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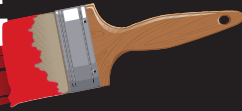
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The Great Hors d'Oeuvres

**We've been cooped up,
locked down, shut in,
and I'm running out of
prepositions!**

With summer upon us, our human instinct tells us to get out, feel the sun on our skin, but the threat of COVID-19 tries to convince us to roll up in a ball and shelter in place. I'm all for 'safety first' for my own benefit and the health of my community. Be prudent. Listen to the pros, but you must get out for your Vitamin D too.

Even in these times, in the continuing sprawl of urban and suburban jungles, we realize the need for outdoor spaces. So, whether your outdoor space is an expansive and lush lawn complete with English garden and any other nationality's for that matter or a more modest wrought iron balcony, you have access to sunshine and fresh air.

COVID-19 has turned up thousands upon thousands of green thumbs. No, it's not a symptom of the virus. Rather, many of us have uncovered our inner gardener. Some of you may have discovered that the inner gardener should never have been let outside. Never mind. You're trying. A planter's box of herbs is nothing to sneeze at.



The great outdoors doesn't have to be on the rocky shore of a pristine lake in the shadow of majestic pines. It can be that dodgy patch of grass beside the fence you swear you're going to paint. Or the spot next to the tomato plants in full view of your neighbour's teenaged son's bedroom window. (Note to self—seek out new sunbathing spot)

Ever spent a night out underneath the stars or at least the streetlights? Why not set up a tent in the yard? The sky is, quite literally, the limit.

Start with a taste. And stay the course.

Nicole Blais,
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**50+ LIFESTYLE MAGAZINE
IS PUBLISHED FOUR
TIMES PER YEAR.**

Spring / Summer / Fall / Winter

Statements, opinions and points of view expressed are those of the writers and do not necessarily represent those of the publisher, advertisers, or 50+ Lifestyle Magazine.

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Transition is often daunting, leaving many seniors and their families reeling from the challenges. Often, adult children of seniors live miles away and need someone on location to help meet their parents' needs. This is when Goshenite Seniors Services Consultants can help with the coordinating of all aspects of the changes and moves. We are experts in post-retirement transitions. We will answer your questions about how best to deal with your situation and create a detailed plan that accommodates your specific needs.

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PREP TIME

15 mins

COOK TIME

1 hr

TOTAL TIME

1 hr 15 mins

EQUIPMENT

Stand Mixer

INGREDIENTS

- 1 lb butter, *soft*
- 2 c white sugar
- 1 c brown sugar
- 6 eggs, *room temperature*
- 4 c flour
- 1 c milk, *room temperature*
- 1 tsp vanilla
- 1 tsp kosher salt

INSTRUCTIONS

1. Preheat the oven to 350°
2. Line two 9" loaf pans with parchment, or grease your bundt pan liberally
3. In a stand mixer with the paddle attachment, beat the butter and sugars on medium low for 5 minutes, or until light and fluffy
4. Gradually add in the eggs one at a time, allowing each egg to fully incorporate before adding another
5. Add the vanilla and salt
6. Add 1/3 of the flour, and once it is mostly incorporated, add 1/3 of the milk. Repeat this step two more times
7. Pour your batter into your prepared pans
8. Bake for 45-60 minutes, or until a testing skewer comes out cleanly, and the top of the cakes are firmed
9. Slice your cake into 1/2 inch slices, or your desired thickness. Place the slices on a lightly greased preheated grill, and grill until golden and grill marks are achieved
10. Top with fresh fruit and whipped cream and serve

FOR THE WHIPPED CREAM:

- 1 c 35% cream
- 3 tbsp confectioner's sugar
- 1 tsp vanilla extract

In a stand mixer or with a hand mixer, whip the cream and sugar until stiff peaks form. Add the vanilla and whip to incorporate.



Recipe courtesy of:

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A DAUGHTER'S LOVE:

THE STORY OF AMINTRO

By Charlene Nadalin

As of this writing I've had three pivotal moments that have changed the course of my life. The first was when my parents moved us from Sudbury to South Florida in the early 1980s. I still recall the tropical scents permeating the air as we exited Palm Beach International Airport en route to our new snow-free life. The second was in 2001 when my beloved dad, once the owner of Sudbury's own Kingsway Hotel, passed away after a valiant battle against pancreatic cancer at the young age of 56, leaving my mom widowed and my younger brother and me without a dad. The third moment was in 2012 when my growing concern for my mom's happiness lead me to create a way for her to make new friends and enjoy an active social life. Even though I was now living in Ontario and my brother was raising his young family while running his own construction company, we knew there was more that we could do for her and for the many other families who were experiencing similar circumstances. Aminro was born!



Charlene Nadalin,
Founder and CEO
Aminro

Aminro is a free social platform designed for people over the age of 50

Aminro is a free social platform designed for people over the age of 50 like my mom who have reached a stage in their lives where there is more free time to enjoy a robust and fun social life. It's a social network of sorts that focuses wholly on new friendships with local people and provides entertaining and informative articles and videos designed to enhance their lives and inspire informed and perhaps new choices.

Aminro was launched in Canada and the United States in 2018, and people are joining our growing community by registering through our website (aminro.com) or by downloading the companion apps on Google Play and the App Store.

I've always envisioned Aminro as a house party – one where Aminro is the host and makes introductions to the numerous guests. Many ask, "What does Aminro mean?" In short, it's a combination of "ami" the prefix in Latin-based languages that we find in words relating to friends and friendship, and "intro" a shortened form of introduction. Aminro means introducing friends, and our tagline says it all: Make friends. Live life.

AMiINTRO
Make friends. Live life.

MENTAL HEALTH & HEALTHY SPACES

By Kerrie Michelutti

The world has shifted, and we are in a holding pattern waiting for what's next. What if waiting for what's next doesn't happen the way we planned it to go? I am sure we are all feeling this... or have thought this at one point and are looking for something. Whenever the world feels heavy, I do too. You are not alone.



Kerrie Michelutti,
PMP, Owner
Home & Haven
Design Studio

To get through life's up and downs, I focus on my body and my mind, and my mind is a reflection of my space. My living space is my mental space. Your personal space reflects how you feel and how you behave. There are thousands of books and articles on this topic and I tend to agree. The psychology behind colours and tidiness is very interesting and may just be the thing you need to get through whatever obstacles you are dealing with.

Over the last year, I made my space suit my family and myself, and I can offer a few tips on how to deal with your "mental snowsuit from the 80's", or your "fondue pot that never has any fun."

Tips to Brighten your space and your day:

- 1. Paint, paint, and paint.** Paint can refresh any space. Introducing lighter colours in hallways and open spaces makes the backdrop of your life brighter and clean. Taking an old piece of furniture and breathing new life into that piece can make you smile and bring that furniture piece into 2021! The sense of accomplishment helps too! Making your mark on your home builds the sense of pride and that always makes me feel better.
- 2. Declutter.** Whether that means donating all the things you haven't touched in years or building new cupboards to store all your prized possessions, do it. For me, I did a little of both. I donated all the good stuff I wasn't using and built new cabinets to store and organize all the stuff I loved. I built a mudroom for all the things that dropped at the front door and it makes me smile when I look at the front hallway and don't see 3 knapsacks, 10 pairs of shoes, and 49 miscellaneous items everywhere.
- 3. Plan your future.** If you can't renovate, paint, or declutter right now, make a plan when you can. Get your thoughts and ideas on paper. You'd be surprised what the universe will bring when you throw it out there.

Remember you are not alone, this too shall pass, and prioritize your mental space. You matter, and so does your 80's snowsuit!

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IN NORTHEASTERN ONTARIO

By Chelsea Papineau

Like many businesses and industries that have been affected negatively by the COVID-19 pandemic, locally owned tourism operators in northeastern Ontario have really suffered over the last year due to gathering and travelling restrictions.

As the Canadian border remains closed for non-essential travel until at least June 21, it is the perfect opportunity to explore the wonders of the region without having to worry about getting a PCR test and quarantining at a government-approved hotel. With the COVID-19 vaccinations continuing to ramp up and Ontario Premier Doug Ford stating residents in the province should be able to get fully vaccinated by the end of the summer, the possibility of travel is looking more and more promising – at least locally.



Chelsea Papineau

CTV News
Northern Ontario
Digital Content Specialist

Hope is on the horizon and a return to activities we used to enjoy regularly are within reach

Back in February, CTV News Northern Ontario launched a series called Explore the Outdoors with weather personality Will Aiello and Pure Country's Josh Corbett. The weekly segment features fun activities to do outside around the Greater Sudbury area. Will and Josh have explored several parks, disc golf, geocaching, a cycling track, local hiking and biking trails, fishing, and gardening. If you missed those segments, you can find them

all on our website CTVNewsNorthernOntario.ca. It just might give you some ideas for your next outing!

Now, this summer, our news team will highlight various tourist destinations across northeastern Ontario. Every Friday for six weeks, beginning June 25, CTV News will feature a different area including Algoma, Greater Sudbury, Timmins, Temiskaming Shores, and North Bay. Catch the Destination Northern Ontario feature on our newscasts at noon, 5, 6, and 11:30 p.m. or find them online anytime.

It has been an especially long year with the lockdowns, restrictions, and stay-at-home orders, but hope is on the horizon and a return to activities we used to enjoy regularly are within reach. Because those who are vaccinated can still get infected and spread COVID-19, always ensure to follow the local public health safety recommendations and stay home if you are feeling unwell. Cheers to having an enjoyable summer!



NORTHERN ONTARIO

CONSUMER PROTECTION ANYONE?

By David Laplante

The Bereavement Authority of Ontario (BAO) is a government delegated authority administering provisions of the Funeral, Burial and Cremation Services Act, 2002 (FBCSA) on behalf of the Ministry of Government and Consumer Services. Responsible for protection of the public interest, the BAO regulates and supports licensed funeral establishment operators, directors and preplanners, cemetery, crematorium, and alternative disposition operators, transfer service operators, and bereavement sector sales representatives across Ontario. The BAO is wholly funded by licensee fees (not tax dollars).



David Laplante,
Funeral Director

Consumer Protection Ontario is an awareness program delivered by Ontario's Ministry of Government and Consumer Services and other public organizations. It offers information on consumer rights and public safety and directs you to the appropriate agency if you have a complaint or dispute with a business. The Bereavement Authority of Ontario (BAO), in response to the recommendations from the 2020 Auditor General's Value-for-Money audit of the BAO as well as stakeholder requests, is going forward with a few new changes in the hopes of making things go as smoothly as possible for families going through the death of a loved one. The changes which come into force on July 1, 2021 will require that every bereavement service operator who maintains or makes use of a website to promote or to enter contracts for the sale or provision of a licensed supply or service to make available in a clearly visible place on that website a link to the Consumer Information Guide prepared by the Registrar of the BAO and a free, printable electronic version of the operator's price list.

First things first—what is the Consumer Information Guide? The guide was created to inform consumers of their rights and responsibilities when planning funerals, burials, transfer services, or cremation. It will walk you through the steps you need to take to ensure that you protect yourself as a consumer. Up until now, we, as funeral service professionals, were required to offer and have available to all families a copy of this guide. We had families initial a clause confirming they have received one and recently needed to add to that clause that the guide is accessible via an electronic version (PDF). The problem with this is that families were getting their hands on this very informative document only after having entered a contract and when most of the decisions already had been made. For obvious reasons, most importantly to maximize the guides ability to help families, getting access to this information as soon as possible would be ideal. Having access to the service provider's current price list online through their website is another way of ensuring transparency and it is now mandatory. I understand a lot of folks are used to the self-serve options that present themselves to consumers these days, however, with all the different ways to personalize a service or celebration of life, an itemized price list can sometimes seem intimidating. An easy fix...call your local funeral director and ask questions. There are NO obligations or need to sign any contracts.

As in many other instances in life, being well informed prior to making a decision is best. The easiest way to do that is to call your local funeral home of choice and inform yourself directly. You can also visit www.thebao.ca to learn more.

Stay safe everyone!



**Mission:**

The Cooperative Funeral Home is a company distinguished by: - The quality of its services - The professionalism of its employees - The interpersonal relationships it maintains with all of its members and clients

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:

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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*



**Chantal
Bourgeois**

Funeral Director



**André
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The Word

By John Kelly

The idea of healthy eating can strike fear in the hearts of some people. They get the idea that eating healthy automatically means deprivation of some kind. If you're bedtime routine involves Pepsi and Twinkies, then yes, you need to deprive yourself of them. But sometimes a tweak or two is all that is necessary to turn a decent diet into a good one. Let's be clear from the outset—we'll understand 'diet' to mean the day-to-day routine of the food that goes in your mouth and not the 'lose twenty-one pounds in twenty-one days' snake oil plan.

We are what we eat. It's a cliché because it is largely true. A little history lesson: for tens of thousands of years we humans ate meat and little else. Can't you just see us striding back to the cave, the sun going down behind us, a big buck across our shoulders? The women and children at the cave cheer us home not to mention the treatment you get once the kids have fallen asleep. Then came our bigger brains and with them, the ability to grow things a.k.a. the agricultural revolution. We used the soil, the sun, manure. Most recently (about two hundred fifty years ago) the industrial revolution started to influence the human diet. That's kind of when the \$#!& hit the fan.

Anyone trying to clean up their diet will tell you there is no shortage of experts and those who try to pass themselves off as experts. Any quick google search will result in the PhD to the DIY and everything in between. It's a virtual alphabet soup, and it's difficult to know where to turn. I think we can learn something here from our toddlers. If all the information about what you're supposed to eat is overwhelming, the answer may be baby steps. A very select few (read giant conglomerates that make sugary drinks, etc.) will disagree that

reducing sugar intake is a good idea. Now you have to put the next foot in front of the first one.

This part is tricky. If most of us continue to live a relatively sedentary lifestyle and don't alter our diet, we are headed for disease of one kind or another. So, what's the right answer? Well, it's important to start with the right questions. Or better yet, the right question—should I put this in my mouth?

Sometimes a trusted friend can help. Has she made changes to her diet that have made positive results in body composition? Did changing the things she routinely consumes make her feel better? Reduce joint pain? Lower blood pressure? Sometimes the proof is in the pudding. Just don't eat it. But don't stop there. Anecdotal evidence can be suspect, so search for the hard facts.

We are what we eat.

It's a cliché because it is largely true.

We have all heard of Dr. Atkins, The South Beach Diet, Paleo, Carnivore, Keto, and the myriad other options available to us. There is even the bread and water diet, but to get on that you have to be convicted of a federal offence and do a dime in the can. Not a good idea. There's bloating. And the cell-mate thing is a real wildcard. So where to turn? That's up to you. Just signal and turn. Never stop asking questions. Soon you'll find that there are sources that speak to you and your concerns better than others. Hint—a research biochemist beats a Tik Toker most days.

Once the research is done, once you have been convinced through whatever means you needed convincing (science and evidenced-based medicine are good ones – wink!), decide about which diet...umm... which eating protocol you are going to sink your teeth into. It's probably a good idea to adopt one that isn't miles from the way you've been conditioned to eat to these many years. And give it a fair shake. Changes in diet can take several days up to a few weeks to get to working and produce visible and definite changes in how you look and feel. If it works for you and is sustainable over the long haul, carry on. If not, reassess.

As we all know, Father Time is a kleptomaniac, and his preferred booty is lean body mass, i.e., your muscle. Heal swipe it from your legs, arms, back. He'll unashamedly pull it from your own booty. As we age, we lose muscle mass at a rate of nearly three to five percent per decade after the age of thirty. It's not just about looking good at the beach, but keeping from falling, being able to climb a flight of stairs, carry a bag of groceries into the house as the years pile on. The answer is progressive resistance training. But that's another story.

Here's the bottom line. Not the one from around your hips with a tape measure. It's another thing most of us can agree on, James Dean excepted, and it's that the goal is to live as long as we can as well as we can. It's about longevity and the quality of life over that time. Don't wait to make changes in your diet. Even small ones can help prevent the onset of disease so you aren't forced to manage them in the future. Shouldn't we all opt to be the healthy old woman or man over the good-looking corpse?

THE IMPORTANCE OF SPENDING TIME OUTDOORS

By Brianna North

With the warmer weather upon us, it's nice to spend time outdoors and feel the warmth on your skin. And, you'll experience benefits for your overall health!

Going outside can boost your mood. After spending so much time inside, the fresh summer air can lift your spirits. Studies show that going outside and listening to the birds chirp, smelling freshly-cut grass, or spending time near a body of water is beneficial for your well-being. Try going for a nature walk; you'll feel at peace.

It's not surprising that spending time in nature can significantly benefit your mental health. Warmer weather may encourage you to be more active and social, which in turn fights depression, anxiety, and feelings of isolation. It's great to say hello to people you meet on a walk. Just remember to stay six feet apart and wear a mask.

Even if you have mobility issues, sitting on your balcony or a bench at the park helps you de-stress and enjoy the change of scenery.

Spending even 15 minutes outdoors can make a significant difference in the way you feel.

Included in the positive mental health benefits is the feeling of being more alive and energized. Studies show that being out in nature provides a boost to your energy levels. Richard Ryan, a professor from the University of Rochester, says, "Nature is fuel for the soul. Often when we feel depleted, we reach for a cup of coffee, but research suggests a better way to get energized is to connect with nature."

Spending time outdoors will boost your vitamin D levels. A lack of vitamin D contributes to aches and pains in the body, weakens your immune system, and could potentially cause disease. Vitamin D increases your white blood cell count to keep your immune system strong. Spending even 15 minutes outdoors can make a significant difference in the way you feel.

Remember to protect yourself when the sun is strong. Make sure to wear sunscreen and a hat. Wear light-coloured, loose-fitting clothing made of natural, breathable fabrics like cotton. And remember to wear sunglasses that block harmful UV rays. Bring along a water bottle to rehydrate.

Now that we have nicer weather, try and get outside. Whether you're reading a book on your porch or hiking through picturesque trails, you'll help yourself feel refreshed and rejuvenated.

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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.

You can design 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.



Lynn Holke,
North Shore
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OUR HISTORY. OUR FUTURE.

By Dr. Scott Darling

The history of St. Andrew's United Church in our community stretches back almost 140 years to 1883, when Sudbury was starting as a railroad town, and when Presbyterian and Methodist churches were established locally. In 1888, congregants began raising funds to build their own church, which opened under the name St. Andrew's Church in December 1889.

Fast-forward to 21st century Greater Sudbury, and St. Andrew's United Church remains a constant in the community. Today it is a multipurpose facility that offers a place for worship, community engagement, cultural events, and more. St. Andrew's United Church also takes pride in its historic and long-lasting partnership with Huntington University, which was founded with the support of the church and its parishioners in 1960.

Now, six decades later, the ongoing partnership that exists between St. Andrew's and Huntington is being commemorated through a meaningful renewal project. Huntington University, which continues to celebrate its 60th anniversary year, has donated funds in support of improvements for a small chapel located on the 2nd floor of St. Andrew's Place. The space has been restored with much-needed upgrades to the heating, ventilation and electrical systems. With work now completed, the chapel can reopen to the public, when it is safe to do so, as a multi-purpose, non-denominational space available for personal meditation, small group use, meetings and more. The chapel will also be rededicated as the Huntington University Peace Chapel.

"More than 60 years ago, it was the congregation of St. Andrew's United Church, under the leadership of Rev. Dr. Earl S. Launtenslager, who rallied together to raise the funds and the support needed to create Huntington University," says Dr. Kevin McCormick, President and Vice-Chancellor of Huntington University. "This investment is a legacy project for us; one that highlights our past while celebrating those same core values which were held in our early days, such as dedication to community."

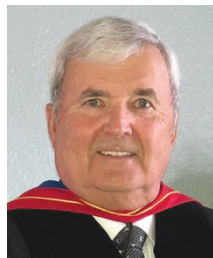
As we look to the future, the Huntington University Peace Chapel will remain a testament to the inextricable link that exists between St. Andrew's United Church and Huntington. The Huntington University Peace Chapel will also continue to house the artifacts retained from the old St. Andrew's United Church, including the pulpit which has historic ties to Huntington University and its first president, Rev. Dr. Earl S. Launtenslager.

With the renewal project now complete, the chapel will reopen for public use once COVID-19 restrictions have lifted. We look forward to welcoming our community and officially rededicating and renaming the space in honour of Huntington University – a dedicated community partner for the past 60 years.

Dr. Scott Darling is President of the St. Andrew's Place Board, and Vice-Chair of the Huntington University Board of Regents. He continues to play an integral role in fostering the partnership between Huntington University and local organizations such as St. Andrew's United Church.



**HUNTINGTON
UNIVERSITY**



Dr. Scott Darling

President of the St. Andrew's Place Board, and Vice-Chair of the Huntington University Board of Regents

TREND ALERT!

By Hailey Hastie

Your local social media guru is back to share 4 social media trends that are taking over the social world and helping businesses leverage their content and connect with their audiences.

Trend #1: Brands will continue to take a "less is more" posting approach

This year, many brands spent less time churning out social media posts and more time producing only content that felt thoughtful, valuable, and in-touch with the world around them. COVID-19 had brands starting to ask a question they may have never asked themselves before: 'Does my audience even want to hear from me right now?' Gone are the days of filler content to make pretty feeds – these days are all about quality > quantity!

Trend #2: The tones are changing

Conversational marketing is nothing new, but the tone of digital conversations is changing drastically. In the past, conversational marketing tactics centered around promotions and making sales as quickly as possible. The language used on social media is changing to be more focused on helping a user with something, educating them about a product, and nurturing them to conversion with a more thoughtful or empathic tone. Brands need to be more human on social media. Being an engaged brand means responding, recognizing, and relating – to connect with your audience on a deeper level.

Trend #3: Consumers are craving snackable content

2021 brought us the wonderful world of TikTok and the addition of Instagram Reels, continued engagement on Stories content from Facebook, Instagram, and Snapchat, and brands creating other short-form or "snackable" pieces content to educate consumers about their brand. As social media attention spans continue to shrink and more people scroll endlessly through feeds while bored at home, don't expect snackable content to lose steam anytime soon. Snackable content is straightforward, short-form, easily digestible content that lends itself to being passively consumed and shared on social media. It tends to be visually engaging, can be posted consistently, and is often used to support overarching campaigns. The object of creating snackable content is to offer immediate entertainment or enrichment, prompt social sharing, and attract new leads as a result. And certain content mediums facilitate that process particularly well. Four common types of snackable content include: Quote Graphics, Memes, Infographics, and Gifs.

4. Authenticity continues to be the key

This year, consumers and brands faced a global pandemic, uncertain financial times, and several major events that paused nations in front of news channels. Now, consumers need more than just great deals to trust, identify with, and invest in a brand. At this point, many brands have taken notice by embracing authenticity and their human side on social media. While some brands have spoken directly about their thoughts related to COVID-19 or other news items, others have shown authenticity through user-generated content or customer testimonials. When done authentically, both strategies can help brands gain trust from their audiences while boosting awareness as a company that cares about people.

Now that we've covered some of the most popular social media trends, you'll see in 2021, let's recap steps you can take to leverage these trends to boost your own social activity.

Here are a few takeaways you can use to leverage these trends, attract new audiences, and build a larger following:

- Leverage video whenever possible.
- Create relatable content.
- Use a conversational tone.
- Use design elements for snackable content.
- Emphasize quality over quantity.
- Stay authentic and true to your brand's purpose!



Hailey Hastie,

*Founder,
The Social
Soulpreneur*

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THE DREADED MENOPOT: WEIGHT GAIN IN MENOPAUSE

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

Is it inevitable? Many women experience weight gain during and after their transition through menopause. The average weight gain is approximately 0.8lb per year – that's 8lbs in 10 years. Some of this is due to age-related changes and some is due to hormonal changes. Age-related changes include loss of muscle mass. This reduces your metabolism and raises insulin levels. As you age, you're less likely to exercise and the rate at which you use up energy during exercise also declines. But how many times have you heard: "I eat right, I exercise, and I still put on weight"?

The Impact of Estrogen: Animal studies have suggested that estrogen helps to control body weight; lab animals tend to be less active and to eat more with lower estrogen levels. Lack of estrogen may also contribute to a lower metabolic rate and affect the metabolism of sugars causing more fat storage.

Menopausal weight gain can have serious implications for your health, especially weight gain around your midsection – the "menopot".

Menopausal weight gain can have serious implications for your health, especially weight gain around your midsection – the "menopot". It can increase your risk of cardiovascular disease, breathing problems, type 2 diabetes, and various types of cancer including breast, colon, and endometrial cancers.

What can be done about menopausal weight gain? Although it seems that lack of estrogen plays a role in decreasing metabolism and increasing weight, menopause hormone therapy with estrogen doesn't appear to completely prevent or reverse these changes. Your best tools in the fight against the dreaded menopot continue to be nutrition and exercise. Fad diets don't work. Science has shown that our bodies will always try to get back to our heaviest weight as an evolutionary adaptation for when times were lean. Enjoy a well-rounded diet with whole grains, fruits, vegetables, lean proteins, and healthy fats. Keep a food diary and practice mindfulness. Pay attention when you eat and stop when you're full even if it means leaving food on your plate (despite what your mother told you!) When you grab something to eat, examine why you're eating – are you hungry? Or are you bored, or stressed? Challenge "what the heck" thinking and check your sweet tooth. Aerobic exercise is good for your heart and lungs and can be as easy as walking, but if you can, incorporate strength training or a weight resistance exercise program. This will help to build muscle mass, bone mass, and improve metabolism. Seek support from your friends and your health care providers.



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125 NEW DONORS NEEDED EACH MONTH. **WILL YOU BE ONE OF THEM?**

By Teri-Mai Armstrong

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.



Teri-Mai Armstrong

Canadian Blood Services

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. Plasma donors say they feel better compared to donating blood since their blood cells and platelets are returned to them and because the body can replenish the donated plasma in few hours.

"Each month in Sudbury, we need 125 new donors and have more than 1,500 appointments to fill," said Teri-Mai Armstrong, business development manager, Canadian Blood Services plasma donor centre. "The generosity of Sudburians can make a life-changing difference for patients in need, and we love welcoming new and returning donors to our new state-of-the-art centre."

If you are feeling healthy and well, giving plasma is a rewarding reason to leave the home even during COVID-19. Extra safety and wellness measures are in place at our donor centre, and appointments are required to ensure physical distancing.

Booking and keeping your appointment is even more essential during the COVID-19 pandemic as some people may be less inclined to leave their homes. But rest assured, our donor environment is a friendly place to stick together safely and leaving home to donate plasma is allowed even under COVID-19 restrictions.

If you have questions about your eligibility to donate (medications, age, COVID-19 vaccine) call us at 1-888-8-DONATE.

The Sudbury plasma donor centre is open 6 days a week and located at 900 Lasalle Boulevard.

Monday: 8am to 2pm
Tuesday – Friday: 7am – 7:30pm
Saturday: 8am to 2pm

Book your plasma appointment at blood.ca or by calling 1-888-2-DONATE.



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Dave,
plasma donor



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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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ESTATE PLANNING

IN THE 21ST CENTURY

By Deborah Slywchuk

The passing of Bill-245, the Accelerating Access to Justice Act, will usher in a long-awaited modernization to the estate planning process in Ontario. In this article we will cover a few of the noteworthy changes.

Virtual witnessing of Wills and Powers of Attorney was introduced by provincial regulations last year in response to Covid-19. Bill-245 allows this virtual witnessing in the presence of a licensed lawyer or paralegal to now become permanent. This will enable Ontarians to have access to legal assistance in estate planning regardless of their physical location. This is a big step forward in embracing technology in the estate planning process.

One other notable change brought about with this new legislation is that a will is no longer revoked by marriage. Prior to Bill-245, when a will had been revoked due to marriage and a new will was not yet executed upon the death of the spouse, the current spouse was able to benefit under the estate distribution laws without a will. The preferential share of the estate in that case was \$200,000 for the spouse. With this change to the automatic revoking of the previous will on marriage, it prevents someone who preys on a vulnerable person from automatically being included in the estate by way of the intestate distribution. These situations were commonly referred to as "predatory marriages".

Under previous legislation, when a person died without a will, referred to as dying intestate, the surviving spouse was entitled to \$200,000 as their preferential share of the estate. That amount has now been increased to \$350,000. In the case of dying with a will, where the testator was separated from their spouse, they will be treated the same as a divorced spouse. Therefore, any gifts in the will are treated as though the surviving spouse had died and the gifts would be excluded. In addition, any appointment of executor to that spouse under the will would be revoked.

In the past, a minor could receive up to \$10,000 without the parent(s) or person with custody first obtaining a court order appointing them as a legal guardian of the child's property. Under the Children's Law Reform Act (Ontario) this threshold has increased to \$35,000 and allows the parent(s) or person with custody of a child to receive the money directly on behalf of the minor, provided the amount remains under the new threshold.

The intent of this article is to provide a broad overview of the changes. It is not inclusive of the changes and should not be interpreted as legal advice. Please consult a Lawyer for advice specific to your individual situation.

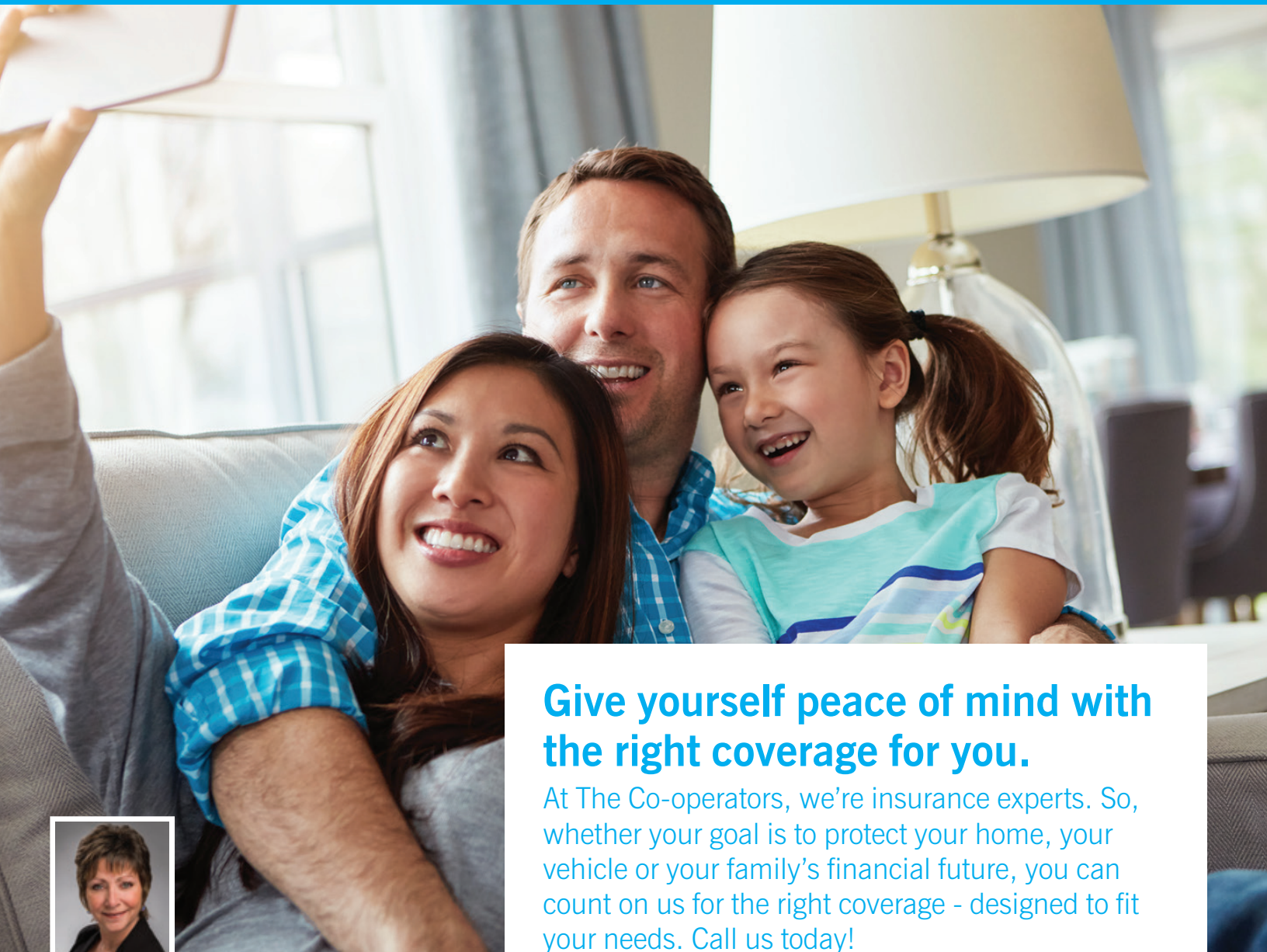


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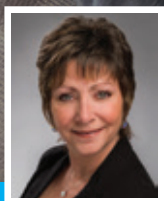
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INGROWN TOENAILS - CONSERVATIVE OR RADICAL TREATMENT?

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



Ingrown toenails can be an extremely painful problem. Ask anyone who has had one! There are several ways to treat an ingrown toenail, some good and some bad. A bad treatment is the home, self-taught method entailing some digging at your own nails with scissors or nail clippers that are most likely harbouring a whole farm of bacteria. These are the type of ingrown nails that usually come into my office so red and swollen that before any work can be done, the patient must be put on an oral antibiotic for a full week.

Some people are predisposed to getting ingrown toenails because of the shape of their nails. This is usually a hereditary nail type. The nail tends to be very curved with a generous amount of

soft tissue on either side. If caught in the early stages, an ingrown nail on this type of toe responds very well to conservative treatment. This usually requires regular visits to a foot specialist (every 2-3 months or so) for special filing and a little trick of packing cotton down the sides of the nails to keep the skin and nail apart. If these nails are constantly becoming infected, a more radical approach is usually necessary. This approach is called a partial nail avulsion. Under a local anesthetic, the ingrown side of the nail is removed, and the nail root is removed or chemically destroyed to prevent that side of the nail from growing back. The patient then ends up with a thinner but flatter nail.

Nails that have been altered through damage, i.e., dropping a heavy object on the toe can also become problem ingrown nails. A large amount of damage to a nail can cause the nail bed to become permanently curved. The best treatment for this type of nail is usually a partial nail avulsion. A whole nail can also be permanently removed but it is not usually necessary.

Although my first line of treatment tends to be conservative, the only way for it to be successful is if the ingrown nail is caught early enough before the toe is twice the size with infection.

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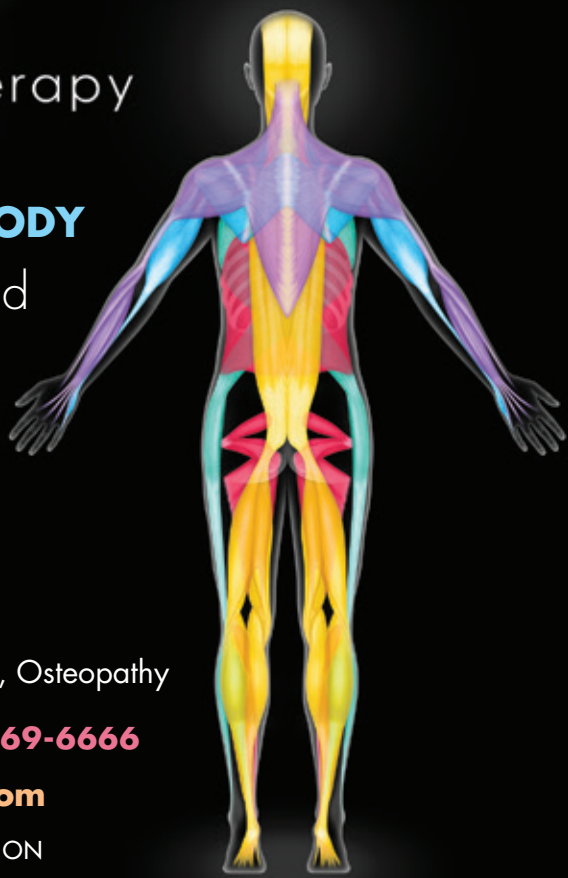


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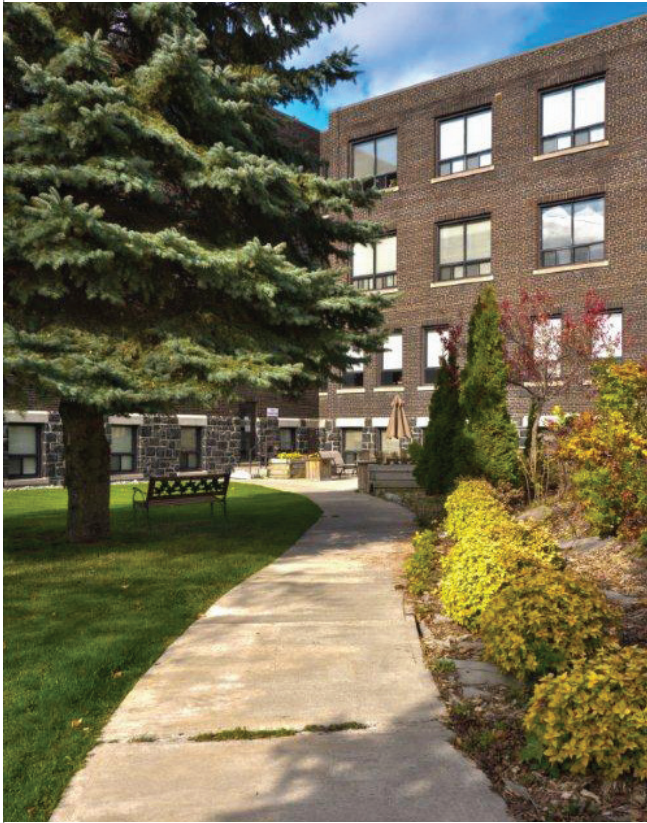


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