Results

Elliot began Intensive Behaviour Intervention at Bethesda in January of 2018.

Bethesda's therapists worked closely with Katherine to develop an individualized service program for her son.

Bethesda has approximately 70 staff who work across a variety of programs in Children's Services. All its staff have special training in Applied Behavior Analysis (ABA) – a therapy that's effective in teaching social, motor and verbal skills to children with autism. Throughout their treatment, children are also supervised by Board Certified Behavior Analysts.

"Our staff have years of experience and strong clinical expertise," Alyson explains. "They've dedicated their careers to helping children and youth reach their full potential."

Katherine says it took a while for her son to get used to the therapists and process at Bethesda. But after a few months, Elliot's behaviour decreased, and he's been able to graduate from receiving one-on-one support to being integrated into his classroom at school.

"It's been a year and a half," Katherine says, "and Elliot's improved dramatically. He's completely verbal and is fully toilet trained. He's even learned to socialize now. The results to date have been astounding. Bethesda has been my rock through all of this."

A Time of Need

Elliot's story is just one of many successes for the team of professionals at Bethesda. But there is a cloud of uncertainty on the horizon for the agency.

In February of 2019, the Ontario government overhauled its funding plans for the Ontario Autism Program.

"There were significant changes to the system this year," Alyson explains. "On April 1, 2019, the ministry moved from a system where they provided funding directly to agencies like Bethesda. They've introduced a market-based system where families are given money to purchase services from the provider of their choice."

According to the new legislation, children under the age of six will now receive a Childhood Budget of \$20,000 per year. But that amount decreases drastically after the child turns six-years-old. Children between the ages of six and 18 will only receive \$5,000 per year.

Bethesda will receive ministry funding this year to honour existing service commitments as the province transitions to the new funding model. By April 1, 2020, Bethesda will no longer receive funding for the Ontario Autism Program.

"This is the first time in Bethesda's 80-year history that we'll be offering a fee for service model," Alyson explains. "As a charitable not-for-profit organization, we recognize that although the funding structure has changed, families' needs have not."

Bethesda has been working closely with families to address their concerns. The team has redesigned services to reflect the changes to the Ontario Autism Program. A comprehensive list of services and the associated costs can now be found at bethesdaservices.com.

"We strive to be flexible and responsive to the needs in our community," Alyson says. "We recognize that in addition to childhood budgets, families may be paying out of pocket for services. Now more than ever, fundraising efforts will be an integral component to help us continue to support success stories like Elliot's."

Bethesda has been offering programs for children and youth since 2001. The agency now serves an average of 1,300 children and youth per year – and the demand for its services continues to grow. Under the new program model, Bethesda is able to provide service to children and youth who may not have a formal diagnosis.

Katherine says she'd have no hesitation about recommending Bethesda and its staff to other families in a similar situation.

"They're fantastic!" she says. "They've literally changed our son's life. I don't know what we'd have done without them." **HWS**



Bethesda's Niagara Family Centre is located on 3310 Schmon Parkway in Thorold. For more information, call 905.684.6918, email info@bethesdaservices.com or go to bethesdaservices.com. Organizations or individuals looking to donate or volunteer should call Community Relations Coordinator Meaghan Erb at 905.684.6918 x378 or email merb@bethesdaservices.com.



Photos: Left page - Elliott and Bethesda staff Ariana deMol. Above 1) Elliott with his mother 2) Bethesda staff members Ariana deMol, Rebecca Allen, Melanie White and Jen Rice.



Samantha's Story

“Compassionate, emotional care from Hospice Niagara helped Samantha and Jay live a life filled with spontaneity and love.”

By Cheryl Clock

Four days before Jay Bond died, he gave his wife Samantha a bouquet of red roses. Despite the cancer, despite knowing that he would die soon, it was still their anniversary.

Jay could not walk or eat. His cancer had spread, despite surgery and weeks of chemotherapy. But he could still love. And he did that to the end.

Jay smiled from the hospital bed in their living room, holding the roses and a small package. Inside was a necklace, a heart and key pendant on a gold chain.

“This is the key to my heart,” he told Samantha. “And it belongs to you. You will hold it forever.”

She wrapped her arms around him and cried. On the Wednesday of their eighth wedding anniversary, she wore her new necklace. By Sunday he was gone. Jay died May 7, 2017. He was 46.

Compassionate, emotional care from Hospice Niagara helped Samantha and Jay live a life filled with spontaneity and love, and then supported Samantha, 37, and their two children after Jay died.

Hospice Niagara helps people and families live well from the time of diagnosis with an incurable condition, through to end-of-life care and bereavement. Hospice care involves the whole person. Physical. Emotional. Social. And spiritual.

When Jay was sick, it was a relief for Samantha to talk openly with a visiting volunteer who came to their home and her mind was eased when a supportive counsellor also visited Jay.

“Hospice sounds like a scary word until you get to know the people,” said Samantha. “It felt

like a weight was lifted off my shoulders.”

In the weeks after Jay died, the autopilot that propelled her through life suddenly stopped.

“I thought I was failing at grieving and failing at surviving,” she said. “Everything was so hard.”

With help from a supportive counsellor, she felt more reassured as she learned about grief. Two years later, Samantha remains connected to Hospice Niagara and participates in fundraising events.

“They help people through the hardest time in their life and I am forever grateful,” she said.

“They will have my heart forever.” **HWS**

Cheryl Clock is a communications specialist at Hospice Niagara. The non-profit organization relies on fundraising events including its 5 Car Draw to provide programs and services at no cost to the community. Tickets can be ordered online at 5cardraw.ca or by calling 905.984.8766.

A Source of Hope

Port Colborne resident is a firm believer in the value of Jobs Niagara's employment services.

By Scott Leslie

Joel Brochu has never been afraid of hard work. A couple of years ago, however, he found himself in a quandary.

The young Port Colborne resident had been working as a cashier in Welland but wasn't getting many hours. What he really needed was a new job opportunity. That's when the occupational therapists at Niagara Region Mental Health recommended that he check out Jobs Niagara.

"I was really glad they were there to help," Joel says of Jobs Niagara's employment services. "They're a very useful tool for people looking for work."

Janet Byers – a job developer and employment consultant at Jobs Niagara – was chosen to help Joel out. Over time, they worked on Joel's resume, and Janet took Joel around to local job fairs and interviews. Twice a month, Janet would also drive Joel around the Port Colborne area to introduce him to various employers.

After looking for work a few months, Joel and Janet dropped in on the Canadian Tire outlet on West Side Road – and Joel landed a job.

"I'd bought myself a full suit and trench coat," he explains of his winning formula. "They hired me on the spot!"

After taking some online courses on issues like ladder safety, Joel began working as a janitor at Canadian Tire in April of 2018. Working 20 hours a week, he's now responsible for cleaning various areas around the building like floors, sidewalks, offices, washrooms, and the lunchroom. In recent months, Joel has also begun sitting in on the company's Health & Safety Committee and making suggestions.

In terms of ongoing support, Jobs Niagara continued to check in on Joel every two or three months and offered suggestions to his employer. At the beginning, the first 250 hours of Joel's wages were subsidized by two dollars an hour. He's now a long term, fully paid and respected employee.

Joel says he wouldn't hesitate to recommend the Jobs Niagara team to other disabled individuals who're looking for work and the opportunity to get ahead in life.

"They really helped me out," Joel says. "If I'd known about Jobs Niagara, I would've used their services a long time ago." **HWS**

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ODSP approved service provider helps individuals with disabilities find and maintain employment – at no cost to them or the employer.

By Scott Leslie

According to recent polls, only half of Canadians with a disability have a full or part-time job. It's a bleak situation that many disabled workers in Niagara face every single day.

Fortunately, the Jobs Niagara team is working to change that in Niagara.

Jobs Niagara is a non-profit agency helping people with disabilities find and maintain employment at no cost to them or the employer. An approved service provider of the Ministry of Community and Social Services Ontario Disability Support Program (ODSP), Jobs Niagara serves the entire Niagara Region with offices in Port Colborne and St. Catharines.

Each year, the organization helps up to 180 individuals with their job search, using its partnerships with over 50 firms in Niagara. These partnerships are growing every month.

"I'm happy to say more and more employers are realizing that workers with a disability bring a lot of valuable skills to the table," Celine explains.

Since 2006, Jobs Niagara has helped thousands of disabled individuals (i.e., the deaf, wheelchair bound candidates or those dealing with a mental illness or developmental condition) to find work that appeals to them.

To start, Jobs Niagara's consultants meet with one person at a time in their community. Jobs Niagara helps develop an action plan which can entail various supports required by the candidate such as job training, resume writing, job search skills and interview skills. Job Niagara accompanies candidates on their job searches and to their job interviews as required.

Celine says it's important to focus on the individual's strengths, interests and abilities.

"We ask what they want to do and work to find a good fit," she says. "We don't want anyone in a job they dislike or are unsuited for."

As for the employer side of the equation, Jobs Niagara works with various companies to find qualified employees and create an understanding work environment. It can help with the initial training costs by subsidizing candidates wages up to 250 working hours. Jobs Niagara can find or create adaptive tools to ensure the candidate is competitive. The program is available to both employer and worker up to three years from the original hire.

Celine says her team takes great pride in their flexible hours and the fact they don't have waiting lists.

"There's a big need in the community for a service like ours," she says of Jobs Niagara. "Our personalized and caring approach is making a big difference in a lot of people's lives." **HWS**

Jobs Niagara has locations in St. Catharines and Port Colborne. For more information, please call 905.835.8941, email celinehj@clpcw.com or go to www.jobsniagara.org.

Want to eat healthy? Managing your food groups!

Provided by Heart to Home Meals

Aging can be a lot of work: Improve your balance; stay independent longer; fight off heart disease, stroke, osteoporosis, diabetes and cancers. And, if this list isn't enough, the aging process also effects nutrition.

According to the Dieticians of Canada, as you age, fewer calories are required, yet the same amount (or more) of vitamins and minerals are needed for a balanced diet. This becomes even more complicated when you have additional dietary restrictions because of emerging medical conditions.

Whether you're cooking at home or having nutritious food delivered, menu planning is important, especially for people following a strict diet.

Protein has been linked to healthy aging, and it also happens to be the food group most neglected by seniors. High-quality protein sources can be found in meat, poultry, seafood and eggs. It's an important nutrient because it impacts energy reserve capacity, skin fragility, immune function and recuperation time from illness. During stressful periods, aging bodies process protein less efficiently and need higher quantities to retain muscle strength and bone health, as well as other functions.

Regardless of age, carbohydrates are an easy fix for hunger and quick snacking. An overload of carbohydrates, however, doesn't provide the

body with adequate nutrients and will likely result in feeling hungry more frequently. Higher amounts of carbohydrates are also linked to mild cognitive impairments, such as memory loss. Look for complex carbohydrates such as vegetables and beans, which break down slower in the body, increasing the length of energy levels and preventing sugar cravings.

Heart to Home Meals has been delivering delicious and nutritious meals to seniors for the past four years. Easily identifiable codes are used to make meal selection straightforward and also highlight the opportunities to fine tune a person's diet through smart food selection.

Some examples include:

- ProteinAssist™ for items containing a minimum of 20g of protein per serving.
- CarbControl™ for meals containing 50g or less of carbohydrates per serving.
- Low Saturated Fat for meals containing a maximum of 2g of saturated fat and trans-fat combined per 100g.
- Low Sodium for meals containing a maximum of 140mg of sodium per 100g.
- High Fibre for items containing a minimum of 4g per serving. **HWS**

Heart to Home Meals has over 200 frozen meals, soups and desserts to choose from as well as products for special dietary needs. After meals are chosen from our menu, our team of friendly drivers deliver the selections direct to your home. If food delivery can help improve your diet, call 1.844.714.0333 or visit www.hearttohomemeals.ca.

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Made for Seniors

THE WORKPLACE:

CULTIVATING GOOD MENTAL HEALTH FOR GOOD RETURN

By Frances Cortese

Many of us rarely think about the workplace and its relationship to our mental health. Yet everything that's said and done in a workplace affects how we feel, how we do our job and the quality of work produced.

Additionally, when our personal lives are in disarray and the stresses of home life intersect with the stresses at work; our coping strategies can be compromised. Individuals may begin to experience anxiety, depression, withdrawal from social activities, an inability to keep up with the demands of their jobs, isolation at work, and perhaps the need to take time off work for the sake of their mental health. We know this is a reality at intervals in our lives.

In any given week, 500,000 Canadians are unable to work due to mental health problems or illness. Mental illness is the leading cause of disability in Canada. Depression is the leading cause of disease burden globally. This is daunting!

So what can workplaces do with this knowledge? How can they minimize costs for mental health disability? While each of us must take primary responsibility for our own health and well-being, the workplace can play a significant role in our ability to manage both our physical and psychological health.

Sound scientific evidence shows that when businesses adopt policies and strategies to address psychological health and safety, they incur 15% to 33% fewer costs related to mental distress. Ensuring a psychologically safe work environment includes being free from hazards such as harassment, discrimination, bullying,

violence and mental stress that could cause harm to workers' mental health. The benefits include improved recruitment, retention, employee engagement, enhanced productivity, more innovation, and higher profit levels. Some other positive impacts include reduced risk of conflict, grievances, disability, injury rates, and absenteeism. Organizations can be part of the solution.

The recent Mental Health White Paper by Morneau Shepell (endorsed by the Mental Health Commission of Canada) suggests adopting best practices: Use the National Standard of Canada for Psychological Health & Safety in the Workplace. This is a set of voluntary guidelines, tools and resources intended to guide organizations in promoting mental health and preventing psychological harm at work. With an increasing number of Canadians at risk for developing mental health problems, developing psychological health and safety strategies and policies in the workplaces is now imperative.

Here are several consulting agencies that offer various tools, strategies and training consistent with best practices:

- Wellness Opportunities offers Mental Health First Aid (MHFA) training developed by the Mental Health Commission of Canada (MHCC). This two-day training improves mental health literacy and provides the skills and knowledge to help people better manage developing mental health problems or a mental health crisis in themselves, a family member, a friend or a colleague. The training benefits individuals, workplaces and communities. (Go to www.wellnessopportunities.org.)

- THINK'n offers a mental health safety and resiliency program. CBT (cognitive behavioural therapy) and evidence based interactive modules provide psychological support. Employees learn proven skills, tools and strategies to better manage stress, anxiety and mental health concerns. It also encourages support and growth of employees' interpersonal development with 24/7 access. Bundled packages including workshops (Safe Talk, Assist or Mental Health First Aid) are available. (Go to www.getthinkn.com.)

- Mental Health Solutions assists employers in the implementation of psychological health and safety strategies consistent with the National Standard of Canada. They offer the practical expertise to help move your organizational wellness strategies forward through their assessment, tools, workshops and recommended processes. An action plan will be suggested based on your organization's constraints and current realities. (Go to www.mymentalheathsolutions.ca.)

Wishing you good psychological health and safety in your workplace! **HWS**

Frances Cortese is a certified Mental Health First Aid trainer and a regulated health professional with the Ontario College of Nurses. She has practiced in various areas of psychiatry and mental health for over 20 years including in-patient units and community outreach programs and is a clinical instructor with the Brock University Nursing baccalaureate program. For more information, please call Frances at 905.933.0248, email frances@wellnessopportunities.org or go to wellnessopportunities.org.

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Frances Cortese
Mental Health Consultant
Rn, MSc





Supporting Health Care for Every Stage of Life's Journey

Provided by Hamilton Health Sciences Foundation

Each moment of life's journey is precious and unique. Whether you are taking your very first breaths as a newborn or you are enjoying your senior years with loved ones, each stage of life brings its own special rewards. At the same time, each stage has its own special needs when it comes to health care.

That is why a diverse range of health care services is so vital to helping our family, friends and neighbours thrive in communities throughout the region. Hamilton Health Sciences offers specialized services at its different sites to ensure that your loved ones receive the specific type of care needed.

Whether your care is provided through Hamilton General Hospital, Juravinski Hospital and Cancer Centre, McMaster Children's Hospital, St. Peter's Hospital or any of their associated programs, Hamilton Health Sciences offers the highest quality of care possible to patients at all stages of life. Serving a population of more than 2.3 million people throughout southcentral Ontario, Hamilton Health Sciences is a regional and provincial leader in many areas of health care.

The clinical teams at Hamilton General Hospital really take their work to heart – and so much more. Home to the leading cardiac surgery program in Ontario, Hamilton General Hospital is renowned for its cardiac and vascular care, trauma and burn treatment, stroke and neurosciences, and rehabilitation programs. The site is home to Ontario's highest-volume integrated stroke program and it houses an intensive rehabilitation centre. The diverse programs offered at The General serve adults of all ages when they are most in need.

Cancer treatment programs are also vital to the health of the region. Juravinski Hospital and Cancer Centre is the only site in the region treating all cancers in adults. It is also home to the region's only stem cell transplant, acute leukemia and blood cancer programs. A comprehensive cancer clinical trials program is housed at the Escarpment Cancer Research Institute.

Children and youth in our communities often have specialized health care needs that differ from those of adults. McMaster Children's Hospital is the second largest provider of inpatient pediatric services in Ontario. The Hospital is home to the province's largest neonatal intensive care unit including supportive maternal care, the largest pediatric mental health program in Canada, and the only inpatient pediatric cancer program in southcentral Ontario.

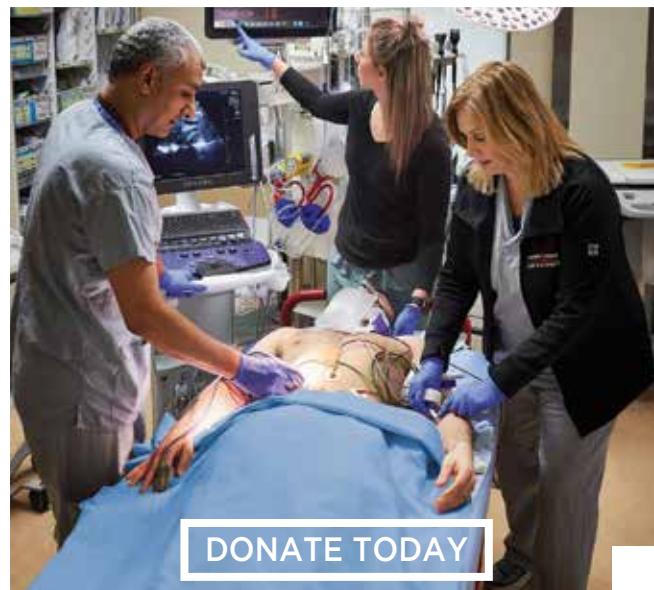
A range of specialized outpatient services also operate at Ron Joyce Children's Health Centre as part of McMaster Children's Hospital. At its shared home with the hospital, McMaster University Medical Centre offers a wide range of women's reproductive health services and adult surgery clinics.

St. Peter's Hospital is home to Canada's largest inpatient palliative care program and to the Centre for Healthy Aging. St. Peter's Hospital provides inpatient, outpatient and community-based programs and ser-

vices for adult patients of all ages who have unique requirements associated with medically complex care needs, behavioural health such as dementia and Alzheimer's, restorative care and palliative care.

Hamilton Health Sciences Foundation is responsible for securing donor support to ensure that its hospitals have the equipment essential to diagnose, treat, and care for patients from throughout the region. The Foundation also supports the research and education needs of the talented teams at Hamilton Health Sciences, as well as important redevelopment and renovation initiatives. **HWS**

From those first newborn breaths to the golden years of senior living, Hamilton Health Sciences is committed to providing the specialized care required throughout the various stages of life. Donor support is vital to making this high level of specialized care possible. Make a difference at hamiltonhealth.ca/donate today.



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A piece of cinnamon

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Ginger Power!

By Scott Leslie

Ginger isn't just everybody's favourite Spice Girl – it's a remedy for a whole host of ailments. Don't believe me? Let's consider the evidence...

1) Fresh ginger contains dozens of vitamins and nutrients that can help strengthen and heal the body including magnesium, iron, zinc, phosphorus, riboflavin, niacin, potassium and vitamin C.

2) Feeling nauseated? Drinking ginger tea or chewing on raw ginger is a great way to relieve that nervous stomach. How? Ginger's properties help encourage the production of saliva and suppress any contractions as food passes through the gastrointestinal tract.

3) In the cold winter weather, ginger tea is a good option for keeping warm because it promotes sweating. That's what makes it such a common go-to remedy for colds and flus.

4) For centuries now, ginger has been used as a natural way to reduce inflammation. Studies show that a daily dose of ginger can help reduce muscle pain by up to 25%. Ginger has also been found to be relatively effective for the treatment of inflammation caused by arthritis.

5) Ginger has a number of blood-thinning properties that can help prevent blood clots and reduce the potential of heart attack and stroke.

People should always check with their family physician before making ginger a part of their daily regimen. But don't be afraid to look into its healing benefits. Ginger can really power you up! **HWS**

Youthful Skin and Bones: The collagen key

An interview with Richard Passwater Jr.

Richard Passwater, Jr. works for Bio Minerals NV, the Belgian manufacturer of BioSil®. Richard has held a variety of technical, sales and quality control positions in the dietary supplement industry and has written over 90 articles, co-authored two peer-reviewed scientific studies and is a co-inventor of three patents. He speaks about collagen and related health topics around the world.

Jason Sebeslav: The old saying goes that beauty is only skin deep, but we now know that outward appearance – including the look of hair, skin and nails – can be a marker of internal health. What's the connection?

Richard Passwater Jr.: The skin is definitely a window to what's going on inside the body. One reason is because collagen – the protein that keeps skin smooth and supple – also forms the framework of all connective tissues throughout the body, including bones. In a recent study, Professor Pal from Yale University's School of Medicine examined the relationship between facial skin elasticity and bone mineral density (BMD) of a group of women in their 50s. She observed that women with deeper facial wrinkles (a sign of low collagen levels) had lower BMD, while women with better skin elasticity also had greater BMD. Some researchers now believe that bone strength is likely 80% dependent upon the quality and quantity of bone collagen.

JS: What else does collagen do for our health?

RP: Collagen also contributes greatly to the strength and flexibility of skin, cartilage, ligaments, tendons and blood vessels.

JS: We know that bone fragility and risk of fractures increase as we get older. So how does our age relate to our collagen levels?

RP: Collagen production typically starts declining at 21 years of age, with a yearly drop in collagen of about 1% per year. In women, collagen loss is complicated because estrogen helps keep collagen production high. But as estrogen production starts to drop as women age, collagen production slows down and collagen loss accelerates. In fact, it's very common for a woman to lose about 30% of her collagen in the first 5 years after menopause.

JS: What about eating certain foods or nutrients to make up for collagen loss?

RP: Adequate protein intake is very important because collagen production relies on three amino acids found in protein-rich foods: L-glycine, L-proline and L-lysine. Some good choices would be foods like red meat, eggs, cheese, cod, sardines, nuts and legumes. Foods rich in the mineral silica, such as green beans and cucumbers, are also important because silica can help activate an enzyme the body uses to produce L-proline.

JS: You advocate a supplement called BioSil, which provides a particular type of collagen-building silica.

RP: Yes. BioSil contains choline-stabilized orthosilicic acid (ch-OSA), a unique nutrient complex, clinically proven by over 15 years of research and development. "Gold standard" human clinical studies prove that BioSil's ch-OSA increases collagen production throughout the body.

JS: What makes BioSil different from other supplements for skin, hair, bone and joint health?

RP: The OSA in BioSil is a biologically relevant form of silicon that generates collagen, but silicon is a highly reactive molecule. BioSil's choline stabilizes the OSA and functions as its transporter into target cells. Once in the cell, ch-OSA stimulates collagen synthesis. Choline also neutralizes collagen-destroying homocysteine,

which degrades collagen and suppresses new collagen production unless neutralized. BioSil's clinical results include improved skin elasticity, hair strength and thickness, nail strength, bone collagen formation, and BMD at the hip.

JS: At what age do you suggest people start taking the supplement? In other words, can BioSil be taken both as a preventative measure, as well as to reduce existing fine lines, brittle hair and joint pain?

RP: The earlier you start, the more collagen you build up and the better off you'll be as you age. Also, BioSil helps protect existing collagen, which is important at any age.

JS: Are there cases where BioSil would not be advisable?

RP: BioSil hasn't been studied in pregnant or lactating women. There's not any evidence suggesting BioSil supplementation poses any risk during pregnancy, but in the absence of factual information, we don't advise use during pregnancy or while breast feeding unless your doctor says it's okay.

JS: Is there a particular success story or research result that stands out in your mind about the benefits of this product?

RP: One of the most interesting results are from a 20-week study which showed that women taking two BioSil capsules per day reduced fine lines and wrinkles by 30% and increased skin elasticity measurements by 89% compared to women taking placebo capsules.

Jason Sebeslav owns The Peanut Mill Natural Foods Market in St. Catharines.

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SENIORS WHO STRIVE



How do you feel about talking about your funeral wishes?

By Krystal Riddell

Is this a topic you often try to avoid? (Don't worry – you're not alone.) Or perhaps the topic doesn't phase you. Through the years, I've sat down with many individuals and have supported and encouraged them to see the benefits of having "the funeral talk." This conversation isn't morbid or jinxing. It's eye-opening and can put life into perspective.

End of life care and funeral arrangements should reflect your own personal thoughts. Would you want your final days to be spent in a hospital? Or would you prefer to be kept in your home? What are your thoughts about being on life support? With regards to your funeral, what disposition would you pick? Cremation, burial, entombment or green burial?

But why talk about this now and not when we actually need to make these decisions? In truth, these situations, life-changing illnesses or even death can catch a family by complete (and unpleasant) surprise. Given these stressful circumstances, if prior arrangements have not been made, these big decisions are left up to your family to make. By planning and communicating your final wishes, your family will be thankful that you did.

You can set the direction for your family and give them the assurance that what they arrange is what you would've wanted. Not to mention, there'll be no question on "why they chose that outfit!"

Krystal Riddell is a funeral director and the owner of Essentials Cremation and Burial Services 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. In Canada, approximately 14,000 workers are injured every year by falls at their workplace. The majority of these accidents are due to falls from _____.

- a) grace
- b) ladders
- c) high rises
- d) power lines

2. Which one of the following diseases has been eradicated through the use of vaccines?

- a) whooping cough
- b) diphtheria
- c) smallpox
- d) scoliosis
- e) cauliflower ear

3. Actor DeForest Kelley is famous for playing the part of Dr. Leonard "Bones" McCoy in the hit sci-fi classic Star Trek. Prior to his role as the ill-tempered space physician, Kelley was perhaps best known for _____.

- a) working as a carpenter and set designer
- b) directing Off-Broadway theatre
- c) playing supporting roles in "B" westerns
- d) doing Jell-O shots with Rita Hayworth

4. If your body is running low on calcium, the best thing to do is take _____.

- a) vitamin A
- b) vitamin B
- c) vitamin C
- d) vitamin D
- e) one tub of Ben & Jerry's Cherry Garcia ice cream

5. The United States currently has the highest gun ownership rate in the world at 120 guns per 100 Americans. Which one of the following countries has the lowest?

- a) Haiti
- b) Iceland
- c) United Kingdom
- d) Freedonia
- e) Barbados

6. According to the World Health Organization, tobacco kills approximately six million people a year worldwide. The best way to quit smoking is to _____.

- a) practice deep breathing exercises when you start to get a craving
- b) drink plenty of fruit juice to flush the nicotine from your system
- c) stop carrying cigarettes around
- d) take a long look at Keith Richards
- e) all of the above

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

Answers 1. b) 2. c) 3. c) 4. d) 5. a) 6. e)



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Foot Comfort Centre

Pine Shopping Centre

9 Pine St. N. Thorold

HOURS: Mon. 9:00 - 5:00 | Tue. - Wed. 9:00 - 7:00 | Thu. 9:00 - 5:00
Fri 9:00 - 3:00 | Sat. & Sun. Closed