

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

VOLUME 9 ISSUE 5

THE NIAGARA HEALTH EXPO

HOW TO EAT HEALTHY
WHEN TRAVELING
FOR BUSINESS

THE UPS &
DOWNS
OF DIETS

ENCOMPASS HOME CARE SOLUTIONS

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Clean Smarter, Not Harder

By Rachel Epp

We all know that cleaning can be a daunting task, but we have to do it. A clean space is good for our physical and mental health but for some, the thought of spending an entire day cleaning sends them running away. I'm here to tell you that cleaning is not a battle, nor should it take all day! As a cleaning professional with over 20 years in the industry, I am here to share my best tricks to keep calm, clean on and then move along.

Work from Top to Bottom: I don't mean from upstairs to downstairs. Rather, start with highest point in the room so you don't miss anything or knock dust onto already-cleaned areas. Start with the hard to reach areas such as dusting high shelves, and then tackle the dirt and grime on your walls. Window screens are a trap for dust and allergens. Be sure to wipe down all windowsills, tracks and screens before opening a window for fresh air. Always finish with vacuuming.

Streak-Free Mirrors: Do you get frustrated with streaky mirrors? It is likely that you are using too much product. Start with one spray and wipe with a micro-fibre cloth in circular motions. A little does go a long way! If you are still noticing streaks, try turning off lights to clean mirrors. The heat of the bulbs will make it dry faster which causes the streaks you hate so much.

Laminate floors: Did you know that laminate floors become damaged over time when it has been exposed to too much water? A simple spray and wipe method is just as effective as a mop and bucket, and will extend the life of your floors.

Mattress: Go over your mattress with a vacuum to eliminate dust and allergens. Flip your mattress at least once a year (I do it seasonally) to extend the life of the mattress and help with harmful body impressions.

Dull and Dirty Stainless Steel: Stainless steel is one on the most difficult surfaces to clean and shine. Don't compromise one or the other! To ensure a clean and shiny surface, start off with a soap-based multi-purpose cleaner and let it sit for 10 minutes (or longer depending on the amount of grime). Then, wipe off and finish with a granite and stainless steel cleaner. **HWS**

Rachel is the owner of Miss's Clean. Based in Niagara, Miss's Clean offers residential and commercial cleaning services using chemical-free cleaning products. In 2017, Rachel created bare. cleaning essentials, a 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's Clean.



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Publisher's Note



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The Best Medicine

When's the last time you had a good laugh? I mean a really, good laugh?

According to several recent studies, medical researchers have discovered laughter really is the best medicine – in more ways than one! Just look at their findings:

REDUCE STRESS – Believe it or not, laughing isn't a simple process. Sure, it looks easy. All you do is open your mouth, right? But what you don't realize is laughter also releases your body's endorphins which help to ease pain. It even helps increase your heart rate and blood pressure, thereby relaxing the body and reducing stress. The result? You have a great way to ease your mind and body at the same time.

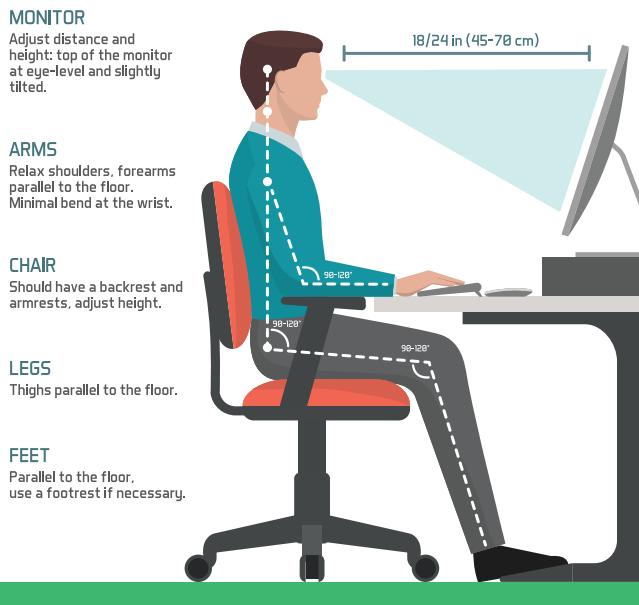
INCREASE YOUR SENSE OF WELL-BEING – Okay, you laugh and feel better for a little while. So what? Well, here's what. Studies show people who laugh and maintain a positive outlook on life are much better able to fight off sickness and diseases – unlike some of those “negative nellies” we all know. Look at it this way. All you have to do is tell a few jokes among friends or turn on our favourite comedy – and your health will reap the rewards.

Laughter might not be the next cure for cancer or the answer for everything that ails the world. But there's one big selling point. Laughing is free! (Just like this advice!) And there's nothing wrong with that at all.

Now here's something else that'll make you feel better – the latest issue of HWS Magazine! This time out of the gate, we have a cover story on the home care experts at EnCompass Home Care Solutions (p12). We also have an in-depth interview with Michael Bentley – president of SierraSil Health (p19), some helpful tips on how to “clean smarter, not harder” (p3), a closer look at why you really need to “relax” (p17), and AAPEX Driving Academy celebrates its 30th anniversary (p20). **HWS**

We'd love to hear your feedback about HWS. Drop me an email today at adam@businesslinkmedia.com and let us know how we're doing!

Yours in health,
Adam Shields
President
Business Link Media Group



Good Posture Versus Poor Posture

Provided by Desks Plus

To identify poor posture, you need to be able to answer: "what is good posture?" When using a computer, we may start with correct posture, but quickly resort to slouching and reaching. At your computer workstation, ideal posture can be described as:

- Head upright and over your shoulders
- Eyes looking slightly downward (30° range from horizontal line of sight) without bending from the neck
- Back should be supported by the backrest of the chair that promotes the natural curve of the lower back
- Elbows bent at 90 degrees, forearms horizontal. Shoulders should be relaxed, but not depressed
- Thighs horizontal with a 90 degree -110 degree angle at the hip
- Wrist in a neutral posture (straight)
- Feet fully supported and flat on the floor. If this isn't possible, then the feet should be fully supported by a footrest

This image depicts ideal sitting posture, however, it should be noted that no posture is ideal indefinitely. You must change your posture and position frequently by adjusting the setting on the chair and alternating tasks (typing, writing, walking and standing) as often as possible. This will ensure proper blood flow and reduce the risk of injury. **HWS**

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ENCOMPASS

Home Care Solutions

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A CIRCLE OF HOPE

EnCompass Home Care Solutions is dedicated to putting the "home" back in health care.

Photo credit: Rob Petruzzo

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Saving Lives at the Region's Trauma Centre

Provided by Hamilton Health Science Foundation

Trauma can affect anyone, anywhere at any time. Whether it is a motor-vehicle collision, a serious fall or a workplace injury, every moment counts, and seconds can mean the difference between life and death. That is why excellence in trauma care is so important to everyone in your community.

On average, the Trauma Team at Hamilton General Hospital is called on to save a life more than twice a day. Patients come to the Regional Trauma Centre with devastating injuries that require urgent, live-saving care. The trauma specialists at The General have saved thousands of lives, giving patients the care they need when it matters most.

Serving a population of 2.3 million people throughout southcentral Ontario, the Trauma Program at The General is one of the largest in Ontario. With more than 840 patients admitted last year, it is Ontario's

busiest Trauma Centre outside of Toronto.

Nearly 50% of trauma cases involve a motor vehicle. Patients who have been involved in motor-vehicle collisions are transported to The General from community hospitals and accident scenes throughout southcentral Ontario. This includes communities from the Niagara Region and Brantford to Kitchener-Waterloo and Burlington.

Falls from heights are the second most common form of trauma. The Emergency Department at The General sees a spike in falls during autumn, when people climb ladders to clean eavestroughs and hang holiday decorations. These falls can result in serious injuries to the head, spine and internal organs.

The Regional Trauma Centre at The General brings together specialists of various disciplines as a team to save lives. No two trauma cases are the same, so different combinations of medical specialists are called upon to collaborate and provide the best possible care for each specific patient. This level of specialized care is unique in southcentral Ontario. **HWS**

You can make a real difference for patients and staff at Hamilton General Hospital's Trauma Centre with a donation, which will fund equipment purchases and patient amenities that are vital for life-altering care.

Visit hamiltonhealth.ca/codetrauma today.

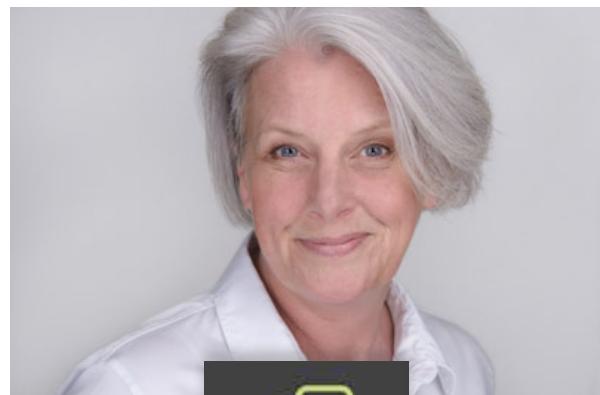
Mental Health Solutions:

Be Informed, Be Empowered.

Mental Health Solutions (MHS) is a private, nurse-led, mental health service provider located in the Niagara Region that offers comprehensive supports designed to assist individuals and organizations to achieve mental wellness. MHS' vision is to support Individuals and organizations to achieve optimal mental health. Services for individuals include counselling, navigation of the mental health system, and mental health bootcamp. Services for organizations include psychological health and safety planning, education and mental health promotion.

MHS is owned and operator by Karen Vanscoy, RN, BScN, and CMHA certified psychological health and safety advisor. Karen has provided support to individuals and organizations experiencing a range of mental health issues in a variety of settings. Each of these opportunities has contributed to the breadth and depth of Karen's knowledge and understanding of mental health disorders, strategies for addressing associated symptoms and issues, and an intimate knowledge of the Niagara and Hamilton Mental Health systems and services. Karen's expertise includes assessment, crisis support, treatment, counselling, education, mental health promotion, research, policy and program development. **HWS**

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ASK THE EXPERT



Jake Cahoon
Chiropodist/Foot
Specialist

A bunion, also known as hallux abducto valgus, is a common foot deformity where the big toe joint (first metatarsal phalangeal joint) protrudes outward, and the big toe points toward the second toe. Bunions are progressive. They are highly associated with flat feet and pointed footwear, so these two items need attention:

FOOTWEAR

Footwear should not be pitched or pointed. High heels should be avoided. Instead, a well-fitted shoe with a squared or rounded toe box is best.

Some shoes, like the Fidelio Hallux, even have padded or flexible inserts in the area of the bunion to cushion it and avoid pressure related pain.

FLAT FEET

Overpronation (flat feet) puts more pressure on the big toe joint. It's a good idea to try to reduce the progression of the bunion by treating the underlying biomechanics. This is where a certified pedorthist or chiropodist can really help. To understand your specific needs, an assessment would be performed. Based on individual biomechanics, custom orthotics specific for your feet would be designed to reduce stress to the big toe joint.

FOOTCARE: Sometimes bunions cause problems like corns and calluses. These problems can be addressed with treatment from a chiropodist, and with products such as toe spacers and pads.

STRETCHING: Stretching the big toe outward, either manually, or with the use of a splint worn at night, can help reduce the progression of the bunion. **HWS**

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Henderson's Pharmacy

The heart of the community since 1939

By Todd Kreulen

Henderson's Pharmacy is proud to be a Premium Sponsor of the Niagara Health Expo held on Saturday, October 21st at the Hotel Dieu Shaver Health and Rehabilitation Centre, 541 Glenridge Avenue in St. Catharines. This event is designed to provide attendees the tools required to make better lifestyle choices and live an enhanced quality of life. Health care experts will be available to help educate attendees and raise awareness to the options available in our community to enable people to make positive lifestyle choices.

Henderson's Home Health Care staff will be on hand displaying a variety of products and services such as compression stockings, mobility aids, bath safety products and ostomy products. We will also be discussing our Synmed packaging system. Blister packing helps patients organize their prescriptions and over the counter medications into a convenient and easy to use blister. Thus, making it easier to keep track of what you are taking and when you should be taking it.

Stop by and say "hello" to our team at the booth and check out our product demonstrations including the new improved Revitive Circulation Booster Medic. The Circulation Booster helps those affected by poor circulation who cannot walk for long distances to get the leg muscles moving to help blood flow. It will stimulate the calf muscles to contract which in turn pushes on the veins to help bring the blood flow back up to the heart to recirculate. **HWS**

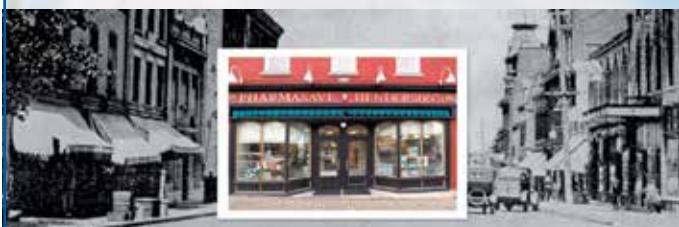
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ACTIVITIES



PART THREE OF EMOTIONS AND FEELINGS

Emotions and Feelings: Fear

By Catherine Bradley

Fear is an emotion that is the backbone of the other primary emotions. When someone is angry or grieving, they are essentially experiencing these with fear hiding in the wings. Fear can be controlling, paralyzing, death defying and numbing. Fear takes a gentle entrance into our lives, consuming itself quietly by seeping its way through many mediums.

Fear is very reactionary, more than grief or anger. It's hardly a suppressed emotion. We're constantly living our lives in fear, which is really not living at all. We're afraid of the outcome, questioning ourselves with "what if," allowing it to take control of us, based on a mountain of unknowns or potential unknowns or worse, ignorance. The saying ignorance is bliss, the idea of wishing we didn't know, or that we weren't educated on a specific topic that's now changed our perspective and brought with it fear.

Fear expresses itself in many forms. In our younger years, a common fear is being afraid of the dark. As we grow, we begin to fear new adventures, and being introduced to changes becomes more evident by not taking good calculated risks. As we develop and prosper, we're faced with opportunities which affect our decision-making skills. We base most of our decisions on the fear factor without truly realizing it.

Should we do this? We need to do this or else! What happens if we don't do this? I can't do this because (enter belief of fear). Others also influence or encourage fear through their observations or experiences.

Fear is both an unconscious and conscious emotion. It can be passed down through generations as well. Why are we afraid of something we haven't experienced? For some reason, we're afraid of "it." We learn that our past generations were afraid of "it" and so we've learned through our DNA to be afraid. It becomes an ingrained belief system. We're inundated with fear in our daily lives by disease, wealth and lifestyle options. We learn through various organizations, media, and social media, all of which can affect our true potential of making healthy choices, living freely, and creatively.

Fear can consume us on so many levels, affecting our bodily functions. Also, due to traumatic life experiences, we can suffer with a myriad of symptoms. Our body's various systems such as nervous digestive, endocrine, and immunity, as well as mental and emotional health are deeply affected.

Mentally, we try to rationalize the fear. Sometimes it makes sense given the circumstances. But most times it's truly irrational and cannot be rationalized (hence a belief is induced). Emotionally, we suffer from anxiety, panic, anger and worry, resulting in neurotransmitters functioning poorly (i.e. hormones of the brain such as serotonin). This can bring about excessive bouts of crying, rage, phobias and depression.

Physiologically, all the glands are affected, particularly the adrenals, and pineal glands. The imbalances of these glands cause hormone functions that affect sleep, food cravings (primarily sugar, salt and bad fats), and unhealthy lifestyle choices, by responding in a flight or fight response and altering the circadian (sleep) cycle. This results in making impulsive, irrational choices, exhaustion/fatigue and weight issues.

Physically, stomach upset, digestion upset, constipation, diarrhea, and body pain can surface. Digestion incorporates the wholeness of all the above along with information, food, ideas going in and out. If we can't hold on or we process too much overload, we suffer these as a result.

Everyone will hold their fear in different areas of the body depending on the weakest area – your character, nature, traumatic experiences, digestion and immune system strength.

Letting go of fear means taking healthy, calculated risks/choices, engaging in creative adventures, and being inspired to live a healthy life according to your own truth. Learn to be in the moment. **HWS**

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 www.bradleyheilkunst.com.

A Healthy Core

By Allison Kares

More and more men and women are putting a band-aid on their pelvic floor issues. We see more ads about how pads and liners can make you more functional. But they only cover up the real issues and don't help you live the kind of life you want.

Pelvic floor dysfunction (PFD) affects approximately one in three women and is often not discussed. Men typically experience issues post-prostatectomy or following radiation. Pelvic floor disorders include urinary and/or fecal incontinence, pelvic pain, overactive bladder and pelvic organ prolapse. We are often told to "do Kegels" with mixed results. The Kegel exercise was developed by Dr. Arnold Kegel in the 1940s to help his patients with pelvic floor muscle strength. Although this set of exercises has been around for many decades, it's often done incorrectly as well as not addressing the full function of all the layers of the pelvic floor.

The pelvic floor is a group of muscles that runs from the pubic bone in the front of the pelvis to the tailbone in the back and are comprised of both slow twitch and fast twitch muscle fibres. They are most effectively engaged not in isolation like a Kegel but with movement. These muscles are an integral part of proper core exercises. Working in conjunction with your diaphragm, deepest abdominals and spinal stabilizers, your

pelvic floor function like a piston. Breath and functional movements are key to developing a healthy connection that happens automatically in anticipation of movement.

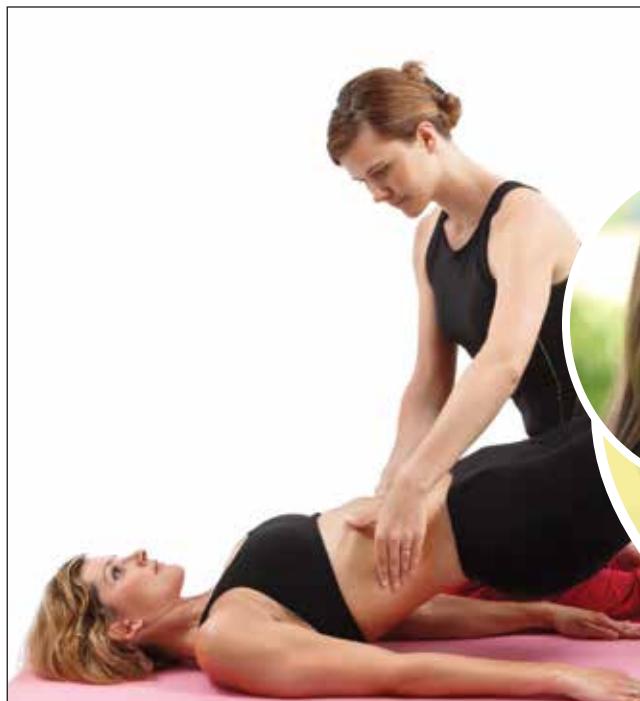
So why should you train your pelvic floor? The functions of the pelvic floor include:

- Support for the pelvic organs including the uterus, bladder and rectum.
- Provide sphincter control for bladder and bowel
- Withstand increased pressure that occur in the abdomen with coughing, sneezing, laughing, straining or heavy lifting.
- Provide support for spine and pelvis

The proper function of these muscles, just like any other muscle within the body requires regular exercise. Learning the proper technique for activation as well as how to relax the pelvic floor is important for anyone who is experiencing symptoms of PFD.

Want to know more about your pelvic floor? Join us for one of our workshops or book a private session. **HWS**

Allison Kares is the owner of Movement Unlimited Inc. and has been teaching pelvic floor exercise programs since 2012. She has over 25 years experience in teaching fitness and rehab exercise programs for all ages and stages of life. Her goal is to help you develop a program that will meet your needs and improve your function. For more information, visit her website at www.movementunlimitedinc.com or call 905.892.1239.



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Marie-Eve Nackers, PT
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I'm a physiotherapist that completed post-graduate courses to assess and treat pelvic floor muscle dysfunctions. Niagara Region is severely under-served with regards to pelvic physiotherapy and have limited access to this specialty care that is now considered the first line of treatment for incontinence and prolapse. I welcome you at 2 different location to better serve the Niagara Region.



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A CIRCLE OF HOPE

ENCOMPASS HOME CARE SOLUTIONS IS DEDICATED TO PUTTING THE “HOME” BACK IN HEALTH CARE.

By Scott Leslie

Consider this...

Your father is getting frail and doesn't want to move into a retirement home. Or your child has special needs and can't get by on her own. Maybe you've been in a serious car accident and have a long recovery ahead.

What do these scenarios have in common? They all require professional home health care – the kind you'll find at EnCompass Home Care Solutions.

Independently owned and operated, EnCompass Home Care Solutions is a fully-licensed firm that can provide clients with a full range of personal support worker services, nursing care, home support, and transportation options – any time day or night.

Sandy Kovacs is the executive director and co-owner of Encompass Home Care Solutions in St. Catharines. Sandy and her team are on a mission to provide Niagarans with the flexible and affordable home care service they deserve.

“We've got an aging population in Niagara,” Sandy says of the current situation, “and there's a lack of beds in the system for them. People are trying to stay in their homes longer. But they can't without the right amount of support. We want to be there to help them maintain their independence.”

Serving clients from Fort Erie to Mississauga, Sandy and her team

offer a complete range of flexible services. For example, EnCompass has personal support workers who can assist clients with getting dressed, personal grooming and taking medications. Their home support attendants can provide light housekeeping, companionship and respite care.

In terms of transportation, EnCompass has appointment attendants who can take clients to medical appointments or help them out with things like shopping errands. These attendants even provide a complete “door-to-door” service so clients never have to worry about managing stairs or loading wheelchairs.

Sandy says she and her home care team serve people of all ages – everyone from kids to seniors in their late 90s.

“We're just like a concierge,” she explains. “We do everything within our power to attend to their needs.”

At EnCompass, the process all starts with a free client consultation.

“We go in to meet with them for a health and wellness assessment,” Sandy explains. “Then we'll work with them to figure out how many times a week they'll need a personal service worker or nursing care.”

Sandy says clients can choose from a package of between 20 and 60 one-hour visits per month.

“They can use those hours any way they want,” Sandy says. “We offer a flat monthly rate, and the client can purchase any additional visits at a reduced price.”

Currently, Sandy has seven personal support workers and registered practical nurses on staff. Every member of EnCompass is fully insured to maintain a secure client environment. They also have a comprehensive range of training including CPR-HCP first aid and Gentle Persuasion certifications. Their registered practical nurses are also in good standing with the College of Nurses of Ontario.

In order to shuttle clients around, EnCompass also has a 2017 Ford Transit that's been specially outfitted to accommodate wheelchairs by Northend Mobility in Welland.

When it comes to dealing with clients and their families, the EnCompass team is committed to developing close relationships with them. That means using the same staff member with a client to provide that sense of continuity. Although team members don't have a formal uniform, they always wear business casual attire to maintain a professional appearance.

"We don't want to appear clinical to our clients," Sandy says. "We want to make sure we're down to earth and approachable."

A Brand New Start

Sandy Kovacs can certainly "talk the talk" and "walk the walk" when it comes to the health care business. For over two decades, she's been working throughout the greater Niagara region as a registered practical nurse and personal support worker. That includes extended stints in the mental health and seniors home care sectors.

In recent years, however, Sandy was getting discouraged seeing so many people fall through the cracks in Niagara.

"As a nurse, I saw gaps in service," she says. "You could tell the system was getting stretched and strapped – and home care was becoming too expensive for most people."

This past year, Sandy's husband Tom retired from the Canadian Armed Forces and the couple batted around the idea of starting their own business. For years now, Sandy had dreamed of opening a one-stop-shop home health care service where you can mix and match offerings at an affordable flat rate.

The timing seemed ideal.

"I have a lot of experience in the community," Sandy explains, "but I really wanted to get back to my roots and make compassion a priority. I wanted to be there for people and help eliminate some of those barriers to service."

This spring, the Kovacs finally took the big leap and launched EnCompass Home Care Solutions in April. So far, their services have been in great demand.

In July for instance, Sandy's team helped provide registered practical nurses and personal support workers to a retirement home in Welland that was having staffing issues. Her team also offered in-home overnight support to several post-surgical patients of Dr. N.S. Huq in Niagara Falls.

"With the long patient wait times, we often support clients who can't be left alone before getting to the ER," Sandy says.

In the months ahead, Sandy is looking forward to holding a job fair through the YMCA and hire several additional employees. The Kovacs would like to see EnCompass expand its services even further to become an ER support personnel service. Sandy also hopes to work closer with the Local Health Integration Network to improve Niagara's home health care service.

Today, however, the Kovacs' burgeoning home care service team is concentrating solely on one thing – giving their clients hope.

"Our clients are our primary concern," Sandy says. "That's all we care about. We want to make sure their needs are being met." **HWS**

For more information on EnCompass Home Care Solutions, please call 289.969.2536, email general@encompasshomecare.ca or go to www.encompasshomecare.ca.



Tenysha Prom-RPN, Sandy Kovacs - Owner, Adam Mikolajek- PSW

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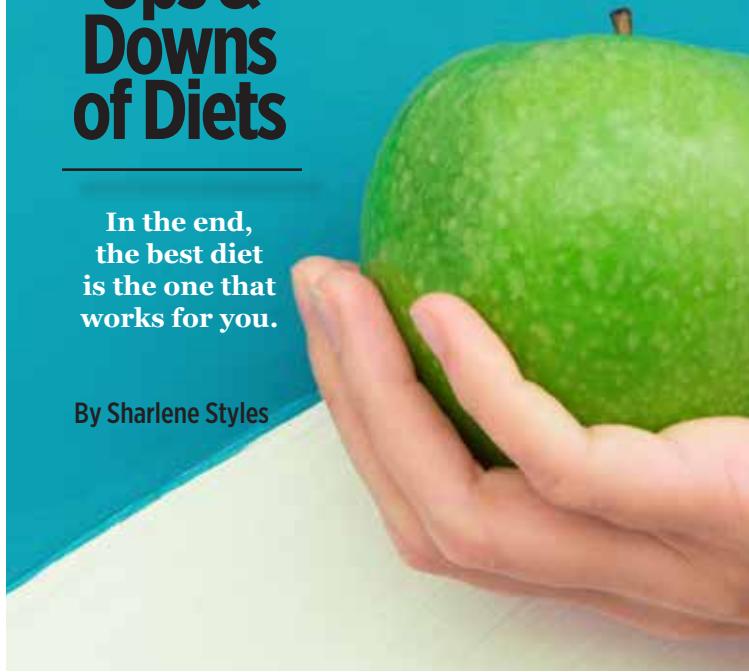
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The Ups & Downs of Diets

In the end,
the best diet
is the one that
works for you.

By Sharlene Styles



Of all the questions I get asked as a nutritionist, the most common one I hear is: "What diet do you recommend?" It seems like a simple inquiry. One that could be answered with one simple word, label or description. In fact, that one question is what led me to study holistic nutrition formally to find my own answers.

Back when I was trying to navigate my own health issues and improve my eating habits and lifestyle, the more I read and researched, the more confused I got. There is so much conflicting information circulating about what works, what doesn't and why. How do you decide which diet is best for you? Gluten-free, vegetarian, vegan, raw food, paleo, low carb, low fat, whole 30, keto, intermittent fasting, blood-type diet? It can be so overwhelming!

After countless hours of formal study, thousands of dollars in trainings and a boat load of experience working with numerous clients, my short answer is: "I don't believe there is any one right diet for everyone." Probably not the answer that you were looking for. I can relate! I too, wanted a quick, short and an easy answer. "Just tell me what to do and I'll do it." Simple! Right? Not really...

How then, do you decide what diet is right for you with so many opinions and conflicting information out there? I hope I can help you make that decision!

Let's first look at some common diets that you may have heard of or may be considering:



RAW FOOD DIET

This is based on the concept that cooking or heating foods reduces/destroys nutrients and enzymes in the food. Only raw foods are consumed here – namely vegetables, fruits, nut, seeds, sprouted grains or products that have not been heated beyond 210° are acceptable. This diet avoids all animal products as well as pasteurized or homogenized foods.

THE UP SIDE: This diet is based on eating whole foods in their natural state and is therefore generally high in fiber. It can help reduce inflammation, improve digestion and lower cancer risk. It generally alkalizes the body from the amount of plants consumed.

THE DOWN SIDE: It can create nutrient deficiencies like B12, zinc, Omega-3s and protein. Recovery time after exercise may be impaired. It may be detrimental for diabetics, those with hypoglycemia or with low body weight. It can also be challenging to uphold in cold weather, especially if you're yearning for warm/hot foods. For some, raw foods can be difficult to digest.



VEGAN / VEGETARIAN DIET

The premise of this type of diet is to have a more healthy option than that of the often meat-centric SAD (Standard American Diet). A vegetarian diet avoids all meat products but may include dairy, eggs and occasionally fish. A vegan diet/lifestyle on the other hand avoids consuming, wearing and using all animal products, including honey.

THE UP SIDE: Both of these diets have been associated with low rates of cancer, heart disease, and obesity. They both reduce the amount of agriculture and resources required for meat production. The concerns about the welfare of animals and the inhumane handling of them are eliminated with these diets since the use of meat (and all animal products for vegans) are avoided.

THE DOWN SIDE: While both of these types of diets can be a good option for some people, not everyone thrives on them. Consuming adequate amounts of protein, iron and various other nutrients (like B12) can be a concern. Avoiding meat or animal products is the focus, rather than eating good quality plants foods. Eating processed foods, sugar and common inflammatory foods is acceptable with both of these diets.

KETOGENIC (KETO) DIET

This is derived from a metabolic state (ketosis) that uses fat for primary fuel instead of glucose (carbohydrates). This diet is low in carbohydrates, moderate in protein and high in fat. The ketogenic diet burns your body fat or the fat you consume in your diet as the primary source of overall energy production instead of sugar (glucose).

THE UP SIDE: Effective for weight loss, improved brain functioning, lowering insulin and blood sugar levels. Many health conditions (namely epileptic seizures, Alzheimer's disease, Parkinson's disease, autism) and metabolic

conditions (obesity, diabetes, high blood pressure, high triglycerides, non-fatty liver disease) respond favourably with a ketogenic diet.

THE DOWN SIDE: This diet is often confused with a high protein diet. This low carb/high fat diet that triggers a metabolic state which is quite unique from any other diet. It emulates the biochemical effects of starvation that prompts weight (fat) loss. The success rate is low because the diet is hard to follow and to maintain a constant state of ketosis, and can create nutrient deficiencies (vitamins and minerals) because of the restriction of carbohydrates (fruits and vegetables).



PALEO DIET

This one is based on the principle of eating only what our ancestors did in the Paleolithic Era, before agriculture. The concept stems from the belief that our bodies are the same today as they were then, so we should forego foods that did not exist then. This diet avoids all processed foods, including any additives and preservatives. Nice! It also avoids legumes, grains and dairy products. It focuses on eating only whole foods like nuts, seeds, vegetables, fruits, meats and fish in their natural state. The main principle is avoidance of processed foods.

THE UP SIDE: When eating a wide variety of acceptable foods on this diet, it can be quite a healthy and balanced option as the main principle is to eat whole foods and avoid processed foods.

THE DOWN SIDE: Often viewed as a meat lovers' diet. Some refer to it as a modern Atkins diet of high protein, low carb diet, although it's not. Vegans and vegetarians may have difficulty following this diet as no beans, grains, legumes or soy are allowed. Some may be challenged to avoid grains, beans, legumes even though they are whole foods in their natural state.

SUMMARY

The foundation of any healthy diet is eating whole, real foods in their natural state and avoiding processed, packaged and refined foods. Remember, the nutrients from the food you eat are used to fuel your body, tissues and cells.

Every single person on this planet is biochemically unique. And just as every human is unique, so too is what works for them. Preferences, morals, religious beliefs, geographical location, access to food, allergies/sensitivities, availability of funds and resources are just a few variables to consider when determining what is best for you.

The best diet is the one that works for you. And just when you think you have it figured out, the diet that works for you today will likely change as you, your body, your opinions and beliefs change or as you become more self-aware and in tune with the nuances of your body and what it needs.

If the route you've chosen works for you today, then stick with it. If it's not working, set out to find a way that does work for you – not what worked 10 years ago or previously. But today. I'd suggest keeping an open mind. Accept the fact that your path may be altered in the future – because it likely will.

Please remember, there is more than one path to vibrant optimal health. And what you eat is just one aspect of the journey. Consider what think, say, do and how you sleep as well. **HWS**

Sharlene Styles is a holistic nutritionist at PURE Natural Health & Wellness. For more information, please call 905.650.1144 or go to www.purenaturalhealth.ca.



How to eat healthy when traveling for business

By Dena Gouweloos

Between airport food, convention snacks and catered lunches at board meetings, healthy eating tends to go out the window when we travel for business. Though more than half (56%) of Canadian travellers say they will try to eat more local food when they travel in 2018, it's hard not to be tempted by the convenience of drive-by airport options and conference fare. But business travel doesn't always have to mean unhealthy eating!

To help keep Canadians healthy, Booking.com, the global leader in connecting travellers with the widest choices of incredible places to stay, has rounded up a few key ways to keep up with eating well when traveling for work.

1. Packed breakfasts and micro-lunches

Avoiding hunger pangs and the temptation to overeat can be difficult when faced with back-to-back meetings and nothing healthy nearby to satisfy an aching belly. Try taking pre-packed breakfast items or prepared transportable eats from your hotel. (Think a banana, whole grain bagel, hard-boiled egg or high protein granola bar.) Making your own micro-lunches (three snack-size foods, rather than one big lunch) will help you re-energize as needed throughout the day.

2. Let the concierge help

Hotel staff are not only present to ensure a seamless check-in or fluff a few extra pillows - concierges and front desk staff can provide a wealth of knowledge about the local area and should be your go-to guides for finding the best healthy restaurants in the area. From quick bites and local favourites to hotspots fit to impress your CEO, you're unlikely to be disappointed by a recommendation from seasoned staff.

3. Self-catered apartments

It's easier than ever to find a nice home-cooked meal when travelling for business, especially if you're making it yourself. Booking a self-catered apartment will give more freedom when planning your evenings.

Whether you want to get creative with a four-course ensemble or simply whip up a quick bowl of pasta, having your own kitchen gives you the option of skipping mass-produced meals in favour of healthier, home-cooked food with your local grocery store's freshest ingredients.

Remember our first tip? With a self-catered apartment, you can prepare your own healthy breakfasts and to-go snacks for less money and higher nutrition value tailored to your preferred dietary needs.

4. Opt for the mini-fridge

While hotel mini-bars can be stocked with tempting chips and sugary snacks, opting for a room with a mini-fridge is a great way to make sure you're balancing your travel diet with a few healthy foods. Stock up on some basic food items from the local bakery, supermarket or deli and create your own healthy grab-and-go fridge.

5. Check out the hotel fare

Areas surrounding airports and conference centres can often be lacking for choice when it comes to local healthy eateries, but hotels are stepping up to the literal plate. Most hotel restaurants - especially those that cater to business travelers - recognize the need for hearty healthy meals is just as important as that epic steak dinner with your boss.

Try checking out the hotel restaurant for some tasty options to keep you energized. No one wants to be the high maintenance one at the table, but don't be afraid to request simple menu item changes to fit your dietary needs. For example, asking if your sauce can be on the side allows you to control how much you use, and requesting that your side vegetables are steamed instead of sautéed is an easy pivot for the chef. **HWS**

Dena Gouweloos is an account manager at PUNCH Canada Inc. in Toronto. For more information, contact Dena by calling 416.360.6522 x234, emailing dena@punchcanada.com or go to punchcanada.com.

Right To Relax

THERE'S NO NEED TO FEEL GUILTY ABOUT RELAXING. RELAXATION IS ABSOLUTELY NECESSARY FOR OUR HEALTH AND WELL-BEING.

By Scott Leslie

These are remarkable times we live in. As a whole, Canadians are living an average of 82 years – 20 years longer than our ancestors did back in the 1940s. Even serious medical issues like cancer and heart disease aren't the automatic death sentences they once were 20 or 30 years ago.

With so many of us living longer, more comfortable lives than ever before, why do we feel stressed out and run down? It's a complicated issue. But studies are increasingly showing much of our malaise can be attributed to the pitfalls of living in the modern world.

With the 24-hour reach of the internet, we now live in a multi-tasking, workaholic environment where the constant bombardment of information has become commonplace. To make matters worse, we often don't take the time to relax which can be detrimental to our health and lead to serious issues like depression and insomnia. Fortunately, there are many ways to "chill out" and wean ourselves from the interference of technology.

Keeping Quiet – Wondering when you can possibly find a moment to relax? Many of us spend an average of half an hour or more commuting to work. However, this time can be a great opportunity to recharge your batteries. If you can manage it, try turning off the radio and other mobile devices during your commute time. Commuting in silence is starting to catch on. GO Transit has bowed to pressure by offering low volume sections on its rush hour routes where riders must refrain from using loud devices so others can work or sleep.

"Phone It Down" – These days, digital devices are leading to everything from "texting neck" to disrupted sleeping patterns to increased eye strain. A recent study found the average person checks their smartphone an average of 45 to 110 times a day! What better reason to avoid the distractions of email and Instagram and "phone it down" on occasion? Try turning off all sounds and app alerts, changing the colours on your phone to grayscale or (God forbid!) leaving your phone at home.

Get Away From It All – You might not be able to take three weeks off for that vacation in Maui. But there is one way to "get away from it all" without spending a dime – and that's meditation. Meditation basically involves deep breathing while staying focused on a single thought or object. Studies show people can benefit significantly from meditating for five minutes a day. The benefits of meditation include everything from lower blood pressure to enhanced immunity.

There's no need to feel guilty about relaxing. Relaxation is absolutely necessary for our health and well-being and enables us to be more productive on a professional and personal level. So don't just stand there. Listen to your body...and relax! **HWS**



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The Cops for Cancer team makes a stop at Saint Christopher Catholic Elementary School in St. Catharines. The riders are pictured here with Bella - a young girl battling cancer - and her family.

Tour de Golden Horseshoe

Inaugural police fundraiser raises over \$170,000 to help fight childhood cancer.

By Scott Leslie

Summer may be over – but it's never too late to break out the wheels for a good cause.

In late September, a group of 28 law enforcement and emergency services personnel took part in the very first Cops for Cancer Tour de Golden Horseshoe. The grueling 400-kilometre cycling tour visited several Niagara communities and included members of the Niagara Regional Police Service, the Royal Canadian Mounted Police, and Niagara Emergency Medical Services.

All proceeds from the four-day event went towards the Canadian Cancer Society to fund various childhood cancer treatments and research initiatives – and help support cancer patients and their families.

And the need couldn't be more pressing.

Cancer is currently the most lethal childhood disease in Canada with approximately 950 new cases of childhood cancer and 120 deaths occurring each year. According to the Canadian Cancer Society, two out of every three childhood cancer survivors also suffer lingering effects from their cancer treatments.

The “Cops for Cancer” initiative originally started in 1994. At the time, Sergeant Gary Goulet of the Edmonton Police Service met a young boy named Lyle Jorgenson who was being bullied at school. Cancer-stricken, Lyle

had lost his hair due to his chemotherapy treatments and was being bullied by his classmates as a result. After their meeting, Gary convinced several of his colleagues to support Lyle by shaving their heads – and set up a head shaving fundraiser with the Canadian Cancer Society. The idea soon took off and today, hundreds of law enforcement officials across the country raise money for cancer research through their own Cops for Cancer events.

In the case of Cops for Cancer Tour de Golden Horseshoe, it was all the brainchild of Bill Fordy, deputy chief of the Niagara Regional Police Service, who'd cycled with several Cops for Cancer rides when he was stationed out in British Columbia. Bill ran the Tour de Golden Horseshoe idea by the police force, and his superior Chief Bryan MacCulloch was more than happy to get behind the initiative.

Bill says the tour was part of an overall desire by the police to get out in the community and connect more with Niagara residents.

“It was a great teambuilding experience,” he explains, “but it also gave us the ability to raise money for an important cause and interact with the community in a positive way. It really allowed people to see us through a different lens.”

The cycling tour started from the Niagara Regional Police Service Headquarters in Niagara Falls on Tuesday, September 18th at 7 a.m. Over the next four days, the cyclists would stop at dozens of community locations before wrapping up their tour on Friday, September

21st at Montebello Park in St. Catharines.

Bill says the epic trek was physically tough on the officers – but well worth the effort.

“The pain that we felt pales in comparison to the many children and their families dealing with cancer,” he says. “We always kept that in mind.”

One of the most rewarding parts of the tour for the riders was getting to stop at 22 public schools. Here, they interacted with thousands of children and made presentations on the importance of staying healthy, keeping fit, and standing up to bullying.

“We tried to be respective of schools with our time,” Bill explains. “We were on a tight schedule. It was all pre-planned, right down to the minute.”

Through their fundraising efforts, the riders helped raise an incredible \$175,960 for the Canadian Cancer Society – far exceeding their initial fundraising goal of \$130,000.

In recent years, the fight against childhood cancer has been making some headway. Canadian Cancer Society statistics indicate over 80% of children diagnosed with cancer will live at least five years beyond their initial diagnosis. But much more needs to be done.

Bill says another Tour de Golden Horseshoe may be in the offing for next year.

“All the feedback we've received has been tremendous,” he says. “I'm cautiously optimistic this is the start of an initiative that can really be a game changer.” **HWS**

Joint Benefits: The SierraSil Story

An Interview with Michael Bentley By Jason Sebeslav

Michael Bentley is president of SierraSil Health, a Vancouver-based healthcare company with a simple goal – to help people become healthier and more active. The mission is being accomplished every day due to the clinically proven benefits of their namesake product, SierraSil.

A natural joint-care product, SierraSil is a unique mineral complex sourced from a pristine deposit located high on the eastern slopes of the Sierra Mountains. From an unlikely discovery by a gold prospector over 30 years ago to the glowing testimonials from osteoarthritis sufferers and health care professionals alike, Michael has a great story to tell. I had the pleasure of speaking with him recently by phone.

Jason Sebeslav: Michael, tell me the story about the gold prospector and what he discovered.

Michael Bentley: Sure. About 30 years ago, a gold prospector in the Sierra Mountains noticed that wild animals would often congregate and graze around this large mineral deposit. So, he gave some of the material to his own domestic farm animals and noticed that the chickens' eggs were harder, and his dogs' arthritis improved. News of the discovery reached my dad and he became an early investor once he tried it and it really helped his grip. But the opportunity didn't progress, so I was hired to consult. I was candidly skeptical of the healing benefits until I tried SierraSil to relieve the knee pain that limited my running. In just two days, I felt a difference and was able to increase distances rapidly, allowing me to complete a 10k run only 10 days later. So that prospector – what he found was not so much a "fountain of youth" as a "mountain of youth!" And that's where SierraSil began.

JS: So, what is SierraSil? Is it a mineral complex, even though you like to be clear that it's not really meant to be a mineral supplement?

MB: That's right. It's volcanic rock that was geo-thermally altered eight to 10 million years ago. It is a silicate mineral matrix from the Sierra Mountains that has a particularly tightly-bound structure. It's also highly absorptive so it attracts and binds heavy metals like lead and mercury and then helps your body excrete them. This detoxifying process, which can help with pain and inflammation, is an important difference in how it works.

JS: Many people are familiar with glucosamine and other natural joint care products that can help build or strengthen joint cartilage to reduce pain. How would you compare the therapeutic action of SierraSil?

MB: Glucosamine and some other substances work as "joint builders" whereas SierraSil and herbal extracts like curcumin work as "inflammation calmers." Glucosamine for example can be helpful, but it doesn't tend to help with the underlying cause, which in many cases is inflammation. That's where SierraSil works at the gene-expression level throughout the body. That's not to say one couldn't take both – they can work very well together, but they do work differently.

JS: How soon might someone expect to feel the benefits of taking SierraSil?

MB: Usually you'll see benefits in three to 10 days, but our promise is 14 days or your money back. Only 1 in 4,000 bottles are ever returned to us, and some of those returns aren't even related to effectiveness. Sometimes it's just that someone's doctor doesn't understand the product and asks them to stop taking it. That being said, the head of rheumatology at the largest medical school in Canada checked the research, then started recommending SierraSil, noting most patients see results within one to two weeks. So some doctors do understand!

JS: You now offer a version containing curcumin, the herb known for its anti-inflammatory action. When might this formula be a better option

than the original?

MB: Our curcumin product is a full dose of Meriva-brand curcumin and a half-dose of SierraSil. The fact that curcumin has such great clinical evidence for its antioxidant and anti-inflammatory action made them ideal companion ingredients. I would recommend the curcumin version particularly for preventative measures, whereas if you're already suffering joint pain I would suggest the original SierraSil formula.

JS: You are a long-time runner and use SierraSil to enhance endurance and support joints. Have other athletes found benefits from supplementation?

MB: Yes, athletes of any age and level can benefit. Double-blind, placebo-controlled, crossover research with elite Canadian athletes shows SierraSil reduces delayed-onset muscle soreness (DOMS) and improves peak power – and that's at the sports-significant level. We have pro golfers to NHLers using SierraSil and telling us they notice great results and those in timed sports, noting new personal bests within weeks of using the product.

JS: The sierrasil.com website features many great testimonials from osteoarthritis and joint pain sufferers. Is there a success story that sticks out for you?

MB: There are so many! I suppose one that stands out is a man who told us he "got the girl he married back" after the fibromyalgia pain she had been suffering improved so much. In another case, an Edmonton senior wrote to tell us she'd found her purpose again after being able get back to knitting tuques for a charity. These really are heartwarming stories where people are improving their overall quality of life, which is central to our mission as a company. **HWS**

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The advertisement features several SierraSil products: a bag of "SierraSil Joint Formula Soft Chews" for dogs, a bottle of "SierraSil Joint Formula 14" for humans, and a bottle of "SierraSil Joint Formula Curcumin" for humans. Below the products, text reads: "Discover the many benefits SierraSil has to offer for you and your best friend! Clinical research shows benefits and improvements in: • Aches and stiffness • Sports nutrition and muscular preservation • Pain relief • Joint mobility and swelling". The website "sierrasil.ca" is listed at the bottom right.

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SENIORS WHO STRIVE



AAPEX Driving Academy

Niagara's biggest driving school
celebrates 30 years of turning today's
students into tomorrow's drivers.

By Scott Leslie

Back in 1988, AAPEX Driving Academy was a small driving school with one instructor located in a non-descript office in downtown Welland.

How times have changed!

Thirty years later, AAPEX has become Niagara's largest and most successful driving school with over 35 full-time instructors and nine locations across Niagara.

The comprehensive AAPEX Driver Academy Program involves 40 hours of driver training. That includes 20 hours of in-class instruction, 10 hours of one-on-one in-car lessons, and 10 hours of home assignments. Based on its exclusive "LOOK-PREDICT-PREVENT" program, AAPEX helps drivers improve their skills when it comes to hazard recognition, vehicle handling, space management and speed management. Students are also taught other driving essentials like parallel parking and vehicle maintenance.

With classrooms from Fort Erie to Grimsby to Dunnville, AAPEX has a wide range of convenient locations in Niagara. Quality staff and instructors and its multiple locations is what sets AAPEX apart. They are in a unique position to book the in-car sessions for students as soon as they complete the in-class portion of the course.

"All our schedules are booked to the students' availability," says AAPEX Owner Christine Raby. "We book their lessons around their school and work schedules."

Although many of AAPEX's clients are novice drivers and immigrants who are new to Canada, one of its most important clients are seniors. AAPEX encourages education at any age and its Senior Refresher Package is instrumental in helping those whose driving skills are starting to diminish.

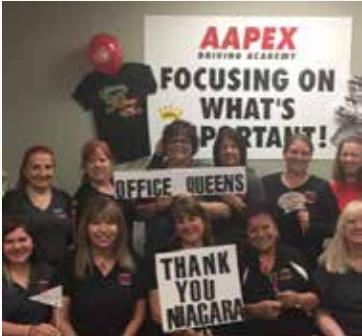
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independence longer," Christine says.

AAPEX provides special seminars where seniors can update their skills and correct any bad habits.

"Families often hire one of our instructors to give their mom or dad a one-hour driving assessment," Christine says. "It's a great way to keep your loved ones safe and address any concerns."

Carolyn Ingram is just one of the many Niagara seniors who've been impressed with AAPEX's refresher course. A 75-year-old Welland resident, Carolyn had been driving for 62 years but recently got into a minor car accident and failed a recommended driving test.

"It was a very positive experience with AAPEX," Carolyn says of the two-hour course that helped her pass a second time. "I'd slipped into some bad habits with my driving. But my instructor walked me through everything and really made me relax. I couldn't parallel park before – but with her help, it was a snap! I've told several people about AAPEX and would recommend them to anyone."

To mark its 30th Anniversary, AAPEX and CAA Niagara have become partners in safety and partners in savings. CAA members enjoy \$30 off the full Beginner Driver Training Program for their children and grand children. In addition, they can save 30% on the Senior Refresher Package.

"We are excited to confirm that each of our graduates receive a free one-year basic CAA membership," Christine says.

Since 2003, AAPEX has been named the Best Driving School of Niagara in the Readers Choice Awards for 15 consecutive years. But despite accolades like this, Christine says the real reason behind their 30-year success is one thing – their instructors.

"We have the best instructors in all of Niagara and the Golden Horseshoe," she says. "They're dedicated and caring individuals who are committed to keeping our students safe behind the wheel." **HWS**

For more information on the AAPEX Driving Academy, please call 1.800.463.1436 or go to www.aapexdriving.com.

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By Scott Leslie



Just The Facts!

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

By Scott Leslie

1) A “superfood” is a type of food that’s unusually high in nutritional value. Which of the following are not considered a superfood?

- a) salmon
- b) paprika
- c) almonds
- d) humbugs
- e) cinnamon

2) What condition do celebrities Rob Lowe, Whoopi Goldberg and Robert Redford all have in common?

- a) lactose intolerance
- b) depression
- c) hearing loss
- d) overacting

3) Alzheimer’s disease takes its name from what famous German psychiatrist?

- a) Alois Alzheimer
- b) Josef Alzheimer
- c) Craig Alzheimer
- d) Tretan Alzheimer

4) Back in the 1800s, children and infants often suffered from a malady known as “summer complaint.” Today, this medical condition is more commonly referred to as:

- a) sunburn
- b) Lyme disease
- c) dysentery
- d) heat prostration
- e) cutting the cheese

5) John Harvey Kellogg was a famous American doctor and nutritionist in the early 20th century, and a leading advocate of the clean living movement. Kellogg is also considered to be one of the originators of _____.

- a) reality television
- b) peanut butter
- c) breakfast cereals
- d) soy products
- e) meat substitutes

6) The largest organ in the body is _____.

- a) the heart
- b) the intestines
- c) the lungs
- d) the skin
- e) unmentionable in mixed company

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

ANSWERS 1. b) and d) 2. c) 3. a) 4. c) 5. b), c), d) and e) 6. d)



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