

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

VOLUME 9 ISSUE 2



COVER STORY **A NEW LIFE**

Bayshore Home Health's professional home care services help people lead safer, more independent lives.

INSIDE

**CARING FOR THE
LITTLEST OF KIDNEYS**

**BECOME A THIRD PARTY FUNDRAISER
THINKING OUTSIDE THE BOX
STAYING YOUNG AT HEART AND MIND**

PUBLISHED BY:

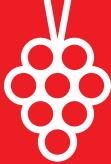


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Photo: Jayne and Bob Hamersma with Bob's RPN Manvir

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The Colour Purple

March 26th is officially Purple Day. And no, it has nothing to do with Prince... Purple Day is an international day that's set aside to help raise awareness and reduce the stigma surrounding epilepsy.

Just what is epilepsy? Epilepsy is a medical condition where a person experiences recurring seizures. These seizures can have a wide range of impacts on someone who's epileptic – everything from numbness and dizziness to muscle spasms and more serious convulsions.

Although certain medications can help an epileptic manage their seizures and some children do outgrow their epilepsy, there's no known cure. And the need for a cure has never been greater. Epilepsy is currently one of the most common neurological disorders in the world. It's estimated that over 50 million people – or one percent of the world's population – suffer from epilepsy.

Purple Day can be celebrated in all kinds of ways – whether it's wearing the colour purple or using the hashtag #purpleday. But the best way to help out is to make a donation. There are plenty of organizations out there like Epilepsy Niagara that are working hard to find a cure for epilepsy and help the millions of people who are struggling with it on a daily basis.

So there's no time like the present to think purple!

Speaking of "present," you're holding one in your hands right now. It's the latest edition of HWS Magazine! This month, we have a cover story on Bayshore Home Health (p16). We also have an interview with Richard Passwater Jr (p25), an in-depth profile of Pathstone Mental Health's upcoming Natural Playground and Healing Garden (p22), and a look at the valuable work being done by Heart to Home Meals (p26). **HWS**

Want to touch base? Just drop us a line today at
adam@businesslinkmedia.com.

Yours in health,
Adam Shields
President
Business Link Media Group

PUT HEART HEALTH FIRST FOR A LONGER LIFE

Provided by NewsCanada



EVERYONE SHOULD take steps at all life stages to protect against heart attack and stroke. This is especially important for people who have diabetes. In fact, approximately one in two people with type 2 diabetes die from heart disease, making it the most common cause of death.

People living with diabetes are up to three times more likely to be hospitalized for heart health problems, and may develop heart disease 10 to 15 years earlier than those without the condition.

Award-winning singer and songwriter Jann Arden understands the impact diabetes can have on a loved one.

"My dad had diabetes, and many other health problems, including heart disease," she says. "I was surprised to learn the two conditions were so strongly linked. It's important to know your risk and take action to protect your heart health when you have diabetes."

Symptoms associated with heart problems can be silent. Risk factors – including uncontrolled or high blood pressure, poor diet, lack of exercise and smoking – can put a person at increased risk of developing heart disease.

Fortunately, understanding the connection between diabetes and heart disease can better position you to take preventative steps to help reduce your risk. Listening to your body is important too. For example, signs like leg cramps when walking or chest pain are worth mentioning to your doctor.

According to Diabetes Canada, there are several ways you can help reduce your risk of heart disease, like controlling blood pressure and cholesterol, managing weight, avoiding smoking, and taking medications to protect your heart.

Speak to your doctor about what you can do to lower your risk and take a risk assessment at www.myheartmatters.ca. **HWS**

Article courtesy of www.newscanada.com.

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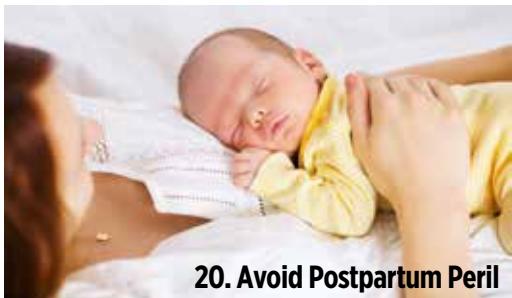


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Cover Story
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A NEW LIFE

Bayshore Home Health's professional home care services help people lead safer, more independent lives.

Photo credit: Rob Petruzzo

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



It's the most wonderful time of the year! Spring Cleaning!

By Rachel Epp

FOR ANYONE WHO KNOWS ME, they know I love to clean. There is nothing more relaxing than putting on some music, pouring myself a glass of wine and getting down to it. However, let's be real. We all know spring cleaning isn't an easy thing to do. Let's talk about this daunting task and discuss tips and tricks to make this project more enjoyable.

Dusting: Microfibre cloths are great for dusting. The cloths will attract and pick up the dust while you clean instead of just moving it around. These are great for harder to reach spaces such as ceiling fans and shelves. Take everything off your shelves and give the shelves and each item a good wipe down.

Disinfecting: Be sure to disinfect door handles, light switches, light fixtures, handrails and bannisters. Flip your mattress and spray with a mattress cleaner or natural disinfectant.

Organizing: When it comes to organizing, remember the golden rule – if you haven't used it in over a year, consider letting it go. My famous tip for clothing is to flip your hangers the other way. After a year, if the hanger remains that way, it's time to let it go. There are so many organizations looking for new or gently used items in your local area. Before you throw something away, consider donating to someone in need.

Work from Top to Bottom: When cleaning a room, always work from top to bottom. Start with the hard to reach areas then tackle the dirt and grime on your walls. You wouldn't believe how dirty your walls can get! Window screens are a trap for dust and allergens. Be sure to wipe down all windowsills, tracks and screens before opening a window for fresh air. Always finish with vacuuming.

Spring cleaning time is also a good time for home safety checks. Check the batteries in your smoke detectors and carbon monoxide detectors to make sure they are working properly.

As you begin to dive into spring cleaning, remember my most important tip: Be realistic and do it when you have the intention to do so. This is not a one day task and you won't be productive if you are forcing yourself to do it. Always remember to take breaks, relax and enjoy!

You can purchase bare. at www.cleanwithbare.ca or visit our retail location at 341 Merritt Street in St. Catharines. **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 Misses Clean at missesclean.ca.

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Caring for the Littlest of Kidneys



Provided by Hamilton Health Sciences

MARCH IS NATIONAL KIDNEY MONTH, a time for people across Canada to think about the importance of healthy kidneys to both themselves and their loved ones.

Kidneys play many important roles in the body such as filtering waste products and controlling blood pressure. When kidneys cease to function properly, the health consequences can be severe.

Sometimes the littlest of kidneys require care, as even newborns can suffer from kidney disease. Treating patients from those first moments of life to the teenage years, McMaster Children's Hospital is committed to offering specialized pediatric kidney care for patients throughout the region from Niagara Falls and Guelph to Oakville and Brantford.

"We are the only pediatric nephrology service available in the region," explains Marian Girodat, hemodialysis nurse at McMaster Children's Hospital. "We help patients who have conditions that are beyond what family physicians or community hospitals have the expertise to treat."

Patients who require the care of pediatric nephrology include children and youth with congenital kidney abnormalities, and those with reduced kidney function as a result of other medical conditions such as kidney cancer, diabetes, hypertension, physical trauma and autoimmune disease.



The nephrology specialists at McMaster Children's Hospital offer a complete range of clinical services including hemodialysis, peritoneal dialysis, and pre and post-kidney transplant care.

"You can't live without your kidneys, which is why it's so important to take care of them," says Marian. "Kidney disease is potentially life-threatening and it requires extensive care. Some of our patients visit us three times a week and require dialysis for up to four hours each time. That's one reason we're so grateful for the new, more comfortable hemodialysis space."

After months of extensive renovations, McMaster Children's Hospital celebrated the opening of its Hemodialysis Clinic in July. The redevelopment was made possible by the Caring for Little Kidneys campaign, which was created by Charlotte and Tim Blevins, owners of Reid's Heritage Homes, who were inspired after their daughter received lifesaving care. The \$650,000 donor-funded campaign enabled the hospital to create a standalone clinic for this unique group of patients.

The clinic now features three customized treatment areas, which can accommodate patients in a hospital bed or wheelchair. Treatment areas are colourful and adorned with a building-block theme, and include age-appropriate toys and electronics to keep patients occupied during prolonged treatment sessions. Comfortable seating is available for parents and other family members so they can accompany children during treatment.

"It is extremely gratifying to help patients in their journey and donors are very important to the work we do," says Marian. "Their support makes it possible for us to have a beautiful clinic like this." **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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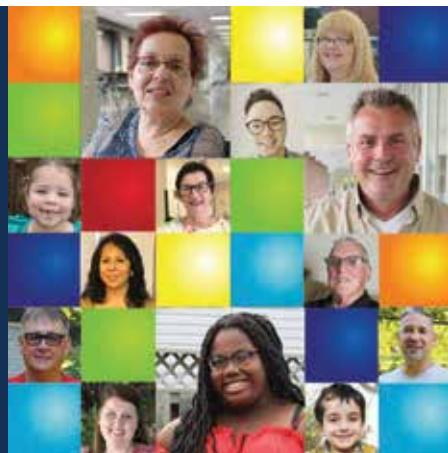
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Become a Third Party Fundraiser

Provided By Hotel Dieu- Shaver Foundation

INDIVIDUALS AND CORPORATIONS are now more than ever empowered to support causes dear to their hearts by hosting their own in-person or virtual fundraisers. With digital aids and social media, hosting a third party event has never been more attainable.

What is a Third Party Fundraiser?

A third party fundraiser is an initiative brought forward by an individual, service group, service club or business that wishes to raise funds and awareness through a planned activity designed, managed, and financially resourced by the external participants (not the charity of choice).

Third party fundraisers can come in all shapes and sizes but typically fall into three categories: challenge events, community events, and personal campaigns.



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- Walk-a-thon**

TIPS ON PLANNING A THIRD PARTY EVENT:

Choose an event that fits your image and maintains your values and the values of the charity.

- Determine the goals for the event.
- Create a budget for the event.
- The cost to run the event cannot exceed the funds raised.
- Set a date, time and location.
- Create a standard sponsorship package with various levels of giving to approach corporations for support.
- Consider what items will be needed for the event: food, drinks, decorations. Try to get as many items donated by local businesses as possible to lower your event costs.
- Determine how many attendees are needed.
- Surround yourself with a good support system and reliable volunteers.
- Make a schedule for the day of the event.
- Research tax receipting rules for third party events.
- Acquire the necessary licenses and permits, if needed.
- Publicizing the event will help make it a success! Use word of mouth, local newspapers, online community event calendars and social media.
- Most charities have a third party fundraising guide or policy in place. Make sure you speak to your charity of choice prior to planning your event to see how they can help.
- By executing a third party fundraiser, you'll be able to engage, educate, and introduce an entirely new group of individuals to your charity of choice and help make a difference in the lives of those in your community.
- Best of luck and have fun! **HWS**

To plan a third party fundraiser for Hotel Dieu Shaver Foundation, please visit www.hoteldieushaver.org/site/ways-to-donate.

For information on planned giving, visit hoteldieushaver.org or call 905.685.1381. Your gift will make an incredible impact on health care in Niagara.

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Right to Left: Volunteer Jordan Clark, sales representative at RE/MAX Garden City Realty Inc.; Betty-Lou Souter, CEO of Community Care; and James Symons.

Thinking Outside the Box

Thorold man launches new “tool box” campaign for Niagara’s homeless

By Scott Leslie

WINTER IS ALL BUT OVER. But the warm glow that James Symons brought to the lives of many homeless people this season is still burning bright.

A Thorold native and front end assistant at Costco Wholesale, James recently came up with the idea to help Niagara's homeless men out by putting together special shoebox kits.

Designed to help the men deal with the elements, these “tool boxes” included such things as socks, underwear and toques – as well as various sundries like soap, shaving cream, a toothbrush and toothpaste, and shampoo. To add a little fun to the mix, James would include a more entertaining item like a book of crosswords or deck of cards.

According to James, his “Tool Box Project” came together rather quickly. A frequent volunteer at the Southridge Shelter, an emergency hostel in St. Catharines, James had noticed last year that the amount of male clients there was growing substantially. He was also getting frustrated at the lack of assistance out there for the homeless – particularly with the holidays coming up.

“They would have 50 men in there on any given night,” James says of the shelter, “so I decided to turn a negative into a positive.”

Last November, James decided to announce his new Tool Box Project on Facebook and put out a call for donations. The response was nearly immediate.

“The next day, things were going crazy,” he says. “We had hockey teams, realtors... Everybody was stepping up and offering to help out.”

In fact, the call for donations was so overwhelming that James eventually collected enough material to produce 360 tool boxes – far more than the 25 he'd anticipated.

As the holidays approached, over 40 of James' friends, family and co-workers got together at The Village Church in Thorold to help assemble and wrap everything. The resulting tool boxes were distributed through several

local charities and initiatives including the Southridge Shelter, Community Care, Out of the Cold, Start Me Up Niagara, and the Salvation Army.

James said it was a great feeling to see the look on the men's faces when they received their boxes.

“People had never received anything like this before,” he says. “I gave a box to one guy and he came up later and shook my hand. He couldn't believe we were doing this for them.”

That spirit of giving runs deep in the Symons family. When James was growing up, he was always impressed by the selfless behaviour of his late grandmother Agnes. Widowed at an early age, Agnes had to raise two children by herself but would often make time to help a woman up the street with her own children.

“You have to go about your life and keep moving,” James explains, “and my grandmother felt it was in her to give. She put everyone ahead of herself.”

That formative example has had a huge impact on the way James leads his life. In recent years, he's been a busy volunteer in the community, acting as a board member for Contact Niagara and organizing Thorold's Rubber Boot Walk, raising over \$60,000 for Community Care and the Niagara Life Centre.

But despite his busy schedule, James has no plans to close the books on his successful fundraiser. He and his volunteers are just getting warmed up.

“The generosity in the community has been amazing,” James says, “and I can't thank everyone enough for their help. We're already starting to get ready for the next campaign and have a goal of 1,000 boxes. There's been talk of expanding into Hamilton but right now, I want to focus on the St. Catharines area where it's needed most.” **HWS**

The 2018 Tool Box Project For Men is currently accepting sponsorships, donations and volunteers. For more information, contact James Symons at jamessymons79@gmail.com.

Underdogs Boxing Club

NIAGARA'S FIRST AND ONLY WOMEN-LED BOXING CLUB HAS CLASSES FOR EVERYONE.



By Laura Ip

WHY BOXING? THAT'S A GOOD QUESTION.

I certainly didn't grow up with dreams of boxing or opening a boxing club. The answer, though, is quite simple. In addition to boxing being an incredible full body workout, it has a number of other benefits going for it. It's cathartic, empowering, invigorating, and, yes, it's therapeutic.

Underdogs Boxing Club is Niagara's first and only women-led boxing club in the Niagara region. Our board is 75% women and our coaches are 100% women. That said, we have classes and programming for everyone. We are open to everyone, regardless of age, gender, race/ethnicity, gender identity or expression, sexuality, religion, etc.

We are committed to coaching proper boxing technique in a non-intimidating environment. We want you to realize the physical and mental health benefits of boxing in a gym where it feels like you're being coached by and working out with your friends. No one gets hit at Underdogs Boxing Club, we are strictly no-contact, so members workout on heavy bags and, sometimes, with a certified coach whilst she wears hand pads and a body protector.

At Underdogs, we are working with members as young as five years old – in our blossoming youth program – to members who are 65 and up. Our members tell us they feel safe and welcome in our gym and that they are realizing real physical and mental health benefits, including

more flexibility, better endurance, improved cardiovascular health, better overall fitness, better sleep, and reduced anxiety.

In addition to offering boxing classes to women, men, and youth, we are also home to Shape Your Life – Niagara, a recreational boxing program for women-identified survivors of violence. Shape Your Life has been running in Toronto for 10 years, and we've recently brought it to Niagara to support survivors in our community. Trauma research indicates that survivors benefit from a physical outlet (in addition to traditional therapies) as they heal. And, because we know that youth need a similar outlet to heal from and hopefully avoid future trauma, we have recently launched a workshop series called The Empowerment Project for 12- to 17-year-old girls and non-binary youth, where we coach a boxing lesson for 90 minutes and discuss gender, healthy relationships, what empowerment is, and body image and body positivity.

Underdogs Boxing Club is a non-profit organization that works to partner with existing community supports and provide additional supports where necessary. We would love for you to come in for a free trial class. **HWS**

Laura Ip is the founder, president, and head coach at Underdogs Boxing Club. You can reach her by email at laura@underdogsboxing.org or visit their website at www.underdogsboxing.org.



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Staying young at heart and mind

By Linda Upham

GETTING OLDER isn't something we always look forward to in life. However, that doesn't mean you still can't enjoy your retirement years and be a senior. For instance, when you reach senior status, there are discounts at the pharmacy, fast food restaurants, and many other businesses and services. And your government finally starts to give you a little money back for all the years you worked or stayed at home to take care of your family. Yeah!

But there are several things you can do to turn back the hands of time and keep your mind and body as young as possible. Here are a few helpful tips:

Keep your mind active. Try to learn something every day. Read or use a computer to look up interesting stories or play games. Or just use Google to see the world and visit places you've never had a chance to see. Your library or seniors' centre can be a big help on that front.

Daily exercise, even if it's just stretching from a chair, is important for the brain and circulatory system. Your local community centre can also help you find a class that matches your interests. If you're still able to dance, moving around to music is a great way to keep your body strong and supple.

Be social. Get involved with a local charity or try volunteering at a hospital or retirement residence. You can even join a service club like a Legion Hall or seniors' centre.

Don't make the mistake of getting glued to your T.V. That's okay in small doses but don't make T.V. your life. Go for a walk or visit a friend or relative. Interaction is particularly important as we get older in order to keep our brains stimulated.

You're never too old to learn something new as long as you don't try to tackle anything too difficult. Even painting or colouring can keep your mind active and give you a real feeling of accomplishment.

Enhancing your brain, your health and your outlook on life are all part of staying young at heart and mind. Remember, there's an "old" saying that goes, "When I look out of my eyes, I still feel 18-years-old. It's just when I look in the mirror that I realize I'm not!" **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.

Music To Your Ears

By Mike Pihura

IN MY AUDIOLOGY CLINIC, I often assess patients for an “Auditory Processing” weakness. In addition to doing a conventional hearing test, other more complex tests are done. These tests are designed to challenge your “listening” skills and discover any deficits.

During this test, we look at the following issues: How do you handle speech-in-noise? Can you separate what’s heard in your left ear from your right? Can you lock in on one ear and ignore input to the other – and can you also identify what’s happening in both ears? This is called Dichotic listening (stereo). We also look at the ability to identify a high-pitched tone versus a low-pitched tone, and if you’re able to tell the difference between a long versus short duration tone? Can you detect auditory patterns and remember them? Can you understand fast speech?

Musical training teaches you skills to do all of the above. When I see a child who has had past musical training, they often breeze through these tests and say they’re very easy. This makes sense because music trains you to listen to complex/detailed information and remember it. Music calibrates your brain – it teaches you what is loud or soft, fast or slow. It also requires that you pay attention.

Therefore, if your child has an auditory processing weakness or poor listening skills, music lessons are the best therapy available. It’s fun, and they learn a skill, which builds self-esteem.

Music to parents’ ears!

Auditory Processing problems are also seen in adults – even if they wear hearing aids. Problems that indicate this include:

- Understanding conversations at social settings.
- Trouble handling fast speech.
- Difficulties hearing when there is noise present.

Ultimately, the brain interprets what your ears send it. Music makes your brain function in many areas and keeps it active. It is also enjoyable and can be therapeutic. Music to everyone’s ears! **HWS**

Mike Pihura is an audiologist and owner of Family Hearing Clinic is located at 33 lakeshore rd (at lake), St. Catharines. For info call 905.938.2479 or see www.Familyhearing.ca



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Photo: Jayne and Bob Hamersma with Bob's RPN Manvir

A New Life

*Bayshore Home
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people lead safer, more
independent lives.*

By Scott Leslie

IN FEBRUARY OF 2011, Bob and Jayne Hamersma were vacationing with friends in Tamarindo, Costa Rica. A few years earlier, the Vineland couple had sold their successful retail operation – Vineland Village Gardens – and retired after 26 years in business. It was time to take it easy and look forward to the simple things.

That's when their lives changed forever.

"We didn't want to sit around reading a book," Bob says of their Costa Rica trip. "We wanted to do something different so we took some lessons to learn how to surf."

It was a fateful decision. While he was out surfing, Bob was hit by a wave and his surfboard slipped beneath him. The board flipped around, breaking his C2 vertebrae – a stage three neck injury.

Fortunately, a doctor and nurse were on the scene to help rescue Bob. But the injury had left him paralyzed from the neck down. Bob couldn't move, speak or eat solid food, and had to be on a ventilator 24 hours a day.

After a few procedures in hospital, the

Hamersmas were flown back home, and Bob would spend the next six months in the ICU at Hamilton General Hospital and another two at the West Park Healthcare Centre in Toronto. There would be many changes in the days to come.

"We tried to get him home," Jayne explains of the transition, "but we had to get our place set up to do so. I had to be taught what to do by a respiratory therapist – and our friends and family had to be given some instruction."

Bob would eventually regain his ability to eat and speak. In order to care for Bob's multiple needs, however, the Hamersmas had to obtain nursing help through OHIP. But Jayne soon realized her husband needed some additional care which could be provided through their insurance company. That meant calling in a home care service provider.

"I looked in the phonebook and Bayshore just jumped out," she says.

Established in 1966, Bayshore Home Health is a compassionate firm that provides a complete range of professional home care

services. That includes home support and companionship, nursing, personal care, meal preparation, housekeeping and cleaning, appointment escort, and respite and palliative care. Bayshore's team of personal support workers and registered nurses are available for short or long term contracts, whether it's an hour or 24/7 live-in care.

In Bob and Jayne's case, Bayshore was able to provide them with an ongoing night nurse service.

One of their regular caregivers is twenty-one-year-old Manvir. A registered practical nurse, Manvir recently graduated from the nursing program at the Sheridan College Institute of Technology and Advanced Learning in Brampton, and joined the Bayshore team in 2017.

"Bob was my first client," Manvir explains. "I've been his night nurse since day one."

As part of her responsibilities, Manvir helps Bob get ready for bed, hooking him up to a ventilator so he can sleep well. Later, at 2 a.m., she'll check in on him and help Bob do a range of motion exercises before turning him over on his side to sleep for the rest of the night. Manvir also administers Bob's medication, manages his trach tube and catheter, and looks after any other concerns Bob and Jayne might have.

"Bayshore's been good about finding people for us," Bob says, "and Manvir's just a ray of sunshine. She's very mature and has a sparkling personality."

Bob and Jayne are particularly impressed with Bayshore's flexibility. Even though Manvir leaves at 7 a.m. for instance, she'll stay another hour to help Bob get ready in the morning, if the Hamersmas' day nurse is unable to make it.

CONTINUED ON NEXT PAGE



Above: Manvir takes Bob's blood pressure. Below: Bob uses eye-gaze software to operate his computer.



Above: Manvir prepares Bob for bed.

"She comes in all the way from Mississauga," Jayne says of Manvir. "The first night Manvir came, she had car trouble – and took the GO bus and a taxi all the way in. She's dedicated and really wanted to accommodate us."

Every year, Bayshore also sends a supervisor in for a home visit to make sure everything is proceeding to the Hamersmas' satisfaction.

"Bayshore has been so good to us," Bob says. "They always try their best."

In the years since the accident, Bob has seen a lot of progress in his condition. He's been able to regain some movement in his legs, hands and shoulders, and breathe on his own during the day. Bob is also able to operate his own wheelchair as well as a computer with eye-gaze software.

"Bob is a real success story," Manvir says. "In spite of being quadriplegic, he has an extremely positive outlook on life and a strong faith in God which grows stronger with each passing day. He's made remarkable improvement since his discharge from the hospital."

Bob continues to take rehab sessions at Hotel Dieu Shaver Health and Rehabilitation Centre and the Brock-Niagara Centre for Health and Well-Being every week. But Bayshore will remain an integral part of the Hamersmas' lives for the foreseeable future.

“God was with us. He provided the right people at the right time. He gave me a new life.”

— Bob Hamersma

Over the years, Bayshore has taken on clients across Niagara – everywhere from Fort Erie, Grimsby and West Lincoln to Niagara Falls, St. Catharines and Wainfleet.

It's a commitment that's helped hundreds of Niagara residents live safer, more independent lives. People just like Bob and Jayne Hamersma.

And the two of them are still counting their blessings to this day – whether it's being rescued from the waters of Costa Rica or having the support of so many friends, nurses and family members.

"We've had one miracle after another on this journey," Jayne says. "We've met all these new people and heard from friends we haven't seen in 40 years."

"God was with us," Bob says simply of his accident. "He provided the right people at the right time. He gave me a new life." **HWS**

Bayshore Home Health is located on 282 Linwell Road, Suite 205 in St. Catharines. For more information, call 905.688.5214, email niagara@bayshore.ca or go to www.bayshore.ca.

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Elio's staff takes great pride in providing you with the best services possible, so save yourself some time and allow the administration team to assist with your insurance claims. **HWS**



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Avoid Postpartum Peril

Safe and effective exercise options
for new moms...and old ones too!

By Allison Kares

I KNOW ONCE I HAD MY BABY, I couldn't wait to get working on my body to get "back in shape." If I'd only known then what I know now, I would have approached things much differently. As new moms, we're often hard on ourselves and expect our bodies to return to a pre-pregnancy state quicker than they are capable of. The rush to fit into our old jeans leaves some key pieces of postpartum health unaddressed. Before you lace up your shoes and hit the gym, stop to consider these key things:

THE STATE OF YOUR ABS

The core muscles which include your pelvic floor, diaphragm and deepest layer of abdominals have all changed in length and strength during the growth of your new little one. This could impact how these muscles function to support your spine and organs. Exercises like crunches don't address how your core works functionally and choices like planks and push-ups are often too much for your core muscles initially. And just sucking in your abs or doing Kegel exercises doesn't restore these muscles fully or optimally.

ALIGNMENT MATTERS

During the development of your baby in utero, your body was adapting to a growing belly bump. Over the 40 weeks, your posture and spinal curves had to adjust to help support the extra weight in front of your body. These changes result in some muscles, especially those in our back becoming tighter. After delivery, it takes time and proper exercise choices to restore the length and strength of our postural muscles. You also need to take into consideration your new functional challenges like carrying a car seat with your bundle of joy along with a diaper bag, holding your baby while feeding, and getting them into and out of a crib.

All these new routines add new demands on your core and postural muscles. The positions you find yourself in can often result in back pain or strain from improper alignment.

LEAKING ISN'T NORMAL

Let me say that again...leaking isn't normal. One drop of urine leaked is the sign of dysfunction in your core muscles, one that can be exacerbated by weakness, tightness or improper alignment. Working with a pelvic floor physiotherapist and a fitness trainer who is trained in dealing with these issues is key to restoring your health and preventing future problems. Breathing, alignment and correct muscle activation without substituting other muscles groups is all part of a balanced program, and needs to be relearned before you jump into boot camp or other fitness regimes.

Looking back 19 years ago now, I was in such a rush to get back in shape, I didn't give myself the time to deal with the lack of sleep, the time restrictions of dealing with a beautiful new person who needed me, and the mental and emotional challenges of becoming a new mom. Now all these years later, I'm still trying to sort out my postpartum body and improve on some of the unhealthy habits and patterns that still need correcting. If I had done my research and taken my time to work smarter not harder, I would have built a better foundation and a healthier body all around. **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.



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Pathstone Mental Health

New Natural Playground and Healing Garden to put patients and their families in a “green” state of mind.

By Scott Leslie

DID YOU KNOW THAT nearly one in five children and youth in Niagara will be diagnosed with a mental health issue? It's a staggering problem – but one the professionals at Pathstone Mental Health are committed to tackling.

Staffed by over 130 full and part-time psychologists, psychiatrists, pediatricians, early childhood educators and social service workers, Pathstone Mental Health offers a broad range of services to Niagara area children, youth and their families including counselling, crisis intervention, family preservation, and residential and mobile intensive treatment.

Last year, Pathstone established a new state-of-the-art treatment facility on the corner of Third Street and Fourth Avenue in St. Catharines known as Branscombe Mental Health Centre. The 60,000 square foot facility includes specially-designed treatment rooms for clients and their families, a community hall, a mental health library, and space for various programs.

But Pathstone's commitment to “mending children's minds” isn't ending there. This year will see the addition of a new Natural Playground and Healing Garden to enhance treatment at Pathstone's 3.76-acre property.

This 10,000 square foot outdoor space will serve Pathstone's clients and their families. In addition to its abundance of fresh air, shady trees and flowering plants, this unique all-natural environment will have several features designed to appeal to the five senses. These include an outdoor classroom, a hanging wooden xylophone, a sideways tree, carved log benches, outdoor chalk boards, a shaded and covered space, and a special sand play area.

“We wanted to expand the type of care we provide at Branscombe Mental Health Centre,” explains Kim Rossi, Pathstone's director of philanthropy and public relations. “Studies show that people with mental health and addictions issues are able to think clearer and improve their coping skills by interacting with a healthy outdoor space. And the goal of our Natural Playground and Healing Garden is to accomplish just that.”

Pathstone's Natural Playground and Healing Garden is specifically designed to



reduce stress and anxiety, foster creativity, and put a child in a better frame of mind. (It's also known as “the green zone” which allows clients to be more receptive and focused during therapy.) The space will provide a quiet outdoor setting for group and one-on-one therapy sessions as needed. Even parents will have the opportunity to connect with their children here following treatments.

The Natural Playground and Healing Garden will be developed by Bienenstock Natural Playgrounds – a Hamilton-based team of designers, landscape



Studies show that people with mental health and addictions issues are able to think clearer and improve their coping skills by interacting with a healthy outdoor space

Bienzenstock Natural Playgrounds has developed dozens of outdoor spaces including this playground for Fort Erie Regional Child Care in 2017.

Photo credit: Bienzenstock Natural Playgrounds

architects, and construction experts. In recent years, Bienzenstock has developed dozens of outdoor spaces worldwide including local projects at Ridley College in St. Catharines and Fort Erie Regional Child Care. Bienzenstock will be working closely with Pathstone's Steering Committee to select and refine the most suitable playground / garden layout.

The first phase of construction is expected to begin this June. In order to make this project a reality, however, Pathstone will focus its fundraising efforts around a \$385,000 target – an amount that will cover the construction as well as ongoing maintenance of the site.

And according to Kim, the new project couldn't come at a better time for Pathstone's clients. In 2017, Pathstone served over 6,250 children – a

number that continues to increase with each passing year.

"When you consider the number of people that'll be coming in contact with this space including clients and families, we're talking more than 15,000 people annually," Kim says. "A garden of this size and scope will impact the lives of thousands of Niagara residents for years to come. We hope the Niagara community sees the value of this project and digs in with us." **HWS**

To find out more about Pathstone's Natural Playground and Healing Garden or to make a donation, please contact Kim Rossi at 905.688.6850 x167, email krossi@pathstone.ca or go to www.pathstonementalhealth.ca.

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There are approximately four million cases of food poisoning in Canada every year. It's especially important for pregnant women to pay attention to food safety. Food poisoning can be even more dangerous to your unborn baby's health than yours.

If you develop food poisoning during the first three months of pregnancy, it can cause a miscarriage. If it happens later in the pregnancy, it can cause your baby to be born prematurely. Food poisoning can also cause a stillbirth or a baby who is born very ill. Because your baby depends on you for everything it needs, it is very important that you are careful about what you eat and how you store, prepare and cook your food.

YOU CAN PROTECT YOURSELF AND YOUR UNBORN BABY BY FOLLOWING FOUR KEY STEPS TO FOOD SAFETY – CLEAN, SEPARATE, COOK AND CHILL.

Clean: Wash hands and surfaces often with warm, soapy water.

Separate: Make sure to always separate raw foods, such as meat and eggs, from cooked foods and vegetables

Cook: Always cook food to the safe internal temperature. You can check this by using a digital food thermometer.

Chill: Always refrigerate food and leftovers promptly at 4°C or below. Some foods carry a higher risk for foodborne illness than others for pregnant women.

HERE IS A LIST OF TIPS INCLUDING FOODS TO AVOID:

- Don't eat raw or undercooked meat, poultry and seafood.
- Avoid refrigerated smoked seafood.
- Avoid unpasteurized juice, cider and dairy products.
- Avoid unpasteurized and pasteurized soft and semi-soft cheeses including blue-veined cheeses.
- Avoid refrigerated pâtés and meat spreads.
- Avoid uncooked foods made from raw or unpasteurized eggs.
- Avoid raw sprouts. **HWS**

For more information, go to www.canada.ca/foodsafety. Article courtesy of www.newscanada.com.

Collagen: The Sun-Protection Connection

By Jason Sebeslav

An interview with Richard Passwater Jr.

Richard Passwater, Jr. works for Bio Minerals NV, the Belgian manufacturer of BioSil®. Richard has held a variety of technical, sales and quality control positions in the dietary supplement industry and has written over 90 articles, co-authored two peer-reviewed scientific studies and is a co-inventor of three patents. He speaks about collagen and related health topics around the world.

Jason Sebeslav: I recently read a health article that suggested ditching toxic sunscreens and instead eating more carotenoids, flavonoids and polyphenols as well as collagen-forming foods, like bone broth and gelatin. I see also that some sunscreens now contain collagen. What's the connection between these compounds and sun protection?

Richard Passwater Jr.: Sunscreen products contain agents that can either absorb or reflect UV radiation at the skin surface thereby protecting the skin. A significant percentage of ingested carotenoids, flavonoids and polyphenols get deposited into the skin. These natural phytonutrients are capable of absorbing UV radiation to prevent direct damage to cells and DNA. Collagen makes up about 75% of the dry weight of skin. It provides strength, thickness, suppleness and also reflects light. Much of the light that hits the skin goes through the outer layer (epidermis) into the dermis. The more collagen someone has in their dermis, the more of that light gets reflected.

JS: How does our age relate to our collagen levels?

RP: Collagen production typically starts declining at 21 years of age, with a yearly drop in collagen of about 1% per year. Men generally lose collagen at a fairly consistent rate throughout their adult lives. But in women, collagen loss is complicated because estrogen helps keep collagen production high. As estrogen production starts to drop as women age, collagen production slows down. Also, after menopause collagen loss generally accelerates. In fact, it's very common for a woman to lose about 30% of her collagen in the first 5 years after menopause.

JS: What else does collagen do for our health?

RP: Collagen also contributes greatly to the strength and flexibility of skin, cartilage, ligaments, tendons and blood vessels.

JS: What about eating certain foods or nutrients to make up for collagen loss?

RP: Adequate protein intake is very important because collagen production relies on three amino acids found in protein-rich foods: L-glycine, L-proline and L-lysine. Some good choices would be foods like red meat, eggs, cheese, cod, sardines, nuts and legumes. Foods rich in the mineral silica, such as green beans and cucumbers, are also important because orthosilicic acid (the biologically relevant form of silicon/silica) can help activate an enzyme the body uses to produce L-proline.

JS: You advocate a supplement called BioSil, which provides a particular type of collagen-building silica.

RP: Yes. BioSil contains choline-stabilized orthosilicic acid (ch-OSA), a unique nutrient complex, clinically proven by over 20 years of research and development. "Gold standard" human clinical studies prove that BioSil's ch-OSA increases collagen production throughout the body.

JS: What makes BioSil different from other collagen supplements?

RP: BioSil doesn't contain collagen. It is an advanced collagen generator complex. The OSA in BioSil is the biologically relevant form of silicon that activates collagen generating enzymes. But OSA is a highly reactive molecule. BioSil's choline stabilizes the OSA and functions as its transporter into collagen generating cells. Once in the cell, ch-OSA stimulates collagen synthesis. Choline also neutralizes collagen-destroying homocysteine,

which degrades collagen and suppresses new collagen production unless neutralized. BioSil's clinical results include a significant reduction in the depth of fine lines and wrinkles as well as improved skin elasticity, hair strength and thickness, nail strength, bone collagen formation, and bone mineral density (BMD) at the hip.

JS: Is there any indication that BioSil can help sun-damaged skin?

RP: Yes. In a clinical study on women with sun-damaged skin, women taking BioSil reduced the depth of their fine lines and wrinkles by 30% and improved their elasticity measurements by 89% compared to women in the placebo group.

JS: Most collagen supplements are animal-derived, which of course is an issue for those following a vegan or vegetarian lifestyle. Does BioSil contain any animal products?

RP: No. BioSil is completely free of animal products and ingredients derived from animals. Also, BioSil is 100% non-GMO and gluten free. BioSil is suitable for vegans.

JS: At what age do you suggest people start taking the supplement? In other words, can BioSil be taken both as a preventative measure, as well as to address existing conditions?

RP: The earlier you start, the more collagen you build up and the better off you'll be as you age. Also, BioSil helps protect existing collagen, which is important at any age. **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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SENIORS WHO STRIVE

Heart to Home Meals

Convenient food delivery service helps Niagara's seniors eat healthy, live independently.

By Scott Leslie

ONE OF THE BEST WAYS to get the most out of life is eating healthy. But eating a balanced diet isn't always easy, particularly if you're elderly or dealing with mobility issues. There are groceries to buy, meals to prepare, and dishes to wash. Fortunately, the nutrition experts at Heart to Home Meals can help with all the guess and mess.

Specifically designed for seniors and those with mobility issues, Heart to Home Meals is a Canadian food delivery service that eliminates the need for shopping, meal preparation and clean up. It's also perfect for those who want to continue living independently in their own home.

Heart to Home Meals has over 200 delectable meals, soups and desserts to choose from. Each food item is designed by the company's professional chefs and many recipes are high in fibre or low in fat, salt and calories. Heart to Home Meals can even cater to specific diets, whether it's providing gluten free meals or offering pureed selections.

Customers never have to worry about getting bored with the menu at Heart to Home Meals. For example, Heart to Home Meals offers a broad range of entrées including sweet and sour chicken, pork loin with apple sauce, and traditional pot roast. (New food brochures are issued every September and April and always feature brand new selections.)

To get up and running, all a customer has to do is select the items they want, place an order, and Heart to Home Meals will deliver their order right to their door.

One of the big benefits of placing an order with Heart to Home Meals is every item comes specially frozen. That way orders can be conveniently stored in your freezer. Heart to Home Meals' orders are all quick and easy to prepare. Each meal comes with simple step-by-step heating and serving instructions. In most cases, all you have to do is pop the order into an oven or microwave and they're ready to eat.

Payments are also a snap at Heart to Home Meals. Unlike some food service providers, there are no contracts or buying commitments, and delivery is free.

Since 2014, the Heart to Home Meals team has been delivering tasty and nutritious frozen meals, soups and desserts to thousands of satisfied customers across the Niagara Region. And the next satisfied customer could be you. **HWS**

For more information on Heart to Home Meals and its food delivery service, call 905.714.0333, email [niagara@hearttohomemeals.ca](mailto:nagara@hearttohomemeals.ca) or go to www.hearttohomemeals.ca.

SENIORS WHO STRIVE

Jack Murray



Garden City senior reflects on a life of service

By Scott Leslie

SOME TEENAGERS are reluctant to try new things. That wasn't the case with Jack Murray.

Born and raised in Niagara Falls, the St. Catharines resident served overseas for Canada during the Korean War, helping a United Nations force stop the North Korean army from invading the South Korean peninsula. It's an honour Jack has carried with him for much of his 83 years.

"I had an older brother named Austin who was killed in the Netherlands during the Second World War," he says. "That was my big reason for signing up back then."

When he was just 17, Jack joined the Queen's Own Rifles of Canada as a corporal in August of 1951. After two years of training, he was shipped over to Korea and quickly promoted to platoon sergeant. It was a time of great danger and uncertainty for a man who was still barely able to grow a beard.

"We were all pretty young and inexperienced," Jack admits. "We were stationed along the Demilitarized Zone and sent patrols in at night. That way, we could probe for mines with metal detectors so our guys could get through."

After his return from Korea in 1954, Jack spent the next 28 years serving at several military bases across Canada. He also served on two peacekeeping missions in Cypress, and reached the position of drill sergeant major before retiring in 1979. Although he tried running a rental car business with his brother Lloyd called Hire-A-Hack for a time, a more suitable opportunity fell into his lap.

"The Niagara Regional Police heard I was a weapons specialist," he says, "and hired me to take over their supply section. I ended up serving as their quartermaster for 13 years."

Since his retirement from the police force in 1999, Jack has continued to keep his military service close to his heart. A 2012 recipient of the Queen's Diamond Jubilee Medal, Jack is particularly proud of the Ambassador for Peace Medal he received from the South Korean government and now acts as vice-president of the Korea Veterans' Association's Niagara chapter.

Jack has also been a Heart to Home Meals customer since the summer of 2016, signing on when several health and age-related issues began to catch up with him. He and his wife Jeanie place their order for the week on Monday and it's delivered the next day.

Jack's a big fan of their soups and ice cream – and would quickly recommend Heart to Home Meals to anyone.

"Their service is exceptional," he explains. "Any meal from them I've enjoyed. They're a great organization as far as I'm concerned. They couldn't be any friendlier." **HWS**



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PART 3

Seasons of Change Through the Lens of Heilkunst

By Catherine Bradley

Heilkunst medicine, a system of whole healing, has eight seasons. The first six were discussed in the last two issues. These seasons represent the essence of chronic illnesses and where these challenges are rooted.

In nature, the cycle of birth, growth, death is also a part of the seasons. The last two seasons are the ending, or death part of this cycle.

Syphilinum (June 15th to July 31st) is a season of destruction, letting go, retreating, erosion, decay, and breakdown. Chronic pain, primarily skeletal, emerges. Growing pains in children, migraines/headaches, deformities (especially spinal), cardiac issues, summer colds, oozing skin eruptions, and especially sleeplessness, also occur with this predisposition. Self-abusive ambitions and addictions manifest themselves in this season, especially the tendency to consume alcohol or engage in ritualistic behaviours.

On the emotional level, anxiety, dread of the night, obsessive compulsive disorder, control issues, fear of germs, disease, and contagions can be experienced. Acute cases exhibit total emotional breakdown and exhaustion, feelings of losing one's mind, suicidal tendencies, and the sense of hopelessness ensues.

Appetite caters to lighter food choices like fruits, veggies, ground beef, chicken, salads, nuts, cold foods and drinks. Cravings for sugar, alcohol, ice cream, caffeine and anything that gives the body an unhealthy boost appear. This includes junk food cravings and indulgences of any nature.

It is also a season filled with extreme creative expression like artistic endeavours, tattoos, piercings, cultivating gardens, music festivals, and more. We either gravitate to colourful spectrums or are drawn to black and darkness (i.e. Gothic Era). We seek the sun's warmth and are attracted to water (beaches) and fire (camping), although this can also mean those who are prone to destructive impulses.

Lyme (August 1st to September 14th) is the final season. It signifies deep resignation, doom and death. Sensory perceptions are especially affected. Chronic nerve and joint pain, neck pain, chronic ailments such as Epstein Bar Virus, chronic fatigue, fibromyalgia, MS, Alzheimer's, dementia, and Lyme disease, are part of its essence. Weight and appetite issues occur on both extremes. Also, extreme sleeplessness (insomnia) or excessive sleepiness (severe exhaustion) are prevalent.

Emotions are extreme – anger, resentment, judgment, irritability – but also humbling with excessive tears and sadness. A sense of detachment from family or groups, feeling ostracized or targeted, and retreating into hermit mode become evident. Feelings of an extreme sense of worthlessness, rejection, and doom of recovery are also common. The state of mind is often dismal, and ridden with fault finding, suicidal tendencies, and a tendency to withdraw from society. A common theme is "Murphy's law – what can go wrong will go wrong" or when one thing after another starts to happen, causing feelings of being overwhelmed, and an inability to cope.

It is known as the great imitator of ailments. It will manifest similarly like that of a chameleon, making it difficult to diagnose and treat accordingly.

Life does not come without its peaks and valleys. Understanding the energy in nature is the key to knowing why feelings, behaviours, ailments, and lifestyle challenges appear when they do. These predispositions can be relieved with the support of many modalities. Delving deeply to unravel these foundations and encourage true healing of our inherent family patterns can be achieved. These apply to both humans and animals. **HWS**

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

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