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"There is  
a season  
turn, turn,  
turn."

**Experiencing a little  
cabin fever? Going a  
little stir-crazy?  
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I'll try to use the 'p' word just this once. The pandemic has taken what is normally a less outdoorsy time for most and ramped it up a few notches. Where some of us may have been inclined to meet friends for winter walks or skating in a regular season, this one has brought out the recluse in many. Haha, brought out the recluse. The ones who have marched on, undeterred by circumstances around them, have set a good example for the rest.

Believe it or not, we are all the outdoor type. These things we live in now only offset the minor inconveniences of rain and snow, cold and heat. Outside is where we really live and thrive. We are not separate from nature, and we're not just part of it. We are nature. You know, the word 'outside' never existed until we had to make it up. But don't go selling your home and running naked into the woods just yet though.

Walking. There's something deeply satisfying about it. I think it's hardwired into our DNA to set out, to put one foot



in front of the other and see where it leads. Maybe that's because we've been doing it for a quarter of a million years. Yes, you can do laps in the mall (when it re-opens), but how many times do you want to walk past The Dollar Tree when the real ones are just waiting for you outside?

This year's vernal equinox happens in the early morning of March 20th. The day and the night will be of equal length heralding the beginning of spring. Open your door. Poke your head out. Feel the sun on your face and fill your lungs with air. Take the first step.

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## EDUCATION

# LA CLINIQUE ÉTUDIANTE EN HYGIÈNE DENTAIRE EST OUVERTE!

Auteur: Kim Morris

Au Collège Boréal, la santé et sécurité de nos étudiants, notre personnel et nos clients est notre priorité absolue.

Mais dans une clinique ouverte pour des fins d'enseignement en hygiène dentaire, comment fait-on pour travailler en sécurité en bouche dans le contexte actuel d'un virus

qui se propage par voie aérienne ? En allant au-delà de toutes les lignes directrices de la Santé Publique et des nouvelles normes de l'Ordre des hygiénistes dentaires de l'Ontario!

Le Collège Boréal a choisi d'investir dans son programme d'Hygiène dentaire pour transformer sa Clinique étudiante. Ces investissements vont permettre à nos étudiants de pratiquer leurs techniques sur clients véritables dans un environnement complètement sécuritaire pendant et après la pandémie COVID-19.



**Kim Morris,**

Doyenne-École des  
Sciences de la santé



La Clinique étudiante d'hygiène dentaire à Boréal a aménagé l'enclos de quatre salles de traitement avec l'ajout d'un purificateur et échangeur d'air dans chaque salle. Les étudiantes peuvent effectuer des interventions qui produisent des aérosols telles que l'instrumentation ultrasonique,

le polissage coronaire, les scellements de puits et fissures, entre autres. Nous avons également des robinets, savonniers et serviettes de papier sans contact. En tout temps, nos étudiants et notre personnel utilisent l'équipement de protection individuelle : masque N95, visière, blouse d'isolation, bouffante et gants nitrile.

Avec les restrictions imposées par la pandémie, les étudiants étaient inquiets, pensant qu'ils allaient perdre beaucoup trop de formation pratique, et qu'ils allaient obtenir leur diplôme sans connaître toutes les notions. Laura, une étudiante en 3e année, explique : « Je suis reconnaissante au Collège Boréal pour les rénovations apportées à la Clinique étudiante d'hygiène dentaire. Merci pour cette démarche de succès qui répond bien à nos besoins et nos attentes! »

Ces investissements vont certainement contribuer à maintenir ces taux de réussite à l'Examen national : 2017 : 100%, 2018 : 100%, 2019 : 75%, 2020 : 90%!

Bravo et félicitations à nos diplômés!

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# CELEBRATING 60 YEARS OF COMPASSION AND COMMUNITY

By Bela Ravi

When I was asked to fulfill the role of Chancellor of Huntington University last fall, it was an honour I accepted because of the values I too share with one of the longest serving and most respected universities in Northern Ontario.

It was a symbolic opportunity, as along with Huntington I too am celebrating my 60th year. With my age and experience I have come to realize that institutions like Huntington play a vital and important role in higher education but also in our communities.

If you look around Greater Sudbury and even beyond our northern borders, you will easily find examples of how Huntington has transcended the traditional classroom and made a positive difference in the world. Huntington graduates have been making their mark on society and enriching our country for more than half a century.

Our programming is an example of that. Is there any better time than in our recent history to acknowledge that smart, strategic and forthright communications are vital to a functioning democracy? As a world that is still wrestling within the grip of a global pandemic, we are acknowledging how important trained and educated professionals in areas like gerontology are to ensuring our seniors not only survive, but thrive, with dignity and integrity. And, as the internet makes the globe feel smaller, understanding the beauty, meaning and foundation of all the world's religions will only enrich and foster our understanding of one another today and into the future.

Closer to home, I am also proud to be part of a university that truly embraces its community. It is this compassion and spirit that truly embodies the goals of the school's founders. That legacy has been moving forward even through these difficult times. Since March, the Huntington Helps Emergency Bursary Fund, a COVID-19 relief fund, assisted more than 150 students financially. This new bursary was a Huntington concept, launched to assist not just the students enrolled at our institution, but offered to any and every student attending a post-secondary school in our city. That is the communal spirit Huntington embodies. During times of stress and struggle, we all must still consider others beyond our close circle of friends and colleagues.

We are, as they say, living through history. As Chancellor, I do hope I will be able to provide leadership that promotes the desire for academic excellence as well as balances the need to ensure we all show compassion, empathy, and kindness towards the community which we all share in together.

Mrs. Bela Ravi is the Chancellor of Huntington University. She was officially installed during a private ceremony held on November 23, 2020 at Huntington University.



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# LOOKING TO THE FUTURE



By Cyril McFate

*So the question arises –  
“what can we do”.  
My short answer is  
“be there for them”.  
They need us!!  
And guess what –  
WE NEED THEM TOO.*

To say that the past year has been an incredibly difficult time for everyone is a very true statement.

The losses experienced have been devastating for far too many people across the globe.

At this point in time I feel it very important for us to try and look forward and begin preparation for the future. We can now look at, and see, the solution to the Pandemic as a fact that will put life back to a reasonable level of normalcy.

While beating the Pandemic is the critical part of our move toward the life we want and cherish, we must also give serious attention to the damage done to us over the last year or so.

So many people have lost family members and friends. That incredibly impactful loss will be with them for a very long time and I strongly suggest that the more fortunate of us give our care and assistance to those in our communities who suffer these losses.

So the question arises – “what can we do”. My short answer is “be there for them”. They need us!! And guess what – WE NEED THEM TOO.

And there is more that must be done to move forward towards our desired normalcy.

Our local businesses are another issue that will have a very negative impact on our future if we don't take action to ensure their ability to recover from the shutdown.

Our consideration in this regard is important since these organizations provide work for many people in our community. These are often our youth and elders. The young folks are often experiencing the workplace for the first time and this gives them a first and important step towards their future work activities. Our elders provide the employer with experience and assistance to younger employees. In addition, working within the community gives them the ability to be near family and friends.

And let's not forget to take full advantage of our community facilities, including the businesses that provide goods and services. Look forward to and utilize local facilities as they open; let them know we care and are here to help them succeed.

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# LET'S TALK ABOUT SEX

By Drs. R. Righi and S. Wallace

*Northern Ontario Women's Wellness (NOWW)*

Every woman should have the opportunity to discuss health matters with their primary care practitioner – and that includes their sexual health. A healthy sex life is a normal part of good overall health, but what is normal varies between individuals. The Biopsychosocial Model helps us to understand our sexual functioning. It takes into account biological (hormone status, medical conditions, medications), psychological (depression, anxiety, stress, substance abuse, history of sexual abuse or trauma), interpersonal (relationship quality, partner sexual functioning), and cultural (sexual norms, religious values) factors.

Hypoactive sexual desire disorder (HSDD) is defined as 'a persistent or recurrent deficiency in desire for sexual activity that causes significant distress and is not attributed to a medical or psychiatric condition or the use of substance or medication or a relationship problem'. HSDD is the most common sexual disorder for women and it is estimated that 10% of women age 45-60 report low sexual desire. The Decreased Sexual Desire Screener can be used to screen for HSDD. It asks some basic questions:

1. In the past, was your level of sexual desire/interest good and satisfying to you?
2. Has there been a decrease in your level of sexual desire/interest?
3. Are you bothered by your decreased level of sexual desire/interest?
4. Would you like your level of sexual desire/interest to increase?

If you answered yes to any of these questions and you have none of the other issues identified above, then you may have HSDD.

Sexual desire is regulated by neurotransmitters and hormones that both excite and inhibit sexual function. HSDD is caused by an imbalance in the excitatory and inhibitory systems. A complete assessment by your health care practitioner is important to develop an individualized treatment. Although a physical exam is not necessarily required, it can be helpful if for example a woman is complaining of painful sex as a cause of her decreased desire. Blood work may be necessary to rule out medical causes, but hormone levels such as testosterone are not required for the diagnosis of HSDD.

Treatment may include hormone therapy. While estrogen does not improve desire, it does address vaginal dryness, painful sex, and hot flashes that may be part of the problem. Testosterone significantly increases sexual function. Unfortunately, there is no approved testosterone product in Canada for use in women, therefore any testosterone treatment is prescribed 'off label'. The long-term safety of testosterone therapy in women has not been established. Recently, a medication called Flibanserin has been approved by Health Canada for the treatment of HSDD in post-menopausal women. This medication decreases inhibitory neurotransmitters in selected brain regions. For more information on sexual health, you can visit the International Society for Sexual Medicine website ([issm.info](http://issm.info)).







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Ask anyone who man's best friend is, and they'll tell you it's the dog. But it's not the 19th Century anymore, and in these times of inclusiveness, it isn't just the canine who's earned that title. Creatures from ferret to feline, from hamster to horse all can be companion animals, many worthy of the coveted 'best friend' status. Notice how we've done away with the pejorative 'pet'. It smacks of ownership and notions of the lesser. From now on, it's only a verb. These animals get us through tough times. If the past year has taught us nothing else, it's that we rely heavily on our beasties from a different species.

Oh, and for simplicity's sake, we're going to go with 'companional'. Imagine my delight in thinking I had just coined the term. Not so. Look it up.

Why, in the first place do we get companionals? I think it's because we have love to give, a surplus of it, and love to receive in a place that maybe can only be filled by love, with love.

At the end of a long day, few things are more comforting than a furry, non-judgemental sounding board. Imagine (many of you don't have to) looking into your companional's big, beautiful eyes and venting about your day and having them simply stare back at you, each blink of an eye or raise of a brow saying 'yes, of course you're right, what an absolute \$&\*%@ he is'. They just agree because they love us without condition. Our companionals don't talk back. There is never debate. Never a question. With every sigh, they vindicate your position and defend your decisions. They soothe the soul.

\*\*\*

Julie lives with her husband in a small town outside of Sudbury. Dog people from the beginning, last year they found themselves without one. Home from a recent surgery, Julie's husband fell into a depression. It was decided that a new dog would help to drag him out of his funk. As luck would have it, their daughter's friend was looking to rehome his chocolate lab. We'll call the dog Boone.

"The day we went to meet him, he took one look at my husband and climbed in the car and sat right beside him. We brought him home right then and there," says Julie.

Julie says it was like he'd lived there his whole life. When her husband would lie back in his chair, the dog would lie across his lap. And every night, he slept half with Julie, half with her husband.

One day her husband fell, and Julie had to call 911.

"Boone lay down beside him until the ambulance arrived. When the EMT came in, Boone got up and came over to stand beside me."

I know humans with less compassion than that hound.

"When I had a kidney stone attack, he literally lay on me," smiles Julie.

They had to call a neighbour to take Boone outside so the EMT could come in the house.

“Even though we only had him for six months, he was the most devoted dog we have ever had. His previous owner said he had never seen him so happy. It was like he saved our lives, and we saved his.”

\*\*\*

There is something, dare I say innately human about the desire to connect. Still, research seems to bear out that many other species are social and perhaps even share our desire to communicate in ways more profound than when its objective is merely something as primal as the propagation of its own kind. Some of us are cat people, others dog people. Some have unbridled passion for horses. Some bridled. Still others can find a kindred soul in the sort of creatures that do best in a terrarium. I'm not sure I understand those people. Whatever your preference, you know the comfort interacting with your companional can bring.

What about that tendency for some to scoff at the idea that our fur babies are every bit a part of the family as any of the homo sapiens in it? Well, for my part I've had fur babies and the other, smoother kind too. Were it to come to the kind of decision a certain Meryl Streep character was once faced with, the choice for me would be an easy one. But that doesn't diminish the love we share with our companional let alone imply that it isn't as real.

And what do they ask for in return? A dog is content with a pat on the head or a belly rub. A cat will give you that unmistakable look that it wants to be left alone to nap in the sun. Snake? I don't know. Coil up in the corner with a nice mouse? Apologies to all mice, fictional and real and to those currently enjoying the camaraderie of any rodent.

When we bring them home, the excitement is unimaginable. We share in their happiness and empathize with their pain. They are a never-ending source of joy when times are good and singular comfort at the times we need it most. When we lose them, the grief can be paralyzing.

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# DOWNSIZING IN STYLE

By Lynn Holke

This pandemic has made a lot of seniors reconsider their retirement plans. Prior to the pandemic, downsizing options included condos, apartments in a 50+ building, and gated communities.

As we have all heard in the news, confined-living in multi-unit buildings has taken a terrible toll on so many of our seniors. The mini home movement has grown considerably in the past year. As a result of this, many retirees are choosing to purchase a mini home, a.k.a. granny flat / garden suite as an alternative and affordable solution.

Greater Sudbury is one of many cities that recently changed the requirements for secondary buildings, making it so much simpler to add a mini home to your son's or daughter's property. You no longer need to apply for re-zoning.

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not only  
the interior  
but also the  
exterior of your  
home making  
it truly one of  
a kind.*

Imagine being able to greet your grandchildren as they come home from school, helping your children out with babysitting, and tending to the gardens while still having your own personal sanctuary to enjoy your quiet time and entertain with friends.

As our mini homes are built to order, they can be made to complement the main house, increasing the value of the property. You can design not only the interior but also the exterior of your home making it truly one

of a kind. Mini homes are constructed in the same fashion as a regular stick-built home, only better. Our mini homes are built inside a large factory in New Brunswick using materials that have been stored inside and by a staff of caring employees. They are also constructed inside out which is the opposite of a stick framed home. This allows the assembly team to seal everything from behind the walls even before the insulation is installed making them very energy efficient.

The cost to heat a 1100 square foot mini in Sudbury is around \$600 per year with propane and even less using natural gas. Once the home is constructed it will be loaded onto a flatbed for delivery to your site. A foundation is required for your mini home and helical piles provide a solid and affordable choice. In the event you wish to relocate your home, the piles can be removed and reused. Some services such as gas and hydro can be shared with the main home saving on delivery charges.

If this pandemic has taught us anything, it's that being close to family is important. Being steps away from those that we love is a gift that is entirely possible.



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# DESIGN, GIN, AND TRENDS

By Kerrie Michelutti

With every season change, we see new colours come out, old colours becoming new again, and voilà! - a new trend erupts in the design world. How does this happen?

I imagine a group of really fun and creative people drinking gin martinis in a boardroom filled with vision boards and colour swatches and individual filing systems of everything that has evoked inspiration over the course of their life. I think these people look at the evolution of fashion and interior design and come up with the next trend, the next must have look....and then we all buy the magazine.

That's how I imagine things happening. Oh, to be in that room, to hear the influencers discuss what works and what doesn't, what's been done, what's so out that now it's back in... oh the debates!



**Kerrie Michelutti,**  
PMP, Owner  
Home & Haven  
Design Studio

*This is where  
pen hits paper,  
dreams become  
real life, and  
those magazines  
shots become the  
backdrop to our  
real life.*

I imagine this secret meeting happening four times a year somewhere warm and beautiful.... and with a giant water slide of course. Men and Women galivanting in fabulous outfits chatting about all things interesting and coaxing each other with dares on who is going to make the biggest splash this year. And with every genius idea or trend agreed on, the design book gets written.

These design stories trickle down to the person building a new home or completing a renovation, and these people see their vision on what their home could be. This is where pen hits paper, dreams become real life, and those magazines shots become the backdrop to our real life.

When designing your space, research what you like, read the stories, and always select based on what you love, not what's in style in this moment. Always remember, next season there will be a new trend, and maybe what you like IS what's up coming. Maybe YOU could be in that room, fabulous, drunk on gin and starting the next trend. Cue the song 'Chariots of Fire'...you can do it! I have faith in you.

**Home & Haven**  
DESIGN STUDIO

## HOW DO YOU REMEMBER?

By David Laplante

Whether you are conservative in your tastes or envision yourself more a liberal spirit always willing to try something new, so go the options available to you in memorializing your deceased loved one. Keeping certain items the deceased held dear is a great way to feel connection. Creating a memento is also very helpful. My profession as a funeral director combined with my own personal experiences with grief and coping mechanisms has taught me that options are good and not everyone likes the same things. This may sound obvious, but it certainly is the case in the death industry.



**David Laplante,**  
Funeral Director

What I have seen a tremendous increase in is the taking of fingerprints of the deceased loved one. This can be done both digitally and/or with ink pad thus giving families access to a multitude of creative keepsakes such as picture frames, dog tags, pocketknives, tie clips, etc. I've also seen several families take Pepere's plaid shirts and make a pillow out of them. You can even spray it with some of his aftershave or cologne, so it smells like him.

For families who choose to cremate, which happens to be the majority these days, many more options become available to them. Yes, most families we serve end up burying the ashes in a lot or purchasing a niche, however, I am still surprised as to the amount of people who think it is illegal to keep ashes at home. Not only can you keep them at home, but you could also disburse them in the forest or on a lake, crown land or crown land covered by water to be exact and legal, or private property with consent of landowner. There are urns that float for a while then sink and disintegrate, spreading the ashes in a lake, 'living urns' that come with your preferred tree sapling seed to grow a living memorial. With the executor's permission, many request a keepsake portion of cremated remains allowing them more time to go over all the options.

You can purchase jewelry that is specifically made to house a small portion of ashes, or even have a special piece created with blown glass. I have recently seen some nice necklace pieces and a beautiful hummingbird made with glass that have the ashes incorporated in them. Again, not for everyone, but options are available.

I know very little about guns or bullets but had a family share with me that they made some and had mixed some ashes in the cartridge, so they spread dad's ashes on the first day of hunting season...guns a-blazing! I have had clients who had some beautiful memorial artwork tattooed on their arm, ashes included. You can even have the cremated remains transformed into a diamond. Yes, it is true. There is enough carbon in cremated remains to grow a memorial diamond which in turn can be the centerpiece of a beautiful piece of jewelry and future family heirloom.

My intentions are not to promote or discourage any individual's choices but simply to inform and share what others have done to help ease the burden of grief. Your local funeral director can certainly offer support, counsel, and guidance in helping navigate through the many options available to you in what is often considered a most difficult time.

Take care, stay safe.





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**Vision:**

The Cooperative Funeral Home, firmly established in the core of Sudbury since 1952, aims to satisfy the needs of grieving families by using a simple, humane and professional approach.

**Goal:**

Our goal is to serve the people of all nationalities, expression or religion in the Sudbury area by following the cultural traditions of its members.

**Mission:**

La Coopérative funéraire est une entreprise qui se distingue par: - La qualité de ses services - Le professionnalisme de ses employés - Les relations interpersonnelles qu'elle entretient avec tous ses membres et ses clients

**Vision:**

La Coopérative funéraire, solidement établie dans le milieu sudburois depuis 1952, vise à satisfaire aux besoins des familles endeuillées par une approche simple, humaine et professionnelle.

**Raison d'être:**

Notre raison d'être est de desservir les gens de toute nationalité, expression ou religion de la région de Sudbury en suivant les traditions culturelles de ses membres.



**David  
Laplante**

*General Manager  
& Funeral Director*



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Bourgeois**

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# THE NEED FOR PLASMA IS MORE THAN FOUR TIMES WHAT IS CURRENTLY DONATED IN CANADA.

By Teri-Mai Armstrong

Sudburians have always stepped up to help hospital patients by supporting Canadian

Blood Services. The new plasma donor centre in Sudbury is the first of three new dedicated plasma donor centres that Canadian Blood Services is opening across Canada. A single plasma donation can make a lifesaving difference to someone in need.

Plasma is the protein-rich liquid in blood that helps other blood components circulate throughout our bodies. Products made from donated plasma are used to help treat a variety of rare, life-threatening, chronic, and genetic conditions in patients like Terry, Jeff, and Brandon from Sudbury.

The plasma donation process is much like whole blood donation, but the difference is that a centrifuge device is used to separate the plasma from the rest of the whole blood components.

We collect only the plasma and the rest of the blood is returned to your body all during the same process. It only takes about 20 minutes longer than a whole blood donation. Since the blood is returned to the donor's body and only the plasma is taken, donors are able to give plasma much more frequently.

At our new plasma donor centre in Sudbury, each month we need 125 new donors and have more than 1,500 appointments.

If you are feeling healthy and well, giving plasma is a great reason to go out, even during COVID-19. Extra safety and wellness measure are in place at our donor centre. Appointments are required to ensure physical distancing.

The Sudbury plasma donor centre located at 900 Lasalle boulevard is open Tuesday – Friday, 7am – 7:30pm and Saturday and Sunday from 8am to 2pm.

Check your eligibility to donate and book at [blood.ca](http://blood.ca). Appointments can also be booked by downloading the GiveBlood app or by calling 1-888-2-DONATE.



**Teri-Mai Armstrong**  
Canadian Blood Services

## A New Kind of House Call

By John Kelly

These days, we can do virtually anything and everything from home. So, why not a visit with the doctor? Many things have changed in the past year. One thing that hasn't is people's need to receive quality healthcare. The first wave of COVID-19 kept people away from Emergency Rooms for fear of infection. The second wave has seen a rise in Emergency Room visits leading to overcrowding. To help on both fronts Health Sciences North has launched its Virtual Emergency Department, the first of its kind for a hospital in Northern Ontario.

Dr. Renee Anne Montpellier, an ED physician at HSN and one of the leads for the Virtual ED says the project allows patients with mobility issues or limited access to care due to where they live the opportunity to receive quality care in the comfort of their own home.

A secure internet connection and a health card is all you need. You simply log onto [www.hsnsudbury.ca/virtualed](http://www.hsnsudbury.ca/virtualed) and fill out the form in English or French requesting a same-day appointment with an Emergency Department physician. Within an hour of submitting their request form, patients will be contacted by a nurse to assess their situation. A video appointment time with a physician is then set-up, or the patient may be advised to come to the Emergency Department.

HSN encourages patients with family physicians to seek out care from them before attempting to accessing the Virtual ED. In the case of life-threatening medical issues, patients should call 911 or go directly to the Emergency Department. The Virtual ED does not accept patients under the age of twelve months. It operates on a first-come, first-served basis and has the capacity to see up to thirty-two patients per day.

The bricks and mortar hospitals aren't going anywhere. But now, residents of Northeastern Ontario have a new option for healthcare. The waiting room is your own comfy couch. And there are better magazines.



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# KEEPING THE NORTH COVID INFORMED

By Chelsea Papineau

When the World Health Organization declared the COVID-19 novel coronavirus outbreak a global pandemic on March 11, 2020, no one really knew what to expect.

Now, here we are almost a year later, and life is still in a constant state of flux.

Through it all, CTV News Northern Ontario has kept residents informed and up-to-date with all the important news as it happens.



**Chelsea Papineau**

*CTV News  
Northern Ontario  
Digital Content Specialist*

## NORTHERN SPECIFIC

As your 'News for the North,' the CTV News team works hard every day to curate the most important information as it relates to living, working, and playing in the north.

In addition to new developments and government policies, the Northern Ontario digital team tracks and reports the details and statistics you need to know to keep yourself and your loved ones safe. From our daily updates of the active COVID-19 case count to the latest information on the vaccination rollout plans and the emergence of COVID variants of concern, you can always find news you can use at [CTVNewsNorthernOntario.ca](https://www.ctvnewsnorthernontario.ca).

Our team has been tracking each new infection as it is confirmed, along with trends, outbreaks, heartbreaks, and successes.

Because the vaccination plans can be quite confusing, we have also consolidated the most recent information on who is eligible to get the COVID vaccine right now, how to go about it, and who is next in line. Look for the article titled 'How do I get the coronavirus vaccine in northeastern Ontario?'

## ONE-STOP SHOP

As we flatten the curve of the second wave, CTV News continues to gather answers to your burning questions from experts on our dedicated COVID-19 in Northern Ontario webpage at [NorthernOntario.ctvnews.ca/covid-19](https://www.northernontario.ctvnews.ca/covid-19).

There you will find articles, videos, and interactive components that bring you the stories you need to know from Ontario, across Canada, and around the world.

## GLIMMER OF HOPE

While the road back to "normal" may seem long and uncertain at times, CTV News Northern Ontario remains steadfast in its commitment to keep you informed and will be right there with you every step of the way.

If you have a news story you would like to share, send us the details at [newsforthenorth@bellmedia.ca](mailto:newsforthenorth@bellmedia.ca).



NORTHERN ONTARIO

# AUTHENTICITY IS MAGIC

By Hailey Hastie

While the COVID-19 pandemic has presented the world with so many challenges and hardships, we're here to remind you of some of the good that has come from this past year.

Our furry friends are happier than ever having their humans spending more time with them at home.

Carbon dioxide emissions declined — in part due to the recession, yes, but also because the cost of renewable energy sources, such as solar and wind, is declining more quickly than many experts had predicted.



**Hailey Hastie,**

*Founder,  
The Social  
Soulpreneur*

The U.S made 'her-story' by electing their first Female Vice-President of The United States.

And finally, millions took to social media to connect and re-connect with loved ones and band together for humanity in the most authentic way. 2020 truly enhanced the push towards creating a more authentic presence on social media. In 2020 we saw less filters, less 'posed' photography, less salesy advertisements, and more genuine and authentic content being generated by users and businesses.

Now, in 2021 the practice of being authentic on Social Media is here to stay. Customers aren't interested in businesses that publish dry, corporate-style social media posts. Instead, let your brand's personality shine through in everything you share on social media. What does your brand voice sound like? How does it represent who you are? While brands need to be polite and empathetic to their audiences, it is more important to find a voice and take a stand. Practice getting your tone just right, whether it's casual and funny or formal and friendly. Be true to who you are, not who you think you should be. Followers want to see real people behind your social profiles. Show them.

By now you're probably thinking — "Well this all sounds great; and I know this can really help my brand or my business, but I have no idea how to start!" Well this is where we come in!

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*"My loved one wasn't like this before."*

## A CAREGIVER'S GUIDE TO DELIRIUM

By Chantal Lapierre, PT & Amey Brocklebank BHSc, MScOT, OT Reg. (Ont.)

Is there something new or different in your loved one's thinking or memory?

Delirium is a condition that causes someone to become suddenly confused. You may notice that your loved one is not able to think clearly, unable to follow a conversation or remember things as they usually would. These behaviors can come and go throughout the day and may get worse at night. Delirium can be hard to differentiate from dementia (such as Alzheimer's disease). People with dementia typically have a slow progression of difficulties with memory, completing daily activities, and communication.

### What should I look for if I think my loved one is in a delirium?

- Disorganized thinking: Saying things that are mixed up or do not make sense.
- Difficulty concentrating: Easily distracted or having difficulty following a conversation.
- Memory changes: May be more forgetful than usual.
- Hallucinating: Seeing or hearing things which are not real.
- Delusions: Thinking or believing things which are not true or real.
- Feeling restless: Unable to stay still, trouble sleeping, or constantly picking at things.
- Changing energy levels or mood: Drift from being awake and restless to being sleepier than usual; upset one minute to quiet and withdrawn the next.
- Changing daytime or nighttime cycle: Sleeping during the day and then up throughout the night.

### Who can get a delirium?

Anyone can get a delirium, but some people are more vulnerable, such as those with:

- dementia
- substance abuse
- dehydration, kidney problems
- poor nutrition
- new medications
- new illness/injury (such as a broken hip)
- an infection (such as a bladder or lung infection)
- constipation or urine retention

### How is a delirium managed?

The health care team must find out what is causing the delirium. Often there is more than one cause. A thorough examination will be completed, which could include asking family and friends about how a loved one was before the sudden change, completing blood tests, or other tests, and reviewing medications. Once the cause is determined, a management plan can be developed.

### What should I do if I suspect my loved one has a delirium?

Delirium is a medical emergency. Call your doctor as soon as possible. Delirium can usually be reversed; early diagnosis and treatment can prevent long-term negative effects.

Interested in learning more about delirium? Look up these resources:

Caregiving Strategies Handbook: <https://rgps.on.ca/caregiving-strategies/>

Regional Geriatric Program of Toronto: <https://www.rgptoronto.ca/search:delirium>



## WHAT'S NEW IN 2021?

By Deborah Slywchuk

Every new year offers new opportunities, new blessings, and new challenges!

In this article, we'll take a high-level view of a few basic changes in 2021 in terms of retirement savings and income. First, let's start with a few fun, but useless facts to get warmed up!

January 20th began an historic 10 days of palindromes. A palindrome is a number or word which can be read the same both forwards and backwards: 12021, 12121, 12221, 12321, 12421, etc. Some cultures believe these to be lucky dates.

February 12th rang in the Chinese New Year, 2021 is the Year of the Ox in the Chinese Zodiac. Meanwhile, Punxsutawney Phil saw his shadow on Groundhog Day February 3rd predicting 6 more weeks of winter in 2021!

This year Easter will be observed on April 4th. It always falls on the Sunday following the first full moon in March after the spring equinox. Just in case you wondered why Easter Sunday was always moving!

That was fun! Now for the less entertaining but hopefully useful facts for 2021.

The Canada Revenue Agency released guidelines allowing employees who've been working from home because of COVID-19 to claim home office expenses on their 2020 tax returns. They introduced two methods for claiming home office expenses, the new temporary, flat-rate method, and the detailed method. They both apply to employees who worked more than 50% of the time from home for a period of at least four consecutive weeks in 2020 due to COVID-19. The details of each are beyond the scope of this article, but it's important to be aware of this opportunity to save on taxes.

The maximum RSP contribution room has increased slightly to \$27,830 this year, and the Tax-Free Savings account contribution maximums have remained at \$6,000. Both options allow for tax sheltered savings that can be used to supplement retirement income.

The government retirement benefits have also changed slightly. The maximum monthly Canada Pension retirement benefit at age 65 in 2021 is \$1203.75 and the Old Age Security maximum for the first quarter is \$615.37 this year. The amount of Canada Pension benefits one will receive and the most opportune time to collect these benefits will be dependent on several factors specific to your individual circumstances. If you think your ready to have that chat, please give me a call today!



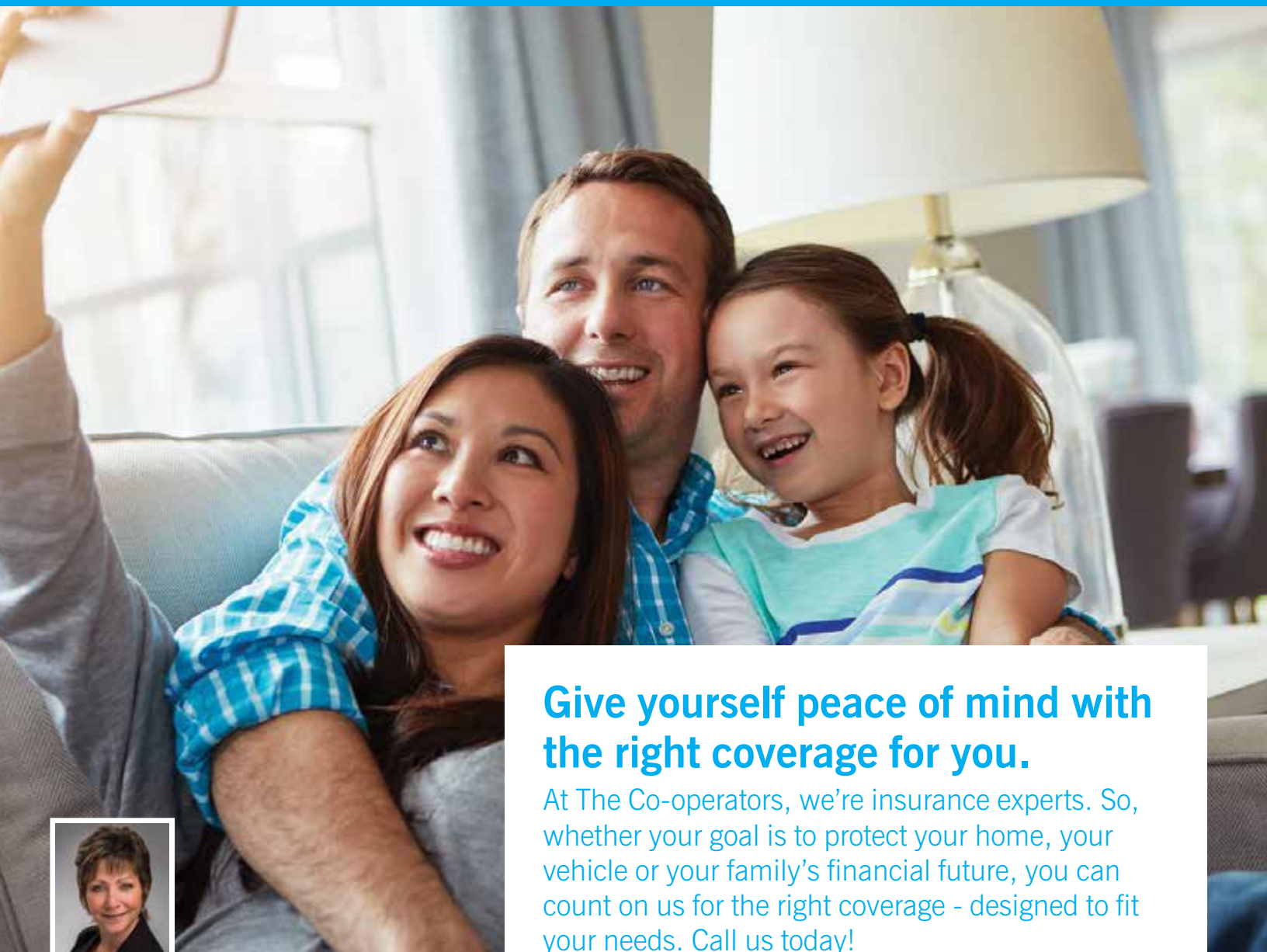
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- Garson Bowl
- Garson Foodland
- Garson Library
- Garson Variety
- Pharmasave

## HANMER

- Club D'age D'or
- Cousin Vinny's
- Evolve Active Therapy
- Forget Mini Mart
- Howard Armstrong
- Kwik Way
- Hanmer Library
- Neil's Independent

## LEVACK

- Levack / Onaping Falls Library
- Levack Mini Mart
- IDA Pharmacy
- Jim Coady Memorial Arena

## LIVELY

- Battistelli's Independent
- Circle K
- Tom Davies Community Centre Arena
- Lively I.D.A.
- Lively Library
- Meadowbrook Retirement Home
- Jean Country
- Guardian Pharmacy

## NORTH BAY

- Caisse Populaire
- North Bay Chamber Of Commerce
- North Bay Regional Health Centre
- Veteran's Affairs

## ONAPING FALLS

- Cobi's Confectionery
- Golden Age Club
- Kwik Way

## SAULT STE. MARIE

- Bayshore Private

## STURGEON FALLS

- Comfort Inn
- Rustic Zen Wellness Studio

## SUDBURY

- Alzheimer's Day Program
- Amberwood Suites
- Baker Tilly
- Bayan Apts.
- Bel Lago Apts.
- Birch Glen Apts.
- Bayshore Home Health (South End)
- Benvenuto Apts.
- Brady Storage
- Canadian Blood Services
- Cara's Famous Deli
- Casa Bella Apts.
- Casadolfo Apts.
- Chris's Independent Grocers
- City View Gardens
- College Boréal
- Cooperative Funeral Home
- Co-Operators Insurance -Kingsway
- Desimone Foot and Ankle Clinic

## SUDBURY (Cont.)

- Eastview Gardens Apts.
- Extendicare Falconbridge
- Extendicare York
- Finlandia Village
- Gagnon Optician's
- Good Guys Pharmacy
- Herman's IDA Pharmacy
- Home and Haven Design
- Huntington University
- Food Basics Notre Dame & 4 Corners
- Kadence Music Therapy
- Kelly Lake Confectionery
- Korner Confectionary
- Sudbury Library
- Lakeshore Manor
- Lakeview Apts
- Lockerby Confectionery
- Loughed Flowers
- Memorial STAT program
- New Sudbury Library
- Northern Ontario Cancer Foundation (H.S.N.)
- Northstone Chiropractic
- Northern Ontario Women's Wellness Centre
- Panoramic Properties
- Parkside Centre
- Pharmasave Lasalle
- Pioneer Manor
- Place Nolin Apartments
- Rangers Cremation and Burial Services
- Ramseyview Apt.
- Red Oak Villa
- Regional Hearing Services
- Rehan's Independent
- Rexall Barrydowne, Lasalle, Minnow Lake
- Regent Manor Residence
- Rockview Towers
- Season's Pharmacy and Culinaria
- Scotia Bank Barrydowne
- Silver Cross
- Sudbury South End Library
- Sudbury Southwind Residence
- Sudbury St. Andrews Place
- St. Joseph Continuing Care Centre
- St. Joseph's Villa
- Summit Apts.
- Tarini's Meat Market
- The Walford Residence
- The Social Soulpreneur
- True Canadian Home Health & Cleaning Services
- Sudbury Ukrainian Seniors Centre
- Villa Celion
- Villeneuve Financial Consulting
- Walford Residence
- Westmount Photography
- Zulich Apts.

## VAL CARON

- Elizabeth Centre
- First Round Sports Bar & Restaurant
- Office of Marc Serré
- Metro Supermarket
- Mr. Gas
- Pharmasave
- Kwik Way
- Valley East Library

## VERNER

- Le Fromage

## WARREN

- Kate's Kountry Kitchen

# FOOT PAIN - DON'T IGNORE IT

By Julie DeSimone,  
Chiroprapist, B.Sc.  
Podiatric Medicine



I think if a poll were taken of the most common words heard in a health practitioner's office, they would be 'I thought it would go away'. Of course, when I hear this phrase, it is usually related to some kind of foot pain. Too many times, we tend to ignore foot pain and hope that with rest, it will go away. Often, the pain does go away but in a short time it returns, or all of a sudden, another part of our body is sore. A good example often seen in our office is heel pain. When someone experiences pain in the heel, they tend to favour this part of the foot by changing the way they walk. This rests the heel area, but before long, they start to experience pain in the back of the leg, the hips, or the spine from walking differently.

Pain is your body's way of signaling your brain that there is something wrong and it should

not be ignored. When we are young, our bodies adapt to pain very easily by compensating and transferring pressures to other areas. Our bodies are able to do this because as children we are constantly growing and changing. As we become adults and stop growing, the ability to compensate diminishes. Pain is one area cannot be easily transferred to other areas because of the lack of flexibility and movement within the joints.

Foot pain can be localized to a specific foot problem, or it can be a sign of a more generalized health problem like arthritis or diabetes. Either way, it should be checked by your physician or foot specialist.

People who have suffered a stroke or have diabetes sometimes lose the feeling in their

feet, especially the toes. This means that the valuable warning signs of injury are lost. For this reason, the other senses, especially the eyes and hands must be used to catch any foot problem early before any serious problems develop. Lack of feeling also affects muscle function and circulation resulting in slow healing. This leaves the person very vulnerable to infections.

So, next time you feel pain in your feet, before you complain, first be a little thankful that your feet are telling you that something is wrong. Your feet are what keeps you going and shouldn't be ignored.

**"Don't let pain stop  
you in your tracks"**

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**Heel Pain?**

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**Ingrown Toenails?**

**Ankle, Knee or Hip Pain?**

**Foot Pain?**

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For your first initial visit contact our Consultant:

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A photograph of an elderly woman with short, light-colored hair and glasses. She is wearing a white, plush bathrobe and is holding a white ceramic mug with both hands. She is looking out of a window to her right, with a soft, natural light illuminating her face. In the background, a silver electric kettle is visible on a wooden surface.

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THE HOUSEKEEPING?  
I'M REALLY GOING  
TO ENJOY THIS."**

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