

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

VOLUME 9 ISSUE 4



INSIDE THE MAGIC AND MYSTERY OF BEES

PROVIDING PALLIATIVE
AND END-OF-LIFE CARE
AT HOME

THE THYROID – ELITE
Chiropractic Tables
Stress Connection

COVER STORY HEALTHY GROWTH

ProActive Chiropractic & Training
Centre's new location a one-stop-shop
for Niagara's fitness and rehab needs.

PUBLISHED BY:



BUSINESS LINK
MEDIA GROUP

Photo: Dr. Scott Macpherson and Dr. Taia Spencer-Yap

THANK YOU TO OUR GENEROUS SPONSORS



CHAMPIONSHIP SPONSORS



Jack Nash
FINE CLOTHIERS



GOLD TEE SPONSORS



BLUE TEE SPONSORS



WHITE TEE SPONSORS

Salit Steel
Trius Winery at Hillebrand

Lookout Point Golf & Country Club
Liquid Entertainment

Boldt Pools & Spas
Royal LePage

RED TEE SPONSORS

DJB Chartered Accountants
Burtnik Printing
Advanced Office Solutions
Grant Thornton LLP
Henley Honda
Horton Automatics of Ontario
Tidal Health Solution

RBC Commercial Markets
Rankin Construction
Walker Industries Holdings Ltd.
Lightning Circuits
Latcham Marine Services / (PML Foods)
Mike Hildebrandt / Verge Insurance
CIBC Wood Gundy / The Carlomusto Financial Group

Fidelity Investments
Niagara Clifton Group
Niagara Tents and Events
Clare's Cycle & Sports Ltd
Escarpment Advisory Team
The Grantham House
Premier Bailiffs

www.wiseguyscharity.com

Donated by:
BUSINESS LINK
MEDIA GROUP



Eco-Friendly Road Trip

By Rachel Epp

Summer is a great time to pack up the family and go on a road trip. At home, we may have established routines to minimize our carbon footprint, but it doesn't need to stop there. Taking a green road trip is a great way to be environmentally conscious and save yourself money. The next time you take a road trip, consider these small gestures that make a real difference:

Unplug your appliances: Take a few minutes before you leave and unplug any appliances that may unnecessarily use up electricity. Items like small appliances, electronics that are on sleep mode, chargers, and modems can all be unplugged to save energy.

Minimize packaging: This small change has a big impact and it's easy to do! Pack waste-free meals by using reusable containers, cloth napkins, stainless steel utensils and reusable drink containers. Not only are you generating less trash, you're reducing food waste as well!

Shop local: Reduce your carbon footprint, support local communities and find hidden gems by hitting up the local farmer's markets. By eating seasonally and locally, you are reducing "food miles" and your impact on food.

Open your windows: A lot of us turn on the A/C before even giving fresh air a chance. Use air conditioning as little as possible by parking in the shade and leaving the windows cracked open when parked.

Walk when you can! A road trip isn't all about driving. Whenever possible, get out, stretch your legs and enjoy the space you are in!

Road trips will always be a great pastime, but getting in the car doesn't mean you can't be environmentally friendly. A few small changes before you leave will help to make a big difference while you focus on making lasting memories! **HWS**

Rachel Epp has created a 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's Clean at missesclean.ca.



chemical-free
bare.
cleaning essentials

BOGO

PURCHASE A GRANITE & STAINLESS STEEL CLEANER AND GET A 16OZ. MOISTURIZING HAND SOAP FOR 50% OFF!

In-store only.

341 MERRITT STREET
905.380.0347 | www.cleanwithbare.ca

Publisher's Note



WE'D LOVE TO HEAR FROM YOU!

Please send your comments,
editorial suggestions and feedback to:

HWS – Health, Wellness & Safety Magazine
36 Hiscott St., Suite 200
St. Catharines, ON L2R 1C8

tel: 905.646.9366
adam@businesslinkmedia.com
www.hwsmag.com

Follow us:
@HWSmag



SCAN THIS CODE -
HWSmag is available in a
digital format for viewing
on your mobile and digital
devices.
hwsmag.com

Something To Think About

When I used to watch the Letterman show a while back, they often had a young comedian on named Mitch Hedberg.

Mitch had this stoner persona on stage and he'd spin out comic gems like: "One time a guy handed me a picture. He said, 'Here's a picture of me when I was younger.' Every picture of you is when you were younger."

There's a reason why you don't hear about Mitch anymore.

He died of a heroin overdose in 2005.

Now, overdoses have always been rampant in the entertainment industry. Everyone from Tom Petty to Philip Seymour Hoffman have been in the news at one time or another for some kind of drug-related tragedy.

But how about right here at home? Take the opioid crisis for instance. In 2016, 2,861 people died of opioid overdoses in Canada. Last year, that number jumped to over 4,000 deaths – the worst year on record. And that's just opioid overdoses alone!

Clearly, something needs to be done. Friday, August 31st is International Overdose Awareness Day – a special occasion designed to raise awareness about overdoses and overdose prevention. That same day, Positive Living Niagara will be holding a special memorial at Market Square in St. Catharines. They'll be memorializing Niagara residents who've died from overdoses and pass along information on depressant and stimulant addiction, and where to get help.

Maybe you have a friend or loved one who has died of an overdose. Or know someone who just might... Either way, it's a crisis that can't be ignored – and a problem that demands attention.

In this issue of HWS Magazine, we have a special cover story on the ProActive Chiropractic & Training Centre (p14). We also have an in-depth look at Fonthill's ISIS Body Sugaring & Day Spa (p11), a spotlight on EnCompass Home Care Solutions (p20), and our back page quiz on all things "HWS" (p23). **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



Endowing the FUTURE OF HEALTH CARE

Provided by Hamilton Health Sciences Foundation

Leave your mark on health care for years to come. Give back with an endowed gift and create a little history of your own. It is a personal, powerful and permanent opportunity to honour someone in a meaningful way or ensure that your own philanthropic goals are fulfilled.

An endowed gift is a donation with the stipulation that it be invested and the interest is used to support patient care. It is a realistic option for anyone wishing to make a gift of \$5,000 or more.

Through an endowed gift to Hamilton Health Sciences Foundation, which is the charitable entity for Hamilton Health Sciences and its family of hospitals, you help to ensure ongoing excellence in health care. By conservatively investing your gift, which continues to generate income year after year, The Foundation creates a sustainable and predictable revenue stream.

With your gift, you can enable essential equipment purchases, important upgrades to clinical spaces, vital medical research and ongoing education for health care providers. Whether it is a newborn in need of a life-saving procedure, a cancer patient undergoing chemotherapy, a stroke patient having emergency surgery, or a senior requiring end-of-life care, these patients are grateful for the active role that donors like you take in improving their care.

Endowment gifts help enable the talented teams at Hamilton Health Sciences to deliver excellence in patient care for a population of 2.3 million people throughout southcentral Ontario. Hamilton Health Sciences is Ontario's most comprehensive hospital system, providing care for the full spectrum of life's journey from pre-natal to palliative care.

Across its sites, it is the regional and provincial leader in many specialized acute and chronic care programs including pediatrics, pediatric mental health, cancer, cardiac, stroke, burn, trauma, neurosurgery, high-risk obstetrics, orthopedics, geriatrics and rehabilitation services.

As an academic teaching hospital, Hamilton Health Sciences is committed to providing exemplary health care while advancing excellence in health education and research. The organization's exceptional track record of inquiry and innovation has earned it recognition as Hamilton Health Sciences stay on the leading edge of health care for generations to come.

Make a real difference in the future of health care throughout southcentral Ontario with an endowed gift to Hamilton Health Sciences Foundation. Speak with a financial professional to learn about potential tax advantages. **HWS**

Visit www.hamiltonhealth.ca/endowment, email legacy@hhsc.ca or call 905.522.3863 for more information.

The logo for the Strides for the General 5K & 10K run/walk. It features a stylized green and blue running shoe icon on the left. To the right of the icon, the words "FOR THE" are stacked vertically above "GENERAL". Below "GENERAL" is a blue rectangular box containing the white text "Presented by". Underneath the box is the word "Medtronic" in a bold, white, sans-serif font.



8TH ANNUAL 5K & 10K RUN/WALK SEPTEMBER 15 BAYFRONT PARK HAMILTON

Register & Start Fundraising Today!

hamiltonhealth.ca/strides

[fb.com/SupportHHSFoundation](https://www.facebook.com/SupportHHSFoundation)
 [@hamhealth #StridesHGH](https://twitter.com/hamhealth)

Hamilton General Hospital Foundation

Publisher

The Business Link Niagara Ltd.
36 Hiscott Street, Suite 200
St. Catharines, ON L2R 1C8
Tel: 905-646-9366
Fax: 905-646-5486
info@BusinessLinkMedia.com
www.BusinessLinkMedia.com

Co-Publishers

Jim Shields, Adam Shields

Circulation

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

Subscription Rates

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

Any reproduction or use of the content within this publication without permission is prohibited. Opinions and comments within this publication reflect those of the writers and not necessarily that of The Business Link Niagara Ltd. All advertising accepted is subject to the Publishers' discretion. The Publishers will not be responsible for damages arising out of errors in advertisements beyond the amount paid for the space occupied by that portion of the advertisement in which the error occurred. Any design, artwork, copyright or typesetting supplied by The Business Link Niagara Ltd. is for the exclusive use of the Publishers. Any other use not authorized is an infringement of copyright. No part of this publication may be reproduced or transmitted in any form or by any means, without prior written permission of the Publishers.

The approaches described in this publication are not offered as cures, prescriptions, diagnosis, or a means of diagnosis to different conditions. The Publishers assume no responsibility in the correct or incorrect use of this information as a form of treatment without the approval of your doctor.



BUSINESS LINK
MEDIA GROUP



PROACTIVE CENTRE

Chiropractic & Training Centre

p14



- 7. Children and Grief
- 10. Providing palliative care at home
- 11. ISIS Body Sugaring & Day Spa
- 12. Emotions and Feelings: Anger
- 13. We Want You To Take This Personally!
- 16. Vaccines aren't just for kids



HEALTHY GROWTH

ProActive Chiropractic & Training
Centre's new location a one-stop-shop
for Niagara's fitness and rehab needs.

Photo credit: Rob Petruzzo

Cover Story
p14

+PLUS

- 18 Four easy ways to boost your confidence
- 19 See the Big Picture
- 20 Seniors who Strive
- 23 Just the Facts

Children and Grief

By Krystal Riddell

For adults, experiencing the death of a loved one can be one of the most difficult moments we have to endure in life. Thinking about the permanence of death, or even trying to comprehend the physical adjustment of receiving your loved one in an urn because he or she was cremated, this alone is difficult for an adult to make any sense of. But what happens when a child is faced with the loss of a loved one?

Through my years of being a funeral director, I have helped many families where there has been surviving children in the family. Often, parents would express their concerns of how they should discuss this new experience to their children. I remind each parent of this rule of thumb: "Any child that can love is old enough to grieve."

It is important that adults openly communicate with children, allow them to ask questions or even participate in funeral events. Adults need to remember that it is okay to express different emotions in front of kids. It is also okay to say, "I don't know," if a child asks a question that is too emotionally tough to answer. Allowing children to be part of the loss experience will only help them learn that death is a part of life. **HWS**

Krystal Riddell is the funeral director and manager of Essentials Cremations and Burial Services Inc. on 102A-4300 Drummond Road in Niagara Falls. For more information, call 905.354.2133 or go to www.essentialscbs.com.

Mobility Means Everything

Northend Mobility provides the equipment you require to get in and out of your vehicle or home.

We sell, install and service all our vehicle and home mobility equipment.

Home Accessibility

- Stair Lifts
- Porch Lifts

Vehicle Accessibility

- Side Entry Conversion
- Rear Entry Conversion
- Hydraulic Ramps
- Wheelchair Lifts
- Scooter Lifts
- Specialized Power Seating

Driving Aids

- Left Foot Gas
- Hand Controls and Spinner Knobs



Northend Mobility is your local licensed dealer for:

BraunAbility, Savaria, Bruno Independent Living Aids, Howell Venture Ltd., Sure-Lok, and Q'Straint.



301 Aqueduct St, Welland ON
Hours: Mon - Fri 8am - 5pm

905.735.5552

www.northend-mobility.com

northendmobility@cogeco.net



Conversion Vans • Hand controls • Scooter Lifts • Wheelchair Lifts • Stair Lifts



The Magic and Mystery of Bees

By Renee Delaney

Who isn't drawn to the charismatic life of a bee? We've all sat and watched its rhythmic dance from flower to flower, gathering its nectar and pollen. With awe and wonder, we've found ourselves stopping to appreciate the magnificent honeycomb, and many of us have smelled the most pleasant aroma of a beeswax candle.

And as for honey? The love affair continues. Not only do bees create one of the most delicious substances on Earth, the process is downright fascinating. While transforming nectar into honey, bees will draw out the excess moisture by vigorously flapping their wings. This combined with a special enzyme in their stomach helps to break down the nectar into gluconic acid and hydrogen peroxide. And that results in one huge conclusion.

Honey does not need to be pasteurized. Bacteria growth simply does not happen. Bees have the process down pat. We don't need to mess with it at all. If the honey in your kitchen cupboard has been pasteurized, you're going to have to ask yourself why. Why do you need to pasteurize a substance that's so balanced by nature that absolutely no bacteria can grow in it? The answer is you've altered it in some way so that it needs to be pasteurized (i.e. you've added corn syrup, sugar, fructose, etc.).

Okay, here's another amazing thing you might not know... This lack of bacterial growth is just one of the reasons why honey is considered a medicine. Because of this anti-bacteria action, its use for wound management is known worldwide.

And if you're allergic to pollen, consider consuming local honey every day. Raw honey not only sweetens your life one spoonful at a time – but regularly consuming small amounts of pollen can micro-dose your way to relief.

Next fascinating fact?

Bees work from day to night, from spring

to winter, from year to year, for the good of the entire hive. Admirable, don't you think? Born into one job, transferred to the next, utilizing your skills as a part of a collective, working where they're best-suited.

Bees are a super organism. We have much to learn from their ways. They are also what's known as a bio-indicator. That means we'd better start paying a lot more attention to what's happening to them. Because what's happening to them will happen to us.

Unfortunately for us all, the bees are dying. It's not just a commercial you see on T.V. or a post that means nothing on Facebook. It's a crisis. And the fact that anyone is fine with it is mind-boggling. But maybe you didn't know there is a crisis. And if you do, what can you do to help fix the problem?

For context let's start with the most important question. What would we do without the bees?

Nothing. We'd be dead too.

This fascinating insect and all pollinators for that matter collect and transfer pollen from male to female plants, enabling reproduction for fruit, flowers, trees, (nuts) vegetables... And you've heard the stats. Pollinators are responsible for a minimum of 1/3 of our food crops. We need them. We must acknowledge this first.

So why are they dying? You'll hear some say it was a tough winter. Others claim mites.

The truth of the matter is, while it may be a number of things, pesticides that are known to kill bees are still being used in Canada. This past year for example, Ontario used its highest dose of pesticides yet on acres and acres of crops – and experienced one of the highest bee losses in history. Sound like a coincidence?

To confuse things even further, you'll hear that the monoculture way of farming of GMOs is the only way to feed the world. I've heard that argument myself, but it's a conversation I'm no longer willing to have. Talking will not solve the problem. Only action will.





There are, however, some serious questions left to ask. Will corn and soya truly sustain us? Will it sustain our animals? Can it even sustain itself? Or will the land be void of nutrients, and our lakes be full of synthetic fertilizers? And what's to say of the wheat. Last I heard, wheat was slowly killing us. We are consuming the chemicals sprayed on the grain right before it's harvested. Isn't everyone allergic to poison? Maybe canola will save us...

The next question is clearly – how does one address such a massive problem? What can you do to help save the bees? Here are a few helpful tips:

1. Inform yourself. Learn more about pollinators and why they're dying. Research the facts.
2. Help inform others.
3. Buy from local, small scale farmers. Support the type of biodiverse habitat pollinators need to survive.
4. No food from a box. Prepackaged foods include a lot of GMO corn and soya. These crops use sprays. And, bees have to fly for miles just to find a food source outside of these wide spread mono-crops.
5. Plant native wild flowers in your gardens. Support local initiatives that are willing to combine efforts to help save the bees.

The bottom-line is this. A bee is an insect. Pollinators are also insects, right? So, what does a systemic insecticide do? Kill insects? Continually? Our loving, industrious, pollinator insects? Our honey-making, food producing insects? Our beautiful bees..?

Don't we need them?

Yes – we do. Make no mistake. We definitely do. **HWS**

Renee Delaney is a local farmer and the founder of Small Scale Farms. Small Scale Farms is a social enterprise encouraging and increasing local food production and distribution for the Niagara Region. If you're interested in booking a farm tour, a class field trip or a workshop on bees, please call 1.844.SOW.SEED, email info@smallscalefarms.ca or go to www.smallscalefarms.ca.



Voted Best Retirement Community

**Experience Vibrant
Seniors Living**
905-935-1800



**Independent Living, Assisted Living and Respite Care Available
582 Ontario Street, St. Catharines, ON | www.RoyalHenley.com**



Providing palliative and end-of-life care at home

By Shari Willerton

Hospice Niagara has a passionate commitment to making a meaningful difference for people in Niagara who are facing life-limiting illness.

With offices located in Welland and St. Catharines, the organization is focused on improving the quality of life for people living with a terminal illness as well as providing comfort, care and support to their families. Programs and services are available at no cost to clients.

In-home services are provided by Hospice Niagara's Community Palliative Care Team, who in partnership with LHIN Home and Community nurses and palliative physicians, work to support palliative end-of-life care throughout the region. This team uses a holistic approach to care, placing the patient and family at the centre of care planning and decisions. It also works to address psychological, social, spiritual and practical needs, as well as associated expectations, hopes and fears along the end-of-life journey. Team members along with Hospice Niagara volunteers help people with life-limiting illness, caregivers and their family prepare for and manage end-of-life choices, the process of dying and coping with loss and grief.

"It is an honour to be a part of each person's life," says Clare Braun, one of Hospice Niagara's psychosocial/bereavement counsellors, who spends time with clients and their families in their home. "My involvement provides an opportunity to observe the diverse approaches to end-of-life, the death event and grief. By being present with integrity for each client, my passion of this work is reinforced when a smile spreads across a person's face or there is relief from stress or pain."

Hospice Niagara offers a range of community-based programs for people living with life-limiting illnesses including pain and symptom support, and caregiver support and information, along with many support groups for people grieving over a loss.

According to the 2014 Auditor General's report, the need for hospice palliative services will continue to grow as our population ages and life-limiting illnesses become more complex. The government covers 60% of Hospice Niagara's current required funding so the organization relies on community donations for the remaining \$1.8-million to \$2-million to continue as a leader in transforming palliative and end-of-life care in the region.

Hospice Niagara is truly a grassroots organization as it relies on the region's over 350 volunteers to help deliver services in a variety of capacities – from client care to office and event support. Businesses can help too! Be a sponsor, donate a gift and attend this year's Taste Barn Party. This event is expected to be the best yet – in its new location at Stonewall Estates in Lincoln. It's an all-inclusive barn party with classic rock band Figure Four, hayrides, a glam station, auctions, local food, wine, craft beer, spirits, and much more!

You'll find further details on the Taste Barn Party at hospiceniagara.ca/taste. An Early Bird rate of \$95 is available until September 6th and there's a special price for groups of 10 or more. **HWS**

For more information about Hospice Niagara's services and programs, please call 905.984.8766 or go to hospiceniagara.ca.



**Hospice Niagara's
taste**

Thursday, September 20 • 6pm

Stonewall Estates, 4209 Eleventh St, Lincoln

\$95 per person by September 6 (\$100 after)
Special Price for groups of 10+

#hntaste

25 YEARS HOSPICE NIAGARA
Compassion • Comfort • Care

SERVING FAMILIES IN NIAGARA
905 - 984 - 8766 | hospiceniagara.ca/taste



ISIS Body Sugaring & Day Spa

Local Aesthetician And Body Sugar Practitioner Helps Her Clients Look And Feel Their Best.

By Scott Leslie

If you're wondering how to get rid of that unattractive body hair or stubborn unibrow, Brigitte Boucher has the answer.

Born and raised in Welland, Brigitte is the owner of ISIS Body Sugaring & Day Spa in Fonthill where she and her staff offer body sugaring for men, women and children.

The sugaring process was originally developed in Egypt back in 300 B.C. An aesthetician and body sugar practitioner with over 20 years experience, Brigitte uses the same all-natural ingredients and methods used by the ancient Egyptians.

At ISIS Body Sugaring & Day Spa, a solution of warm water, sugar and lemon is applied to the skin. Unlike waxing, there's no redness or skin damage to worry about. The hair is removed painlessly at the root with a minimum of breakage, resulting in slower hair regrowth and smooth skin for several weeks.

"It's a great alternative to laser treatments," Brigitte explains. "Our sugaring results last two to four weeks for the face and four to six weeks for the rest of the body."

As part of her salon, Brigitte and her staff offer several other spa services like hot stone and aroma massage, reflexology, organic facials, manicures and pedicures, and eyelash extensions. In addition to her own line of sugaring products, Brigitte even sells several lines of skin care and aromatherapy products including innovative brands like Thalgo, Libra and Rodan + Fields.

A graduate of the Cappa School of Hairstyling & Aesthetics in St. Catharines, Brigitte originally opened her salon in London, Ontario in 2003. At the time, Brigitte decided to name her business after Isis – the Egyptian goddess of magic, healing and rebirth – who was worshipped back when the sugaring process was first invented.

"I wasn't sure what to call it at first," she says of her salon, "but everyone out there uses an Egyptian theme like Cleopatra Sugar. 'ISIS' sounded like the perfect name."

Brigitte would eventually move back to Niagara and established her current location on 1479 Pelham Street in Fonthill in 2013. When she first opened in Fonthill, she had 200 clients – now Brigitte has over 1,200,

adding several new customers a week. Brigitte's clients are 40% male and 60% female, running the gamut from children in public school to clients in their 80s.

"They come from Toronto, Brampton, Hamilton, all the way from Fort Erie," Brigitte says. "People are always coming in from out of town and bringing me little Egyptian trinkets for my salon."

Two years ago, Brigitte decided to expand into the unit next door when the space became available – so now she has one dedicated area for sugaring and another for spa services. In fact, business is booming so much that Brigitte is looking to add a receptionist and an aesthetician in the coming weeks. That's in addition to her current team – Medical Aesthetician Adrianna Ruman, Aromatherapist and Reflexologist Diane Purser, and Eyelash Technician Tia Rotundo.

Brigitte says it's no surprise so many people are turning to sugaring to help look and feel their best these days.

"You can't beat having smooth silky skin," she explains. "I tell everybody – hairy is scary!" **HWS**



CALL NOW FOR
25% off any 2 services
as a special for new clients

1479 Pelham St. Fonthill
289-697-5103 isisbodysugaring.com



PART TWO OF EMOTIONS AND FEELINGS IS ABOUT ANGER.

Emotions and Feelings: Anger

By Catherine Bradley

Anger is an emotion that most of us experience, yet it is not easily or readily accepted. The main theme in anger is the essence of victimization. Victimization is about being controlled by outside forces, situations, people, and agendas. It is when we are forced to accept these against our will. The most common forms of victimization are bullying and humiliation.

Anger is a feeling of mixed emotions. It can disguise itself like that of a chameleon, and in doing so, it is not necessarily recognized as anger. Anger can be internalized or externalized. Most of us recognize the external, especially if we have been the recipient or witnessed the receiving end of someone or a situation that has stirred this emotion, or when we outwardly react to a situation that ticks us off. The term “walking on eggshells” is a great metaphoric description of anger. How many times have you been in the presence of this energy and felt like you had to tread very carefully around a person or situation, so as not to upset it further or trigger a series of unwelcome events? The tension is so intense, these emotions give a vibe of fear, irritability, and uneasiness and can easily blossom into rage.

The various expressions of anger are verbal (yelling, screaming, raised voices), non-verbal (quiet, shutting down, cowering, expressionless), physical (inappropriately touching others, punching, kicking, biting, striking out, digestive upset and disturbances), emotional (made to feel less, put down by others, humiliated by unfortunate events, crying, weepy, people pleaser), mental (lacking in confidence, low self-esteem, depression), virtual (cyber bullying, the effects of the above through the platform of technology/social media), spiritual (belief systems dominating judgement, rules, regulations, morals, values that differ from others), and sexual/gender (feminine vs masculine forces/energies and how they control or dominate).

From a physical health point of view, often those that have digestive disturbances and disorders, have a strong internalized anger situation, along of course with inappropriate food choices, poor immunity, and deficiencies of proper nutrients that have brought forth these ailments. These in turn will create a panacea for

healthier options, but mental/emotional/spiritual health are just as important to address with these ailments. Digestion is not a just a physical or physiological process. It engages the mind, emotions, beliefs and whole essence of the body. When we are faced with a dilemma or situation that requires deep thought, we process through our intellect, emotions, sleep (to engage the unconscious), and the physical body. Some of the physical ailments we struggle with that are a determinant for anger are constipation, diarrhea, acid reflux/GERD, heartburn, parasites (invade the body), pathogens (take over the equilibrium of the gut), skin ailments (such as scars that don't heal, rashes that look red and angry), dilated pupils, toothaches, sleeplessness, a tendency to be clumsy or accident prone with a slow healing process and body aches and pains. The digestion system is unable to “stomach” something as a result of suppressed anger and can indirectly be part of the reason for the above ailments to surface.

From a sociological point of view, there are various phenomena arising with the intricate imbalances of masculine and feminine energies that contribute to anger: multiple grief occurrences/injustices, abuse (domestic, animal, ethnicity, wars, etc.), bullying (by peers, in schools, cyber bullying, systemic,) medical (birth control including pills and surgical procedures), political (rights, freedoms, choices), and sexual (creation, gender, passion.) In essence, anger instills a lack of creative expression and passion, the inability to move forward and let go (dominates the liver), and the inability to let love, respect and equality thrive. To let go of anger, we must learn to forgive, let go, focus on passion and personal freedom, seek support for healthier expressions, engage in creative and physical activities that allow positive venting, and the release of endorphins to change our hormonal balance, eat appropriate nutrient dense foods for body type – and lastly, allow the ability of life to flow within us so that it will promote a positive outwardly expression in a loving way. **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.

We Want You To Take This Personally!

By Allison Kares

Meeting your personal needs for exercise and movement is the best way to maximize your results and make the most of your training investment.

Personalized, One-on-One Training

- Focuses specifically on changing dysfunctional movement patterns that your body may have developed due to injury or habit
- Allows time to perfect movements, muscle patterns and activation which is especially important if you are experiencing pain or have had a previous injury or surgery
- Personalized approach that meets your own style and learning needs. Although this may seem intimidating at first, this level of attention can help you to question and understand your program to heighten your awareness.
- The cost of working one-on-one with a trainer reflects the amount of time dedicated to you. As all efforts are directly focused on you and your needs, the costs of private training are more expensive.
- More opportunity for hands-on correction that helps facilitate more challenging movements, increase muscle activation and enhance your overall experience

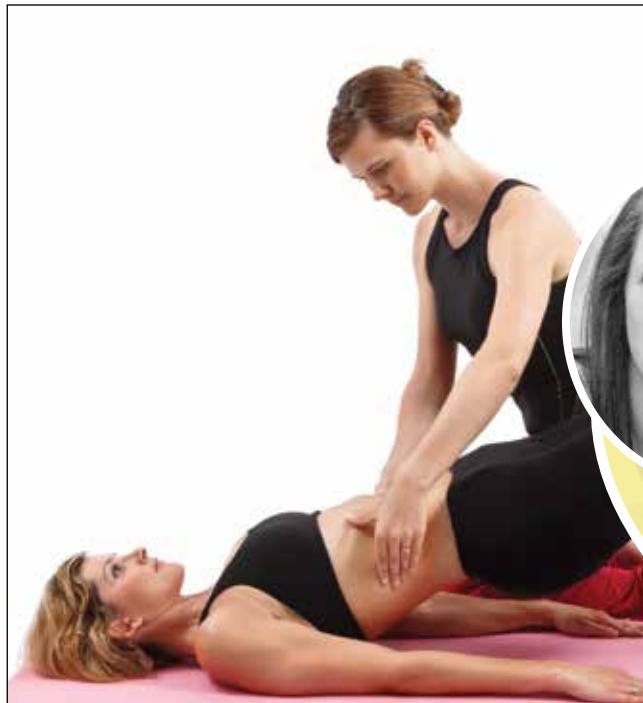
A combination of both private and group instruction is often the best way for you to get the most out of your training. Why not give both a try and see which is best for you? **HWS**

You can achieve results with private or group instruction, but which one is the best for you? Consider these things while making your decision.

Small Group Sessions

- Provides a well-rounded program that touches on a variety of movements and positions without focusing on one specific target area
- Taught in a flowing sequence with progression from one movement to the next
- Allows you to connect with others who have an interest in their health and wellness. Friendships often develop from a group that works together. Look for small group classes where the instructor can still meet your needs by providing some personal feedback.
- Group training can be a more cost-effective way to train. Costs are shared among the participants in the class
- Hands-on correction by the instructor is important no matter what form of training you invest in. When in a group, the instructor's time is spread among the participants so there is less opportunity for individual correction

Allison Kares, PMA®-CPT, is the founder of Movement Unlimited Inc. She finds Pilates makes the most difference for her clients, whether they are rehabilitating from an injury or working on improving their sport. Her studio provides both private training and small group classes with a maximum of 10 participants for a personalized touch.



FIND FREEDOM IN YOUR MOVEMENT



Emily Robertson
Level 2 Pilates Instructor

As a young girl, Emily was always drawn to ways the body can move to express art. She grew up dancing at a competitive level, studying tap, jazz, ballet, modern and lyrical. Emily's passion evolved, and in 2010 she began teaching both recreational and competitive dancers. Looking for more ways to strengthen the body through movement, Emily attended, and graduated from the Niagara College Fitness and Health Promotions Program and has since obtained her Can-Fit Pro Personal Training Specialist Certification.

Through her passion for movement, Emily has decided to continue her education through obtaining her STOTT Pilates certification. Pilates has helped Emily to build strength and control, and a better mind /body connection. Emily looks forward to integrating her passion for movement into her clients' tailored sessions.



Movement Unlimited Inc.
movementunlimitedinc.com

905.892.1239
178 Highway #20 West
Fonthill, ON



Dr. Scott Macpherson and his wife Dr. Taia Spencer-Yap

HEALTHY GROWTH

ProActive Chiropractic & Training Centre's new location a one-stop-shop for Niagara's fitness and rehab needs.

By Scott Leslie

WHEN DR. SCOTT MACPHERSON AND HIS WIFE DR. TAI SPENCER-YAP first opened ProActive Chiropractic & Training Centre in St. Catharines nearly a decade ago, they wanted to provide their patients with a world of choice – all under one roof.

Today, Scott, Taia and their team are doing just that – treating hundreds of Niagara-area patients dealing with medical issues or just trying to be more proactive about their health. Their focus is helping people dealing with nagging issues like back pain or tension headaches as well as assisting people who are living an active lifestyle.

"We see a wide variety of people here," says Scott, the clinic's lead chiropractor. "The main demographic of patients we treat are young adults to older people into their 80s who've injured themselves in work, life or sports."

At the ProActive Centre, Scott and Taia provide a range of services including chiropractic adjustments, physiotherapy, acupuncture, massage therapy and sports psychology. Their clinic also provides custom orthotics, knee braces, and compression stockings in addition to Metagenics supplements which can be ordered online and shipped right to the patient's home.

In terms of techniques, the ProActive team can provide other treatments like Graston Technique, myofascial decompression (a.k.a. cupping), sports-taping, and myofascial release to help balance the body and allow for more pain-free movement.

Scott and Taia's massage therapy team has additional certifications in areas like pregnancy massage, sports massage and hot stone massage - which helps patients to increase the body's circulation and better manage stress and chronic pain issues.

"With the proper assessments," Scott explains, "we can find out what the underlying issues are and begin giving activation exercises that will help prolong the effects of our treatments."

For you're looking to train for that next big marathon or need help meeting certain fitness goals, ProActive is also home to a training centre, offering personal and group training, sport-specific conditioning and fitness classes. The head trainers – Andrew and Karina – have over six decades of combined fitness experience, providing everything from therapy ball workshops to Pilates and athletic conditioning (HIIT) classes.

A One-Stop-Shop

Building a successful business requires a lot of trial and error. But it also involves a certain amount of vision – one Scott and Taia have had since day one.

"We graduated from the Canadian Memorial Chiropractic College in Toronto in 2008," Scott explains. "We knew we wanted to own our own practice so we worked towards that goal even before we finished school."

Laying down roots in St. Catharines, Scott and Taia would open their clinic on 526 Queenston Street in January of 2009. After working out of a small 1,600 square feet space for several years, however, they upgraded to a brand new 4,500 square foot unit on 300 Bunting Road in October of 2016.



"We want do our best to better ourselves so we can help our patients out as much as possible."

Dr Scott Macpherson

Scott says their new state-of-the-art facility offers the best of all worlds.

"Everyone loves the new space," he says. "At our last place, we were all on top of each other. Now we have more room to accommodate everyone."

According to Scott, the move was a critical step in the development of their clinic.

"At first, we only offered chiropractic services and fitness classes," he explains, "but over time, we realized we really needed more space and more practitioners if we expected to serve our patients to the best of our ability."

Presently, Scott and Taia have a highly-skilled team that includes three Registered Massage Therapists (Alexandra Farrow, Phil Rowland and Jay Farhat), and Physiotherapist Cody Vandommelle. They also have a third Chiropractor, Daniel Baronas, and are adding a sport psychologist later this summer. In addition, they have four administrative staff including a full-time office manager.

But according to Scott, their commitment to growing their clinic doesn't end there.

"We still want to add more physiotherapy and sports psychology," he says. "Right now, we're looking at hiring an additional physiotherapist and a Naturopathic Doctor."

Training plays another big role at ProActive. In addition to their certifications, Scott, Taia and their team yearly take extra courses and education. It's a principle they take very seriously at ProActive.

"We encourage our staff to take continuing education whenever possible," Scott says of their mandate which includes taking seminars and courses everywhere from Toronto, Niagara as well as the United States. "We want do our best to better ourselves so we can help our patients out as much as possible."

Working With The Community

As long-time Niagara residents, Scott and Taia and their team are proud to support the community and do their part for the people that need it most. Since 2009 for instance, the ProActive team has been taking part in the Rankin Cancer Run, donating their time and offering free treatments to the thousands of volunteers and participants. Each February, they also help to raise money for the Heart & Stroke Association of Niagara through donations and a charity fitness class. In 2017 alone, they raised over \$1,000 for the Heart & Stroke cause.

"Every November since 2009, we've hosted a Community Care day at our clinic," Scott adds, "and provide free chiropractic treatment to our patients in exchange for donations to Community Care. We're able to donate over six barrels of food and clothing a year, thanks to our many

generous patients, staff and fitness class participants."

For the last 10 years, the ProActive team has also supported numerous Niagara-based charities, sports teams and fundraising events including the Wise Guys Charity Fund, the Niagara Business Group, and the Greater Niagara Chamber of Commerce (GNCC).

Onward and Upward

As past winners of the GNCC Outstanding New Business Award, Scott and Taia can take great pride in the burgeoning success of their clinic to date. But like any successful operation, their work is never done.

Whether it's dealing with professional athletes or motor vehicle accident victims, the ProActive Chiropractic & Training Centre team is constantly committed to helping people lead stronger, healthier lives. According to Scott, their patients have been responding to ProActive's personal brand of quality care from the moment he and Taia first opened their doors.

"In my final year of internship," he says, "my supervising clinician gave me the best advice. He said, 'Take care of your patients and they'll take care of you.' We still follow that same philosophy today." **HWS**



300 Bunting Road St Catharines

905-937-7908 | www.proactivechiro.org

Vaccines aren't just for kids —

what adults need to know

Provided by NewsCanada

As kids grow up, there's a very clear schedule for parents to follow to keep them up-to-date on potentially life-saving vaccinations. While most parents make it a priority for their kids, immunizations often don't top the list when it comes to taking care of themselves.

"It's more than just knowing whether or not your immunization records are up to date. Many adults don't even know which vaccines they should consider," says Ashley Davidson, a pharmacist at Shoppers Drug Mart.

"Your local pharmacy is a great place to start. The pharmacist can provide advice and save you time by actually administering a number of adult vaccines."

Pharmacists in Alberta, New Brunswick, Nova Scotia and Prince Edward Island can both prescribe and administer adult vaccinations. In most other provinces except Quebec, pharmacists can administer vaccinations following a physician prescription.

Davidson regularly recommends her adult patients consider the following vaccines:

Hepatitis A and B. These infections can cause the liver to become inflamed and injured. They are common in many parts of the world, so it's important to research travel health risks before vacationing and get vaccinated if these are present at your destination.

HPV. The human papilloma virus is a very common sexually transmitted infection that causes almost all cervical cancers and genital warts, as well as cancer in other parts of the body. HPV vaccinations are publicly funded for girls and boys in some provinces. What many don't know is that even if you've had a previous HPV infection, getting vaccinated can still protect you against other strains. This means adult men and women can benefit from vaccination too.

Pneumococcal disease. This condition is caused by bacteria that can infect the lungs and cause pneumonia. Vaccination strengthens the immune system so you're less likely to become infected, and if you do get infected it will be less severe.

Shingles. This is caused by the same virus as chickenpox. It most often affects those over 50 and appears as a painful rash with blisters, usually in the shape of a band on the side of the face or body. Up to one in three people will get shingles, and vaccination is the best way to protect yourself.

For more information on your adult immunization options, speak with your local pharmacist. **HWS**

Article courtesy of www.newscanada.com.



Before and After- 5 months

My personal results above

YOU WANT BEAUTIFUL HAIR RENEW - REVIVE - REGROW



YOUR HAIR NATURALLY

Karen Head
Monat Global Associate Market Mentor
905.964.3150

karenheadrmt.mymonat.com
facebook.com/karenheadmonat/



The Thyroid – Stress Connection

An interview with Dr. Elie Klein By Jason Sebeslav

DR. ELIE KLEIN is a naturopathic doctor in Toronto, author of *Read This If You Have A Heart – The Book on Lowering High Blood Pressure, Cholesterol and Blood Sugar Naturally*, as well as co-owner and formulator of natural health products with My Health Supplements and Nanton Nutraceuticals.

Jason Sebeslav: Dr Klein, we know that chronic stress can lead to thyroid problems, and that chronic thyroid imbalance can create stress in terms of poor cognition and even depression. In simple terms, how are these seemingly circular health issues connected?

Elie Klein: There are various sources of stress. Psychological stress, chemical stress (such as toxins or harmful food) and physical stress (prolonged periods of darkness as in the winter for example). Any source of long-lasting stress results in increased levels of the stress hormones, such as cortisol. Stress hormones interfere with many functions that affect our physical and mental or cognitive well being, including thyroid function.

JS: So what does the thyroid gland actually do and how can we support it?

EK: The thyroid gland regulates the generation of energy and the production of important hormones, and it has a huge impact on most body systems. Thyroid function diminishes when it's not getting enough nutritional support. We need iodine to produce the thyroid hormone thyroxine, or T4. Iodine is found in all foods from the sea, but the richest source is brown kelp, a type of seaweed. We also need selenium, as it is required to convert T4 into the active form triiodothyronine, or T3. One of the richest sources of selenium is brazil nuts – only two to three of these nuts meets the daily requirement! Limiting intake of vegetable oils can also support thyroid function.

JS: What are some of the tell-tale symptoms of thyroid imbalance?

EK: Poor thyroid function may result in low energy levels, poor metabolism, poor sleep quality, constipation, high blood pressure and elevated cholesterol levels, dry skin, hair loss and brittle nails.

JS: What are the most important tests we should be asking for to gauge the health of thyroid function?

EK: Blood tests for thyroid stimulating hormone and free T4 and T3 are most common, but aren't always accurate. While they may reveal normal thyroid levels, they may not reveal poor function due to reduced ability of the hormone to perform its work.

JS: But since these are the test many people will get, what ranges would you be looking for to indicate healthy thyroid function? Are there alternative tests?

EK: As a naturopath, I'd be looking for TSH levels, commonly performed as a preliminary thyroid function test, of well below 2 mU/L – where the current "normal" range is 0.5 - 5 mU/L. I actually prefer the simplicity of monitoring oral or ear temperatures. They tend to be below 36.5 C and the pulse tends to be slower in those with hypothyroidism, or low thyroid function.

JS: Iodine is a trace mineral known to be vital for thyroid function. Do we get enough in a standard diet, and if not, what can we do about it?

EK: Kelp is the richest source of iodine and a small amount can go a long way. Milk products and fish like cod provide a decent amount as well.

JS: So many people complain of low energy or fatigue. How does energy fit in with the thyroid/stress connection?

EK: Ongoing stress not only suppresses thyroid function, it also suppresses the ability of the cells to absorb and utilize glucose, which is

metabolized to provide energy. This affects also mental and cognitive well being, as the brain is heavily reliant on glucose metabolism, requiring about 120g per day.

JS: You formulated a supplement called Rhoziva based on the herb Rhodiola. How does this work for stress and energy and how strong is the research?

EK: Rhodiola, also known as arctic root, grows in the stressful environment of the sub-arctic across Europe, Asia and North America. The compounds in its root that help the plant to overcome its stressful growing environment have a similar effect for humans. It's been shown to help reduce the feelings and effects of stress in humans by reducing elevated stress hormone levels and balancing neurotransmitters that govern mood. Studies show increases in energy levels, fast recovery from strenuous physical activity, improvements in cognitive function, learning, memory and symptoms related to depression and anxiety.

JS: Other than supplements, what would you say are a few of the most important diet and lifestyle changes that could improve both thyroid function and stress levels?

EK: I'd say limit the intake of vegetable oil, eat lots of fruit and veggies, about 80g of protein per day, be physically active, walk, engage in breathing exercises and mindfulness technique to increase oxygen and reduce stress. **HWS**

Jason Sebeslav the owner of The Peanut Mill, a full-service health and wellness store. He has worked in the editorial department of alive magazines. For more information about the store, visit www.thepeanutmill.com.

**Are you
STRESSED, TIRED
or FEELING DOWN?**

- Reduces Anxiety • Enhances Mood
- Improves Memory
- Notice Results in 1-6 days

Rhoziva
PURE PLANTED RHODIOLA

90 day
money back
guarantee

Notice the difference in as little as 30 days!
nantonnutra.com

\$2 off

191 Welland Ave.
St. Catharines
905.685.8848
thepeanutmill.com

Rhoziva and Nourishing Waves Plus. In-Store Coupon. Expires Oct. 31, 2018. Valid only at The Peanut Mill. May not be combined with other offers.

THE PEANUT MILL.
We Know Natural

NATURAL FOODS MARKET Since 1990

Four easy ways to boost your confidence

Provided by NewsCanada

While confidence comes easy to some, the rest of us need to give ourselves a boost. Here are a few simple tips that might help improve your overall mindset and can come with great benefits, like improving your health and furthering your career:

1. Start small. Let's face it — Mondays are rough. By the time you get the kids out the door, it can feel like you're at the base of the mountain with no idea how you're going to scale it by the end of the week. In this case, the best advice is to start by setting small goals. Check off a few easier assignments first, build a stream of successes, and then tackle the tough ones when you're on a roll and your confidence is at its peak.

2. Get in shape. Physical health impacts your overall mindset. By working out regularly and eating healthy, you will have more energy to conquer the work week and household chores. You'll also feel better about yourself and your appearance. But don't stop there — adding a couple of new items to your wardrobe can give you an added boost. After all, when you look good, you feel good.

3. Polish your appearance. When you look into the mirror every morning before work, the last thing you want to see is your kid's breakfast on your shirt — and more importantly, yellow or stained

teeth. By upgrading to an electric toothbrush like the Philips Sonicare ProtectiveClean, you can improve your gum health up to 100 per cent more versus a manual toothbrush and whiten your teeth in as little as one week. This gentle yet effective clean will give you confidence that you're maintaining your oral health and looking your best.

4. Tackle new challenges. Many of us who struggle with self-confidence often end up tackling assignments we already know we can do. But it's important to get out of your comfort zone. By giving yourself new challenges every week, you will learn that there's nothing to be afraid of. With each success, you will build up a belief in yourself that will help to further your career and life goals. **HWS**

Article courtesy of www.newscanada.com.



HearAgain™
DOCTORS OF AUDIOLOGY

Now 2 locations to serve you better.

**4725 Dorchester Rd
Niagara Falls
905-354-2757**

**20 HWY 20 #3
Fonthill
289-897-8665**

www.hearagainclinics.com

Thank you to the community for voting us as your



#1 New Business



#1 Funeral Provider



#1 Funeral Provider

Niagara's Premier Affordable Funeral Alternative

We offer all service options at a rate of 30-50% less than traditional providers.

Pre-arrangements are available.



Holly Prince-Jensen

Considerate
CREMATION & BURIAL SERVICES

Compassionate Service For Considerably Less

52 Scott Street West, St. Catharines (between Ontario St. & South Service Rd.)

info@CCBSCares.ca • 289-362-1144 • www.CCBSCares.ca

Proudly 100% Independent Funeral Service Provider



Bruce Keating McClelland



See The Big Picture

"WE'RE ALL CONNECTED. NO ONE IN THIS WORLD IS ALONE."

By Gerry Visca

One of my favourite things to do is venture out to the movies. I love everything about catching a cinematic adventure; the people, the popcorn and the experience of losing myself.

Earlier this month, my life partner, Angela and I caught the flick: "I Can Only Imagine" based on the true story of Bart Millard; lead singer of MercyMe. There was an inspiring connection that waffled through the aisles of movie theatre number three that night. It was more than just buttery flavoured popcorn that heightened my senses. The movie stirred a deeper sense of human connection within the depths of my soul.

The interesting thing is that the energy that really moved me came after the credits. As I stood up to make my way down the steep flight of steps, I whipped around and caught an older man who had lost his footing and stumbled to his knees. I couldn't help but marvel at the way a dozen or so people including myself rushed to his aid. It was in that moment that I experienced the possibility for a deeper connection within the human race.

For years, I've devoted my life to one of inspiration. I chose to transition from the field of architecture; from building buildings to building up people. As the Why Guy, I exist to inspire others to answer the only question that truly matters: "Why am I here?" As a group of us lifted the older man to his feet, I felt his spirit somehow elevating mine. In that moment, I was pleasantly reminded of the power of reaching out and inspiring one another.

The man's deep blue eyes stirred my soul. As he gripped my arm tightly, we slowly made our way down the steps and out into the hallway. Those of us surrounding him, quietly cheered as the man proudly walked out the theatre doors. He gazed deeply into my eyes and thanked me for my kindness, and I returned the gesture by thanking him for his gift of connection.

That night, I decided to capture this uplifting experience through the gift of the written word. As a 17-time author and transformational novelist, I choose to create the space to share these insights with you through a belief that we're all connected and no one is meant to walk

this Earth alone. We live in a connection age, yet one only has to gaze upon a sea of buzzing devices to notice that our world is more disconnected than ever.

Imagine a world where people look up and intentionally strive to connect with others. The outcomes would be limitless. A world that connects through compassion, empathy and understanding will create limitless outcomes.

This old man reminded me of the gift of connection and the "link" between all of us. It's another reason why I appreciate publications like The Business Link. They help us look up and appreciate the verse that each human being contributes to the story of humanity. The gift of connection is about pausing to experience the daily miracles that present themselves in what may appear in seemingly insignificant ways. The key is to become aware of the significance of the "present moment."

Choose to connect to someone's heart every single day. Push beyond your comfort zone and see another human being for who they really are. Feel your spirit connecting with theirs. It's one thing to connect with people's minds, however; it's quite another to forge a bond with their heart. We deepen our connection with others by listening with the intent to understand versus replying.

The world craves deeper connection now more than ever. It starts with a belief that all of us are here to help one another connect to something far greater than building more shopping malls. We are here to connect to the light of one another. Every single human being on this planet has a gift to weave into the very fabric of life. Every stitch is a connection to the quilt of humanity.

So, as the opening credits for the next cinematic adventure begins, I smile at the phrase that fills up the screen and stirs my heart: "See the Big Picture..." **HWS**

Gerry Visca is the #Why Guy, a contributor to *The Business Link*, one of Canada's top inspirational speakers, the author of 17 books, including the two new transformational novels *Remembering Why* and *Why am I here?* Visit www.gerryvisca.com. When you order three copies of Gerry's latest books you receive the gift of one-on-one WHY Time.

AAPEX DRIVING ACADEMY

**KEEP YOUR INDEPENDENCE...
WE ARE HERE TO HELP**



CONTACT US FOR THE NEXT FREE SENIOR SEMINAR



**Register online - aapexdriving.com
1-800-463-1436**



Families Always First

From simple cremation to unique Celebrations of Life
Aftercare, grief & bereavement services
Serving the Niagara Region

**Affordable costs without sacrificing quality
of service and care**

www.EssentialsCBS.com

102A-4300 Drummond Rd. Niagara Falls
Krystal Riddell, Funeral Director - Owner
905 • 354 • 2133



WE MAKE MOVING EASY

**CERTIFIED TRANSITION
RELOCATION SERVICES**

✓ Certified ✓ Bonded ✓ Insured

**Call us at 905.933.0730
seniorsonthemoveniagara.com**

SENIORS WHO STRIVE

EnCompass Home Care Solutions

Fully-licensed independent firm is committed to becoming "your concierge of home health care."

By Scott Leslie

Do you have a parent or loved one who's unable to live life to the fullest? If so, why not give the caring experts at EnCompass Home Care Solutions a call?

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

"We can serve people of all ages," says Sandy Kovacs, co-founder and executive director of EnCompass Home Care Solutions. "Everyone from kids to seniors in their late 90s."

Serving clients all the way from Fort Erie to Mississauga, Sandy and her team take great pride in their flexible range of services. For instance, EnCompass has personal support workers who can assist clients with getting dressed, personal grooming and taking medications. Their home support attendants can provide housekeeping, companionship and respite care. EnCompass has appointment attendants who can drive clients to medical appointments or help them out with things like shopping errands. Attendants even provide a complete "door-to-door" service so clients never have to worry about managing stairs or loading wheelchairs.

According to Sandy, the process all starts with a free client consultation.

"We go in to meet with them for a health and wellness assessment," she 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 that 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."

Sandy is no stranger to the health care business. A registered practical nurse, she has over 20 years of experience working in Niagara's nursing, mental health and personal support worker fields. And since opening its doors back in April, EnCompass has grown by leaps and bounds. Sandy currently has four personal support workers and four registered practical nurses on staff – and is looking to add even more as time goes by.

Experience is one thing – but Sandy says it's their four-star service that's really turning heads these days.

"We're a concierge of home health care," she says. "We promise the best – and make sure we always deliver when it comes to meeting our clients' needs." **HWS**

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

SENIORS WHO STRIVE

Man In Motion

Retirement isn't slowing down this industrious St. Catharines senior.

By Scott Leslie

Charlie Riches is no fish – but he's never been far away from the water.

Take his job, for instance. Eight years ago, the 70-year-old St. Catharines resident retired after a long career working as an electrician at the St. Lawrence Seaway Management Corporation.

For the past 27 years, Charlie has also been hitting the ice as a volunteer program assistant at the Winter Club of St. Catharines' CanSkate Program – a non-profit initiative that runs from September to April at the Seymour-Hannah Sports & Entertainment Centre. Here, Charlie teaches skating to several boys and girls, normally three to 10 years of age.

"My daughter Jennifer was involved with the Winter Club for years," he explains, "and one day, they were short program assistants. I'd always played pick-up hockey so I thought I'd help out. I've been a volunteer ever since."

Charlie holds 45-minute skating classes three times a week with the help of another assistant. He teaches several drills like crossovers and how to stop with one or two feet. Many of his students take the course to refine their skating skills so they can get into figure skating or ice hockey.

"We only teach five or six kids per class," Charlie says. "That way there's a lot of room for individual attention."

Charlie says one of his main goals is to help kids progress enough so they can join the Winter Club's more advanced StarSkate Program.

"It's great to see kids improve from their first time out," he says of the experience. "Many of them learn to skate before they even hold their first hockey stick."

But skating's not the only way Charlie is keeping active these days. In the summer, he's a member of St. Catharines Rowing Club which runs two-hour practices out of Port Dalhousie two or three times a week – rain or shine. Designed for adults of any age or skill level, the Club currently has 18 rowing teams of 16 people with one coach per boat.

Charlie originally signed up with the Club back in 1997 after it was recommended to him by a friend. In fact, rowing is such a good cardio workout that he's even invested in a rowing machine to exercise at home.

"It's an enjoyable sport," he says. "Some people like to golf – I like to row."

Some years ago, Charlie even began volunteering each summer as a dock master at several local rowing regattas including the Henley Regatta and the Canadian Secondary Schools Rowing Championship Regatta.

To Charlie, keeping physically fit can be a real pick-me-up, no matter how old you are.

"I'd recommend rowing to anyone," he says. "It's fun and relaxing – and you make friends that last a lifetime." **HWS**



EMERALD
RETIREMENT RESIDENCE

All Inclusive Retirement Residence

5807 Ferry Street
Niagara Falls | 905.358.2500
emeraldresidence.ca



OneSource
MOVING SOLUTIONS
Specializing in Senior Moves

Complete move and relocation plan
Pack. Unpack. Setup. Disposal of Unwanted Items

**FEELING OVERWHELMED?
LET US HELP!**

CALL TODAY FOR YOUR FULL NEEDS ASSESSMENT



905.988.8271
OneSourceForSeniors.ca

Helping individuals remain independent



ENCOMPASS
Home Care Solutions

Your concierge of home health care.

Contact us for your free in home assessment - 289.969.2536

www.encompasshomecare.ca

HWS

Business Directory Listing

FOR MORE INFORMATION ON YOUR BUSINESS LISTING, CALL US AT 905.646.9366.



Paint Nite Niagara

Jessica Pineda - 416.554.5432
PaintNite.com/events/Niagara
Unleash your Inner Artist



The Peanut Mill Natural Foods Market

905.685.8848
ThePeanutMill.com
We KNOW Natural.



Emerald Retirement Residence

Linda Upham - 905.358.2500
EmeraldResidence.ca
Join the Emerald Community to live a beautiful life



Northend Mobility

905.735.5552
Northend-Mobility.com
Mobility Means Everything



ONESource Moving Solutions

Specializing in Senior Moves
Nancy Campbell - 905.988.8271
ONESourceForSeniors.ca
Compassionate, Personal Moving
Services For Life's Transitions



Hotel Dieu Shaver

905.685.1381
HotelDieuShaver.org
Compassionate Care You Can Count On



Seniors On The Move

Juanita & Erin - 905.933.0730
SeniorsOnTheMoveNiagara.com
We make moving easy!



Kristen French Child Advocacy Centre Niagara

905.937.5435
www.KristenFrenchcacn.org
Kristen French CACN - a safe place to help, heal, end child abuse



Movement Unlimited

Allison Kares - 905.892.1239
MovementUnlimitedInc.com
Our mission is to inspire you to achieve a healthy body, mind and soul.



Niagara First Aid Services

289.213.9496
www.facebook.com/NiagaraFirstAid/
Basic First Aid & Caregiving Skills & Standard First Aid



Shifting Gears Life Coaching

905.704.9702
ShiftingGearsLifeCoaching.com
Its Time To Find The Balance



Tracey Mackenzie - Profitability Consulting & Training

905.401.0765
traceymackenzie73.wixsite.com
Closing the gap between where you are now and where you want to be.

By Scott Leslie



Just The Facts!

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

By Scott Leslie

- 1) If you were to lay your small intestine out in a straight line, it would be _____.
 - a) about three feet long
 - b) about eight feet long
 - c) about 20 feet long
 - d) a miracle if you survived

- 2) If you begin coughing and experiencing shortness of breath, you may be showing the first signs of a rare disease known as:
 - a) acute ravioli
 - b) bronchial nerves
 - c) popcorn lung
 - d) trachea schmachea

- 3) Which of the following medical slang doesn't match with its respective clinical term?
 - a) ringing in the ears / tinnitus
 - b) pinky / digitus minimus manus
 - c) funny bone / ulnar nerve
 - d) heartburn / myocardial infarction
 - e) belly button / umbilicus

- 4) The leading cause of disability in Canada is _____.
 - a) home and workplace injuries
 - b) old age
 - c) mental illness
 - d) addiction
 - e) hangnails

- 5) Noted surgeon and TV personality Dr. Oz is known for dispensing advice on a variety of health-related topics. Outside of the limelight, however, his real name is:
 - a) Johann Oz
 - b) Mehmet Oz
 - c) Josef Oz
 - d) Nicholas Oz
 - e) Levi Strauss

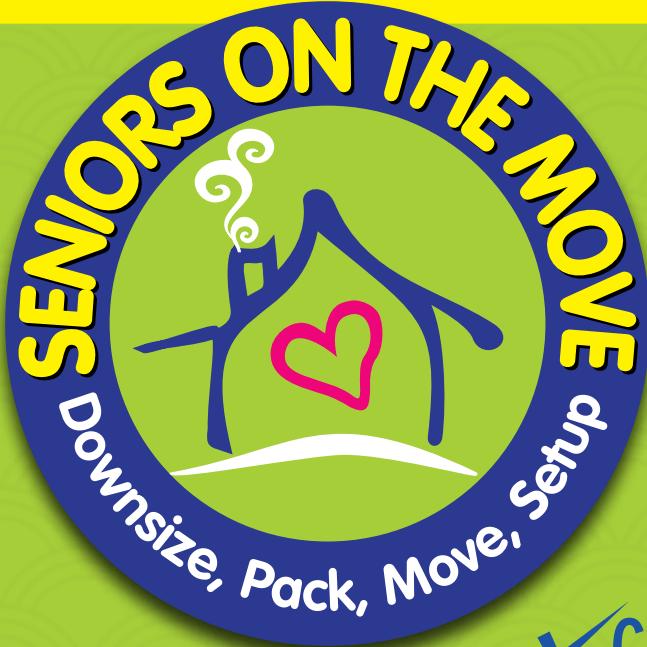
- 6) Which of the following suggestions are not known to help relieve the common cold?
 - a) take a hot shower
 - b) drink chicken soup
 - c) eat a clove of garlic
 - d) do the hokey pokey

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

ANSWERS 1. (c) and (d) 2. (c) 3. (d) 4. (c) 5. (b) 6. (d)

We make downsizing easy!



✓ Certified ✓ Bonded ✓ Insured

Look at what the Tidy Up Team can do for you.



BEFORE



AFTER



BEFORE



AFTER

New Service...

- New Flooring? New Kitchen?
- We'll pack everything before, and set it back up after the renovations are complete!

I have used Seniors On The Move twice. They are the only ones I would choose. The owner and great staff are honest, efficient, careful and affordable – Sincerely Paul Bryant

Call us at 905.933.0730
seniorsonthemoveniagara.com

Gift Cards Available

