

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

VOLUME 10 ISSUE 2



HOW TO PREPARE FOR RETIREMENT

*Fighting for
their Lives*

*The Power of
Hyaluronic Acid!*

**Movement for
your Mental Health**

**ENCOMPASS
HOME CARE SOLUTIONS**

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A Word of Thanks

When we first launched HWS Magazine back in 2009, we were committed to bringing Niagarans all the latest tips and trends in the health, wellness and safety fields. And in the past decade, we've been doing just that – providing you with healthy recipes, helpful exercises, professional opinions, and so much more.

Today, we'd like re-affirm our commitment to bringing you the best reading experience – whether it's expert advice you can count on or engaging profiles of the residents, business owners and health practitioners who call Niagara home.

We'd like to thank our readers and advertisers for all their support over the past decade. As always, we're humbled by the opportunity to serve Niagara and look forward to educating and informing you on all things "HWS" for years to come. In our upcoming issues, we're planning to bring you more information and insight into the world of alternative medicines – and how you can be more proactive about your health. We even have some exciting new features in the days ahead like our "That's Incredible" spotlight and "Your Home Remedy."

At the end of the day, there's nothing more important than your health – and there's nothing more important to us than helping you on your health-conscious journey.

Enjoy the latest edition of HWS Magazine!

Stay healthy,
Your HWS Team

HOW TO PREPARE FOR RETIREMENT

Many Canadians are reluctant to retire – but it's easier than you'd expect.

By Scott Leslie

Every single day, over 1,000 people reach the age of retirement in Canada. How about you? Are you ready to take the plunge? Many people worry about retirement because it's an unknown quantity to them. But there's an easy way to eliminate all that worry. Start planning for your retirement today so you know what to expect.

Here are some key factors to consider when it comes to your finances:

Lifestyle – What do you want to do with the rest of your life? Stay at home and put your feet up? Make some improvements to the house? Travel the world? Do some research. Take some time to figure out what you really want to do with the next 30+ years. That will give you a good idea how much you'll need to fund your new lifestyle.

Savings – The next step is to determine if you have enough socked away to fund your retirement dreams. Contrary to popular opinion, you don't need to be a multi-millionaire or even a millionaire to retire comfortably. In many cases, the average middle-class couple will only need

upwards of \$600,000 or \$700,000 to retire comfortably. Again, it comes down to your retirement plans. Big plans = big savings. Modest plans = modest savings.

Sources of Income – Without the benefit of a regular paycheque, it's time to look at what monies you'll have coming in. Will your investments and RRSPs be providing you with a sizeable income? Do you have a tax-free savings account? How much will you be collecting from things like the Canada Pension Plan and Old Age Security? Will you be collecting a pension from your workplace? Are you planning to keep working part-time? Do you expect to be making money from an inheritance or rental property? All of these revenue streams will have to be taken into account.

Debts – Do you plan to carry any debts into your retirement years – like paying for a mortgage? In most cases, seniors have reached a point in their lives where they've paid off the mortgage on their home and won't have that additional burden to worry about.

Cutting Costs – Don't forget...with fewer revenues coming in, you'll have to be prepared to cut down on your costs. Are you looking at downsizing to an apartment or condominium? Selling a family boat, timeshare or cottage? Cutting back on some unnecessary insurance policies? Moving forward, it will be important to keep yourself on a budget that respects how much money you have coming in sans paycheque.

So, how are you feeling now? Are you farther along than you thought with your finances? Still have a ways to go before you enjoy the retired life? At the end of the day, retiring is all about setting goals and living within your means.

If you don't take the time to figure out what you really want from your retirement – and how you're going to fund that dream – you'll end up feeling the same way many Canadians feel about their retirement... anxious! **HWS**



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COVER STORY



ENCOMPASS HOME CARE SOLUTIONS P12

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IMAGINE THE FREEDOM

EnCompass Home Care Solutions gives clients and their families a worry-free home care alternative.

Photo credit: Rob Petrullo

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

Minimalist Living: Adapting a Zero Waste Lifestyle



By Rachel Epp

The concept of minimalist living has quickly become an appealing lifestyle. The idea of living with less clutter and less distractions has become a state of being which people hope to achieve.

While living a complete minimalist lifestyle can be difficult to accomplish, adapting a zero waste lifestyle is a significant stride in the right direction. This idea is derived by consumer choices and reducing one's ecological footprint, ultimately saving the planet by eliminating the amount of waste going to landfill. So, if you want to try to achieve zero waste, try these simple ideas:

Say No to Plastic. Reusable containers and water bottles can be used over and over again. There are no harmful chemicals like those contained in plastic packaging and they have a longer lifespan. Ditch the plastic bags and start using shopping bags made from canvas, mesh, cloth or recycled/recyclable plastic. These small actions are a great way to cut your plastic use and save money!

Eliminate Paper Products. Save trees, reduce pollution, conserve water and save money. These are just a few reasons to reduce paper products. If this has convinced you, try swapping your paper towels with cloth napkins or microfiber cloths. Microfiber cloths are one of my personal favourites because they are soft, they pick up dirt and dust better than any other cloth, and they can be used without cleaning products – all you need is water!

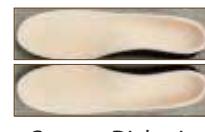
Shop Package Free. This concept is still new to a lot of people but it is one of the biggest steps towards living a zero waste, low impact lifestyle. There are some products where it is very difficult to avoid plastic packaging. However, the good news is there are many shops that allow you to refill products using old bottles. In fact, I have personally adopted this concept at bare. as a way to reduce waste. A refill station is available for our customers to fill their empty bare. bottles with some of their favourite chemical-free cleaning products.

I always encourage people to start small. It becomes easier to change when you start to notice the impact of your choices. When we all begin to do our part to save the planet in the way we know how, we become minimalists. **HWS**

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

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Get Ready to Walk and Wheel

Provided by Hamilton Health Sciences Foundation

"My son was diagnosed with cancer last year," says Jaymie of Cambridge. "As a parent, it was the most difficult news I'd ever received."

Chase was nine-years-old when he was diagnosed with acute lymphoblastic leukemia (ALL) - a fast-growing and potentially fatal cancer of the blood and bone marrow. He immediately began a regimen of intense chemotherapy at McMaster Children's Hospital to control the growth of the cancer cells.

"The treatment made Chase feel very sick, but we understood that chemotherapy was necessary if we were to beat the leukemia," recalls Jaymie. "It was really tough."

After trying different types of chemotherapy, the care team found the right combination of medications that worked well for Chase without as many side effects.

"His prognosis is very positive and he is doing very well," Jaymie says. "We are looking forward to the end of his therapy, when we can say that he is cancer-free. There is definitely a light at the end of the tunnel."

Jaymie and Chase are grateful for the outstanding care received at McMaster Children's Hospital.

"The doctors and the staff are wonderful," says Jaymie. "We're so lucky to have this amazing hospital in the region to help us when we need it most."

Now 10-years-old, Chase is proud to be a MacKid Ambassador for this year's MacKids Walk & Wheel - a fundraising event presented by RBC in support of McMaster Children's Hospital. He is sharing his story as a way to illustrate the importance of McMaster Children's Hospital Foundation in providing specialized care for children and youth across the region.

MacKids Walk & Wheel will be held at Bayfront Park in Hamilton on June 1st. By fundraising in their community and participating in the fun, each participant is helping the Foundation reach its fundraising goal of \$200,000.

Proceeds will support programs and priority needs at McMaster Children's Hospital including Ron Joyce Children's Health Centre. Fundraisers and donors who support MacKids Walk & Wheel will help to ensure that patients like Chase have access to vital medical equipment and amenities when they are needed most.

MacKids Walk & Wheel is a very special event for the young and the young at heart. During the event, attendees can participate in the Tikes on Trikes bike ride for children age five and under, the Wonders on Wheels ride for participants age six and above, and/or the Trailblazers Walk for participants of all ages. These activities are followed by Miraclefest – a celebration that includes free lunch, face painting, bouncy castles, the ever-popular Teddy Bear Hospital, and more. **HWS**

You can make a vital difference in the lives of pediatric patients and their families across southcentral Ontario. Visit mackids.ca/walkandwheel to register and start fundraising today.



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Family Time Isn't Just Fun It Also Has Its Benefits!

By Pat Simpson

Giving our kids our time is more important than providing them with cool clothes or the latest technology trends. Make quality time your top priority! The benefits to children are priceless:

- It builds self-esteem in children. Children who spend time with their parents and participate in activities together build a positive sense of self-worth.
- It strengthens family bonds. Families who share everyday activities together as well as share vacations or daily excursions as a group form strong, emotional ties.
- It develops positive behaviours. Children and adolescents who spend more time with their parents are less likely to experiment among their peers.
- It creates happy memories. Family time creates warm memories for parents and children alike.
- It helps parents and children reconnect. Spending time together as a family helps busy parents reconnect with their children.

Happy family times ahead! **HWS**

Pat Simpson is a Wee Watch Licensed Home Child Care Supervisor. For more information about Wee Watch, call Pat at 905.371.2012, email psimpsonoffice@gmail.com or go to www.weewatch.com. Wee Watch - Licensed Child Care With All The Benefits of Home

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Four Ears Are Better Than Two

By Alaina Hillier

Hearing loss doesn't only affect the individual with the hearing loss – it affects everyone they communicate with. If you want to support a loved one with a hearing loss, accompanying them to appointments can have several benefits on their hearing health.

For this reason, including significant others in your hearing health plan and inviting family members to your hearing appointments are recommended. Bringing a friend, family member or significant other to your hearing appointment and incorporating them in your treatment plan can improve your hearing outcome. Having four listening ears in an appointment is better than two as it decreases the stress on an individual to remember everything that's discussed in the appointment. As a result, the individual with a hearing loss has increased confidence in their ability to manage their hearing loss and hearing aids knowing they have the support of their friends or family.

The family can also be taught realistic expectations when communicating with their loved ones and helpful strategies to use when speaking with them. For example, facing a loved one with hearing loss and speaking clearly will increase the likelihood you're heard and understood. These strategies and others can be taught during most hearing appointments. Furthermore, family members can reinforce the importance of following treatment recommendations such as wearing hearing aids regularly. Family members are also given the opportunity to set communication goals with the audiologist that the patient might not even realize are a concern. Special programs or modifications can be made to the hearing aid programming to help ease communication in those environments where the family member has run into difficulties.

It's important to remember the audiologist may be the expert in hearing loss and hearing aids – but the patient and their family members are the experts when it comes to the communication difficulties they experience on a day-to-day basis. At the first appointment, family and friends know the individual with a hearing loss on a personal level. They know their lifestyle and the different environments that are challenging to hear in. This awareness allows the audiologist to become aware of experiences from two perspectives and provide a total hearing plan that benefits everyone involved. **HWS**

Alaina Hillier is a doctor of audiology and the owner of Hear Again branches in Niagara Falls and Fonthill. For more information, please call 905.354.2757 or 289.897.8665 or go to www.hearagainclinics.com.



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EMF and Health

By Catherine Bradley

"EMF" stands for Electro-magnetic Frequency. Simply put: It has become a need for our everyday lives of convenience, yet it impacts the very nature of our health, right down to the cellular level.

The waves are a natural phenomenon of our universe. However, it has greatly impacted our way of life with the evolution of industrialism and the evolution of convenience to help provide faster and better options to establish diagnosis in health, cooking, cleaning, communication and entertainment. As much as these are convenient and dependable, they are also harmful.

EMF is the production and essence of how technical, electrical and magnetic energy functions. It encompasses the energy of radiation, which spreads its range through travel. It has various spectrums depending on the type of waves and/or wavelengths used. These wavelengths vary from shorter (the highest EMF) to the longer, which have the least amount of EMF. There are seven main spectrums of EMF from shortest to longest. They are gamma rays, x-rays, ultraviolet rays, light, infrared, microwaves and radio waves. Gamma rays are the most dangerous to be exposed to while radio waves have the least impact.

There are also different waves. Mechanical waves are broken down into longitudinal (i.e. vibration/sound) and traverse (generated on the surface of a solid, liquid or gas) i.e. water like tsunami/tidal waves, ultrasounds, earthquakes and activities such as jumping. All of these create a form of a wave.

The difference between these is that EMF is not only a byproduct, it is the essence of how it functions, whereas mechanical is the bi-

product of its function based on the direction of travel. EMF impacts health directly on various levels, whereas mechanical is based on outside influence. Both of these have a huge impact to our survival.

EMF is the primary focus of impact, of which we have control over how much we are exposed to. Gamma rays are the most powerful and detrimental. They are used or found in nuclear radiation including cancer treatments and warfare, but also sterilization of medical equipment for bacteria and yeast, and radiology for brain and heart irregularities. The bottom line is gamma rays kills all cells.

X-rays are the second most harmful of the rays. How often do we watch TV, or are exposed to x-rays and CT Scans for ailments, broken bones and dental issues? Consider this exposure in small doses (i.e. TV) or as an acute/necessary circumstance rather than a regular practice as overexposure can lead to cellular irregularities and deformities.

The microwave completely annihilates any nutrients in food and leaves a trail of radioactive particles. Consider the old-fashioned way of heating food on a stove top or oven before using a microwave to ensure you're getting more nutrients from your food and you'll notice it tastes better too.

Tanning beds and sunlight are common for exposure to ultraviolet rays. The best is sun exposure for health and vitamin D absorption

which is best done early in the morning (sunrise) to mid-morning. Anything in the afternoon is quite intense exposure and offers little benefit to your health.

For infrared exposure, one of the best healing and cleansing options is the use of a far-infrared sauna. (Anything else infrared is toxic radioactive exposure.) It's capable of generating immunity, producing healthy cell functioning, reducing parasitic activity and cleansing toxicity from the body.

Radio waves should have the least impact on our health. However, as much as we enjoy music on radios, computers and cellphones, we're exposed to it the most and on a daily basis. It's ideal to reduce close proximity to a radio and radio waves in your home.

These rays can affect cellular function and sleep patterns, and increase anxiety, depression, loneliness and dependence.

It's also a good idea to take other factors into consideration like being exposed to unnecessary ultrasounds or living near cellphone towers, hydro lines and power or transformer stations. All these impact our overall well-being by affecting our DNA, hormones, organs and mental/emotional health. Be sure to practice mindfulness and limit exposure or the amount of time you're using them. **HWS**


The microwave completely annihilates any nutrients in food and leaves a trail of radioactive particles

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

Movement for your Mental Health

- Part One

By Brett Forsey

You may have heard that one in five Canadians will experience mental health challenges this year. If you happen to be among this group like I am, I invite you to consider making friends with a significant ally in your fight – exercise!

As a fitness professional, I develop and facilitate exercise programs that help people feel better mentally and physically. Personally, I've utilized exercise to help manage my own mental health challenges for over 20 years.

How can exercise improve your mental health? It can:

- Reduce anxiety and depression
- Regulate mood
- Increase energy
- Encourage and improve deep breathing
- Induce relaxation
- Enhance self-confidence and self-worth
- Improve sleep by reducing arousal, anxiety and depression
- Improve your ability to handle stress

What types of exercise are best? Studies have shown that aerobic exercise like running and cycling can provide the benefits listed above. More recent research has also concluded that exercises involving resistance, flexibility and mindfulness like weight training and Pilates similarly improve our mental health.

Remember, we all respond to various exercises differently and enjoy certain forms of exercises more than others. With this in mind, I encourage everyone to simplify their understanding by remembering that: a) Any form of movement is better than no movement and b) There's no one movement/type of exercise that is better for your mental health than another.

So, what exercises should you choose then? There are two rules of thumb here:

1. Eliminate those exercises that don't positively serve you. You know the ones you either dread doing or avoid altogether? Get rid of those ones. There are other options:

• Don't like the feeling of lifting weights, for instance? Try a calisthenics, TRX, Pilates or yoga class instead. Their emphasis on mobility,

muscular endurance, flexibility and breathing may be exactly what you're looking for.

• Can't focus long enough to jog on a treadmill for 30 minutes? Try a spin class instead. The supportive group environment, varied speed, intensity and riding positions may help you stay committed, work harder, and have more fun!

2. Remind yourself – the best exercises for you are the ones that you'll do!

If you haven't found an exercise program you like yet, talk to a friend or family member to find out what gets them excited to move? Or consider hiring a trainer to investigate all the options available including new things you haven't tried! **HWS**

Brett Forsey is an enthusiastic and inspiring fitness professional with 15 years of experience as a Certified Personal Trainer, group fitness instructor, educator and entrepreneur throughout the Niagara Region. He is excited to meet you at Movement Unlimited Inc., and looks forward to leading you through a variety of challenging and enjoyable TRX Suspension Training classes in 2019.

FIND FREEDOM IN YOUR MOVEMENT



Brett Forsey
Certified Personal Trainer

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Norma Reid and Encompass Owner Sandy at River Road Retirement Residence

Imagine The Freedom

EnCompass Home Care Solutions gives clients and their families a worry-free home care alternative.

By Scott Leslie

SANDY KOVACS IS ON A MISSION.

As the owner and operator of Encompass Home Care Solutions in St. Catharines, Sandy and her team are committed to providing Niagara residents with the flexible and affordable home care service they deserve.

"We've got an aging population," Sandy says, "and people are trying to stay in their homes as long as possible. But they can't without the right amount of support. We want to be there to help them maintain their independence."

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 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 says. "We do everything within our power to attend to their needs."

At EnCompass, the process all starts with a free client consultation. Sandy will meet with the client for a complete health and wellness assessment. Next, they'll work together to figure out how many times a week they 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," she says. "We offer a flat rate, and clients can purchase any additional visits at a reduced price."

Support and Service

Sandy has several personal support workers and registered practical nurses on staff. Each member of the EnCompass team is fully insured and has a comprehensive range of training including CPR-HCP first aid and Gentle Persuasion certifications.

"We're lucky to have such excellent people working for us," Sandy says. "They're devoted to providing our clients with the best care possible."

Serving clients all the way from Fort Erie to Mississauga, Sandy and her team offer a whole range of flexible services. For instance, EnCompass' personal support workers can assist clients with getting dressed, personal grooming and taking medications. Her home support attendants can even provide light housekeeping and companionship.

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 don't have to worry about loading wheelchairs or managing stairs.



Sandy says one of her team's specialties is providing long-term respite care. That can entail anything from a few hours' work to 24-7 support over a three-week period.

"It's a great help for family members who need a break from being a caregiver," Sandy explains. "Our services are in high demand during the summer months when people are looking to get away."

Since launching her business in the spring of 2018, Sandy has been conscious of the need to keep expanding their services. Right now, Sandy is completing the Advanced Ostomy Care and Management course through the University of Toronto.

"It's been my passion since I first started in the business," she says of the course which will enable her to deal with every kind of urostomy, colostomy and stoma bags. "I wanted to extend our services so I can help people order supplies and provide home instruction."

Sandy is also planning on taking the Nursing Continence Advisor Distance Education Certificate Program through McMaster University.

"Continence affects people of all ages and walk of life," she explains, "but it's really underserviced in the Niagara area right now. We want to be at the forefront of things and enhance our services where they're needed most."

Sandy and her team are particularly committed to making life

easier for clients when it comes to long patient wait times at Niagara area hospitals. Here, EnCompass can attend to clients while they're waiting to be admitted to the Emergency Room. The EnCompass team will make clients comfortable and help them out with feeding and care – not to mention act as a liaison between family members and hospital staff. EnCompass can also take clients home from the hospital and assist with the healing and recuperation process. They can even provide support for those in the hospital.

"We've really found a niche with our in-hospital support services," Sandy says. "It's a big help for nursing staff. It takes the pressure off them so they can do their work."

Giving Clients Hope

Sandy has been working as a registered practical nurse and personal support worker in Niagara for over two decades now. Just recently, however, she had the opportunity to demonstrate another love – figure skating.

On February 18th – Family Day – EnCompass Home Care Solutions held a family skate at the Thorold Community Arena. Over 80 people attended the inaugural event including clients, their families, and various friends and associates.

Sandy was bowled over by the response to her invitation.

"It was a great chance for us to let our clients know how much we appreciate their business," she explains. "We're hoping to make it an annual event where we can raise money for a different charity each year."

But that's a possibility for the future.

Right now, Sandy and her considerate home care service team are focused on a much higher priority – giving their clients hope.

"Our clients are always our main concern," Sandy says. "That's all we care about." **HWS**

For more information on EnCompass Home Care Solutions, please call 289.969.2536, email encompasshcs@gmail.com or go to www.facebook.com/sandykovacsencompassHCS.



FoodForThought

By Scott Leslie

When it comes to brain health, fish is one of the best foods you can possibly eat. Why? Let's count the ways...

- Fish is high in several essential nutrients like protein and iodine. But fish is particularly high in omega-3 fatty acids. Studies show that omega-3 is critical for brain development and can be beneficial in the fight against depression.

- Eating fish has been found to combat the deterioration of brain function in the elderly. To bring that point home, it's also been determined people who eat fish on a regular basis have more grey matter in the parts of the brain that control memory function.

But wait – there's even more good news!

- Fish is a prime source of vitamin D. You may be surprised to learn that close to 40% of us are deficient in this vital nutrient.

- Eating one serving of fish per week (or more) can help reduce the risk of heart attack and stroke – two of the leading causes of death in Canada.

- Eating fish has also been linked to the reduced risk of type 1 diabetes and other autoimmune diseases.

Okay – wondering where you should get started? Well, there's no need to discriminate – all kinds of fish are good for you. However, some fish are healthier to eat than others. That's because "fatty fish" like salmon, tuna, sardines, trout and mackerel are higher in fat-based nutrients.

So just set the table, set your sights on the fish section of your local grocery, and you can't go wrong. Don't thank us... Your brain will thank you! **HWS**



6 ways to beat the post-vacation blues

Provided by NewsCanada

Even the most relaxing getaway can be overshadowed by the thought of returning to the daily grind. Did you miss anything important while you were away? Did any of your projects fall behind? How will you ever tackle your inbox?

Fortunately, with a little pre-vacation planning your break will be blissfully stress-free. Healthy-worker.ca, an initiative by Public Services Health & Safety Association, recommends these six ways to beat the post-vacation blues:

Make a status list. A detailed note of everything you're working on may seem redundant at the time, but it will be a lifesaver when you get back. Listing your tasks (in order of priority) will help you hit the ground running after your vacation and enjoy your break without having to keep everything straight in your head.

Setting priorities. Some tasks can wait until you get back, others will need to be handed off. It's wise to let your manager know (in written form) what tasks or projects were delegated to which co-workers, and the deadlines that were set.

Out-of-office. Even if you plan on checking your work email occasionally, setting up your out-of-office responder is a pre-vacation must. And consider setting the end-date for your second day back. This will give you a little more time to declutter your inbox before responses are expected.

Give yourself a day. Schedule your return at least one day before you need to report to work. You'll need time to unpack, do laundry, settle in and get your mind prepared to return.

First day back. Like with the email responder, don't schedule any major meetings for your first day back. It's too overwhelming. Instead, allow for it to be a transition day. Book an informal chat with your manager or colleagues to get briefed on any changes.

Leave tidy. Make sure your workspace and home are clean before you go. There's nothing better than walking into a tidy environment after returning from a vacation – and nothing worse than knowing you're returning to a mess.

Get tips on finding balance and staying healthy and safe at healthy-worker.ca. **HWS**

Article courtesy of www.newscanada.com.



Brain Matters!

By Scott Leslie

Today, there are 55,000 people living with a brain tumour in Canada. And unfortunately, brain tumours don't discriminate. They can impact people of any age, race or sex. To make matters worse, they can be a serious detriment to your hearing, vision, memory and mobility.

Some common symptoms of a malignant or non-malignant brain tumour include:

- frequent headaches
- dizziness
- weakness or paralysis
- personality changes
- hearing issues
- blurred vision
- seizures

May is Brain Tumour Awareness Month – and there's no better time to be conscious of the devastating toll a brain tumour can have on your life – physically, emotionally and financially.

If you or someone you love suspect they might be developing a brain tumour, contact your family physician. Every year, approximately 9,855 people in Canada are diagnosed with a brain tumour. Don't wait to become another statistic. Act today. **HWS**

To find out more, please go to the Brain Tumour Foundation of Canada website at www.braintumour.ca.

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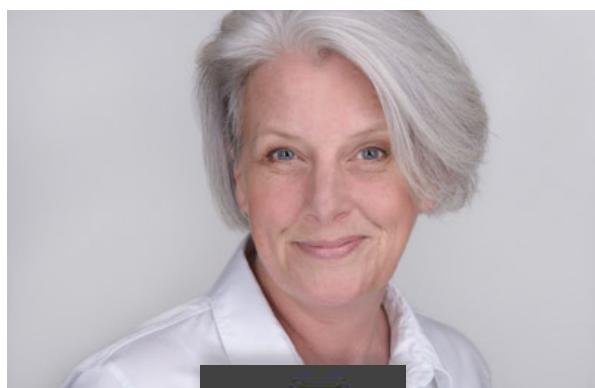
Provided by Mental Health Solutions

Are you concerned about mental health? Mental Health Solutions (MHS) is a private, nurse-led, mental health service provider in the Niagara Region that offers comprehensive supports designed to assist individuals and organizations achieve optimal mental health and well-being.

MHS is owned and operated by Karen Vanscoy, RN, BScN and a 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, counselling, education, mental health promotion, research, policy and program development.

"Karen has helped me in many ways. She offers a safe space where I am able to process and gain insight into how I am feeling and can move forward." – D.K., St. Catharines. **HWS**

For more information or to book a free consultation, please call 289.969.3999, email info@mymentalhealthsolutions.ca, or go to <https://www.mymentalhealthsolutions.ca>.



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Leek Soup with Oysters and Flatbread

Source: Reader's Digest



Ingredients

1-3/4 lb	whole leeks
2 tbsp	olive oil
300 g	potatoes
2 cups	chicken stock
12	fresh oysters
2 tbsp	snipped fresh chives
	to taste ground black pepper

Flatbread

2 tsp	dry yeast
3/4 cup	wholemeal plain flour
1/3 cup	poppy seeds
2 tbsp	olive oil

Nutritional information per serving:

Each serving provides 1984 kJ, 474 kcal, 20 g protein, 27 g fat (4 g saturated fat), 39 g carbohydrate (10 g sugars), 14 g fibre) and 505 mg sodium.

Preparation And Directions

Servings - 4

Prep Time - 20minutes

Cook Time - 25minutes

To make the flatbreads, pour 85ml (3 fl oz) lukewarm water into a large bowl and sprinkle with the yeast. Leave for a few minutes to rehydrate, add the flour. Mix well, then knead the poppy seeds into the dough until you formed a smooth, sticky ball.

Preheat the oven to 250 C (480 F). Line a baking tray with baking (parchment) paper.

Cut the leeks in half lengthwise, wash well and then thinly slice the white and tender green parts, discarding the rest. Heat the olive oil in a large saucepan and cook the leeks over low heat for 5 minutes, until soft.

Add the potatoes and stock to the pan, simmer for 15 minutes. Meanwhile, divide the flatbread dough into four pieces and roll each portion into a ball. Dust a work surface and rolling pin with flour and roll each ball into a long oval, as thin as possible. Place the ovals on the prepared tray, spaced apart, and brush with the oil. Bake for 10-15 minutes, until crisp and golden.

Allow the soup to cool slightly, then transfer to a blender or food processor and puree until smooth. Dilute the soup with stock, water or milk to achieve the desired consistency, and reheat if necessary.

Spoon the soup into four bowls and top each with three oysters. Sprinkle with the chives and cracked black pepper. Serve with the flatbreads.

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Fighting for their Lives

By Scott Leslie

KO for Kids boxers raising money for Niagara children and families touched by cancer and mental illness.



WHEN FIRST-TIME BOXER

Brett Wales stepped in the ring this month for the KO for Kids Charity Boxing Event, he had his nickname all ready.

He's dubbed himself "The Nightmare."

But Brett and his wife Lucy went through a nightmare of their own back in 2015 when their doctor informed them their 22-month-old son Reed had been diagnosed with leukemia.

"It was definitely a trying time for us," Brett says. "We were living all parents' nightmares."

Over the next two and a half years, Reed would undergo several operations and countless rounds of chemotherapy and radiation at McMaster Children's Hospital in Hamilton. Fortunately, Brett's son Reed can now count himself among leukemia survivors.

"We've been so blessed," Brett says. "We're coming up on two years since his last chemotherapy. There's still cancer checks every three months – but that's something you always have to live with."

In order to do his part for parents going through a similar ordeal with their kids, Brett signed up for KO for Kids back in the fall. The charity boxing fundraiser took place on Friday, April 12th at the Scotiabank

Convention Centre in Niagara Falls. The event included 21 matches between volunteer boxers of various ages, weights and skill levels. Monies raised from the event go towards Pathstone Mental Health, Ronald McDonald House, and stem cell research at McMaster Children's Hospital.

Now in its third year, the KO for Kids Charity Boxing Event was developed by three-time Olympic boxer Mike Strange and Kim Rossi – director of philanthropy and public relations at Pathstone Foundation.

Mike says their fighters come from all walks of life – whether it's real estate agents or social workers.

"Some people are doing it for their kids," he says. "Some people know someone who's dealt with cancer or it's just on their bucket list."

A resident of Niagara Falls, Brett is brand new when it comes to the sport of boxing.

"I'd never taken a punch before this," he says, "so this is all new to me. I've been learning since day one."

In order to prepare themselves for the big event, many of the fighters had been training for four or five months

at Irwin Boxing in Niagara Falls. Given the fighters' relative lack of experience, however, organizers take several steps to protect them in the ring. Sanctioned by Boxing Ontario, the refereed bouts are limited to three rounds and fighters wear 16-ounce boxing gloves which are ordinarily used for training purposes.

Since it first started in 2017, the KO for Kids Charity Boxing Event has continued to grow, raising well over \$100,000 for charity. This year's event has been the most successful one to date with all 1,200 tickets sold out early – and over 100 prospective fighters having applied to take part in the event.

Mike attributes much of their success to the fighters themselves who have to raise a minimum of \$2,500 in sponsorships in order to take part and are constantly spreading the word on their Twitter and Facebook accounts.

He says their dedication to the cause is simply incredible.

"It's a lot of fun for them," Mike says. "You can really feel their excitement when they step in the ring. When they walk out of there, they're on a high for months." **HWS**

"It was definitely a trying time for us... We were living all parents' nightmares."

- Brett Wales

For more information on KO for Kids Charity Boxing Event and this year's final results, please go to koforkids.ca.

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Nature Medicine Clinic

Putting the hope back in your health.

By Bernadette Bokor

Being diagnosed with a life-threatening illness is more than daunting – it kills hope.

Unfortunately, cancer is a disease that the current medical system is failing miserably. According to the CDC in the U.S., and Statistics Canada, the sad fact is that mortality rates over the past 50 years in Canada and the U.S. haven't changed in spite of billions of dollars being spent

Everyone who is affected by this disease deserves better results. They need a new strategy – an integrative approach that uses biochemistry, chemistry and physics to target cancer cells and support the body. One that has the most likelihood of success. The current conventional results beckon one to review Einstein's definition of insanity: "Doing the same thing over and over and expecting a different result."

At the Nature Medicine Clinic, we use Health Canada approved technologies such as oncotherm and approved medical lasers for photodynamic therapy which merge biochemistry, chemistry and physics in a synergistic effort. This can also enhance the effects of chemo and radiation. Get the best of all worlds. Become informed about options that put hope back in your health. **HWS**

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

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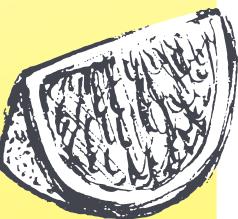
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Please note HWS Magazine reserves the right to edit and revise all submissions for length and clarity.

COMBATTING A COLD AND SORE THROAT.

1. Wash a lemon
2. Dice the lemon
3. Boil diced lemon for 20 minutes
4. Drink for three to four days
5. Refrigerate remainder and drink
6. Cuts duration of cold



SIDE NOTE

Another remedy for sore throat is to cut ginger into small pieces and suck on them like a lolly. It burns the throat and kills bacteria.



LEMON AID

Six reasons why you need this healthy citrus fruit in your home medicine cabinet.

By Scott Leslie



We all know that old adage: "An apple a day keeps the doctor away." But there's another silver bullet from the fruit and vegetable category you might not have considered...

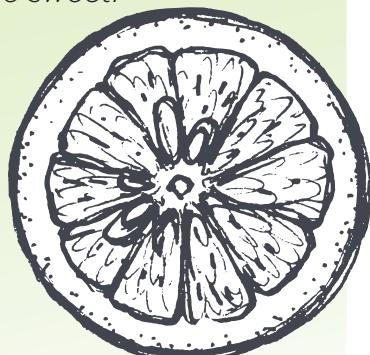
LEMONS!

Not only are these citrus fruits rich in fibre and vitamin C they can also help your body fight a whole host of diseases and medical conditions. Studies indicate that lemons can be a big benefit when it comes to:

1. Supporting heart health
2. Improving your overall digestion
3. Controlling your weight
4. Protecting against anemia
5. Curbing the risk of cancer
6. Prevents the development of kidney stones

Don't forget – lemons are more than just a healthy elixir. Lemon juice is great for household cleaning and adds a refreshing touch to any food or drink recipe. So the next time you want to add another weapon to your home remedy arsenal give lemons a try **HWS**

They may be sour – but the benefits are sweet!



Skin & Joint Rejuvenation:

THE POWER OF HYALURONIC ACID

An Interview with Hyalogic's Darren Landis

By Jason Sebeslav

Darren Landis is the president and co-founder of Hyalogic, the company that specializes in the research of high-molecular-weight hyaluronic acid (HA). Landis has been in the human and animal health industry for 20 years, is certified as a respiratory therapist and has a BSc degree in Allied Health Sciences from the University of Kansas Medical Center. Recently, I had the opportunity to ask Darren about the health benefits of HA.

JS: What exactly is Hyaluronic Acid and what is its primary role in the body?

Darren Landis: Hyaluronic Acid or "HA" is naturally produced inside of our bodies and is considered a simple sugar molecule. It is one of the most water-loving molecules known and binds a thousand times its own weight in water. To put this into perspective, if we take a ball of powder HA the size of a pencil eraser, it will hold onto two litres of water! HA is to our joints what motor oil is to a car's engine: it provides lubrication to keep the parts running smoothly without grinding against each other. It also plays a role in our extracellular matrix or the ECM, which is the gel-like fluid that we find in the skin and all throughout the body surrounding stretchy fibers like our tendons and ligaments. Unfortunately, HA production in the body naturally declines as we age.

JS: Is it true that certain populations with higher HA levels appear to have less age-related issues?

DL: Absolutely true. U.S. news reporter Connie Chung did a story for Prime Time on a village in Japan called Yusuhara (also known as the "Village of Long Life"). The population, with an average age in the 80s, has very little to no cases of modern age-related issues. They have tracked this back to the indigenous foods grown in the village, which are root crops similar to potatoes. These root crops are high in HA, unlike the potatoes we have in the west.

JS: What are the best ways to counter the natural decline of HA levels in the body?

DL: Around age 50, it's estimated we can have as little as half the amount of HA in our skin that we did in our 20s. Put simply, without enough HA, we look and feel old! This can be helped with supplementation and topical application of Hyaluronic Acid-based products and formulas like Hyalogic. When we supplement the body with HA, we are not only replacing the age-related loss of production. We are turning the HA engine back on. It is important to feed the HA engine a vegan high-molecular-weight form of HA, as this form is closest to what the body naturally produces. Studies indicate that topical HA makes its way to the dermis layer where it hydrates and nourishes the collagen and helps to smooth and plump the skin. In a study published in the Journal of Investigative Dermatology, HA made its way to the dermis of test subjects within a relatively short period after application.

JS: What are the most common improvements users may notice?

DL: When supplementing with HA, most people will notice results in the first 30 days. People will typically notice more mobility of the joints as well as improved skin softness, suppleness and elasticity with long term

use. Topical application will provide almost immediate improvements to the softness and suppleness of the skin. With long term use of HA topically, you will also realize benefit to the elasticity and glow of the skin.

JS: How can we tell if we're getting a high-quality HA supplement?

DL: We believe that the absolute best form is a vegan high-molecular-weight HA, since this is the form that is most like what the body naturally produces. Another thing to look for is a product that has been formulated with minimal additional ingredients. Our Hyalogic products fulfil these specifications.

JS: What else makes the Hyalogic brand of HA unique?

DL: Hyalogic has been in business for 18 years and our single focus is vegan high-molecular-weight Hyaluronic Acid with all our formulations. We produce in smaller batch runs as well, which allows us to carefully control our quality. We also follow what we call our Hyalock Technology principle, which means that any additional ingredients we consider for a formulation must never compromise the integrity of the HA molecule itself, which is fragile. There are other brands with HA formulas that include ingredients which may – in our eyes – be rendering the HA somewhat ineffective.

JS: Are there people for whom HA would not be recommended?

DL: No. Since HA is naturally occurring inside of our bodies, taking it in supplement form or applying it topically to the skin would not be a concern. The body welcomes and craves the HA, so when it comes in contact with it, the body says, "I recognize you, and I need more of you!"

JS: Are there particular Hyalogic success stories that stand out?

DL: Ever since we started 18 years ago, we have had countless success stories. People tell us things like "I can't believe my joints feel this good," "My eyes are much better," "My skin is no longer wrinkled," and "I am now able to play with my grandchildren again." **HWS**

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SENIORS WHO STRIVE



To pre-arrange, or not to pre-arrange? THAT IS THE QUESTION.

By Krystal Riddell

OVER THE YEARS, many funeral establishments have encouraged families to pre-arrange and/or pre-pay their services. People do this to ensure their wishes are known to their families, and in the case of pre-payments, to be able to guarantee their funeral costs and ensure their families aren't left with financial burdens upon their death.

For many, paying for a funeral upfront is not feasible. But don't let that stop you from having a frank conversation about what your wishes and beliefs are for end-of-life care, both palliatively and in your death. Arrangements should be made with no financial obligations.

Another important thing to realize is that if you're already pre-arranged and pre-paid at another funeral home, you are under no obligation to remain there. Your prepaid funds are transferable with a minimum penalty that some establishments may be willing to take on should you entrust them with your final arrangements. At Essentials Cremation and Burial Services, due to lower costs, families who are pre-paid elsewhere often receive a refund on service and merchandise costs.

Please don't hesitate to speak with us about your legal options towards prearrangements within Ontario. (You can learn more at www.thebao.ca.) It would be our honour to serve you and your family, so consider giving us an opportunity to share our difference with you. **HWS**

Krystal Riddell is a funeral director and the owner of Essentials Cremation and Burial Services located on 102A-4300 Drummond Road in Niagara Falls. For more information, please call 905.354.2133, email krystal@essentialscbs.com or go to www.essentialscbs.com.



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By Scott Leslie



By Scott Leslie

Just The Facts!

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

- 1) In Asia, over 200 million people are expected to develop this disease by the year 2030.
- a) skin cancer
 - b) diabetes
 - c) dementia
 - d) typhoid
 - e) binge watching
- 2) Back in the 19th century, carnival operators would often claim their carousels had the ability to _____.
- a) give you the willies
 - b) stimulate the brain
 - c) enhance hand and eye coordination
 - d) improve blood circulation
 - e) cause dizziness
- 3) If all the blood vessels in your body were laid end to end, they would be _____.
- a) enough to go around the world once
 - b) enough to go around the world twice
 - c) enough to go around the world three times
 - d) enough to reach Nicaragua
- 4) Every year, Canadian workplaces lose approximately \$6-billion in productivity due to _____.
- a) Timmy's runs
 - b) mental health issues
 - c) cyber crime
 - d) substance abuse
 - e) accountants who failed basic math
- 5) Six percent of all Canadians _____.
- a) Live in Newfoundland
 - b) Don't eat dairy products
 - c) Don't have a family physician
 - d) Don't have their own teeth
 - e) Don't think Adam Sandler is funny
- 6) Over her 50+ year career, Dr. Joyce Brothers would appear in countless TV shows and movie roles until her death in 2013. Brothers is often considered to be one of the first _____ to ever appear on television.
- a) gangsta rappers
 - b) hypnotists
 - c) general practitioners
 - d) psychologists
 - e) sexual therapists

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

1. b) 2. d) 3. b) 4. b) 5. d) 6. d)



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