

HEALTH, WELLNESS & SAFETY MAGAZINE

# HWS

VOLUME 9  
ISSUE 1

## COVER STORY

# MIRACLE WORKERS

McMaster Children's Hospital offers compassion and hope to countless Niagara area families.

## INSIDE

Tips for PTSD Caregivers

Make Your Goals Stick

Niagara Kids Can't Wait

*Mental health should not be on the back burner.*

PUBLISHED BY:

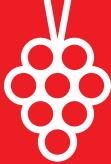


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Photo: McMaster Children's Hospital patient Mila Mete and her mother, Andrea.

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Publisher's Note

# Take A Stand



## WE'D LOVE TO HEAR FROM YOU!

Please send your comments, editorial suggestions and feedback to:

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Sometimes you have to stand up for what you think is right. That's what David Shepherd and Travis Price did back in 2007.

When the two Grade 12 students at Central Kings Rural High School in Cambridge, Nova Scotia learned a ninth-grader named Charles McNeil was bullied for wearing a pink polo shirt to school, they knew they had to do something about it.

Dave and Travis bought 50 pink t-shirts and gave them out to their fellow students. The word began to spread. The next day, hundreds of students were walking the halls decked out in pink shirts, all to show their support for Charles being victimized.

Since that time, Dave and Travis' isolated protest has turned into a worldwide movement. February 28th has been declared "Pink Shirt Day" in Canada and dozens of countries around the world have launched their own anti-bullying days – and with good reason. Bullying is an issue that affects people of all ages, races and walks of life. And it exacts a terrible social and emotional cost. According to recent studies, 75% of Canadians report they've been affected by bullying – and it's now a leading cause of anxiety, depression and suicide in our young people.

Whether it's physical threats or verbal and online abuse, bullies need to realize that bullying is unacceptable in our society. Make a difference on February 28th by being kind to others – and wear pink to show the world you won't stand for bullying in any shape or form.

Two high school students took a stand. Why can't you?

In this issue, we have a great spotlight on the work being done by McMaster Children's Hospital (p12). We also have an in-depth interview with Pharmacist Mahmood Pirae (p23); a discussion of how today's retirement communities are helping baby boomers combat isolation (p20), and a look at the seasons of change through the lens of Heikunst (p8). **HWS**

Want to touch base? Just drop us a line today at [adam@businesslinkmedia.com](mailto:adam@businesslinkmedia.com).

**Yours in health,**

Adam Shields

*President*

*Business Link Media Group*

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## Cover Story p12

### MIRACLE WORKERS

McMaster Children's Hospital's pediatric cancer program offers compassion and hope to countless Niagara area families.

Photo credit: Rob Petruzzo

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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

# CUSTOM ORTHOTICS AND ORTHOPEDIC SHOES HELPS POLIO PATIENT



Rob DiFelice  
Owner/Operator  
Elio's Foot Comfort Centre



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### PROBLEM:

June-Etta was diagnosed with Polio as a baby. Due to this condition, she had substantial muscle damage in her right leg and foot, and also had hip and back issues. June-Etta walked with a limp for most of her life, and she found this to be challenging. Through all of her struggles, June-Etta always tried to remain active. She came to Elio's in search of an appropriate answer to the issues she was dealing with on a regular basis.

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### RESULT:

Today, June-Etta is able to walk more comfortably than she has ever been able to. She happily says, "Thank you, Elio's! I cannot overstate your kindness. The knowledge and understanding of how Polio affects me is simply excellent! You have helped me walk more solidly, and will hopefully enable me to walk a lot longer in my life. I have already referred eight people to you." **HWS**



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# 3 Reasons to Switch to Natural Laundry Detergent

BY RACHEL EPP



**THERE IS A HUGE MYTH THAT NATURAL LAUNDRY DETERGENTS** don't get the job done. In reality, natural laundry detergents are very effective and have additional benefits that most conventional detergents do not offer. When I made the switch to natural laundry detergents, I wanted to protect my skin and my clothes. Most laundry detergents are loaded with chemicals and fragrances that can be very harmful to our health and can damage our clothes over time. So, I wanted to share with you that whether you make your own natural detergent or find one for purchase, you will notice these great benefits:

It is gentle on clothes. Many conventional detergents contain harsh chemicals that break down materials over time and cause materials to discolour. Natural ingredients are more gentle on fabrics and do not alter the colour or material of your favourite pieces of clothing.

It is gentle on skin. Conventional detergents are filled with chemicals. These chemicals get absorbed into our clothes when we wash them, then onto our bodies. Not only are natural detergents safer for your health, it is more gentle on your skin. It is a great choice when choosing a detergent for your baby or for those with skin sensitivity.

It's better for the environment. Natural laundry detergents made with all natural ingredients are completely biodegradable and will dissolve in water. This poses no risk to the environment for even the most environmentally conscious shopper!

Ready to make the switch? Try bare.'s Laundry Detergent & Fabric Softener!

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*Rachel Epp has created her own line of natural cleaning products in a market where they're hard to find. Using natural ingredients such as coconut oil, distilled vinegar and therapeutic grade 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](http://missesclean.ca).*

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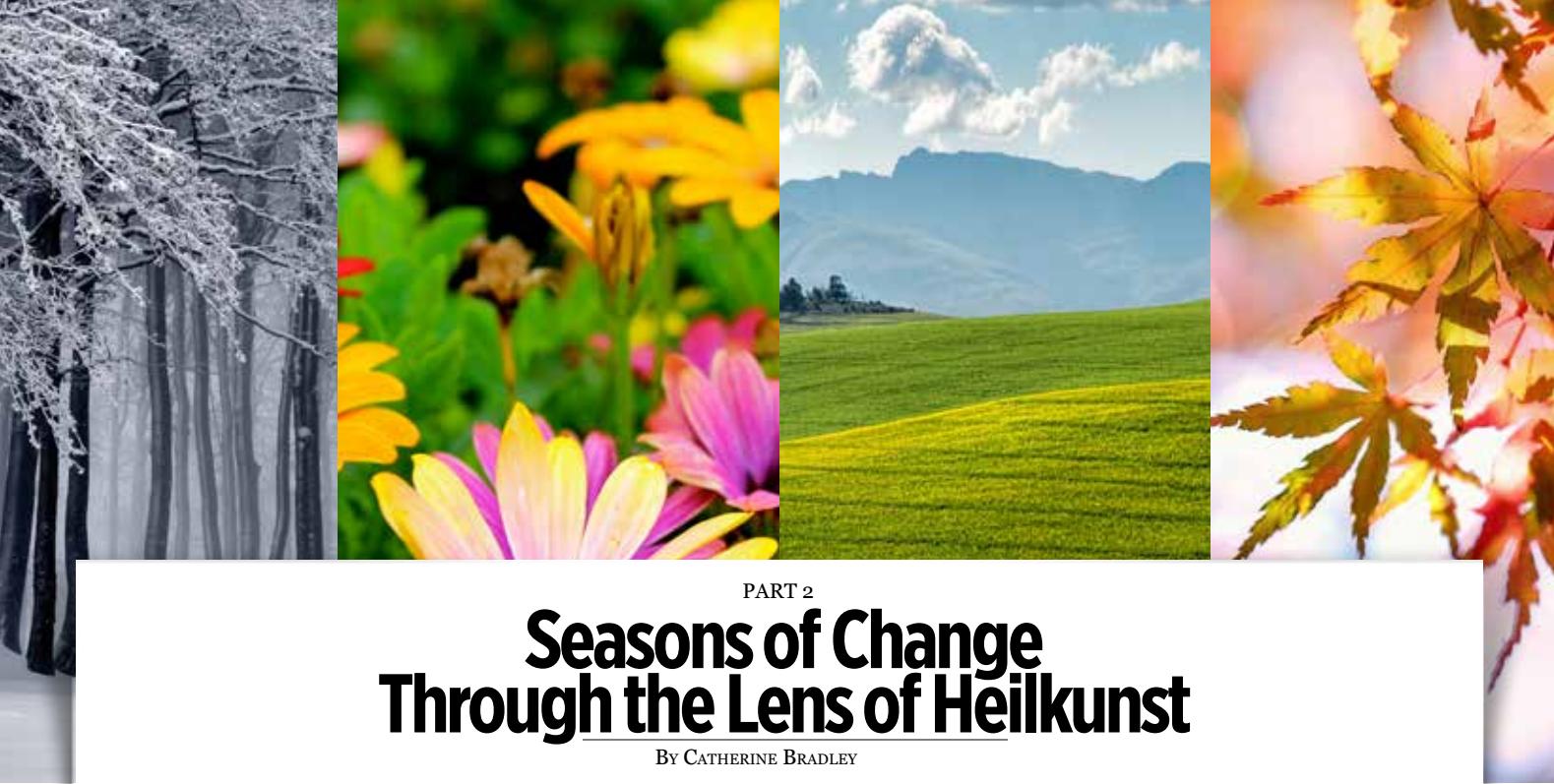


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PART 2

## Seasons of Change Through the Lens of Heilkunst

BY CATHERINE BRADLEY

The season that follows *Tuberculinum* is *Ringworm*. It runs from February 1st to March 14th. A season filled with challenge and struggle. Unlike the last season which had so much energy, creativity, activity, and hurriedness, *Ringworm* is about slowing down, for every step forward that is taken, several steps backward may occur. It is the perfect season for taking a time out and resting, ideal for reflection of the past year and visualizing the year ahead. It is not the season to make changes or begin new goals and agendas, as starting new feats such as dieting, habit changing, pursuing goals, and the continuance to follow through after this season is more often short lived. The energy feels much like pulling teeth. Time passes slowly, and interestingly enough dental and teeth issues can surface at this time. Depression can come to the forefront. It is often expressive of the winter blues or SAD (seasonal affective disorder/depression) and those who may suffer such symptoms during the daylight savings change. Feelings of: frustration and irritability take centre stage, and physically there is a lack of energy and ambition to do much. Skin flare ups of dry skin, itchy inflamed rashes, skin parasites and worms can also surface. Not a very motivating time of the year, or for those who suffer a lack of motivation in general.

The next season, *Sycosis* runs from March 15th to April 30th. *Sycosis* is the *Medorrhinum* miasm in the homeopathic realm. This season is about extreme change and putting goals into action. It is bipolar in nature. Spring fever is evident. The desire to jump in with both feet is indicative, living on the edge, breaking out of the indoors and engaging in free spirited activities. In nature it is the season of creation and procreation, expression of high sexual drives, growth, and rebirth. Planting gardens, sewing seeds in all realms of life, releasing pent up energy and toxins. On the flip side of this bipolar energy is the tendency for digestion issues, kidney and bladder issues to surface and the need to cleanse. Common are colds, sinusitis, asthma, angina, ulcers, foul body odours, UTIs,(urinary tract infections) and hot extremities, primarily the feet as well as swollen ankles. Also, skin eruptions such as cold

sores, warts, skin tags, skin overgrowths, tumours and “cellular growth activity” are a part of its energy. Depression can be so deep that suicidal tendencies emerge. Mentally and emotionally, the feelings of being pulled by two wills of the mind, addictive tendencies, along with aggression, anxiety and unleashed creativity are experienced. The calm of the night time is ameliorating to many. As a result, food cravings for fruit, especially unripe fruit and citrus (oranges), meat, meat fats, sweets, salty foods, ice, and alcohol are apparent.

*Carcinosin*, also known as the *Cancer* miasm, is the sixth season running from May 1st to June 15th. It is the season of relationships and passions. It is ideal for travel, creativity, artistic endeavours, especially in music, dance and art as well as the fulfillment of pursuing or living your passions. It is the fruition of or epiphany of fulfillment in relationships, especially with thyself. The downside is the lack of the above, the disconnectedness, excessive caretaking, giving of oneself to others in an excessive pattern (self sacrifice), having a lack of self love that results in avoidance of self. It is indicative especially of breast, ovarian, and prostate cancer. However, all cancers can be considered. Other ailments of importance are diabetes, allergies, asthma, mononucleosis, MS, extreme weakness, fatigue, numbness, nervous afflictions including body aches (i.e. fibromyalgia) and frequent colds/flus. Immunity is often compromised from a cellular perspective. Skin eruptions of moles, acne and boils are also prevalent. Emotions of grief, guilt from grief, fear/anxiety, obstinacy/stubbornness, and having a deep love or lack of, is indicative of this miasm. Food cravings of salt, fat, spice, sweets – especially chocolate, wine, and cold drinks; the foods one “loves.” Its essence is the drive to survive, more importantly, the need to love and be loved, free of expectations, false ego temptations and promises. **HWS**

*Catherine Bradley, B.A., DMH, DMAH (Doctor of Medical Heilkunst and Doctor of Animal Medical Heilkunst)* To find out more about her practice, call Catherine at 905.684.8013, email [cbradley@cogeco.ca](mailto:cbradley@cogeco.ca) or go to [www.bradleyheilkunst.com](http://www.bradleyheilkunst.com).

# Make Your Goals Stick (This Time)

BY SARAH MIDGHALL



A NEW YEAR HAS COME TO REPRESENT more than just a date change. It symbolizes a chance to wipe the slate clean, start fresh, and to reassess our life goals. It's the time of year when gym enrolment goes up, cupcake sales go down and we dust off the old "New Year, new me" speech.

With the taste of holiday sweets still fresh on our tongues, we find ourselves setting our sights on a series of goals we will likely not stick to. Though our goals may be set with the best intentions, at moments of peak inspiration, resolutions historically tend to fall flat.

The following are signs your goals may not be setting you up for success and how to revise your strategy to make them stick this year.

## Your goals are lofty.

There is no question that removing barriers is inspiring, but goals that are not rooted to your current reality can lose their appeal over time. Setting mini-goals can help you feel successful and motivated as you stretch to achieve your more audacious goals.

## You over-share your goals.

A study by Harvard University showed that people who share their goals with others are less likely to follow through. The positive feedback triggers the reward centre of brain, giving us a false sense of achievement. Instead of sharing what you hope to achieve, make a habit of sharing results.

## Your goals are motivated by something by feel you "should" do.

Setting out with something to prove to anyone but ourselves can work against us. Challenges seem more overwhelming when we feel we are "proving the critics right." Deep down, we all know what we are capable of. Building goals around living up to our own expectations can be more empowering in the long term.

## Your goals are very extreme.

A new year can fill us with the ambition to make drastic life changes and this can lead to burn out, especially for those of us who are perfectionists. Alternatively, focus on shifting one or two daily habits at a time as a more maintainable approach that will add up to the lifestyle you seek.

## You change your goals often.

Impatience can be a confidence killer that leads to us pinballing from one goal to the next. However, consistency is the name of the game if we are going to make our resolutions stick. You may find following through on your goals leads you to become more decisive in all areas of your life.

Regardless of the new year, taking time to think deeply about what we desire can connect us with our purpose and following that "why" will always lead us to our best life. **HWS**

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Sarah Midghall (CNP RNCP) is the owner and holistic nutritionist at Ambition Nutrition. For more information, visit [www.ambitionnutrition.com](http://www.ambitionnutrition.com).

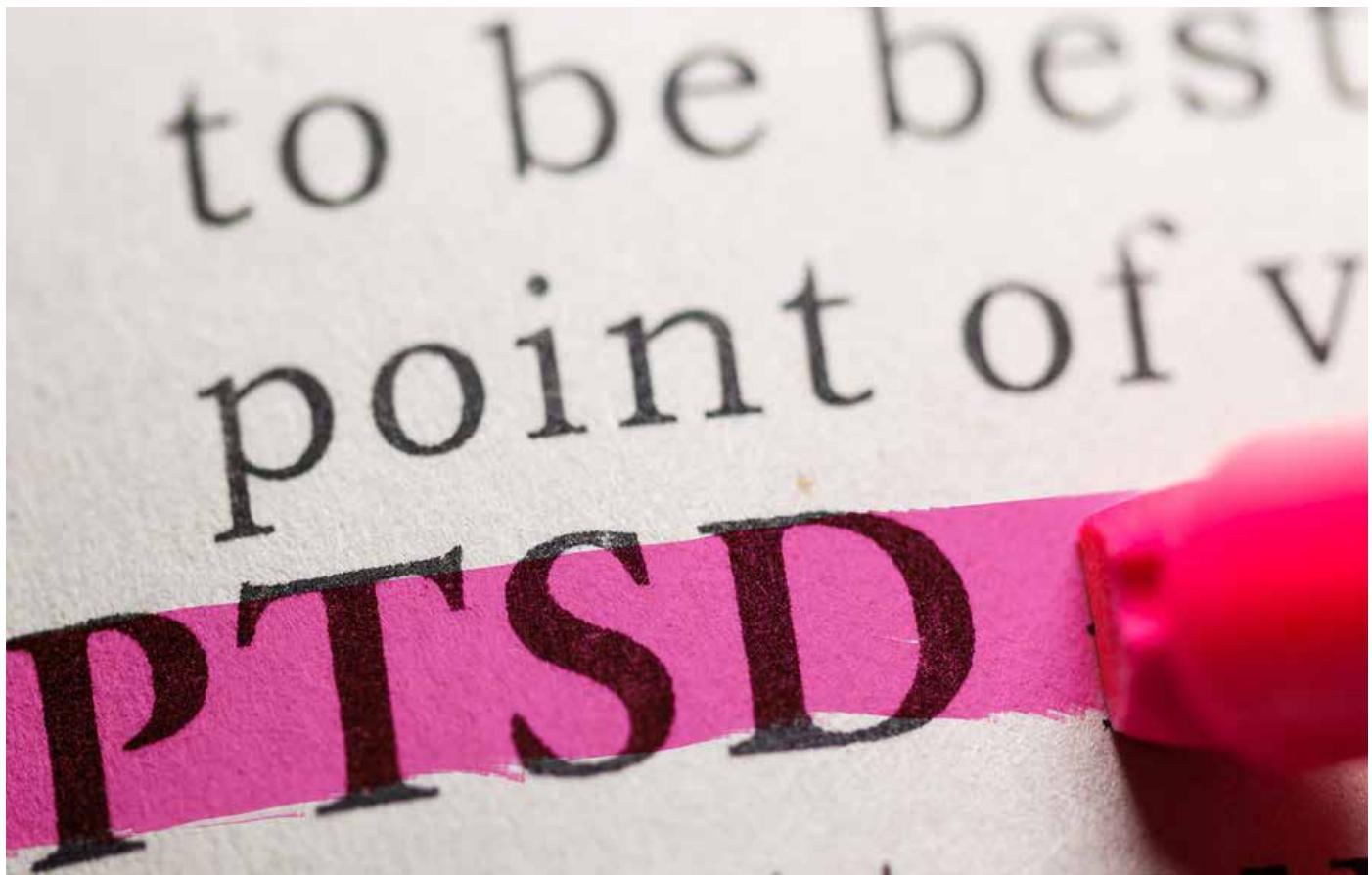
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# Tips for PTSD Caregivers

BY FIONA MCNAIR

**BEING A CAREGIVER** or a partner or a friend of someone with PTSD can be challenging. Oftentimes, we are simply having a conversation about life and it can become a trigger. One thing you can do is to remember this is a brain injury that's caused both of your lives to change more than you ever imagined.

While this is not a full list, I wanted to share with you some ways you can help yourself and your loved one. Educate yourself on what PTSD is and what it isn't. There are many good books on this subject. Go to the library, your local bookstore and talk to a doctor or specialist in PTSD.

When you're in a situation where you notice they're starting to display signs they are about to have an episode, here are some things you can do:

- 1 Stop talking and allow your loved one to have time to regain their composure. Don't give them direction on how to behave like "breathe deeply" or "close your eyes." The best thing to do is let them process what's happening to them. If at any point you feel your loved one is becoming dangerous to themselves or you, then you need to call someone to get help.
- 2 Don't touch them unless they are okay with it. Ask "Can I give you a hug?" or "Can I touch you?" Oftentimes, touch can be a trigger. Don't take it personally if they say "no."
- 3 Don't say, "I understand." You really cannot understand what is happening to them. Each person experiences PTSD differently.
- 4 Don't judge or pity your loved one. Remind them that you love them and want them to be safe but give them space and time.
- 5 Do be aware of what things might be a trigger; for some it's smell and others it's sounds. Do your best not to expose them to those things that'll be triggers such as crowded shopping malls.
- 6 Do anticipate anniversary dates of the trauma that caused the PTSD. Remember that this could be a troubling time.
- 7 Do know that your husband, child, parent or friend loves you and they're not behaving this way on purpose. Trust me – if they had a choice, they would not be this way. Sometimes these things are out of their control and you need to allow them to go through it safely. **HWS**

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*Fiona McNair is the owner of Shifting Gears Life Coaching on 3951 Victoria Avenue in Lincoln. For more information, call 905.704.9702, email fmcnair91@gmail.com or go to [www.shiftinggearslifecoaching.com](http://www.shiftinggearslifecoaching.com).*

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**HWS**

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# Miracle Workers

**McMaster Children's Hospital's pediatric cancer program offers compassion and hope to countless Niagara area families.**

By SCOTT LESLIE

Some lives can change overnight. Just ask Andrea and Anthony Mete. Two years ago, the young Welland couple noticed their five-year-old daughter Mila was starting to throw up all the time. To make matters worse, she had a series of headaches that were growing in intensity.

After seeing their pediatrician, the Metes were quickly referred to the St. Catharines Hospital. Andrea and Anthony assumed Mila was dealing with a case of severe migraines. But an MRI of their daughter revealed something much more. She had developed medulloblastoma – a rare form of brain cancer – and the resulting tumour was the size of a golf ball.

"It all happened so fast," Andrea says of the situation. "We were just beside ourselves."

Mila was flown to McMaster Children's Hospital and admitted to the Pediatric Intensive Care Unit (PICU) right away. During the six-and-a-half-hour surgery that followed, the medical team was able to remove all of the tumour with chemo and radiation planned to finish the job.

But there was a big setback to come. Following the operation, Mila developed posterior fossa syndrome – a devastating neurological condition

common among children who've had brain surgery. Mila suddenly lost much of her mobility and could no longer walk or speak.

Over the coming months, she would undergo constant physiotherapy. Mila would also have 30 radiation treatments and several weeks of chemo. It wasn't until this past May that Mila got the all clear – and has dramatically improved her ability to walk and talk.

"The PICU there is unbelievable," Anthony says of the care their daughter received at McMaster Children's Hospital. "They kept us informed about everything – sometimes six or seven times a day. We were involved right from the get go."

"We were so fortunate," Andrea adds. "We're indebted to them forever."

The Metes' experience is just one of the many miracles that take place every day at the McMaster Children's Hospital.

McMaster Children's Hospital is the second largest provider of inpatient pediatric services in the province – and the only pediatric cancer program in southcentral Ontario. Here, their pediatric cancer specialists are dedicated to providing comprehensive clinical and outpatient care to children dealing with

blood diseases and cancer. It also features the largest neonatal intensive care unit in Ontario, not to mention the largest single-site inpatient pediatric mental health program in the country.

The hospital serves a population of over 2.3 million people – all the way from Niagara and Brantford to Kitchener and Burlington. And the demand for its pediatric services continues to grow. In the past year, McMaster Children's Hospital cared for almost 425 pediatric cancer patients from the Niagara Region alone.

Some people think they'll never need to tap into the clinical services at McMaster Children's Hospital – that is, until it's nearly too late.

Take the Weyers family in Lowbanks. Five years ago, Brenda Weyers noticed her six-month-old son Gaven was starting to throw up a bit. Brenda thought Gaven might've just swallowed some water while he was playing at the local pool.

Over the next several days, Gaven began to lose weight dramatically. A pediatrician referred the family to McMaster Children's

Hospital where Gaven was checked into the emergency department. There, doctors noticed a soft area on the boy's head that was becoming more pronounced, and booked him for a CT scan. The scan revealed Gaven's vomiting was caused by a tumour putting pressure on his brain. Emergency surgery was in order.

After the fluid was drained from Gaven's brain, he had a second procedure 24 hours later that successfully removed the tumour. But the Weyers family was given terrible news. A biopsy determined it had been an atypical teratoid rhabdoid tumour. Their son had a rare and aggressive form of cancer.

"It was terrifying," Brenda says. "The doctors told us he had a ten percent chance of reaching his first birthday. We were just praying he'd be okay."

A treatment plan was quickly put into place – and Gaven would undergo three rounds of intensive chemotherapy at McMaster

Children's Hospital. Luckily the chemotherapy was successful, and Gaven was well enough to undergo three stem cell transplants. When this too proved successful, he underwent 28 rounds of radiation.

The result? The toddler was finally cancer-free. Today, Gaven goes for an MRI every six months to monitor his condition.

"They're like a second family to us," Brenda says of Gaven's ongoing checks at McMaster. "They're very easy to deal with and can answer your questions right away."

Shawn and Pauline Ellis of

Welland went through a trying time of their own in December of 2015. Their son Karter was having problems with his eyes. His vision was beginning to blur – and attempts to stay off his tablet and smartphone didn't help. By January,

### In the past year, McMaster Children's Hospital cared for almost 425 pediatric cancer patients from the Niagara Region alone.



The Mete Family (left to right) - Andrea, Mila, Matteo, Antonio and Anthony



Mila Mete doing her physiotherapy



the blurriness was getting worse.

Fortunately, the Ellis family was able to obtain an expedited MRI for their son at the St. Catharines Hospital. But the results were much more than they'd anticipated.

"The nurse told us to go to the emergency triage," Pauline says. "We had no clue what was going on. When we got there, the emergency room doctor said it looked like Karter had a benign tumour. They had to transfer him to McMaster Children's Hospital right away."

Under the care of the team at the hospital, it was decided surgery was the best course of action. When the initial surgery ballooned into an eight-hour operation, however, the Ellis family knew something was wrong. A pathology report came back with the news. Karter actually had a germinoma – a germ cell tumour and a rare form of cancer.

That March, the hospital's medical team was able to remove 60% of Karter's tumour during a second operation. Over the coming months, Karter would end up having a long series of procedures done including 16 chemo treatments and 24 bursts of radiation treatments at the nearby Juravinski Hospital and Cancer Centre. Karter's cancer is now in remission, although he still has regular tests to monitor any reoccurrence.

Pauline has nothing but superlatives for the medical team at McMaster Children's Hospital.

"It's definitely great to have an asset like McMaster so close to home," she says. "I can't compliment the staff there enough. They care for your child as if it's one of their own."

The Mete, Weyers and Ellis families all believe in the miracle workers at McMaster Children's Hospital. The question is – do you? **HWS**

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*Hamilton Health Sciences Foundation is the charitable entity for Hamilton Health Sciences and its family of hospitals which includes McMaster Children's Hospital. The foundation provides funding for leading-edge equipment and patient amenities, innovative research initiatives, redevelopment of patient care spaces, and the education and training of health care providers. For more information or to make a donation, call 905.522.3863 or visit [www.hamiltonhealth.ca](http://www.hamiltonhealth.ca).*



# Enjoying an active lifestyle in a retirement residence

BY LINDA UPHAM

In this day and age, there are plenty of retirement residences out there. But it's important to choose one that will help you lead an active lifestyle.

**Keeping this in mind, here are a few points you should consider in a residence:**

**Programs and daily activities** – Today's residences are designed to keep their residents happy, fulfilled and engaged. Some activities they might offer include movie days, pub nights, arts and crafts, shopping, lunch and dinner outings, theatre and sporting events, and more. We're particularly lucky to have many different options here in the Niagara area – whether it's the shows, the restaurants or the view.

**Exercise opportunities** – Many retirement residences are being built with state-of-the-art fitness facilities these days. That includes everything from saunas and pools to gyms and workout rooms. But residents looking to keep in the best of shape will also find onsite instructors and fitness trainers that will offer activities like stretching or Tai Chi classes.

A residence should be committed to your welfare from the very beginning. They should deliver an exceptional level of care and services that exceed residents' expectations. They should build meaningful relationships and enrich the lives of their residents, their families, their employees and the community. And residences should provide an environment that fosters independence and personal growth.

As we grow older, it becomes more and more important to lead an active lifestyle and stay healthy. And keeping active is important. Remember the quote: "If you don't use it, you lose it." **HWS**

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*The Emerald Retirement Residence is located on 5807 Ferry Street in Niagara Falls. For more information, call 905.358.2500, email [leasing@emeraldresidence.ca](mailto:leasing@emeraldresidence.ca) or go to [emeraldresidence.ca](http://emeraldresidence.ca).*



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### ASK THE EXPERT

## Hearing Facts Linked Together

BY ALAINA HILLIER

**WHEN WE DISPENSE A PAIR** of hearing aids to a new patient, we often hear them say, "I should have done this five years ago." This is the case because people typically wait five to seven years after first experiencing hearing loss symptoms before seeking help. By this time, friends and family may have started to get frustrated with the TV volume being too loud or repeating themselves.

So, why do people wait so long before getting a hearing aid if hearing aids can improve communication and quality of life for people affected with hearing loss? The most common reason is people did not like the associated stigma of wearing hearing aids. Luckily now, hearing aids are smaller, more discrete and more natural sounding than ever before. This is especially a good time to break the stigma associated with hearing loss since 65% of people with hearing loss are now younger than 65 years of age. We live in a fast-paced world and there is no reason to get left behind due to hearing loss. **HWS**

*Alaina Hillier is Doctor of Audiology, Audiologist, Au.D., M.Cl.Sc., Reg. CASLPO, Aud(C) at the South Niagara Hearing Clinic on 20 Highway 20 East, Unit 3 in Fonthill. For more information, call 289.897.8666 or go to [www.southniagarahearing.com](http://www.southniagarahearing.com).*

# Understanding the link between diabetes and heart disease can save lives



PROVIDED BY NEWSCANADA

**MANY OF US LIKELY KNOW A FAMILY MEMBER** or friend living with diabetes, or may even have it ourselves. An estimated 3.5 million Canadians have the disease, 90% of whom have type 2 diabetes. But what you may not know is the connection with heart disease.

According to a recent survey, one in two people with diabetes don't realize they can develop heart disease 10 to 15 years earlier than those without diabetes. In fact, heart disease is the most common cause of death for people with type 2 diabetes. If you have a close relative with type 2 diabetes, or are of Aboriginal, Hispanic, South Asian, Asian or African descent, you are at increased risk of developing diabetes.

Heart disease is a general term for a group of conditions that can affect the structure and functions of the heart and blood vessels. The most common form found among people with diabetes is coronary artery disease or hardening of the arteries. This happens when fatty deposits block the arteries that supply the heart with blood.

Having diabetes alone is a major risk factor, and people with diabetes are over three times more likely to be hospitalized for heart health problems. In addition to having diabetes, high blood pressure, high cholesterol, lack of exercise, smoking and poor nutrition are risk factors for heart disease. People with one or more of these, and diabetes, are at even greater risk of heart disease or stroke.

Fortunately, there are ways to manage diabetes that may reduce the risk of death from heart disease. According to Diabetes Canada, you can do this by controlling blood pressure and cholesterol, managing weight, avoiding smoking, and taking medications to protect your heart.

Recently, advances have been made in the treatment of diabetes to specifically reduce the risk of heart disease. To find out more about your risk and ways to manage it, talk to your doctor and check out [www.myheartmatters.ca](http://www.myheartmatters.ca). **HWS**

*Article courtesy of [www.newscanada.com](http://www.newscanada.com).*

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# How to help protect yourself from shingles

PROVIDED BY NEWSCANADA

EACH YEAR, ROUGHLY 130,000 CANADIANS experience the debilitating effects of shingles. The condition is more frequent in people over 50 and typically presents as a painful, blistering rash that's caused by a reactivation of the same virus that causes chickenpox.

More than 90% of adults who are over 50 years of age and have had chickenpox are at risk for shingles. In fact, it's estimated that one in three people will develop shingles in their lifetime. For those who reach age 85 and older, the odds increase to one in two.

The risk and severity of shingles increases in older adults because aging causes a natural decline in the body's immunity.

The best way to help prevent shingles is to be vaccinated against it. Even some provincial governments are recognizing how important it is for older adults to be vaccinated to help protect against shingles. In Ontario for example, there is already a free shingles vaccination program for some seniors.

People aged 50 and over who are most at risk are encouraged to talk to their doctor about shingles prevention and the benefits and risks of vaccination. **HWS**

*Article courtesy of [www.newscanada.com](http://www.newscanada.com).*

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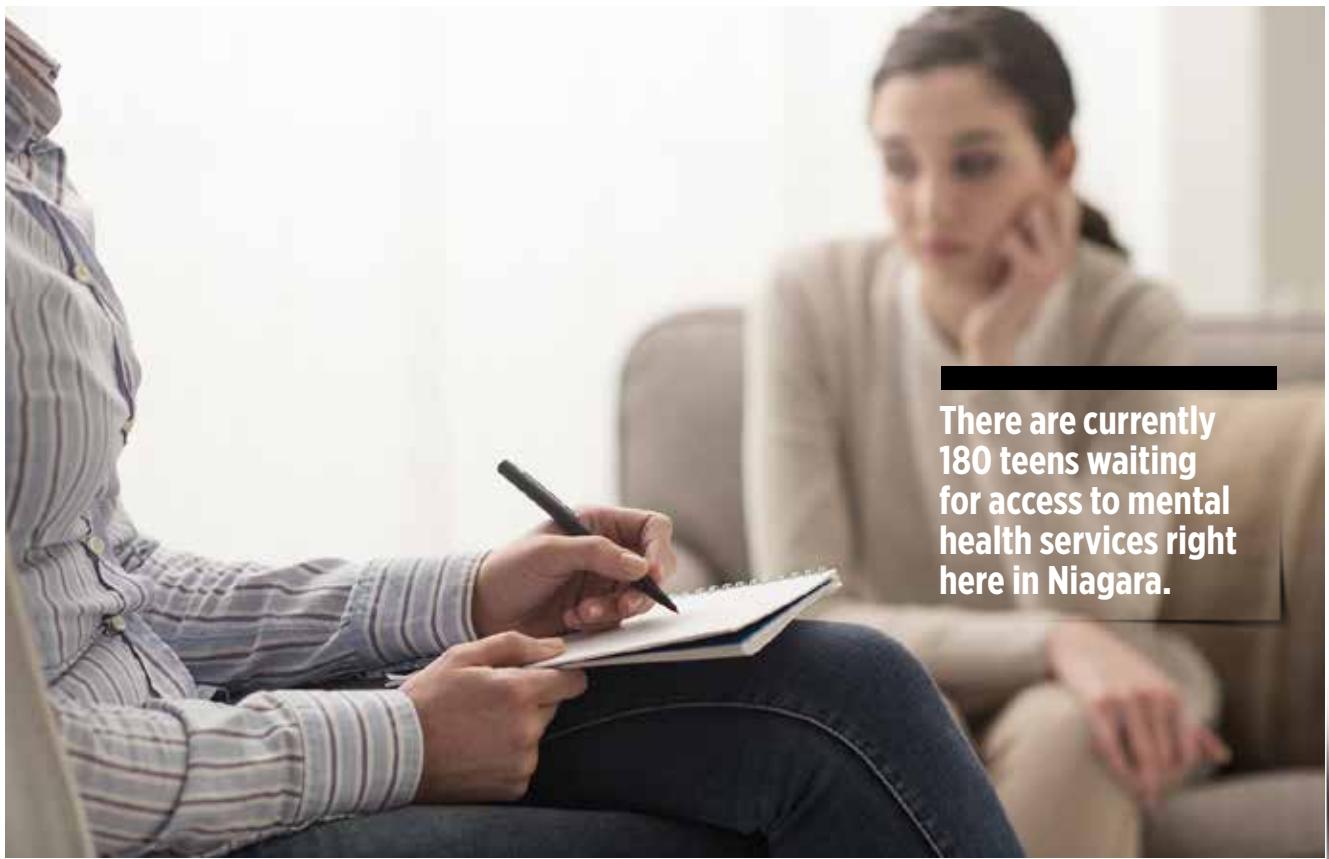
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# Niagara Kids Can't Wait!

## Mental health should not be on the back burner.

BY JULIE AYLWARD



**There are currently  
180 teens waiting  
for access to mental  
health services right  
here in Niagara.**

**IF YOU COULD HELP SAVE A YOUNG TEEN'S LIFE, WOULD YOU?** Do you have five minutes to help reduce wait times for mental health services? According to Canadian Mental Health Association, one out of five kids will experience mental health issues. As many as five out of six kids don't get the help they need. Canada's youth suicide rate is the third highest in the industrialized world.

According to Pathstone, there are currently 180 teens waiting for access to mental health services right here in Niagara on our own doorstep. Pathstone has had a 20% increase in cases this year.

Why should a teen wait for services? Would someone wait for services who is having a heart attack or stroke? Of course not – that would be absurd. Kids who are in a mental health crisis are in the same position. Our kids who are in need of help should not have to wait for a crisis to occur and then have to sit in a hospital or emergency room waiting for access to services. They should not have to be turned away only to wait up to six months to a year for someone qualified to help them.

Mental health matters. That's all there is to it. Any teen that decides to hurt themselves or take their own life is one too many. How many of these teens could have been saved if only they had access to mental health services in their time of need?

As a parent on the Pathstone Parent Advisory Committee and an

educator of twenty years who has been helping to teach and counsel teens, I have seen firsthand the impacts of teens not having access to services in a timely manner. The effects are devastating. Devastating to families and most importantly, our youth.

Anxiety and depression are on the rise – it's more prevalent now than it was even as of last year. We need our kids to have access to a trained counsellor and have access to tools to help cope with life's demands – they need our help now.

Take five minutes of your time and show the Wynne government that you care. Premier Wynne can help make a difference by increasing funding to put more community mental workers out there in our community to help our teens in need. All you have to do is go to [kidsmentalhealthcantwait.ca](http://kidsmentalhealthcantwait.ca)...and send her an email! You will help our teens' voices be heard. Put mental health access in the forefront and show your support – today.

It only takes one. Start the movement for change. Let's show the teens in Niagara we care. Help them to see a brighter tomorrow. The time is now. **HWS**

---

*Julie Aylward is a parent on the Pathstone Advisory Committee and can be reached at 905.328.1232 or emailed at [julieaylward999@yahoo.com](mailto:julieaylward999@yahoo.com). For more information visit [kidsmentalhealthcantwait.ca](http://kidsmentalhealthcantwait.ca)*



# The Joys of the Seniors Lifestyle

Today's retirement communities are helping baby boomers to combat isolation and lead truly vibrant lives.

PROVIDED BY ROYAL HENLEY RETIREMENT COMMUNITY

**AS CANADIAN BABY BOOMERS AGE,** we see more and more written about the changing demographics of seniors. Baby boomers are independent minded, intensely social, and known to push for choices that suit individual needs and wishes. It's not surprising to see the seniors living industry responding to meet these needs in a variety of ways as baby boomers contemplate seniors housing options.

Among the "We Generation," the social isolation experienced by many seniors is of great concern. Children become adults and move away, spouses and friends may pass away or become ill, and the loss of physical skills that enable us to get out and about may become hampered, limiting the opportunities to continue former social engagements. Rather than live alone, cut off from social interaction, baby boomers plan to do it together and on their own terms. Facebook status updates alone don't provide the benefits of regular social engagement as we age. Isolated seniors who report feelings of loneliness are more than twice as likely to decline mentally and physically. And baby boomers aren't willing to let themselves go, and continue to show us just how healthy and vibrant they can remain as they age.

Please don't confuse living together with being socially engaged. Combating loneliness means engaging in regular social interaction with others, taking part in regular physical activity, eating healthy, attending to medical needs, getting out and connecting with the broader community, and taking part in activities that have intrinsic purpose.

That belief in keeping today's seniors vibrant and engaged has always been part of the winning formula at Royal Henley Retirement Community in St. Catharines. Here, Royal Henley residents get to exercise, benefit from physiotherapy, and use the support services by our caring wellness staff and visiting doctor. Meals are hot and hearty with plenty of selections to choose from. Our bus is on the road at least four days a week, whisking people to appointments and excursions at various local theatres, wineries and restaurants. Together, we fundraise and reach out to the local community, and host a number of special events. By helping charities and special interest groups out, our senior residents are helping to make the world a better place.

Choices and engagement are the keys to meeting the needs of baby boomers – and there's even more choices coming to Royal Henley. Within the next year, we'll be opening the doors on 48 new senior apartments.

It's not necessarily where you live. It's how you live that combats isolation and leads to a truly vibrant life. And Royal Henley is growing to make sure we continue to help people live healthy, happy and engaged lives. **HWS**

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*Royal Henley Retirement Community is located on 582 Ontario Street in St. Catharines. For more information, call 905.935.1800 or go to [www.royalhenley.com](http://www.royalhenley.com).*



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# Returning from your dream tropical vacation?

Don't bring back Zika.

PROVIDED BY NEWSCANADA



**EACH WINTER, THOUSANDS OF CANADIANS** pack their bags and migrate south in search of sun and white sandy beaches. Upon returning, many will bring back happy memories and perhaps some duty-free treats. Just follow these guidelines to make sure you don't bring home the Zika virus too.

The virus is primarily spread through the bite of an infected mosquito, but it can also be sexually transmitted from an infected person to his or her sexual partners. Although the overall risk of infection is low for most people, it's important to know the risks and how to protect yourself when travelling to affected countries and areas.

Zika infection presents a very real danger for pregnant couples or those planning a pregnancy. Studies have shown that the Zika virus can survive in semen for up to six months and that it can pass from the mother to her developing fetus, increasing the chances of severe birth defects and neurological disorders for the unborn baby.

For this reason, the Public Health Agency of Canada strongly recommends that pregnant women and those planning a pregnancy, and their sexual partners, avoid travel to Zika-affected countries or areas. Pregnant women and their partners who have travelled to a Zika-affected country or area are encouraged to use condoms correctly or avoid having sex for the duration of the pregnancy.

For those planning a pregnancy, the Public Health Agency of Canada recommends that women wait two months and men wait six months after returning from a Zika-affected country or area before trying to conceive.

Couples returning to Canada from places where Zika is present may also wish to consider medical testing options, especially if you are pregnant; or if you had unprotected sexual contact with someone who travelled to a Zika-affected area at any time during your pregnancy; or if you become pregnant within two months of your travels or within six months of your sexual partner having travelled to a Zika-affected location.

Most people infected with the Zika virus do not develop any symptoms. However, if you have just returned from an area where the virus is present, look out for the following: red eyes; weakness; headaches; lack of energy; short-term muscle or joint pain; possible joint swelling, mainly in the smaller joints of the hands and feet; low-grade fever (37.8 to 38.5°C); or a flat, red rash covered with small bumps on the skin.

If you think you have been exposed to or infected with Zika virus, contact your healthcare provider to discuss your options. **HWS**

Find more information online at [canada.ca/zika-virus](http://canada.ca/zika-virus). Article courtesy of [www.newscanada.com](http://www.newscanada.com).

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# Vision Quest: Aging with Good Eyesight

By Jason Sebeslav

An interview with Dr Mahmood Pirae, PhD

Dr. Mahmood Pirae is a pharmacist with a PhD in molecular and cellular biology from Dalhousie University, Halifax. He has over 20 years of experience in natural products drug discovery and development. We had the opportunity to interview Dr. Pirae recently about age-related vision loss and the nutrients that may help reduce the risks.

**Jason Sebeslav: Dr. Pirae, most people assume the vision problem known as Age-Related Macular Degeneration (AMD) only affects seniors. Is this true?**

**Dr. Mahmood Pirae:** Macular degeneration and cataracts are now affecting people at a younger age – as early as 40-years-old. Losing your vision is one of the most devastating health conditions you can develop as you get older.

**JS: So what's actually happening in the eye in the case of AMD?**

**MP:** AMD is the leading cause of blindness in people over 50. The macula is a small area in the retina that is responsible for the sharp vision you need to read a newspaper, watch TV and see your grandchild's first smile. The macula gets damaged in AMD, which will lead to slow loss of your central vision to the point where you can't drive, read or even recognize faces.

**JS: Is there nutritional component in the risk factors for AMD, or is it more genetic and environmental?**

**MP:** Studies show that right nutritional support can significantly reduce your risk of developing AMD, and help support and maintain your healthy vision in AMD. A healthy macula needs high levels of specific vitamins and nutrients. Even if you eat a generally healthy diet, as you age you probably don't get enough of the right nutrients for optimum eye health.

**JS: You advocate a vision supplement called Saffron 2020.**

**What's the story behind this product?**

**MP:** In 2009, I became frustrated when medical interventions couldn't help slow a family member's AMD. I embarked on a personal and professional mission to find a solution for AMD, and soon found clinical studies into the impressive, untapped eye health properties of saffron and resveratrol. More than a mere antioxidant, Saffron 2020 combines the known benefits of macular carotenoids, vitamins, and resveratrol with saffron, a unique ingredient that has been proven to improve the way genes work together to repair and maintain cells in the retina of the eye. Saffron 2020 is developed to help maintain eye health in AMD and support general vision.

**JS: Saffron 2020 is also certified by Health Canada for helping to reduce risk of cataracts. Are AMD and cataracts related?**

**MP:** Yes – the same nutrients that can protect against AMD can also protect you from developing cataracts, and can help maintain your vision if you have cataracts.

**JS: So those people currently suffering from cataracts or AMD still benefit from supplementation with Saffron 2020?**

**MP:** Yes, in fact Saffron 2020 was first developed for people suffering from AMD or cataracts. It helps restore structure and function of retinal cells in AMD. The antioxidant ingredients in Saffron 2020 also protects the lens of the eye in cataracts. We recommend supplementation for a period of minimum three months before noticing the first beneficial effects.

**JS: Are there situations or scenarios where a person should not supplement with Saffron 2020?**

**MP:** Those who are pregnant, breast feeding or planning to become pregnant should not use the supplement.

**JS: Do you have a particular success story that has stuck with you?**

**MP:** Yes, we recently heard from Dan, from the U.S., who wrote: "A year ago I was diagnosed with macular degeneration. I started taking Saffron 2020 and in a little less than three months, my vision started getting really good so my visits to the doctor started getting further apart."

**JS: What other dietary or lifestyle tips should people be aware of for vision protection?**

**MP:** There are many, but a few of the most important would be, first, to quit smoking. Smoking is a major and proven risk factor for eye problems, and can double the risk of developing AMD. Next, make sure your eyes are tested regularly. Permanent vision loss can occur without any symptoms, so early diagnosis for successful management of AMD is very important. Research suggests that nutrition plays an important role in development of AMD. Adopt a balanced and healthy diet that is rich in fresh fruits and green leafy vegetables such as spinach, kale, yellow peppers and broccoli. Other foods that may have eye health benefits include oranges, kiwis, dried apricots, tomatoes, corn and nuts. Maintain a healthy weight and exercise regularly, since obesity increases risk of developing diabetes, which could lead to diabetic retinopathy and consequently to vision loss. Finally, protect your eyes from sunlight by wearing high-quality sunglasses. **HWS**

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## SENIORS WHO STRIVE

# ONESource Moving Solutions for Seniors

SENIORS MOVE MANAGEMENT FIRM TAKES ALL THE STRESS AND WORRY OUT OF MOVING — SO SENIORS CAN ENJOY THEIR NEW HOME.

BY SCOTT LESLIE

**M**oving is never easy. There's boxes to pack, services to cancel, and a million other things to do. But the process can be especially overwhelming when you're in your 80s or 90s and a health issue is forcing you to sell your longtime family home and move into a new apartment or retirement residence.

That's where a certified professional move manager at ONESource Moving Solutions for Seniors can help. The ONESource team works closely with seniors to help them deal with the physical and emotional demands of moving and make the entire experience a fast, easy and painless one.

ONESource starts by helping seniors sort and downsize their family home, making difficult choices about their belongings, and safely boxing and labeling items for the move. On the moving day itself, ONESource will oversee the movers for you to make sure all your things arrive safely at your new home and are unpacked and put in their proper place.

If you're planning to sell your home, ONESource can also be a big help on that front – cleaning and staging the entire property so it's ready for a real estate agent or even a new owner. ONESource can even cancel your utilities and coordinate the distribution of any personal effects, whether it's arranging a sale or making sure certain items find the right home with a family member or local charity.

Since it was first established in 2008, ONESource has helped countless Niagara seniors deal with the stresses and strains of moving. ONESource has also been a godsend for families, particularly those who often live out of the area and are unable to help their loved ones downsize and relocate. The ONESource team includes move coordinators, assistants, and cleaning professionals – and each one is dedicated to providing you with the compassion, efficiency and respect you deserve.

Leaving your home and embracing change can be a real challenge. But with the ONESource team by your side, you can get settled in your new environment and look forward to your life with a sense of hope and purpose. **HWS**

For more information on ONESource Moving Solutions for Seniors, call 905.988.8271, email ncampbell.onesource@gmail.com or go to [www.onesourceforseniors.ca](http://www.onesourceforseniors.ca).

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# SENIORS WHO STRIVE

## Don Ashbee

SPIRITED OCTOGENARIAN WITH A PASSION FOR LIFE.

BY ROSEANN WATERS

**R**EТИRED since 1983, Don Ashbee is a force to be reckoned with. This octogenarian has a passion for life and living it to the fullest.

It seems Don has had two lives really, pre and post-retirement. As a senior executive with Tremco, Don created a lifetime career through hard work and tenaciousness. He rose through the ranks of the company and that's where the travel bug really bit him. His work provided the opportunity to travel, and as he did, he and his wife Mary visited the globe. From the Caribbean and South America to Italy, France and Spain to Austria, Iceland and the Netherlands, Don and Mary continued to travel after their retirement.

When you live life to the fullest, you gather up "once in a lifetime" experiences. How many people get to fly a light plane below the rim of the Grand Canyon? Don did. The pilot gave over the controls to him during a tour that Don planned for his sales team and 'lo and behold, he flew the plane! The light plane's wingtips were just thirty metres from the sides of the canyon.

Upon retirement, Don wouldn't slow down. He and his wife Mary, purchased their first condo at Beachview Place in St. Catharines in 1989 and moved there from Toronto the following year. Right from the start, Don gave back to his community by joining the condo board, even becoming president for a spell. He also worked with other members to create a rejuvenation program and joined its Committee for Strategic Planning and Development.

This octogenarian who will turn 90 in the new year continues to keep active. In addition to swimming, and riding a stationary bike daily – "to Grimsby," he jokes – Don has discovered his inner artist. He paints in acrylics, taking inspiration from the pencil drawings that he's created throughout his travels. He also assists his friend Doug in the compilation and creation of the Beachview & Area Narratives – amazing stories that share the history of the people and the places that have shaped St. Catharines. If anyone knows the secret of the Fountain of Youth, Don Ashbee certainly knows how to keep life fun and youthful.

Don recently moved to a different condo at Beachview. Don says he couldn't be more pleased with Nancy and the team at ONEsource Moving Solutions for Seniors. All he had to do was write a cheque and Nancy and her professional, skilled and compassionate team took the load off of his shoulders.

"I spent the day with friends," Don says, "and when I came home to my new condo, it was spic and span. Everything was unpacked and ready to enjoy." **HWS**

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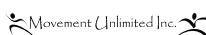
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