

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

VOLUME 9 ISSUE 3



COVER STORY A NEW APPROACH TO AN OLD UNDERTAKING

Considerate Cremation & Burial Services Inc. makes arrangements easy, transparent and affordable.

INSIDE

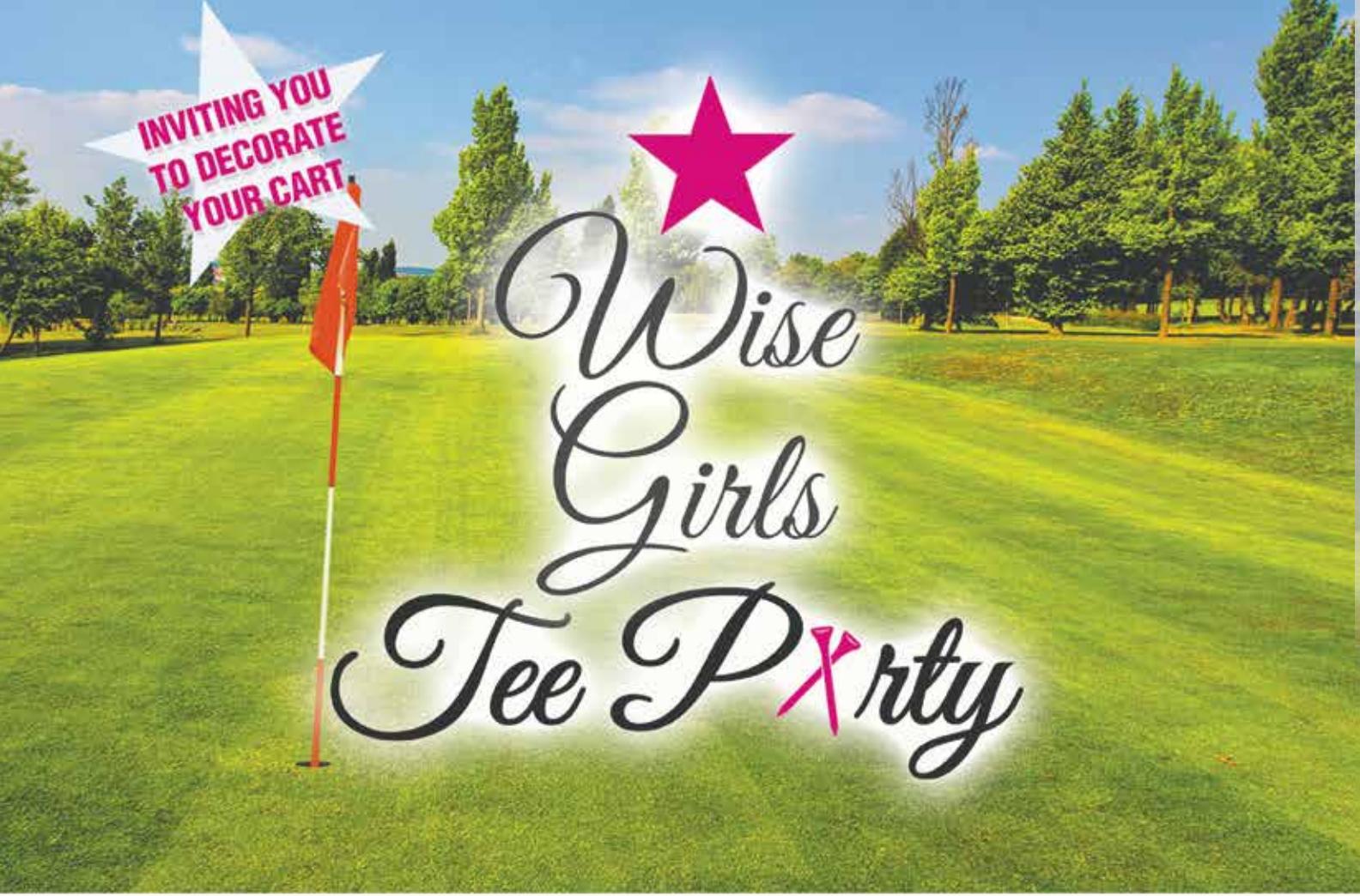
WHY DOES MESS CAUSE STRESS?
PILATES VS. YOGA
WHICH ONE IS BEST FOR YOU?

TERPENES:
"Benefits of Cannabis Without the High"



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Photo: Holly Prince-Jensen, Nancy Reimer, and Bruce Keating McClelland of Considerate Cremation & Burial Services.



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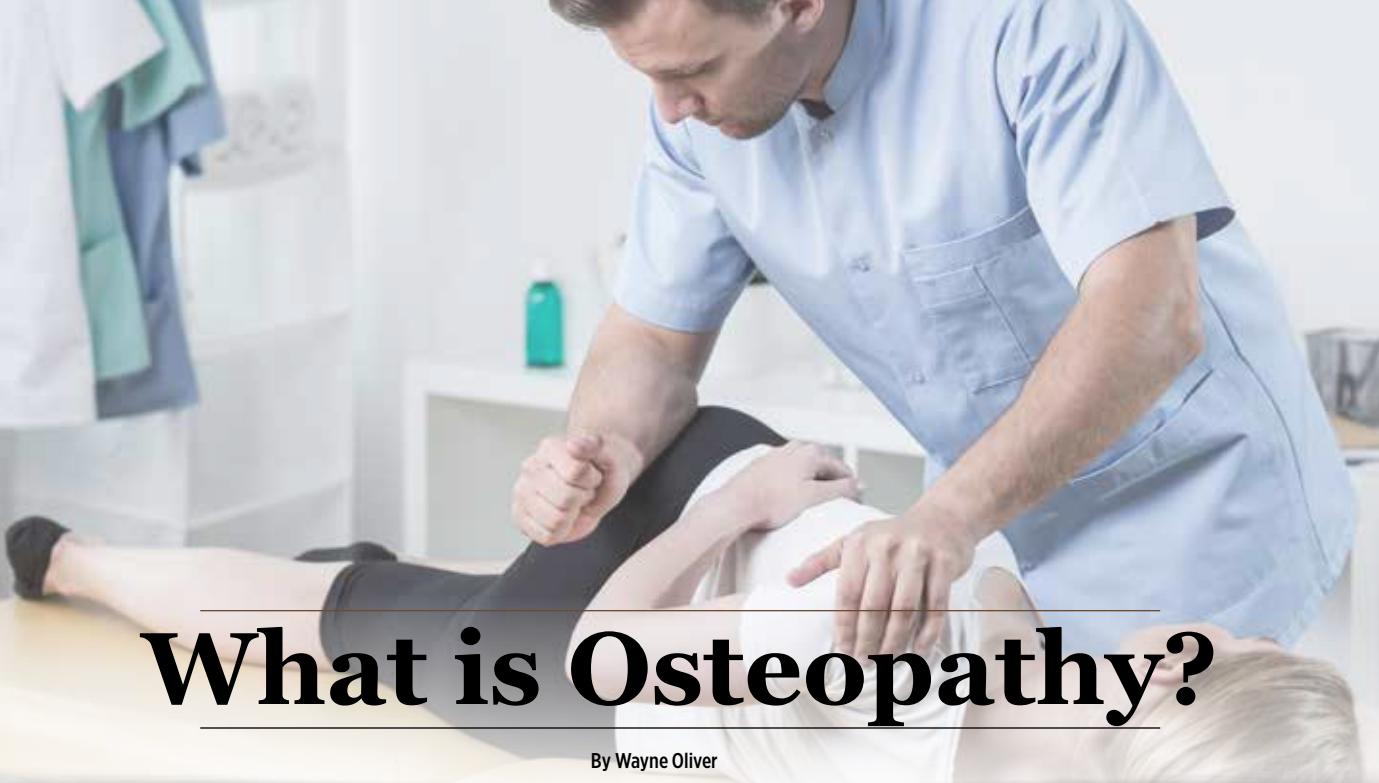
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What is Osteopathy?

By Wayne Oliver

OSTEOPATHY was founded by American Andrew Taylor Still. Osteopathy is a manual form of healing which emphasizes the interrelationship between structure and function of the human body. Osteopathic principles believe in the body's ability to heal itself. Osteopathic manipulative medicine (OMM) – also known as osteopathic manipulative treatment (OMT) – are the core set of techniques that distinguish osteopathic physicians from mainstream medicine.

Osteopathic Manual Practitioners diagnose and treat somatic dysfunction using manipulation of the patient's bones and muscles.

Classical osteopathy means original – true to the roots – and the roots of osteopathy are based in principles. Osteopathic treatment without the application of principles is simply not osteopathy. It's just manual technique for different parts of the body and can't be distinguished from any other form of manual therapy.

It's about the principles – not memorizing techniques! Techniques are a dime a dozen. There are multiple techniques for every part of the body, but if you understand principles, you don't need any. It's the principles that should be applied to the anatomy and physiology, not the techniques. An understanding of the principles allows the practitioner to be innovative and customize ways of treating based on the patient in the moment.

Classical Osteopathy stays true to the founding principles of the profession. The theory and application of these principles are at the root of all diagnoses and treatment. Skill is honed from a mastery of principles, not a memorization of techniques or adjustments. The classical osteopath is trained to treat conditions ranging from pain to organ dysfunction based on their in-depth understanding of anatomy, physiology, pathology and how they relate to osteopathic principles.

Osteopathy starts and ends with its founder Andrew Taylor Still. Dr. Still claimed that human illness was rooted in problems with the musculoskeletal system, and that hands-on manipulations could solve these problems and effect a cure by harnessing the body's own healing potential.

He was also a physician and surgeon, author, inventor and Kansas territorial and state legislator. Dr. Still was the founder of the American School of Osteopathy (now A.T. Still University), the world's first osteopathic medical school in Kirksville, Missouri. Dr. Still was also one of the first physicians to promote the idea of preventive medicine and the philosophy that physicians should focus on treating the disease rather than just the symptoms.

Still himself defined osteopathy as: "that science which consists of such exact, exhaustive, and verifiable knowledge of the structure and function of the human mechanism, anatomical, physiological and psychological, including the chemistry and physics of its known elements, as has made discoverable certain organic laws and remedial resources, within the body itself, by which nature under the scientific treatment peculiar to osteopathic practice, apart from all ordinary methods of extraneous, artificial, or medicinal stimulation, and in harmonious accord with its own mechanical principles, molecular activities, and metabolic processes, may recover from displacements, disorganization, derangement, and consequent disease, and regained its normal equilibrium of form and function in health and strength."

Still's principles drove the movement. This doesn't mean discounting those who came after Still. All osteopaths must be studied. The key is to examine their work and highlight the evidence of osteopathic principles because if it isn't rooted in Stillian principles, it isn't osteopathy. **HWS**



Wayne H. Oliver Jr. M.OMSc. (cert.) OOA, is an instructor at the Canadian Academy of Osteopathy in Hamilton, Ontario as assistant professor of osteopathic principles and practice. Wayne is also an osteopathic manual practitioner and the owner of As Above So Below Osteopathy. His office is located on 6255 Huggins Street in Niagara Falls. For more information or to book an appointment, call 905.321.3207, email fitnessaspects01@gmail.com or go to osteopathy.janeapp.com.

Publisher's Note



WE'D LOVE TO HEAR FROM YOU!

Please send your comments,
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A Step In The Right Direction

Okay, I have a confession to make. I didn't exercise yesterday. Come to think of it, I haven't been straying far from the couch ever since the Stanley Cup playoffs and I got on a first-name basis.

But now that the sunny weather has finally made an appearance, I guess I've got no excuse. And I'm sure many of you are in the same boat.

Over the winter, it's easy to get into our sedentary ways – staying indoors, avoiding exercise like the plague – even though study after study shows regular exercise is critical for a longer life, not to mention our overall health and well-being. That's why we should all get our fitness act in gear by taking the dog out for a walk, playing frisbee with the kids or even getting out the golf clubs and hitting the links.

You don't have to become a fitness guru overnight. But you do have to start somewhere if you want get fit. And you won't get anywhere without taking a few baby steps. Today.

Speaking of fit, here's something that'll "fit" nicely in your hands – the summer edition of HWS Magazine! This month, we have a cover story on Considerate Cremation & Burial Services Inc. (p14). We also have some expert advice from the foot professionals at Elio's Foot Comfort Centre (p12), a look at the benefits of Davinci Sticks (p17), and an in-depth interview with Dr. Lee Know (p20). **HWS**

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

Yours in health,
Adam Shields
President
Business Link Media Group



Stay The Night charity event raises \$10,000 for CMHA Niagara Safe Beds

"Stay The Night committee hosts their first annual charity gala in support of the CMHA Niagara Safe Beds Program. From left to right Michelle Dimas, Jessica Radford, Emily Boland, Stephanie Yurkewich, Samantha Fellows, Rachel Gannage.

Annual event Stay The Night raises funds to support crisis beds program

The Stay The Night fundraising committee delivered a \$10,000 cheque to the Canadian Mental Health Association (CMHA) Niagara Branch for their Safe Beds program on Sunday. The first annual event gathered professionals from the Greater Toronto Area to raise money and awareness of the CMHA Safe Beds program.

The Stay The Night committee was created by a group of friends, health care professionals, and mental health advocates in order to raise funds to assist in the care given to those living with mental illness.

"Every one of us on the committee has a story to share, either about themselves or family and friends, when it comes to mental illness," says Stay The Night Co-Chair and former CMHA Niagara Board Member Rachel Gannage. "It's very important to all of us to help end the stigma around mental illness and we are so pleased to have had the opportunity to support CMHA Niagara Safe Beds and their efforts to help those experiencing mental health crises."

The Safe Beds program offers an alternative to hospitalization for individuals experiencing a mental health crisis. They are given 24-hour care and counseling during a short-term stay. The funds raised from Stay The Night will help improve delivery of service and care to Safe Beds clients.

"Safe Beds is a program that has proven the effectiveness of providing individuals an alternative to hospital when in mental health crisis that does not require medical intervention," says Tara McKendrick, executive director of CMHA Niagara. "The staff work alongside individuals to

determine current pressures and challenges, and co-create actions to help relieve or resolve those challenges. Unfortunately, funding for the program has not kept up with rising costs of running the program 24/7, so we are incredibly appreciative to this enthusiastic and empathetic group of energetic professionals for achieving this level of successful fundraising. The money donated will be allocated towards the Safe Beds program to ensure that the program is properly resourced and accessible to those in the community who would benefit from a stay at Safe Beds."

About Stay The Night

Stay the Night is an annual fundraising event dedicated to supporting Canadian Mental Health Association (CMHA) Niagara Branch's Safe Beds program. The fundraising committee is committed to assisting CMHA Niagara in offering an alternative to hospitalization for those in a mental health crisis situation through the Safe Beds program.

About Canadian Mental Health Association Niagara Branch Safe Beds Program

Safe Beds offers an alternative to hospitalization in a crisis situation. It is a voluntary, non-medical facility that offers crisis counselling and a safe therapeutic environment for individuals to stay on a short-term basis in order to work through their crisis. **HWS**

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A New Approach to an Old Undertaking

Photo credit: Rob Petruolo

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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.



Why Does Mess Cause Stress?

By Rachel Epp

LET ME BE HONEST, as much as I love to clean, there are days when I just can't get myself to clean my own home (or do anything for that matter). It's okay to feel this way. We are not lazy. We just need time for self-care – looking after our personal well-being by taking a step back and forgetting about our distractions. But we all know what can happen when we let go, even for that brief moment. All of a sudden the dishes pile up, the trash needs to be taken out, and our home becomes so disorganized that it triggers the same stress and anxiety we were trying to run away from.

You are not paranoid and you are not a clean freak. You are human. Our bodies naturally react to our surrounding environment – so when we see mess and clutter it makes it difficult for us to relax. The mess signals to our brain that we still have huge to-do list. I'm here to remind everyone there's a way out of this mental and physical nightmare.

Start small. Commit to developing a simple routine like washing the dishes and taking out the trash daily. Just seeing that you've accomplished something, no matter how small, will boost your self-confidence.

Tackle one room at a time. Start with one room before moving on to another. This will grow your sense of accomplishment as you see your successes add up. One tip is to have a designated bin for items you come across that need to be moved to a different room. By putting them in the bin as you come across them, you avoid the trap of leaving the room you're working in and getting side tracked by something else.

Don't just organize. De-clutter! Putting things nicely into bins just means that your stuff is now semi-controlled. It's important to get to the core of the problem and actually remove them. Hiding things away in boxes and bins can still cause stress because it just adds more to your to-do list.

Control what comes in. When you can control the flow of what's coming into your home, you're already saving yourself a lot of time and emotional work struggling to decide whether or not you should throw things away.

It's hard not to feel guilty or embarrassed about the physical clutter in your home, but mental clutter is just as bad. This is the kind of clutter that keeps us returning to feelings of self-sabotage and stress, and makes it hard for us to clean the actual clutter. Train your brain with positive thoughts, set realistic goals, and give yourself the time you need for self-care without feeling guilty. If we can change our attitudes, we'll no longer be taking up space in our minds with worry, and instead, use that space to accomplish whatever we want. **HWS**

Rachel Epp has created her own line of natural cleaning products in a market where they're hard to find. Using natural ingredients such as coconut oil, distilled vinegar and therapeutic grade essential oils, Rachel hopes to remove all toxic chemicals in each and every home. For more information on the "bare." product line, please contact Miss's Clean at missesclean.ca.



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WHY SMALLER IS BETTER WITH INTERVENTIONAL RADIOLOGY

Provided by Hamilton Health Sciences Foundation

IMAGINE having a surgical procedure conducted through a tiny nick in the skin instead of a large incision. This is often possible with interventional radiology, which is used to diagnose and treat patients while minimizing their risk, improving health outcomes and enhancing the patient experience.

Approximately 5,000 procedures are performed annually through the Interventional Radiology Program at Juravinski Hospital and Cancer Centre, which serves patients who live across the region.

"Interventional Radiology uses the latest in imaging technology to precisely target medical therapy for cancer and other diseases," says Dr. George Markose, interventional radiologist at Juravinski Hospital and Cancer Centre. "Diagnostic imaging technology, such as CT, ultrasound and MRI scans, are used in conjunction with surgical instruments so we can view an organ or organ system while conducting a procedure."

Shorter recovery times and less pain are some of the many benefits of minimally-invasive procedures conducted through interventional radiology, which is less traumatic to the body than traditional surgical techniques.

"Through a small nick in the skin, we use our imaging technology to guide needles, tubes or wires throughout the body to sample tissue or treat conditions," explains Dr. Markose. "Interventional radiology can be used to diagnose and treat a wide variety of conditions. Patients can now have many procedures done as day cases, then be back home in a matter of three to four hours."

The interventional radiology team conducts a wide variety of procedures, such as biopsying a mass, inserting a dialysis catheter, or injecting chemotherapy at a higher dose directly to a tumour.

In one case, Dr. Markose treated a patient who was suffering from a large bleeding ulcer caused by long-term use of anti-inflammatory drugs.

The patient's extensive level of internal bleeding was life-threatening and he might have died within hours without the proper care.

This is just one of the many success stories of interventional radiology, which is used by all specialties at Juravinski Hospital and Cancer Centre. The combination of advanced imaging technology, medical knowledge and surgical tools is making a real difference in the lives of patients.

The Interventional Radiology Program continues to expand as the need for its services increases. In 2017, a transformational gift from Ron and Nancy Clark enhanced the program by redeveloping the current interventional suite and adding a second, state-of-the-art suite. The upgrades are allowing the teams to better meet current and future patient needs.

"Donor support helps us deliver the best possible care through interventional radiology," says Dr. Markose. "Improving facilities and improving our capabilities helps us improve how patient care is delivered for patients throughout southcentral Ontario." **HWS**



Please donate to McMaster Children's Hospital Foundation today and make a real difference in the lives of patients at www.hamiltonhealth.ca/donate.



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ASK ABOUT YOUR OPTIONS WHEN RENEWING YOUR AUTOMOBILE INSURANCE POLICY BEFORE IT IS TOO LATE

By Sheila Marcantonio

The Bad News

Ontario's Automobile Insurance seems to be in a constant state of change and degradation. In an attempt to abide by their promise to lower premiums, the Ontario government have instead greatly reduced the benefits you receive if you are injured in a car accident. Accident Benefits, the portion of the benefits you receive through your own insurance company if you are injured, have been drastically reduced yet premiums continue to increase. All automobile insurer's in Ontario offer the same government legislated Accident Benefits, regardless of which company you decide to sign up with.

Only a few short years ago, if you were injured in a car accident you were eligible to receive medical and rehabilitation benefits in the amount of up to \$100,000.00 over 10 years with an additional amount of \$72,000.00 for attendant care. That amount has now been reduced to a maximum of \$65,000.00 over 5 years for medical, rehabilitation and attendant care combined. These benefits cover medical expenses not paid by OHIP like physiotherapy, chiropractic treatment, massage therapy, psychological treatment, medication, etc., as well as rehabilitation expenses such as retraining to return to work and assistive devices such as wheelchairs and walkers that you might need. That \$65,000.00 also covers the services of a Personal Support Worker who you may require if you are unable to take care of your personal needs. While \$65,000.00 may seem like a substantial amount, I have seen many of my clients use that up very quickly if the accident is severe enough. Once

the amount is used up, you will be required to pay for these treatments yourself which can be very difficult and can even potentially lead to bankruptcy.

In addition, you are no longer covered for housekeeping assistance if you are unable to do the things around your home that need to be done and if you have children or others in need of care that you are responsible for, there is no funding to get any assistance.

If you cannot return to work following an accident, you may be eligible for an Income Replacement Benefit (IRB) of 70% of your gross pre-accident income. The bad news here is that the IRB is maxed at \$400.00 per week, no matter how much you were earning before the accident. If you are currently earning more than approximately \$575.00 in gross salary per week, the \$400.00 maximum per week in income replacement benefits could be a drastic reduction for you.

One way to protect yourself if you are injured is to be proactive and protect yourself as much as possible before you are involved in an automobile accident.

The Good News - You do have options

Ontario Automobile Insurance does however offer you options – or more specifically Optional Benefits. From my experience, most Ontario residents have no idea that these Optional Benefits exist even though your insurance broker is supposed to notify you of them, so you can make informed decisions when renewing your policy. Please note that when you call to review your policy, the agent/broker may use language like you have “standard coverage,”

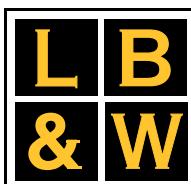
you may have prompt them by asking what optional coverage is available.

Some of the options that are well worth reviewing and available to you include:

1. Increase your policy limits from \$1 million to \$2 million;
2. Increasing your medical, rehabilitation and attendant care benefits to \$130,000 over 5 years, or even up to \$1,000,000 with no time limit in place;
3. Housekeeping and home maintenance benefits;
4. Caregiver benefits if you have children or are responsible for others in need of care;
5. Income Replacement benefits that increases the maximum weekly amount of \$400.00 to \$600.00, \$800.00 or \$1,000.00 depending on your current income; and,
6. Indexation of all amounts so they continue to increase.

While taking advantage of these options will increase your premiums further, it's actually a very minimal amount and really is very affordable. If you want to ensure that you are taken care of in case of severe injury in a motor vehicle accident, then please ensure that you are speaking to your broker when you renew your policy to discover what your options are and that you are properly protected. **HWS**

Sheila Marcantonio is a Personal Injury Lawyer, who serves the residents of Niagara for over 32 years. If you have been injured reach out to Sheila to understand your options. She may be reached at Lancaster Brooks & Welch LLP in St. Catharines 905.641.1551



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CHARITY CHECKLIST

Provided by Hotel Dieu Shaver Health and Rehabilitation Foundation



WITH so many worthy causes right here in Niagara, deciding which organization to donate to can be difficult. Before donating your hard earned dollars, there are a few things to consider.

It is important to know how much you can afford to give. Having a budget in mind or including your gift with your expenses, makes for great planning. It is also very important to give to a cause that's personal and the most rewarding.

Once you're able to select a cause close to your heart, choosing the specific charity involves some research. It's crucial to pick a charity that's registered with the Canada Revenue Agency (CRA), which means the charity can provide donation receipts for tax credits and abides by strict fundraising standards. It is also important to research

a charity that needs monetary help and will use your gift wisely. There are research tools available to help you find out about a charity's financial health and accountability. You're also able to research governance practices and transparency. The greatest resource is the charity's website.

You want to ensure the organization you are donating to is clear on its mission, vision and mandate. You shouldn't have to look too far for the information you need. A charity should list its board of directors on literature or on the website, and should clearly mark how to contact the organization for further questions.

Once you're satisfied that your chosen charity meets the above criteria, there are some other tips to be mindful of before you give. Most donations are given in the



month of December, making it difficult for some charities to plan ahead. Planning to give as a monthly pledge throughout the year is much more helpful and it tells the charity that you are committed to its great work in the community.

When sending in cheques, cash or credit card information, ensure you are sending your gift directly to the charity. Visiting the organization directly or making a donation online means you can keep better track of your gift and maximize its impact.

Designate your gift to a project or piece of equipment. Your research has shown you that you can trust your charity to make good decisions about how you allocate the money you have donated.

Once you have made your gift, see your donation as an investment. It is more impactful to give larger donations to one or two charities rather than to several small donations to various charities. Create a relationship with your organization and stay up to date with its events and milestones to ensure the organization continues to operate efficiently and proves that your donation was impactful. **HWS**

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WALK RIGHT FOR YOUR FOOT TYPE

Feet are the foundation of the body, and when it comes to running or walking it is critical to get the right shoe for your foot type to help prevent any strains or injuries to the body. There are three types of support for running shoes; Neutral, Motion Control and Stability.

A neutral shoe is good for the high arch types (supinators) or a neutral foot type, and for the majority of people wearing orthotics. These shoes tend to be more cushioned and do not have any motion control built into the sole.

A mild motion control shoe has a small amount of arch support built into the sole of the shoe. These shoes have a higher density foam in the arch compared to the rest of the sole, which make them perfect for people who have a mild arch collapse (pronation) and for those not wearing orthotics.

A high motion control shoe is the most supportive running shoes offered and are perfect for those with flat feet or severe overpronation. These shoes have a high-density foam or plastic in the arch of the sole to help prevent excessive pronation.

Book an Appointment today with a Canadian certified Pedorthist at Elio's Foot Comfort Centre in Thorold and see what type of shoe is best for your foot type. **HWS**

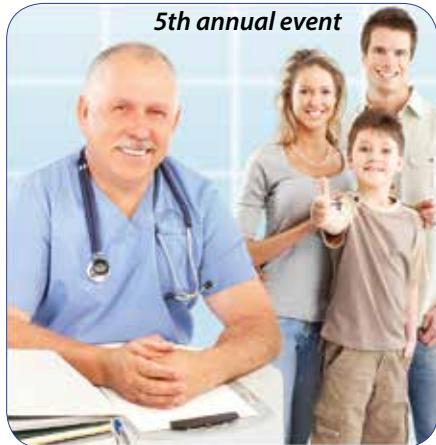
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40 15TH ANNUAL UNDER FORTY BUSINESS ACHIEVEMENT AWARDS

Business Link Media Group proudly recognized 40 of Niagara's finest at the 2018 40 Under Forty Business Achievement Awards. Over 350 young people, 40 Under Forty alumni and special guests attended the 15th anniversary gala event which took place at the Holiday Inn & Suites Parkway Conference Centre in St. Catharines.

Jack Peets of 102.9 K-LITE FM's Midday Show was master of ceremonies and introduced the 40 award recipients which included local entrepreneurs, business professionals and members of the non-profit sector. Past award-winners Chiara J-Megna of BayShore Groups, Briar Krieger of 8 Week Challenge Inc. and Brandon Currie of Sun Life Financial were also on hand to offer their encouragement to the 2018 slate of winners.

"We'd like to congratulate this year's winners – and thank everyone who took time to nominate these outstanding individuals," says Adam Shields, president of Business Link Media Group. "Without their efforts, these people might not have received the recognition they deserve."

Since 2003, Business Link Media Group has proudly sponsored the 40 Under Forty Business Achievement Awards which recognize 40 business

600 and Counting! *Business Link celebrates Niagara's New Leaders at 15th anniversary 40 Under Forty Gala*

people under the age of 40 for their business success and contributions to the Niagara community. In the past 15 years, Business Link Media Group's 40 Under Forty Business Achievement Awards have recognized 600 of Niagara's next generation of business leaders.

"These annual awards wouldn't be possible without the generosity of many businesses and volunteers," Adam adds. "We'd like to thank our many sponsors and patrons for seeing the value in these awards and their ongoing support."

Serving the Golden Horseshoe since 2003, Business Link Media Group is a leading media firm that develops direct mail B2B publications, magazines, specialty custom publications, event programs, social media and on-line platforms. Some of its many publications include The Business Link Niagara, The Business Link Hamilton, All In The Family Magazine and HWS – Health, Wellness & Safety Magazine. **HWS**

In order to nominate an individual for the 2019 40 Under Forty Business Achievement Awards, please call Julie Van Ruyven at 905.646.9366, email juliev@businesslinkmedia.com or go to www.businesslinkniagara.com/40-under-forty.

A New Approach to an Old Undertaking

Considerate Cremation & Burial Services Inc.
makes arrangements easy, transparent and affordable.



Provided by Considerate Cremation & Burial Services

ONCE clients contact Considerate Cremation & Burial Services they quickly understand that the process of arranging services can be a very comfortable process. Whether they are seeking services needed at the time of death or pre-arranging for future need it is very clear that Holly Prince-Jensen & Bruce Keating McClelland provide a relaxed environment and an approach that is very welcoming.

Considerate Cremation & Burial Services prices are affordable - typically their charges are approximately 30-50% less than most traditional funeral homes. Their facility boasts a modest office and all services are held at off-site locations. As independent owners/operators and funeral service providers Holly & Bruce offer all service options; basic burial or cremation, graveside service, celebration of life gathering, memorial service or a traditional funeral service including green burial options. They assist all families, at no charge, that they are privileged to serve with looking after Estate Fraud Protection, cancelling SIN & Health Cards and helping with completion of the CPP Death Benefit & Survivor's Benefit forms.

Since their doors opened, December 2016, they have been the preferred funeral provider for many families. Holly recalls hearing that "This is a '*Breath of fresh air!*', by many people, annoyed that they were being pushed into ever increasing charges from the traditional funeral providers for even the most basic of services." Holly & Bruce have both worked elsewhere in their careers of over 20 years and knew there was a better way to serve families. They had noticed an opportunity to share with clients a way to provide services at a charge that was fair to their needs and budgets.

When someone is faced with searching out the *bottom line* at another provider they will likely encounter an answer of "About this much plus a

few more things." When a client contacts Considerate Cremation & Burial Services they are very surprised to be given a clear outline including to the penny what charges will be all for the services they desire. "It's amazing to us that so many clients have had issues obtaining prices elsewhere. Here we are all about full transparency & believe it's the only way to treat clients. We would not like to be mislead so we would never do that to others." Bruce specified. Both, Holly & Bruce, *strongly believe that by being upfront with no hidden charges*, that this will show their clients that there is in fact a clear and comfortable way to navigate through the process of final arrangements. After all it's not something that people deal with very many times throughout their lives. Bruce cited "People may not make arrangements more often than once every 15-20 years and some people may never be the person in charge until they themselves may be 50. It's not an overly familiar process for many and that leads to some of the awkwardness about it, therefore we try to ease the process as much as possible."

"We are a select provider of a very valuable service to those that commute or travel." Holly pointed out. This service is called Safe Return Assistance Plan. It covers all costs associated with bringing home a loved one who dies 100 km (60 miles) or more from their legal residence no matter where a death may occur anywhere in the world. The charges to bring someone home from a distance may range between \$3,000.00 - \$12,000.00 depending upon the distance and procedures involved and this protection is available for a one-time membership fee that covers the member for the rest of their life for under \$500.00. There is no need to front any money for charges, simply one phone call takes care of the entire process should it be required. This service is available to be purchased outside of having a pre-arranged contract in place.

Over the past year there has been enough interest from the region to

allow for the addition of another funeral director and they have asked Nancy Reimer to join them; she has been compassionately caring for families for the past 35 years. She is also a Certified Funeral Celebrant. In the past, Nancy was a member of the Grantham Lioness, St. Catharines Business Association, Chamber of Commerce, the Zonta Club of St. Catharines; and she has volunteered at Niagara Children's Centre, various nursing homes and she currently volunteers with the Lincoln County Humane Society.

There are a variety of ways to memorialize someone after cremation has taken place. Jewellery is one of those ways as they hold some of the cremated remains and are made of glass from Murano, Italy and they are on 925 Sterling Silver chains and there are some lockets and pendants. These are also available in gold. All the jewellery, with a few exceptions, allow for a fingerprint of the decedent to be added as part of the memorial keepsake. There are a few pieces made of stainless steel that are offered too. Another way to commemorate the memory of a loved one would be to encapsulate some of the cremated remains into a piece of glass. Holly & Bruce have a relationship with a Master Glass Artist who provides them with one of a kind pieces that are custom made with input from the family as to meaningful colours, shapes and overall designs.

They offer pre-arranged service options. Your final wishes are guaranteed against inflation based upon the original agreement. Pre-paid funeral funds are held by an investment firm and are fully insured and guaranteed in the same manner as other financial institutions are controlled and regulated. If you are interested in reviewing the options and making your wishes known without having to pre-pay; they will record your wishes and keep them on file at no charge for future reference if you prefer that service.

"The caskets and cremation containers that we offer our clients are exclusively made in Ontario & Quebec. We feel that it's important to supply Canadian products as much as possible and to help our own economy." Bruce added.

They are the proud recipients of the CHCH TV 2017/2018 Business Excellence Gold Award Winners for Funeral Service Providers. Holly & Bruce are thankful to those that they have been entrusted with assisting in their time of need for the nomination and votes. **HWS**

Considerate Cremation & Burial Services is located at 52 Scott Street West (between Ontario Street & South Service Road), St. Catharines, Ontario, L2R 1C9. For more information please call 289.362.1144, email info@ccbsscares.ca or visit ccbsscares.ca

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"Here we are all about full transparency and believe it's the only way to treat clients..."

-Bruce Keating McClelland



Cremation jewellery



Hand painted unique glass urns

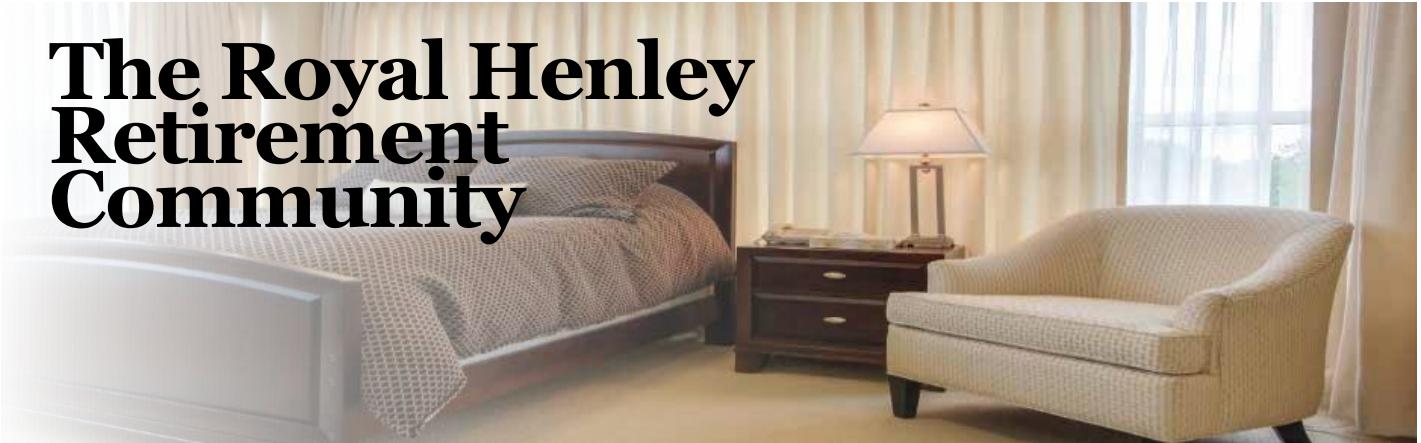


Hand made/painted keepsake urn



Considerate Cremation

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meals are prepared by our executive chef which includes an a la carte menu. We have a daily calendar of activities that include outings on our shuttle bus, exercise options in our CLUBfit centre, aqua fit classes in our heated salt water pool, entertainment and so much more! Your well being and safety is our number one priority so we have Registered Nursing Staff on site 24/7, available for both independent living and assisted living. We want our residents to enjoy life. That is what vibrant seniors living is all about! **HWS**

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Seniors Adapting To The Davinci Stick



By Linda Upham

Are you wondering what a Davinci Stick is? If you were a boxer, you may know. But if not, you should read on.

The Davinci stick is amazing. It is beneficial for all people of all ages. It is literally a stick which is long and a hexagon in shape. Its use is to exercise with in order to create balance and strength. The Davinci stick acquired its name after Leonardo Da Vinci, the renowned artist. One of his famous works of art is the Mona Lisa. Leonardo created the Vitruvian Man – the figure with four arms and four legs now used as the logo of choice for chiropractors and other health professionals. Davinci created the Vitruvian Man as a universal symbol for love, relationships and health.

The Emerald Retirement Residence has introduced this form of exercise through our activities director, who discovered personal trainer Giacomo (Jack) Villella who runs the Divinci Stick exercise program. Jack will explain the concept of the Davinci Stick. He will also refer to the importance of the height and arm span, the size of the stick, and how it strengthens and stabilizes the human body.

Balance and strength are extremely important for seniors. The longer the strength in their core and balance, the longer they can enjoy the later years. Here are some testimonials from our residents who are participating in our weekly class Davinci Stick program:

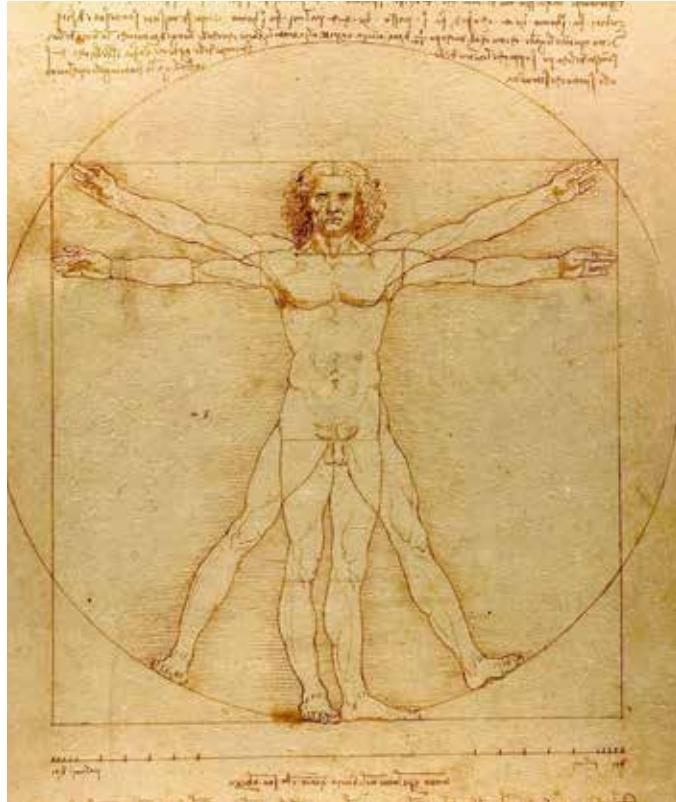
Foster Rathbone: "I found it hard to stand up but through these classes, my strength and balance are getting better. One exercise was to put the stick on our legs. I found it hard at first and Jack, our instructor, gave me a little help. It then became very easy to do. I can now stand without the aid of the stick. I recommend this program to anyone."

Mario Dimmizio: "After suffering two strokes and several heart attacks, and getting a pacemaker, I feel safer using the Davinci Stick. Thank you to Jack and the Emerald for introducing me to the Davinci Stick. I feel much stronger, and I'm so glad I joined the class."

Ann Botyle: "I am very pleased the class is here. Being a stroke patient, it has helped my left shoulder and arms. The different exercise has helped me with everything. I have a stick of my own now, and I do the things I have learned on my own. It has given me extra strength."

Mario Diramio: "It is so good. I find that Jack is so helpful. He has helped me with posture. I have a walker and a cane – but the Davinci Stick is helping me overall with my balance." **HWS**

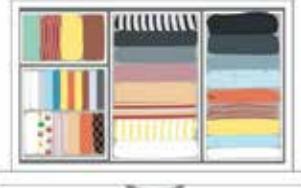
The Emerald Retirement Residence is located on 5807 Ferry Street in Niagara Falls. For more information, call 905.358.2500, email leasing@emeraldresidence.ca or go to emeraldresidence.ca.



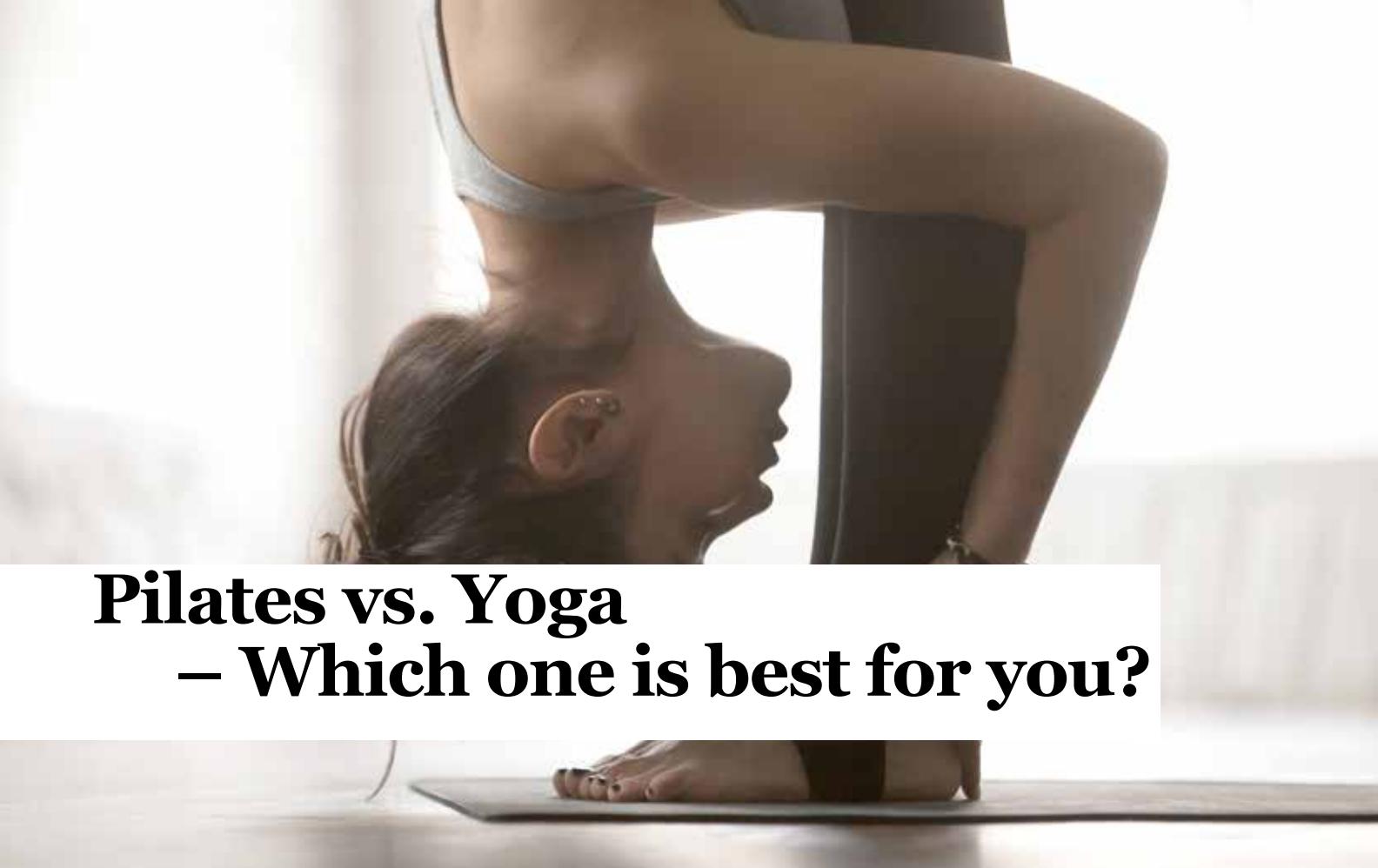


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Pilates vs. Yoga – Which one is best for you?



By Allison Kares

THERE is often a misconception that Pilates and yoga are the same. Although both methods have their roots in mindful awareness of movement, there are some key differences that separate these two disciplines.

1.Yoga is a mat based class that can include small props to assist you with achieving the movements. In the Pilates method, the original set of exercises created by Joseph Pilates was mat based. He later developed many pieces of large equipment to help people make more effective and efficient movements and body connections. The reformer is a key piece of equipment used in a Pilates studio that uses springs as resistance for the exercises. The springs can act as assistance as well as resistance to provide supported movement, more effective muscular connections, increased mobility and flexibility and strength without straining. Many times, when first entering a studio, clients believe they need to start with mat work to progress to the equipment. Nothing could be further from the truth. The smooth moving equipment is a perfect place to begin, especially for those dealing with back pain or recovering from surgery. People often assume you need to be able to tie yourself into a pretzel to do yoga. In Pilates, we focus on optimizing movement and gradually increasing range of motion in the spine and extremities.

2.Often people tell us they do yoga to help them relax. Did you know that one of the foundational principles of Pilates is concentration? “Concentrate on the correct movements each time you exercise, lest you do them improperly and thus lose all the vital benefits of their value,” says Joseph Pilates. This inward focus helps to calm the mind and relax the nervous system to help achieve a more connected whole-body approach

to exercise. Like yoga’s focus on relaxing the mind and releasing tension, Pilates achieves a similar effect through inward focus of your body moving in space. Think of it as moving meditation.

3.Breath is a key component in both yoga and Pilates. Although taught differently and often used for a different purpose, both methods will help you breathe with ease and release tension through breath techniques. In Pilates, breath is also often used to facilitate movement and support the spine. When we inhale, our spine naturally extends and when we exhale our spine naturally flexes. We use this breath pattern to help make these movements easier to achieve. An exhale also helps to naturally engage the core muscles (pelvic floor, deepest layer of abdominals, spinal stabilizers and diaphragm) so it can be used to create support for those who are struggling to find connection with the deep muscles of the body.



Whether you practice yoga or Pilates, the attention you’re bringing to your movement and your breath will create a healthier, happier lifestyle. The two methods can be a perfect complement to each other and by practicing both, you can maximize your benefits. In the wise words of Joseph Pilates, “Be in control of your body, not at its mercy.” **HWS**

Allison Kares is the owner of Movement Unlimited Inc. She has been teaching in the health and fitness industry for over 28 years and specializes her programs to focus on core restoration, pelvic floor dysfunction and therapeutic exercise using the Pilates method. Allison makes presentations regularly on the topic of pelvic floor health and is the leader of a team of expert trainers that can help you move better and feel better. Contact her at 905.892.1239 or allison@movementunlimitedinc.com.

Pricing for Profit Growth

By Tracey MacKenzie

A COMMON MISTAKE that people make in the profitability of their business is following a “cost + margin” model. While one of the simplest and easiest models to implement, it is not always the best strategy.

A “cost + margin” strategy is a good place to start but can lead to many pricing errors.

Other things you want to factor in include:

1. Competition – Who else is selling the same thing and what are they selling it for?
2. Like products – What else do you sell that is comparable and what does it sell for?
3. How much are you selling – Not selling what you expect to could be an indicator that your price is too high or too low.
4. Positioning – How are you positioning yourself in the market place?
5. Market Expectation – What do your customers expect to pay for what you offer?
6. Value Proposition – Is there something unique about your product that you can charge a premium for?

There are somethings that it makes sense to sell at a 20% or 80% margin. Many businesses work on a flat 35%, 40% or 45% model which means you may be leaving money on the table or driving business away. **HWS**

Tracey MacKenzie is the chief visionary officer at Power Profits. To find out more, call 905.401.0765 or go to www.powerprofits.ca.

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Apprentice Instructor

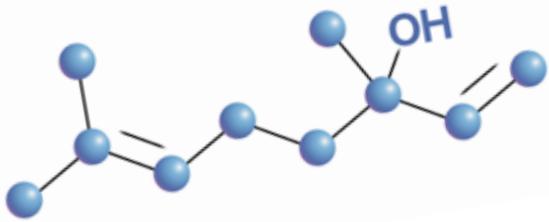
Stefanie is a graduate of the Fitness and Health Promotion program at Niagara College and has chosen to further her passion for movement by completing her certification in STOTT Pilates.

Pilates has helped Stefanie discover how to move her body with greater purpose and strengthened both her mind and body dramatically. Having an eye for detail, a creative mind and heart full of passion, overcoming obstacles and challenges can be a journey we can achieve together through developing functional practical movements.



 **Movement Unlimited Inc.**
movementunlimitedinc.com

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TERPENES:

“Benefits of Cannabis without the High”

By Jason Sebeslav



"We keep changing our minds about moving."

"We're unable to give our parents the help they need."

"What do we do with all our things?"

"Our house needs so much work."

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LEE KNOW is a licensed naturopathic doctor, recipient of several awards, and has held positions as medical advisor, scientific evaluator, and director of R&D for major organizations. He's the author of Mitochondria and the Future of Medicine (Chelsea Green Publishing, 2018) and the Director of Scientific Affairs for Cannanda. I had the opportunity to speak with Dr. Know recently about the role of terpenes in stimulating the body's endocannabinoid system for pain relief and other health benefits.

Jason Sebeslav: Dr. Know, there seems to be plenty of research on the therapeutic potential of terpenes, particularly for pain. First, what are terpenes, and second, why haven't we heard very much about them until now?

Lee Know: Terpenes are considered the "active" compounds in essential oils, and although the scientific community has known about these for many years, it's only recently that they're gaining recognition from the general public.

JS: So, are terpenes the compounds that make aromatherapy effective?

LK: Exactly. When we inhale the vapours of essential oils, we breathe in the terpenes, which then get absorbed through our lungs.

JS: What makes the terpenes used in Cannanda's product line unique and so effective?

LK: Unlike essential oils, which contain a mix of various terpenes—many of which may not contribute to the effect you're looking for, or just function as a scent—Cannanda starts with isolated terpenes to create our own blends where 100% of the formula is committed to the therapeutic effect you're after.

Think of our blends as super-potent essential oils that are highly targeted to specific biological processes. For example, our CB2 products effectively target the endocannabinoid system.

JS: Most of us were not aware that we had an endocannabinoid system. What is it?

LK: The endocannabinoid system (ECS) functions as the master regulator of homeostasis—balance within the body—and found within every tissue and organ. It's made up of two main cannabinoid receptors (called CB1 and CB2) and "endocannabinoids" (which are produced by the body and mimics compounds from cannabis). When the normal function of our tissues or organs are disrupted, that specific area of the body produces more cannabinoid receptors, which are then activated by our endocannabinoids to bring things back into balance.



JS: The CB2 products are being touted as a “legal alternative” to CBD, which is currently only available by prescription. In simple terms, how similar are they?

LK: CBD is the popular cannabinoid found in cannabis and has tremendous therapeutic value. However, CBD is still a controlled substance and only legally available by prescription; so Cannanda launched CB2, which offers very similar benefits, but 100% legal with no prescription required. Most use CB2 on its own, but CBD users also like to use it as an add-on.

JS: So CB2 isn’t just an alternative but can also be a companion product for medical CBD users?

LK: Correct. On its own, CB2 is used as an alternative to CBD; however, for those already using CBD, adding Cannanda’s CB2 can enhance the effectiveness of CBD. This is especially true for those who are using CBD but perhaps not getting the benefits they thought they would.

JS: Many will be wondering if it’s possible to get a “high” from CB2 or the other blends.

LK: Absolutely not. With respect to the ECS, the “high” is associated with CB1 activation (the main cannabinoid receptor in the brain). For example, when THC the notorious cannabinoid in cannabis—binds to CB1, users will get high. Activating CB2 receptors offers many of the benefits of cannabis, without the high.

JS: What are the main therapeutic benefits of activating CB2 and how strong is the science?

LK: The main benefit would be pain and inflammation, and the evidence is quite compelling. However, CB2 activation has been studied for benefits to heart disease, diabetes, obesity, dementia and Alzheimer’s, Parkinson’s and other neurodegenerative conditions, multiple sclerosis, rheumatoid arthritis, osteoarthritis, chronic pain, digestive disorders, migraines, asthma, and the list goes on.

JS: Are there any medical conditions or situations in which one should not consider using CB2?

LK: We always recommend that pregnant or breastfeeding women consult with their healthcare provider prior to use.

JS: Finally, is there a testimonial or success story that has been particularly striking?

LK: The most profound story is a woman who was getting Botox injections for migraines she’s had since childhood, and she was able to stop the injections after using our CB2. However, I’d say the most common testimonials are related to anti-anxiety benefits, and one woman wrote to us saying she’s no longer on anxiety meds or

antidepressants and able to make it through her anxiety attacks with just our CB2 Wellness Blend (the aromatherapy version). The amazing thing with Cannanda’s CB2 is that it benefits your body wherever it’s out of balance. This is because cannabinoid receptors are up-regulated in those areas, essentially making our products like personalized therapy, but without any complicated tests or procedures. **HWS**

Jason Sebeslav is the owner of The Peanut Mill Natural Foods Market, a full-service health and wellness store in St. Catharines. He has worked in the editorial department of alive magazine and his articles have appeared in many natural health publications. For more information about the store, visit www.thepeanutmill.com.

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Emotions and Feelings: Grief

By Catherine Bradley

EMOTIONS exhibit both positive and negative experiences. When experiences bring about negative consequences, we often get stuck, or have difficulty letting go of that particular emotion or sensation. It can encapsulate us, so much so that it begins to program our state of mind. Over time, it can create an unhealthy belief system, as well as create unhealthy coping mechanisms that affect the overall health of our body, mind and spirit. The primary negative emotions are fear, anger, shame and grief. All other emotions will coincide with these.

In this issue, our focus will be on the emotion of grief. We have witnessed and experienced on a social level, the recent devastations of the Humboldt hockey players' horrific bus crash in Saskatchewan, and the rented van that was used as a weapon to run down innocent people in the streets of Toronto. In fact, this past year has brought forth much grief across our country with the passing of Gord Downie of The Tragically Hip, the floods in New Brunswick and Saskatchewan, the wildfires and floods in Alberta and British Columbia, the inquiries into the death of several aboriginal girls in Manitoba, and the Quebec mosque shooting, just to name a few, not to mention our own personal losses.

Grief is one of the primary emotions most of us have difficulty processing. When it comes to death, we have a hard time letting go. It is the same for broken relationships such as separations, divorces, moving and re-locating. When grief sets in, a deep-rooted sense of loss and trust emerges. We experience this when a loved one passes away, a home is divided, children move to different homes and have to make new friends or start at a new school, the loss of a job or the loss of a pet. Even rescued pets experience grief when they are abandoned by their previous owners or family and placed into temporary shelters. When devastation occurs with the loss of a home or we suffer a tragedy, we feel the sensations of shock, numbness, heaviness, loneliness and emptiness. Grief can express itself as sadness, depression, anger, guarded, longing and despair.

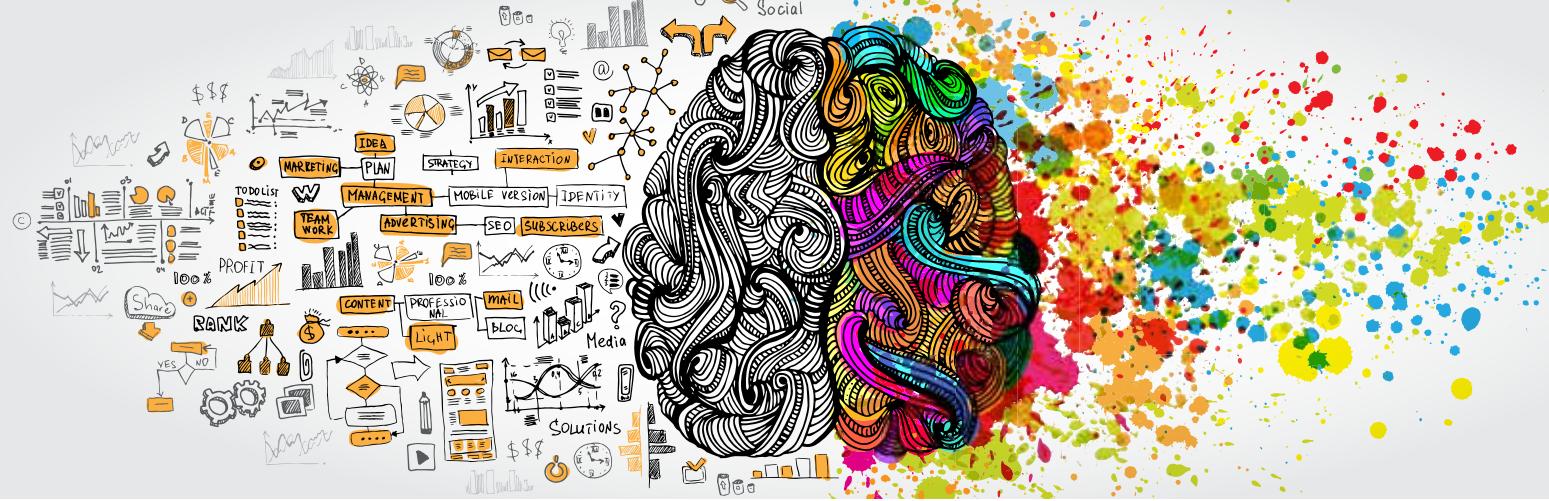
In times such as these, it is of utmost importance we provide support to those suffering, removing judgment, opinions, and attempting to help them work through the pain and discomfort they are experiencing. For those suffering grief, one of the most

important steps is to accept the circumstances for the loss and practice self love. Traumas, challenges and experiences in the form of loss can progressively build into feeling a sense of abandonment, injustice, de-attachment and disbelief, which prevent or allow the feelings of love, affection and intimacy. Many healing options are available. These include engagement with friends and family, community support, traditional therapy, and engaging in activities such as exercise, meditation, creative interests as well as various holistic therapies and treatments.

Feelings cannot be intellectualized. We attempt to reason by trying to make sense of them in a rational way. We methodically break down events, re-play circumstances, make definitive conclusions or even block them out of our conscious mind. By doing so, we imply "thinking of the feeling," rather than the sensations of feeling it, leading to a lack of true expression of the appropriate emotions associated with the experience. Most people don't allow the true value of feelings to be expressed. We push ourselves to perform, and put that magical face on, pretending to the outside world that we have it all together when in fact, we don't. It's not socially acceptable to be angry, sad, ashamed, depressed, afraid, resentful, anxious, grieving or mistrusting, especially for a lengthy period.

We need time and additional support to help us move through the life experiences that consume us in a negative way. The difference we make in another's life is powerful. It is that action of showing compassion, and offering support to the grieving individuals, giving them a sense of safeness to feel, to let those pent up emotions flow out, and to be, by remaining in the moment of those feelings. This will give them the opportunity to heal on their terms and in their own time, however long and deep they may be. Learning to feel is a remarkable experience and yet allows the suffering to slowly fade, replacing it with hope, faith and peace. It can also bring families, friends and the community together. **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.



Brain Health

What do you need to maintain a more efficient healthy brain naturally?

By Maria Ferrara

THE BRAIN is the centre of your central nervous system. It's a sophisticated command and control centre that's responsible for controlling all the other systems in your body. It doesn't matter whether you're talking about physical, emotional or mental – your brain is responsible for it all. To keep a healthy brain, we need sleep, exercise and a balanced diet, and ways to help cope with stress in our life.

Sleep: Studies have shown that sleep supports the formation of new synapses in the brain. Sleep is an integral part of keeping ourselves healthy, not only physically but mentally. Mental well-being has a direct correlation to the amount and quality of sleep we get during the night. Try and limit the amount of fluorescent light you are exposed to during the day and limit your screen time one to two hours before you go to sleep. The light coming from the screens affects the melatonin production in the body which then creates havoc with your sleep cycle. Also, turn off the Wi-Fi at night while you sleep.

A good night's sleep can increase your concentration, attention span, decision making skills, creativity, social skills, overall health and immunity. It can also decrease your mood swings, stress, anger, impulsiveness and cravings.

Exercise: Exercise can help memory and thinking processes in the brain. Exercise improves mood, sleep, reduces stress and anxiety. How much exercise is needed to make a difference to improve memory and mood? Dr. Peggy Richter of Sunnybrook Health Sciences Centre suggests "people with persistent, mild to moderate depressive symptoms exercise three times per week, for 45 minutes to one hour.¹ Other studies have suggested that walking briskly for one hour, twice a week or 120 minutes of moderate intensity exercise can make a difference for memory.²

Balanced Diet: To maintain a healthy brain, try to eat as clean as you can. Choose organic, locally raised food whenever you can. Increase the variety of colourful vegetables in your diet. When choosing your meat, make sure it's hormone and antibiotic free – and preferably free range/grass fed, not grain fed. Increase healthy fats into your diet such as avocado oil, olive oil, fish, more nuts, and seeds. Decrease processed food, sugars and refined wheat from your diet.

Take a good multi-vitamin, plenty of Magnesium, Vitamin C, D, E and B Complex, Zinc, Curcumin, Omega 3 Fatty Acid, and a good quality probiotic. Please consult your practitioner on exact amounts before starting any type of supplement regime.

Decrease Stress: Meditation, yoga and natural brain training may help you cope better with the stresses in your life.

You can exercise your body – but did you know you can re-train your brain?

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Maria Ferrara is a certified NeurOptimal® neurofeedback trainer and the owner of Cognitive Balance. For more information, go to www.cognitivebalance.ca. For sources in regards to the article, please contact Maria

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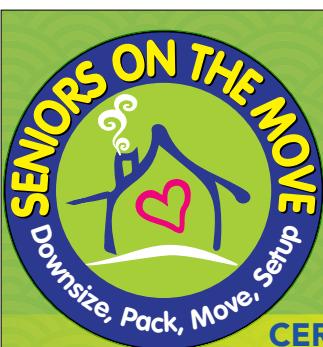
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SENIORS WHO STRIVE

Seniors on the Move Niagara



The Seniors On The Move Niagara team. Back row: Erin, Evelyn, Sylvia and Kelly. Front row: Rosemary and Amy.

By Scott Leslie

WHEN you're downsizing or need to leave your home due to illness or injury, moving can be overwhelming. There are boxes to pack, arrangements to make, and a lifetime of memories to sort. That's when you need someone with experience to guide you through the entire process and make things much easier for you and your family. Someone like the friendly professionals at Seniors On The Move Niagara.

Serving the whole Niagara Region, Seniors On The Move is a full-service moving firm, specializing in making moving easy for seniors who are downsizing or moving. To get the job done, Seniors OnThe Move has an experienced team of eight packing specialists and four movers as well as a 20-foot trailer and access to larger moving vehicles.

Every house is different – so for full service jobs with packing Seniors On The Move provides a free one-hour consultation with the client and their family. Once on board, Seniors OnThe Move can make a floor plan and take photographs of things like china cabinets, curio cabinets and bedside tables so they can all be set up the same way in the client's new home. Seniors On The Move will also donate and recycle as many items as possible through various community programs and charitable organizations.

The Seniors On The Move team prides itself on its quick turnaround times. For example, they can normally pack everything for a two bedroom apartment in one day and have the client's belongings moved, unpacked and resettled by dinner time the following day. That way, a client doesn't have to

SENIORS WHO STRIVE

**With these friendly Senior Move Managers,
relocating to a new home is as easy as 1-2-3.**



A photograph of a senior couple laughing together outdoors. The woman is wearing a green jacket and the man is wearing a light-colored sweater. Below the photo is a teal banner with the text "join the Emerald Community & live a beautiful life". To the left is the logo for Emerald Retirement Residence, featuring a diamond icon and the text "EMERALD RETIREMENT RESIDENCE". To the right is the text "All Inclusive Retirement Residence" followed by the address "5807 Ferry Street Niagara Falls" and the phone number "905.358.2500 emeraldresidence.ca".

worry about having to live out of boxes for days on end or deal with packing supplies and recycling. Some clients have even commented they're surprised how quickly their new place feels like home – the very first day.

Another thing that sets Seniors On The Move apart is professionalism. As members of the National Association of Senior Move Managers, Seniors On The Move is certified, bonded and insured with a trustworthy and fully-trained team.

Moving can be overwhelming at any age – but clients and their families can rest easy knowing the Seniors On The Move team is ready to do whatever it takes to make your transition as easy as possible. **HWS**



For more information on how Seniors On The Move Niagara can help, call 905.933.0730, email seniorsonthemoveniagara@gmail.com or go to www.seniorsonthemoveniagara.com

The logo for OneSource Moving Solutions, featuring the word "ONE" in a large purple font, "Source" in a smaller black font, and "MOVING SOLUTIONS" in a smaller purple font below it. To the right is the text "Specializing in Senior Moves". Above the logo is a small circular badge with the letters "CRIS" and "CERTIFIED". Below the logo is the text "Complete move and relocation plan Pack. Unpack. Setup. Disposal of Unwanted Items".

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The image shows a young woman in profile, facing an elderly woman who is smiling. The elderly woman is wearing glasses and a grey sweater. Below the image is the text "Helping individuals remain independent".

The logo for EnCompass Home Care Solutions. It features the word "EN" in blue, a stylized compass rose icon, and the word "COMPASS" in blue. Below the compass rose is the text "Home Care Solutions". Underneath the main logo is the tagline "Your concierge of home health care.".

Contact us for your free in home assessment - 289.969.2536
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HEALTH, WELLNESS & SAFETY MAGAZINE

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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) Meningitis is an infection of the protective membranes that cover the brain and spinal column. These days, this rare disease is most commonly found in:

- a) Tillsonburg
- b) North Africa
- c) Mexico and Latin America
- d) Indonesia and some parts of Australia

2) The claim that humans eat a small number of spiders every year when they sleep is:

- a) a proven scientific fact
- b) an urban legend
- c) a whole lot of hooey
- d) both b and c

3) In the past 75 years, the life expectancy of Canadians has increased by approximately _____.

- a) 19 years for males and 22 years for females
- b) 17 years for males and 19 years for females
- c) eight years for males and 12 years for females
- d) 22 years for males, 19 years for females, and three years for Yorkshire Terriers

4) Complete the following sentence.
Lupus erythematosus is _____.

- a) a chronic affliction
- b) a disease where the immune system attacks the person's body
- c) really hard to pronounce
- d) all of the above

5) T.B. is a common abbreviation for:

- a) Tom Brokaw
- b) The Tijuana Brass
- c) The Tampa Bay Buccaneers
- d) tuberculosis

6) The spleen is an organ in the body that's mainly responsible for _____.

- a) cleansing the blood of impurities
- b) regulating digestion
- c) monitoring the body's temperature
- d) The Beatles breaking up

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

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

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