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**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:**

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.

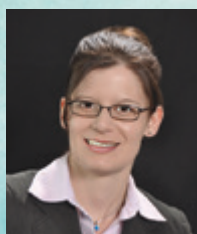
**Raison d'être:**

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*



**Chantal  
Bourgeois**

*Funeral Director*



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# Hope Springs Eternal

**I know, odd opening to a fall issue. Bear with me.**

Aside from that adjective trying to modify that verb there, it's not a bad little phrase. I think most of its goodness is wrapped up in the fact that it is essentially true. Even in the worst of times, we look for the silver lining, the light at the end of the tunnel, the blessing in disguise, and other clichés. I suppose it is in our nature to bias optimism over pessimism and even over realism if we sometimes do so at our own peril. The question is why. And the answer may be simply because it gives us reason to continue, to push forward under whatever burden we struggle.

But if we use the notion that hope springs eternally, if we put it into action, as it were, we may run the risk of complacency and let life to run its course over us. We must be the captains of our own ships. We mustn't allow ourselves to be buffeted and tossed about by the fickle winds and waves of life. Hope without action is like a boat without a rudder.



Luck really isn't a thing, is it? In sports, they say you have to be good to be lucky. Perhaps luck is the confluence of hard work and opportunity. When those two meet, often the things we hope for come to pass. When the work gets put in, the goal is met. And then aren't you the lucky one?

The spring will continue gushing out the hope. And we will all have to manage the balance between optimism and pessimism. Just don't forget the work. So, when you find yourself in a blistering hot Madrid ring full of thousands of screaming Spaniards, you'll take the bull by the horns, won't you? I hope so.

**Nicole Blais,**  
Publisher

**PUBLISHER**

Nicole Blais

**EDITOR**

John Kelly

**ADVERTISING REPRESENTATIVES**

Lise Beaulieu  
lise@gosheniteservices.com

Nicole Blais  
nicole@gosheniteservices.com

**EDITORIAL CONTRIBUTIONS**

John Kelly

**GRAPHIC DESIGN**

AddFX  
graphics@addfx.ca

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TIMES PER YEAR.**

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*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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# HEATING SEASON OR DRY EYE SEASON?? BOTH!!

By Dr Deric Schryer BSc, OD

One of my favorite times of the year is the Fall. Leaves are turning, picturesque landscapes reveal themselves, and we can hike in nature. That being said, the air is crisper, and soon we will need to prepare for cooler weather. Naturally, we start to put our outdoor furniture away and start our heating season. Whether it be forced air, radiant, or wood stove, all these sources naturally have a secondary effect of reducing the humidity in our homes. This also coincides with a lineup of patients outside my door complaining of a burning, sandy, and gritty sensation that happens during this time of the year.



**Dr Deric Schryer  
BSc, OD**

*Independent  
Optometrist at  
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A typical diagnosis is Dry Eye Disease. Yes, Dry Eye is a disease because it can cause permanent vision loss if not diagnosed and treated with appropriate techniques. First, the big distinction is the type of Dry Eye Disease we are dealing with. There is Aqueous Deficient Dry Eye Disease and Evaporative Dry Eye Disease.

When someone is suffering from Aqueous Deficiency, we will recommend Artificial Tears to help supplement the low level of tears that are lacking on the eyes. When looking at options, keep in mind that there are two types of drops, either Preserved or Non-Preserved Tears. If you are using Artificial Tears long term, the best would be Non-Preserved as there would be less sensitivity to preservatives. The drops can be used as needed during the Dry Eye season, and a standard recommendation would be up to four times a day.

**The more  
common type  
of Dry Eye is  
Evaporative Dry  
Eye Disease.**

The more common type of Dry Eye is Evaporative Dry Eye Disease. This is when the lipid layer is not being produced adequately by our eyelid oil glands. In turn, the lack of lipids allows the water layer to evaporate quickly. At this point, you will need more specific drops that will have a lipid component to help replenish this lipid layer and avoid any evaporation of our natural tears. If that is not enough, there are other treatment strategies such as hot compresses to the eyes. A long-term treatment would be LIPIFLOW which is a specific device that is placed directly on the eye to increase the lipid outflow of the eyelids and replenish the natural lipid layer of our tear film.

During my last twenty years of practice in the area, one thing is guaranteed—we are lucky to be able to enjoy the four seasons but, don't forget, with the changing of the seasons, think about your eyes and do something for your Dry Eye Disease.







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# SCOPE CREEP, THE TRUTH IN RENOVATION

By Kerrie Michelutti

Everyone has done this. You start a project, and the project keeps going. It's called scope creep, it's real, and it happens all the time. Have you ever just thought, 'I am just going to paint the walls'...and then when you were finished, you thought, 'well that looks so good it makes the floor look dated', or 'the cupboards look old'? This is the beginning of the endless renovation.



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

The good news is you are not alone. Most people are moving away from dated looks such as the oak stain cupboards. People are looking to a fresher, cleaner look. Dropping the stained yellow look, most likely leads to changing the fireplace mantel or ripping out the old colonial staircase because if your house was done in stained oak...it's everywhere. And that's ok... you will be able to modernize your home by removing these elements or by figuring out a way to update them.

My advice to people is that if you have been thinking about it for years, you have already made up your mind that you don't like it. The first step in renovation is coming to terms with the idea that whatever you detest has to go. I am a firm believer in loving everything in your home. I lived with my parents' old dining room furniture until we found the pieces we loved. With that mentality, I was able to take my time and save to ensure that I was happy with the result. I knew that my scope was big and needed a plan.

To manage the scope creep, try to be realistic with yourself. Be honest with your inner interior decorator and make a list on what needs to be changed. This way you can better manage the look of the renovation and the budget. Give yourself a timeline of events and stick to that plan to ensure you can manage the mental strain and the wallet strain. If you take on too much all at once, it may cause some stress as you aren't used to having your house upside down. Again, be honest with yourself and understand that renovation is messy, and it takes a while to complete. This mantra will come in handy when you can't find the spoons, and you are cooking on a hot plate in your garage.

So, before you start, write everything down, make a plan, and come to terms with all the changes that will be happening. Keep the creep out. Honesty is the best policy even when it comes to dealing with yourself.

**Home & Haven**  
DESIGN STUDIO

# BREAKING THE ICE: TIPS FOR MEETING NEW PEOPLE

By Charlene Nadalin

While everyone is capable of making small talk, it can be difficult to establish a real connection with someone you've just met. But making that connection is the first step in building friendships.

The first, and probably most important aspect of meeting new people is to show a genuine interest in them. This includes things like smiling, being engaged in the conversation, listening more than talking, and getting that person's name right.



**Charlene Nadalin,**  
*Founder and CEO*  
Amintronian

After initial introductions, you want to keep the conversation going. This is when you want to avoid standard rhetoric such as commenting on the weather and instead ask open-ended questions.

When you first meet someone, let's say at a function, say 'Hello how are you, are you enjoying the day? Are you enjoying the event? Have you been to an event like this before?' Use your environment or the activity as your first topic.

And if you are first connecting with a person online, give some information about yourself to open up the dialogue and tie that into your questions. For example, if you see on a person's profile that their favourite country is Italy, use that as an opener. You could say 'I noticed you're a fan of Italy, have you been there before? I'd love to go myself one day'. This way you are tying yourself and the other person into the topic.

On our social platform, Amintronian (member) profiles serve as a conversation starter. Use this information! People are sharing what they want others to see. It is what makes them unique and they expect you to have already read their background if you are getting in touch. Just remember that in order to get information, you have to give information.

Creating a bridge in the conversation – letting the person know why you are asking a question or tying the question to a point about yourself – allows the conversation to flow without anyone feeling like they are part of an inquisition. Breaking down barriers with commonalities brings people closer together and allows the conversation to take off in all different directions.

Don't be shy. You may be an individual and you may be new but you are part of a community that wants to make new friends and try new things. You will be glad that you made the effort, got out of your comfort zone, and now have numerous new friendships because of it.

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# LOWER LIMB LENGTH DIFFERENCES

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



A lower limb difference, or LLD, is the problem of having one leg shorter/longer than the other. There are two types of LLDs. There are actual limb length differences where the bones of one leg will actually measure out to be shorter than the other. This can be caused by a childhood trauma that interferes with the growth plates of the leg or hip, any surgery to the hip, ankle or leg, or hip deterioration due to arthritis. Then there are functional limb length differences, which are more common.



In these cases the leg is not actually shorter than the other. This can be caused by a spinal curvature (scoliosis) or a twist in the pelvic area.

LLDs can be the cause of neck pain, back pain, headaches, sciatic pain, hip, knee, ankle and foot pain. If one leg is shorter than the other, the body tries to equalize itself. One area of the body will bend or twist to try and match the other side. This is called compensating. It is these compensations that will cause symptoms in the form of back pain, neck pain, etc. Treating the localized symptoms without addressing the overall cause (the LLD) will not be successful.

The earlier an LLD is detected and treated, the less severe the compensations and subsequent

symptoms will be. If an LLD is left untreated for a long period of time, the compensations can cause permanent damage. Any one who has had hip surgery or surgery to a broken leg or ankle should be checked for an LLD within six months after the surgery.

An LLD is usually easily treated. It requires lifting the shorter side to match the other. This can be in the form of a heel wedge in the shoe or a lift built into the sole of the shoe. Sometimes a whole support is needed in the shoe of the shorter side to reduce any stress on the arch of the foot while the heel is being lifted.

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# LOOK ON THE BRIGHT SIDE?

By David Laplante

When life throws us challenges, I find it beneficial to look for the silver lining. One can often find some good that comes from just about any situation. Well, let me tell you, it took a while for me to find any good that came from this pandemic! However, as it seems to be winding down (I know, don't jinx it, fingers crossed...), I cannot help from reflecting on all the things I've learnt during these most difficult and extraordinary times.



**David Laplante,**  
Funeral Director

First and foremost, I have confirmed what I always knew...that not only am I blessed with an amazing team of dedicated professionals at my place of work but in fact, I am impressed with all the "last responders", as we are referred to in the funeral industry, who work at all the establishments across this great city and province for that matter. Nobody panicked, we all worked together and assured a continuous flow of things. Faced with extreme uncertainty, we all just kept on trucking. Soon after this began, my so called "competition" reached out to make sure our dwindling supply of personal protective equipment didn't run out completely and we exchanged helpful ideas and strategies to ensure the safety of all. When push came to shove, I knew I had a great group of individuals who had my back and were all working for the same goal.

Another win for me through this was the realization that technology, now more than ever, has its place cemented in the funeral home. Yes, as mentioned in previous articles, I am not a fan of technology. However, with this pandemic raging on and the strict but necessary restrictions in place...at its worse, max 10 people in the building...the fact that we were able to have LIVESTREAM services online made it possible for hundreds of devastated grief-stricken people to be able to virtually gather and exchange heartfelt sympathies. They were able not only to listen in on but participate in a most needed celebration of life or chapel service. If there was ever a doubt that human beings were social creatures who needed each other, this pandemic and its restrictions confirmed it. Even folks who usually have something small and intimate found the restrictions difficult to manage. Throughout this pandemic, I would often joke, at my in-laws' expense, that the restrictions weren't so bad because I haven't had any drop-in visits from them since it started, and I forgot what the inside of the mall looks like. (I'm actually quite fond of my in-laws). Now that things are slowly re-opening and fully vaccinated people can safely gather, families are recognizing now more than ever the need to come together with loved ones to cope with the loss, surrounded by friends and relatives! One might even suggest that maybe we, as a society, took the gathering of family and friends for granted...it took these restrictions to realize just how helpful and necessary family gatherings are for the heart and soul, not only for funerals but during happy times as well.

Talk soon and stay safe everyone!



# COMMUNITY CONNECTION AMID COVID-19

Dr. Kevin McCormick

It's been more than a year and half since the Coronavirus, which later became known as COVID-19, went from a story on the news to a word each of us would hear, say, and use every day since.

The global pandemic has been as historic as it has been hard. Each and every one of us has been impacted in some way by the challenges posed by this ongoing global health crisis. Individuals and families, small businesses, students from the elementary level through to post-secondary, and our seniors – especially those living in care facilities – have all experienced their day-to-day lives upended as a result of measures, such as social distancing, which are intended to keep us all safe.



**Dr. Kevin McCormick**

*President and Vice-Chancellor,  
Huntington University*

However, while we all had to learn to how to endure during this time, there were countless moments where silver linings shone through the dark clouds of the pandemic. Denied by the pandemic to socialize with friends, families had no choice but to reconnect and to better appreciate each other and what they add to the family dynamic. Colleagues had to adapt, finding ways to work remotely and operate successfully as a team. At Huntington, we launched the Huntington Helps Emergency Bursary Fund and later partnered with TD Bank Group on this initiative to ensure post-secondary students studying in Greater Sudbury had access to emergency bursaries to support their immediate and short-term needs. And for many of us, once we adjusted to the 'new normal', we reached out to charities, volunteer organizations, and community groups to lend our support in the wake of the uncertainty of this pandemic.

If we have learned anything since March of 2020, it is that we all have the ability to help those in need no matter the situation. We continue to applaud all the healthcare and essential workers as well as the many volunteers who kept vital programs and services open and accessible through all phases of the pandemic including the lockdowns.

We can all be resilient and generous, and each of us has the ability to help neighbours, family, and friends, many of whom are finding that the past several months of isolation have taken a toll. Without doubt, seniors in long-term care were among our loneliest citizens separated for months on end from their social networks due to strict health and visitor restrictions.

As we all move forward, let us not allow older adults who may live alone, or in care facilities, to go without the interaction, the care, and the vital human connection to community that we all may have taken for granted but now truly cherish.

We have learned we all need each other – and it is up to each of us to keep our community connected, strong, and vibrant as we walk together toward the future.

*Dr. Kevin McCormick is the President and Vice-Chancellor of Huntington University. He also serves as Honorary Colonel of the Irish Regiment of Canada, and is dedicated to supporting the Armed Forces and Veterans. Dr. McCormick is also a member of the National Seniors Council, following his appointment in 2019.*



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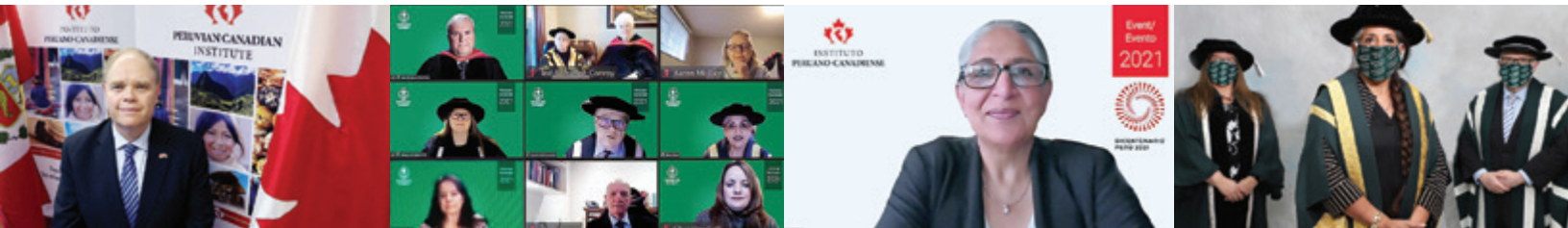
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- **re-imagine Huntington University and everything we do,**
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As we begin this exciting next chapter, we remain focused on continuing to serve our communities through our programming, international institutes and commitment to civic leadership and service.

**We are confident Huntington's best days are still ahead.**

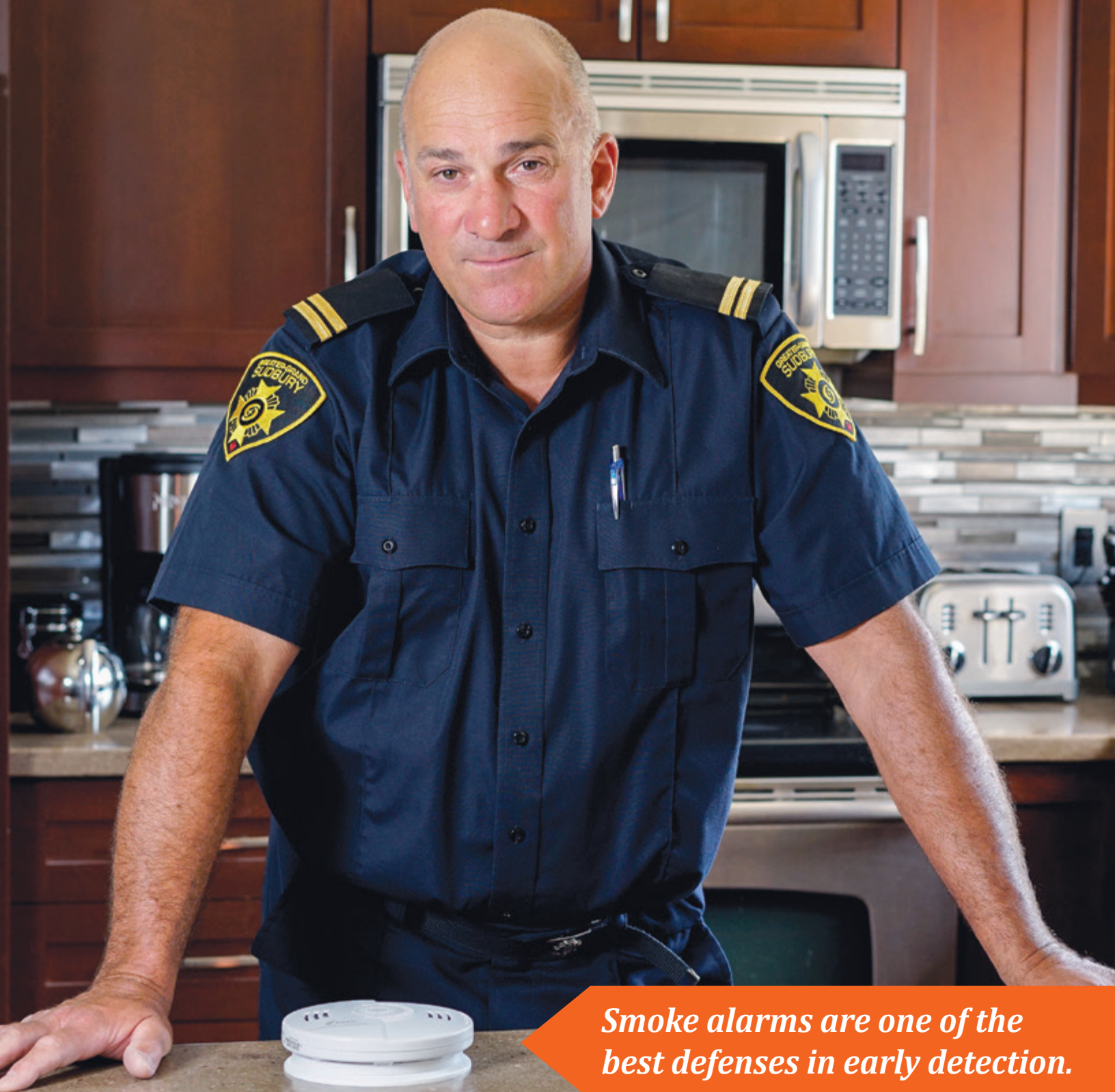


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# Greater Sudbury Fire Services



*Smoke alarms are one of the best defenses in early detection.*



# Keeping Seniors Safe

By John Kelly

Older Adults are one of the largest population segments in Canada and in Greater Sudbury. With more older adults choosing to stay in their homes longer, they can be at risk for fire-related injuries. Fire safety for seniors is a priority for the City of Greater Sudbury Fire Services and a new program has been put into place to help.

The City of Greater Sudbury Fire Services is now offering a Fire Safety Consultation, free of charge to homeowners who are living alone or who are over the age of 55 and living in the Greater Sudbury area. Goshenite Senior Services has partnered with the GSFS to help ensure as many seniors as possible have access to this valuable and potentially life-saving information.

Heading up this program is Jimmy Kolar Public Safety Officer who has recently made the move to public education after serving 25 years as a firefighter.

“When I consult with a homeowner on fire safety, it’s easy to explain potential hazards, as I have seen first-hand what can result from easy-to-fix issues if they are not addressed promptly,” said Kolar. “Smoke alarms are one of the best defenses in early detection,” he continued. “Smoke alarms need to be tested regularly, and when I find dead batteries or an expired unit, I know that this is not being done.”

Another important safety topic is carbon monoxide, also known as the silent killer. It is a colourless and odourless gas that escapes detection if the proper devices are not in place.

“Carbon monoxide is one of the most popular subjects to come up in conversation when out in the community doing educational events,” said Kolar. “Many older adults are unaware of the dangers associated with carbon monoxide. Several homes are found to have them in the wrong location, and some people don’t have any at all.”

In addition, unattended cooking is still the number one cause of fires in Ontario. During a consultation, kitchen safety is looked at closely with emphasis placed on areas closest to the stove. Some other fire safety topics covered in the consultation are barbecue safety, fireplaces, extension cords, clothes dryer vents, furnaces, and attached garages.

Lastly, the homeowner’s Home Fire Escape Plan is addressed. Over the years, people accumulate possessions in their homes that may obstruct the path to the safest exit. During the home consultation, Kolar will help plan and discuss escape routes and practice their execution.



***The City of Greater Sudbury Fire Services is now offering a Fire Safety Consultation, free of charge to homeowners who are living alone or who are over the age of 55 and living in the Greater Sudbury area.***

This program will provide the necessary tools and guidance for residents to feel fire safety ready in their own homes. To book a Fire Safety Consultation, contact the City of Greater Sudbury Fire Services at 705-674-4455, extension 3743, or email [fireinquiries@greatersudbury.ca](mailto:fireinquiries@greatersudbury.ca).

# Abby's Super Seafood Casserole

## INGREDIENTS

- 2 cups onion, *chopped*
- 2 cups celery, *chopped*
- 2 cloves garlic, *crushed*
- 3 tsps butter
- ½ cup butter, *melted*
- ¾ cup flour
- ¾ tsp salt
- ¼ tsp pepper
- 4 ½ cup milk (skim milk)
- 1 ½ cup cheddar cheese, *grated*
- ¾ cup lobster
- 1 lb scallops
- ½ lb shrimp
- ¾ lb salmon fillets

## INSTRUCTIONS

1. Sauté onions, celery and garlic in 3 tsps of butter
2. Melt ½ cup butter and stir in flour, salt and pepper
3. Cook, stirring over medium heat for 2 minutes
4. Slowly add milk and cook, stirring until thicker
5. Stir in cheese and cook until it melts
6. Add lobster, scallops, shrimp, salmon and sauté
7. Mix well
8. Place in oven in greased casserole dish
9. Bake @ 350 for 30 minutes or until bubbly.
10. Serves 8. You can use over flakey pastry

*Recipe courtesy of: Jackie Mc Fate*



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# HOW TO ADD MORE VIDEO INTO YOUR SOCIAL MEDIA STRATEGY

By Hailey Hastie

It's no secret that video continues to grow in popularity across the major social media platforms. Content with video can grab attention faster & hold attention longer than traditional static images or graphics. Video allows you to be concise and capture viewers' interest in the first few seconds. Social media success lies in your ability to condense information down into easily digestible snippets of content that are long enough to maintain viewers' attention but short enough to leave them wanting more. As social media service providers, we know how powerful video can be, but we also know that creating high quality video content consistently can be challenging. If you know you should be sharing more video content, but you're struggling to make it happen, this article is for you.



**Hailey Hastie,**  
Founder,  
The Social  
Soulpreneur

Here are 3 easy ways to add more video into your social media strategy:

## 1. Use Video Backgrounds in Your Graphic Posts

This is one of the easiest ways to incorporate video into your content strategy. When creating your graphics, use a video for your background instead of a static image to capture the attention of your target audience scrolling by to make them intrigued to read more.

## 2. Layer A Static Image (or a Collage of Images) Over A Moving Background

What could possibly make THE Instagram pic even better? Adding a bit of movement! Instead of just posting a stand-alone portrait style photo, consider layering the photo on top of a video that ties into the photo. For example, if you've got a product photo of a beach towel, perhaps you layer the photo on top of a video of waves at a beach!

## 3. Add Video to an Otherwise Static Instagram Story

Why post boring old static stories when you can add interest & movement with vertical video?

Having a stockpile of brand-aligned vertical videos on hand makes elevating your Instagram Stories quick & easy! To create a collage effect inside an Instagram Story, simply add a video element first, then use the image sticker to layer in a static image. Boom, you're done!

And of course, if all of it seems too much give TSS a shout! As we always say, stick to what you do best and outsource the rest!

**The Social Soulpreneur**

# IMPROVING THE HEALTH OF YOUR SKIN

By Lori Ingriselli

It's almost time to say goodbye to the summer, and welcome in the cooler seasons ahead. It's at this time of year we have more time to self-assess and take a moment for ourselves.



**Lori Ingriselli,**  
Cosmetic Manager  
Sudbury Skin Clinique

Self-care is important on the inside first, but improving the health of your skin provides long term value as well. We often equate having treatments for our skin as uniquely cosmetic, but most treatments increase the health and well-being of the largest organ in the human body. It is an organ, the body's first defence against foreign invasion of oxidants like pollution and micro-organisms. It senses heat, cold and pain, hydration, and much more. Taking care of it is a very good idea.

There are many ways to help the integrity of your skin. Everyone wants to know the best way to do this, and it isn't very complicated.

*Self-care is important on the inside first, but improving the health of your skin provides long term value as well.*

Keep your skin protected with all day protection from the sun. The sun is damaging. It causes the skin to deplete in lubrication causing dry skin. It causes deep pigmentation, pre-cancers called actinic keratosis, and skin cancer. Collagen breakdown from sun exposure causes increased aging and so much more. Sun avoidance, sunscreen, and sunscreen clothing, etc. will all increase the health of your skin.

Avoid strong soaps, long hot baths, and showers that can deplete the hydration of the skin which is the body's first line of defense. And use a great moisturizer that your skin loves.

Add a peel to your home regime, or get a professional one. As we age, our natural skin cell turnover becomes sluggish, resulting in dry, dull skin. Peels can chemically or mechanically remove the dead cells resulting in your skin being able to keep hydration better and looking softer and younger. There are many peels to choose from, mild to aggressive. If you are unsure, we can help you decide the best one for your specific needs whether at home or in office.

Have your skin assessed by a professional. It doesn't always result in large, expensive procedures but can help you decide what is best for you or maybe even offer suggestions you hadn't thought of.

There are numerous ways to help the skin naturally and with interventions of lasers, skin care, and changes in your daily routines.

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## OUR VIEW

Dermatology is an important specialty which aims not only to achieve the optimal appearance of your skin, but also to prevent and treat minor and severe skin disorders including skin cancer.

At the Sudbury Skin Clinic our staff is trained and credentialed extensively on all services. The Sudbury Skin Clinic carries some of the newest and most respected lasers currently available in the field of Cosmetic Dermatology.

We are able to combine the medical grade effectiveness of a traditional doctor's office with a relaxing and positive environment.

Our nurses and technologists are continuously seeking out the latest cosmetic and medical protocols currently available. This enables us to address every individual patients needs. Dr. Lyne Giroux or a member of her team, meets personally with each patient and develops personalized dermatological and cosmetic programs to address all your skin concerns.

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# GETTING YOUR MESSAGE OUT

By Chelsea Papineau

There are many different reasons why businesses should advertise beyond a particular product or service, but how will people know what your business does or sells if you do not advertise?

## BENEFITS TO ADVERTISING

**Creating top of mind awareness** - When you advertise, awareness for your brand's product or service increases. You want people to think of you first and not your competition.

**Build or strengthen your image** - People tend to do business with companies that they know and like. Advertising helps them get to know you and what you offer, building trust and recognition.

**Setting your brand apart** - When advertising, showcase what makes your offering unique and why someone should choose your company over your competition.

## THREE CRUCIAL ELEMENTS:

**The right audience** - Focus on your core customer base, don't try to be all things to all people. Think about who you are trying to reach with your message.

**The right message** - Focus on one thing at a time, something that sets you apart from your competition. Once you have chosen a message, be consistent with it across all media. Avoid generic branding such as "we have great customer service." It is a given that everyone expects and will not help you stand out. Explain how your product or service can solve the customer's problem and give them a call to action.

**Super high frequency in fewer places** - There are so many different ways to get your message out. It is a good idea to pick the medium/media that are the right fit for your business goals and avoid trying to be everywhere at once. The main types of advertising are billboards, digital, direct mail, directories, print, radio, sponsorship, and television. Digital advertising has become increasingly popular with the access to internet and smartphones.

## CAN PEOPLE FIND YOU ONLINE?

Consumers are very savvy and will often research a product or service before making a commitment. That is why it is important to have an online presence. If your business does not have a website, make sure to set up an account on social media so people can find out more about who you are and what you do.

CTV Northern Ontario helps local businesses spread their message online and on television and radio. Our account executives along with the in-house creative team can help design a compelling advertising campaign to fit your budget. CTVNorthernOntario.ca



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Chelsea Papineau

CTV News Northern  
Ontario's Lead Digital  
Content Specialist

# NORTH SHORE QUALITY HOMES BUILD TO YOUR SPECS

By Lynn Holke

We are well known for our beautiful Mini Homes, but did you know that we do bungalows as well? Just like our Canadian made Mini homes, our bungalows are also built to order. Don't want a basement? No problem. We can design your home to go on an unconditioned (unheated) crawlspace to save you money and have the floor insulated to keep your feet warm.

Did you know there is 30% more material that goes into a modular home? The reason is we must ship your home on a truck, and they travel at highway speeds. That's equivalent to being in a category 1 hurricane for over 30 hours and the shingles don't blow off.



Lynn Holke,  
North Shore  
Quality Homes

*Just like our  
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made Mini  
homes, our  
bungalows  
are also  
built to  
order.*

You must be thinking 'how can a modular home be less expensive to build than a traditional home?' Well, our homes are built inside a factory where labor is controlled as opposed to a site-built home where most builders depend on subcontractors. That means you have multiple businesses making a profit on the same home. In the factory there are 300 trained people working. 100 women make up part of the 300 staff, and they do all the work that requires finesse like the solid wood trim and the kitchen cabinet installations, etc.

The volume of material that is purchased at the factory allows them to have greater purchasing power. Also, the material used by the factory is stored inside, so your home is built with material that is dry and straight. This means you will not have the shrinking and settling that you would normally have on a site-built home.

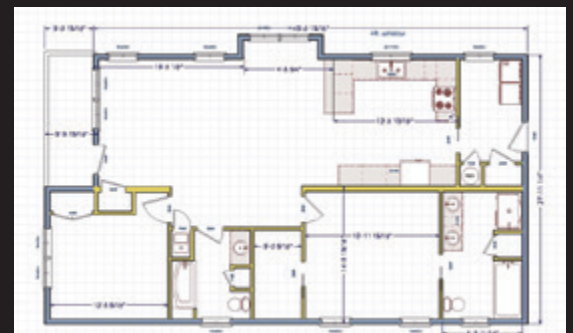
Concerned about our environment? Over 25% of waste in a landfill is from construction waste while at the factory everything is recycled. On a 1200 square foot home you can put all the waste in just 4 large garbage bags.

There you have it. Now is the time to come and visit our display homes where you can see the quality for yourself. It's worth the drive to Massey. You will be saving money, time, and the environment.

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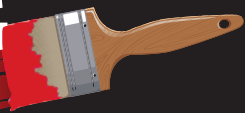
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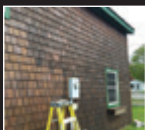
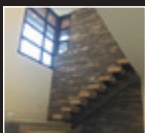
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## SKIN AND HAIR CARE DURING MENOPAUSE

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

Menopause brings a myriad of changes to women, many of which we hear about: hot flashes, night sweats, dryness. However, other changes occur that women often don't hear about, for instance, how your skin and hair change! Estrogen promotes water retention and plumpness of the skin and contributes to hair growth and fullness. When estrogen levels drop in menopause, your skin can sag and your hair may become thinner.

*When estrogen levels drop in menopause, your skin can sag and your hair may become thinner.*

**Skin:** Estrogen contributes to collagen production. A decrease in collagen production contributes to loss of skin volume and tightness. Facial massage using your favorite moisturizer helps stimulate skin's collagen production and improve the appearance of sagging and

jowls. You can combat dry, flaking skin by gently cleansing daily using a cleanser for sensitive skin and moisturize daily with products containing hyaluronic acid. Serums with antioxidants like Vitamin C help fight off free radicals that contribute to fine lines and wrinkles. On the flip side, some women may start having problems with acne during menopause! Avoid strong acne products and use gentle cleansers with salicylic acid. For dark spots, products that contain Vitamin C and retinol work best. However, dark spots may not always respond to over-the-counter products, and you may require prescription strength retinoid, facial peels, or laser treatments. In general, take warm (not hot) showers and moisturize immediately after towelling off. Damp skin absorbs ingredients better. Avoid products with scent and colour. Use a broad-spectrum sunscreen even in winter that's SPF 30 or higher.

**Hair:** During menopause, you may notice your hair thinning, becoming less full, or shedding more. Although most menopause-related hair loss does slow down with time, this can be very distressing to women. A healthy diet is extremely important as this has a direct impact on the structure and growth of hair. Protein contains amino acids that are important precursors to keratin production. Good sources include fish, meat, dairy, legumes, seeds, and nuts. Omega-3 fatty acids help maintain hair hydration. Vitamins C, A, and B group also play roles in hair growth, colour, and health. Important minerals include Zinc, Iron, Copper, Magnesium, and Calcium. Use gentle, moisturizing shampoos that do not contain sulphates or parabens and wash less frequently. Protect your scalp from the sun to avoid long-term sun damage. If you are experiencing female-pattern baldness, products with minoxidil can help. For unwanted facial hair, tweezing and waxing will get rid of it temporarily. For permanent solutions, try electrolysis or laser hair removal.



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# THE IMPORTANCE OF SOCIALIZATION

By Brianna North

Socialization is important at any age. Maintaining positive relationships is beneficial for your overall health. Whether you're chatting with someone new or participating in an activity with a friend, socialization contributes to your well-being and can provide relief through difficult times.

Sometimes, it may be challenging to find the motivation to socialize. The loss of a loved one or mobility issues could affect your desire to be around others. But the benefits of socialization are worth it.

*People who maintain an active social life are less likely to experience feelings of loneliness and will see improvements in their quality of life and mental health.*

Many adults can experience feelings of isolation as they age which has harsh effects on mental health including increased depression and anxiety. People who maintain an active social life are less likely to experience feelings of loneliness and will see improvements in their quality of life and mental health. Studies show that socializing helps you handle stress better. Reduced stress can improve the immune system and cardiovascular health.

Socializing increases the likelihood that you'll stay physically active. You might not be comfortable participating in an activity or going for walks by yourself. Having a friend next to you makes exercising feel like more than just a chore. Exercising provides you with physical and mental health benefits including improved coordination and reduced depression. And socializing while you do that exercise makes it fun.

Activities in social settings can contribute to a greater sense of self-esteem and prevent cognitive decline such as memory loss. You may even have a longer lifespan.

Who knew it was so good to join an activity, plan lunch, or take part in an outing? Whether you have lots of buddies, one close friend, or you prefer the presence of family, socializing has many benefits.

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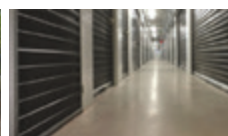
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