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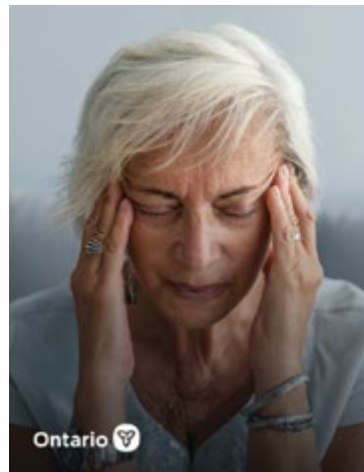
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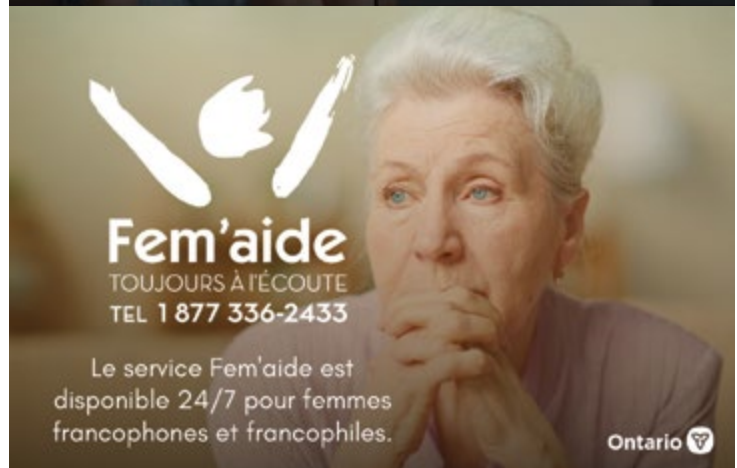
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I'm pretty sure we anthropomorphize (longest word I've ever used) all the seasons in some way or other. Spring, summer, autumn. These guys are the kind you'd like to hang out with. They're temperate, warm, easy to get along with. Good for them. But how do we refer to the season that is right around the corner? Old Man Winter. Not exactly fair. I get it. Life is hard enough. Why add layers of ice, mounds of snow, and temperatures that make icicles of exposed fingers and faces? I don't even know if the grass is greener on the other side of the fence. The plow buried it in snow!

Winter has gotten a bum rap, and he's saddled with a reputation he doesn't deserve. If it isn't already too cold and my lips don't freeze to its mouthpiece, allow me to toot winter's horn and see if I can't rehabilitate the old man's image. First, on his behalf, let me say he doesn't mean to make getting around so hard. He hates that his breath puts a frostbite to your cheeks. He's beside himself when anyone is laid up because of too much shovelling. Please accept his heartfelt apologies.

Winter puts down a bed of snow for sleds, a blanket for kids to make angels, outdoor ice to skate on. Is there anything prettier than a fresh snowfall, flakes falling through the glow of a lonely streetlight? If it weren't for winter, our huts would sink to the bottom of the lake when we icefish. Winter is a cool and dark time. The old man gives us a time to pause and reflect, to give meaning to the year we leave behind and plan for the new one we welcome.

We're lucky to live in a place with four seasons. Old Man Winter and his three beautiful girls. Each comes with its own unique wonders and failings. It's easier to appreciate them once we've experienced the others. Embrace them. Just make sure you wear a pair of warm mittens when you put your paws on winter!

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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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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The Skinny on SKIN CARE

Skin care is the most economical approach to facial anti aging. In fact, consistent use of a quality sunscreen from a young age can decrease the need for more advanced treatments later in life. The following segment will provide a brief overview of some key ingredients used to improve skin texture, tone, and quality for the mature client.

Sunscreen



Consistent use of an effective sunscreen can prevent skin cancer and delay skin aging. Sunscreens contain chemical or physical filters. Chemical filters absorb and deactivate UV rays. Meanwhile, physical filters sit on the skin's surface and reflect

light. SPF indicates the sunscreen's ability to protect skin from sunburn. Skin care professionals generally recommend sunscreens with SPF of 30 or higher. There are health hazards associated with chemical sunscreen ingredients. Therefore, licensed professionals generally recommend sunscreens that contain micronized zinc oxide and titanium dioxide. Both ingredients filter UVA and UVB rays.

Vitamin C



Vitamin C is a powerful antioxidant that brightens skin and prevents damage from free radicals. It may reduce the appearance of fine lines and wrinkles and lead to a revitalized

appearance to the skin. Unfortunately, most vitamin C products oxidize in the container once opened and quickly turn a brownish



BY JENNIFER FOURNIER, NP, PHD
FOUNDER, ALLURE RX

colour. Once this has occurred the product is no longer beneficial and may be damaging to the skin. AllureRx carries EverActive C&E serum with peptide by AlumierMD. This is one of the few vitamin C products that is packaged to prevent oxidization and to ensure good value for the client.

Retinol

Retinol improves the appearance of fine lines, wrinkles, and blemishes. It also evens skin tone and improves texture. Retinol enhances cell turnover which is very important for mature skin. A quality retinol product will be mixed with soothing and



hydrating ingredients to counter its drying effect and maximize results. Clients generally start at a lower concentration of retinol and increase it as tolerance builds. It is best applied at night prior to a suitable moisturizer.

Hyaluronic Acid

Hyaluronic Acid is a substance normally found in human skin. It supports skin hydration and elasticity due to its ability to hold water. The production of hyaluronic acid within the skin slows down over time.

This leads to the development of wrinkles and a loss of skin firmness. Hyaluronic acid serums are the perfect complement to any mature skin care regimen and can be used morning and night.



A good skin care routine starts with a safe and effective sunscreen. The additional ingredients presented here are also important. All clinical staff at AllureRx are licensed and regulated. They can perform a complimentary skin evaluation and make specific product recommendations. Reach out to schedule your skin evaluation today and put your best face forward.



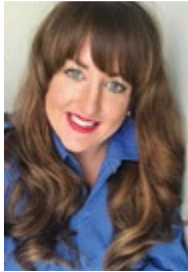
START LIVING WHAT YOU LOVE NOW... BREAK THE RULES.

By Kerrie Michelutti

One of the most common things I hear from clients is, "I know you shouldn't do X because of X."

X could be anything from where to use dark colours, small spaces need linear lines, we shouldn't put blues and greens together. You name it, I have heard it. And to all the rule followers out there, I say throw out the rule book and let's have a discussion.

The great news is that there are so many visuals out there to support your ideas that you have, and if you continually look at black fixtures, or pattern cushions, or brightly painted doors, it may mean that you actually like them. Listen to your heart and incorporate them into your décor. If you don't know how to do this, hire someone. There are so many talented people that have vision and the ability to bring it all together.



Kerrie Michelutti,
PMP, Owner
Home & Haven
Design Studio

There is always room to select items that are neutral and balance the other elements that are fun

Another common phrase I hear is, "I want to love it in 20 years." Ok, fair enough. It is a big investment so you want to make smart choices, but think about the person you were 20 years ago. Would that person pick the same selection as you did today? Probably not.

Pick for the next 5 years and let's see what happens. There is always room to select items

that are neutral and balance the other elements that are fun. Let go of the crystal ball and start living what you love now.

I love to see people happy and enjoying themselves and that may mean that your house is different from your neighbors. That's ok!! You need to love the space you are in and embrace your taste. Some rules make sense, but like everything else in life, it isn't black or white.



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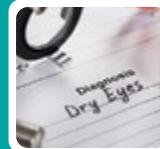
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FRIENDSHIPS ARE AS *Sweet as Pie*

By
Charlene Nadalin,
Founder and CEO
Aminro



For those who know me, my having founded Aminro comes as no surprise because I have always loved meeting new people and forming new friendships. People are fascinating and I believe that I am a better person because of the diverse and wonderful people in my life who have become my friends. From a young age, I appreciated meeting people and forming friendships as we got to know one another over coffee, meals, and excursions. I have learned from them and been introduced to a multitude of cultures which have enriched my life. Being half Italian, I am proud to say that I can make a delicious tiramisu from scratch which has become the dessert that I am often asked to bring when my friends and I get together. Recently I reconnected with a classmate I've known since 1984. We met in elementary school when we were

little girls with long hair pulled into ponytails and wearing butterfly-shaped barrettes. We met for dinner – a girls' night out – and spent hours reminiscing about our childhoods and shared our memories of growing up in our small town. While we no longer live in that small town as life took us in different directions after high school, the foundation of our friendship remains strong. During dinner, she learned that I don't cook, and that I fortuitously married a man who loves creating wonderful meals and keeping me well fed. I did share that I have a knack for making desserts to which she told me about her favorite, easy to make – no baking needed – Cherry Cheese Pie recipe. The next day, I awoke to an email from her with the recipe which I am sharing with you. I hope that you enjoy this dessert as much as I did and that it makes it to the dinner table the next time you get together with friends.

CHERRY CHEESE PIE

- 1 large pre-made graham cracker pie crust
- 1 can sweetened condensed milk
- 1 can cherry pie filling
- 1 tablespoon vanilla extract
- 1 block cream cheese (fully softened and room temperature)
- ½ cup lemon juice

Blend all ingredients together (minus the cherries) with a mixer. Add mixture to the pie crust and cover with lid that came with the crust and refrigerate overnight. In the morning, add the entire can of cherry pie filling to top, cover with the lid and refrigerate for another 3 hours.

As April said to me, "This is one of those recipes with no shortcuts, but it's so worth the wait!"



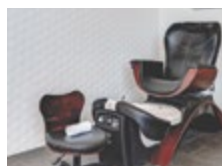
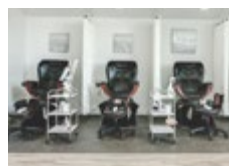
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AGING IN PLACE

By Autumnwood Mature Lifestyle Communities

“As the province grapples with scarce health human resources, full emergency departments and patients in hallways, professionals are recommending that its best for seniors to “Age in Place”, says Justine Landry, Manager of Operations, Autumnwood Mature Lifestyle Communities.

At Autumnwood’s retirement residences, we offer seniors the opportunity to thrive in place. Throughout the pandemic, many seniors felt forced to isolate at home and had to sacrifice traditions with friends and family. Most seniors can say they had to cancel family dinners, birthday parties, and religious celebrations due to the threat of COVID-19. Is this what they mean to age in place?

Residents who take the leap of faith to move to Red Oak Villa are surrounded by a community ready to celebrate every milestone, holiday, and accomplishment with one-another in a safe and respectful way. The on-site 24-hour care staff empower residents to live independently and offer supports to protect and preserve each person’s well-being. Red Oak Villa resident John Benoit had this to say regarding the residence: “Red Oak Villa gave us a good balance in our way of life – a place to exercise, a place to pray, a place to think, to read, to enjoy music, a place to be alone and also a place to be with others. The Villa gives all its residents an opportunity to participate in creative activities such as choir, singing, baking for special events, painting, exercise programs from yoga to sitting activity. All involvement is present to expand one’s sense of life which helps us to soar our spirits.”

The Villa is filled with people who hail from the city limits and beyond. Many folks boast about coming “back to their roots” upon arrival at the Villa because the residence is the original St. Joseph’s Hospital. Residents speak fondly of welcoming their children into the world within the walls that now protect and preserve their independence as an older adult.

I have witnessed residents who transition from home ownership or apartment living benefit from increased physical wellness and mobility through participating in the active community at Red Oak Villa. Each day, there are recreational activities planned by one of our team members. The residents at Red Oak Villa enjoy one another’s company while focusing on their physical, emotional, and spiritual well-being. The staff take care of the rest!

As Red Oak Villa expands with the addition of 122 stunning retirement-living suites, a beautiful new dining room, lounge, bar and games room, we look forward to welcoming new members into our community - a place where seniors can sit back, relax, and enjoy their retirement. We do the cooking, the cleaning and empower the residents to enjoy Leisure for Life!

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Goshenite Seniors Services and Desimone Shoes and Spa invited local business to participate in the second annual Christmas Stockings for Seniors Holiday Program, and the response was overwhelming!

This heartwarming event will be held each year to bring joy and cheer to the residents in Long Term Care Homes and the community.

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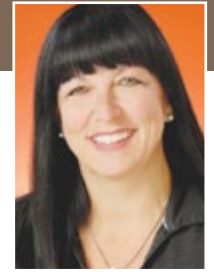
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By Julie DeSimone,
Chiropractor, B.Sc.
Podiatric Medicine

FOOT SOAKS



Nothing can be more relaxing than a foot soak. Foot soaks have been used for many, many years to treat certain ailments, relieve stress, and cool down our hot, tired feet.

I am often asked by patients if foot soaks are actually good for our feet. Foot soaks can be beneficial when done correctly.

Soaking the feet at home with your own personal basin is the best way to go. Foot soaks in a group setting or an institutional setting, like a nursing home, where the same 3 or 4 basins are used on everyone is not recommended. The standards set by the Ontario College of Chiropractors does not recommend foot soaking in this manner due to the risk of passing on certain infectious elements, especially fungus. Even with disinfectant agents in the water, the concentration is not enough to kill certain infectious agents and stop them from spreading.

Soaking can also be very drying for the skin. If you have a dry skin type, you must be careful not to soak for too long (10 minutes maximum) and

moisturizing oil should be added to the water. Be sure to use an emollient on the skin after the soak.

If you suffer from hot, perspiring feet you should use an astringent or cooling agent in the water. These can be bought at most drug stores. Using alternating foot baths between warm and cold water can help to stimulate the lymphatic drainage and reduce perspiring and swelling. Soak for 1 minute in the warm and 20 seconds in the cold. Alternate 5 or 6 times.

In all cases of foot soaking, you must be sure to never have the water too hot and to dry well after the soak, especially between the toes. Cracks can develop between the toes if the skin is too moist.

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PELVIC ORGAN PROLAPSE –

IT'S TIME TO ADDRESS THE ELEPHANT IN THE ROOM

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

So many women are unaware of the possibility of pelvic organ prolapse – until it happens to them. Basically, pelvic organ prolapse is a condition where the pelvic organs (uterus, bladder, rectum or top of the vagina in the case of a hysterectomy) fall to, or through, the opening of the vagina due to weakening of, or damage to, the muscles and ligaments of the pelvic floor. This can occur due to childbirth, obesity, after a hysterectomy, or menopause. Symptoms can include a bulge or pressure in the vagina, difficulty emptying the bladder or bowels and low back or pelvic pain. The symptoms are often less noticeable in the morning or while lying down and get worse by the end of the day or with activity. A prolapse is named depending on the organ involved. A cystocele is when the bladder pushes back into the vagina creating the bulge. A rectocele is when the rectum pushes the back wall of the vagina forward. A uterine prolapse is when the uterus falls through the vagina.

Prolapse affects 1 in 4 women in their 40's and 1 in 3 women in their 60's. One of the first treatments options is pelvic floor physiotherapy.

A physiotherapist will use techniques like biofeedback and exercises to help strengthen the muscles of the pelvic floor. Pelvic floor exercises can also help to prevent prolapse and can be done for example during pregnancy. However, if this is not enough, there are other treatment options available such as a pessary. This is a device made of silicone and sits in the vagina to help support the pelvic organs. It needs to be fitted by a health care provider and is removable.



Prolapse affects 1 in 4 women in their 40's and 1 in 3 women in their 60's.

Finally, surgery is also a treatment option. There are different types of surgery based on the severity of the prolapse and the organs involved. Mesh material is not necessarily required. Traditionally, surgery has been associated with a recurrence rate of up to 30%.

Remember your pelvic floor health is important. You can help to prevent prolapse by doing pelvic floor exercises regularly, limit the stress on your pelvic floor by adjusting your diet to avoid constipation, losing weight, and strengthening your core muscles with yoga or Pilates. If you are experiencing symptoms of prolapse however, see your health care provider – don't wait.





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HOW MUNICIPAL GOVERNMENTS WORK

For better or worse, municipal governments are closest to the residents they serve, providing far more day-to-day services than any other level of government.

Snow plowing, drinking water, sewage, garbage collection, recycling, local transit, firefighting, policing, fitness centres and playgrounds are just a few of the dozens of areas that bring local governments into close daily contact with residents.

People don't call their MP or MPP if their road hasn't been plowed or their garbage is still at the curb. They call their councillor or the mayor.

Despite a long list of responsibilities, local governments have the least power and are heavily regulated by the province.



By **Darren MacDonald**

CTV News Northern Ontario.ca digital content producer

CONTROLLED BY THE PROVINCE

Municipal governments in Ontario are creatures of the province, regulated largely through the Ministry of Municipal Affairs. Their primary source of income is a tax on property owners, as well as transfers from the province to provide certain services. For example, many social services are delivered through local governments -- such as social assistance and public housing -- but are largely funded by the province through transfers.

Former North Bay Mayor Al McDonald calls it an antiquated system rooted in the 19th century.

"If we were to get a portion of the HST or other revenue tools, it might be a lot easier," he said.

There are several ways provincial decisions cost cities real money. A case in point is what's called interest arbitration. Emergency workers in Ontario can't strike, but they do have the right to have an arbitrator decide what their collective agreement should be.

While it has brought valuable labour peace, it has sometimes forced cities into unexpected cost spikes.

In 2020, an arbitrator ruled that Greater Sudbury had to hire more full-time firefighters for its Valley East Station after operating for decades with a mix of two career firefighters supplemented by volunteer firefighters. That decision cost taxpayers \$1.3 million in an unplanned expense.

Cities also collect taxes for libraries, conservation authorities, health units and police, but can't dictate what their budgets will be. They can direct, for example, police to hold budget increases to three per cent, but police are not bound by that target.

"Even though there's council representation on them, they're actually separate units to council," said Tom Laughren, the former mayor of Timmins.

"In many cases, you don't have the control that you think you have, especially if you're a brand new person running."



THERE'S AN APP FOR THAT!

By **Julie Aube**

Having a conversation with your loved one about their end-of-life wishes is a difficult task. When and how do you start this talk? Who should be involved? For many, the thought of having such a conversation is so intimidating, it is often postponed -- until it is too late.

Advanced Care Planning is a critical process that will inform the decisions you will need to make about yours or your loved one's care. The process is simple enough -- it's all about having and documenting several conversations that will:

- prompt the selection of an SDM (Substitute Decision Maker),
- allow you/your loved ones to learn more about the diagnosis and progression of any chronic illness/diseases
- empower you/your loved ones to make informed decisions about future health care choices

WHEN TO START

Advanced Care Planning conversations should start when you or your loved one is diagnosed with a life-limiting illness. No, there is no crystal ball -- but your health care provider likely has knowledge on what the progression of the diagnosis looks like. Knowing this will allow you to create a plan on how you will deal with these changes in your health status and prepare your loved ones to provide the support you will require.

HOW TO START

The government of Ontario has created several online resources to help get these conversations started. Workbooks and templates with fillable fields are available at advancecareplanningontario.ca. And yes... there's an App for that! A free application download is available for your phone or tablet that includes step-by-step instructional videos and other resources that are accessible at the tip of your fingers -- anytime, anywhere! Just search "advance care planning Ontario" in the App Store for this free resource.

As you work through the Advanced Care Planning process, you will learn more about the different health care services and supports that are available in your local community. Maison McCulloch Hospice has a variety of services that can support you/your loved one in the last 12 months of life. Please go to our website or give us a call and learn how we can support you at home or at hospice.



Julie Aube,
CPA, CMA,

Executive Director at
Maison McCulloch
Hospice





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In addition to offering end of life care, the team can now offer shorter stay beds for caregiver relief, caregiver education and pain and symptom management for residents with a prognosis of 12 months or less.

PROGRAMME DE SOINS RÉSIDENTIELS

En plus d'offrir des soins de fin de vie, l'équipe peut aussi offrir des admissions de courtes durées qui ont comme but d'offrir aux aidants naturels une période de répit ainsi que de l'éducation sur les soins à domicile et aux résident(e)s à pronostique de 12 mois ou moins, la gestion de la douleur et autres symptômes.



COMMUNITY HOSPICE PALLIATIVE CARE SERVICES

A collaborative team comprised of physicians, nurse practitioners and registered nurses who provide pain and symptom management (in-person and virtually) as well as supportive care clinicians who address psychosocial and spiritual needs to patients with a life limiting illness.

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Our team is available 24/7 for support throughout the end-of-life journey and after. Telephone follow up, grief recovery programs, discussion groups and one on-one grief support are available to the community at large.

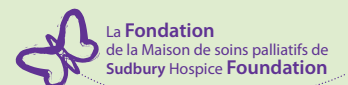
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Notre équipe est disponible 24h/24 et 7j/7 pour vous accompagner tout au long du parcours de fin de vie et après. Les suivis téléphoniques, des programmes de rétablissement après le deuil, des groupes de discussion et des supports individuels de soutien de deuil sont offerts à la communauté.



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TURN ON THE RED LIGHT!



By Maggie Thomas,
B.Sc. C.O. (c)
Certified Orthotist

Have you ever thought of your body like a battery? Science tells us that our bodies operate like a battery, and certain wavelengths of the sun power it up or help charge it. Who else do you know that is powered by the sun? That's right, Superman. The sun helps him stay healthy while optimizing his powers.

Unfortunately, we are not superhuman like Superman, and the sun is like the double-edged sword for us humans. Some wavelengths can energize and nourish us while the UV rays harm us. So, what if we could harness the beneficial light wavelengths of the Sun, and remove the harmful ones? Apparently, we can and we have.

Red Light Therapy (RLT) or Near-Infrared Light Therapy comes in the form of hand-held devices and long panels to spot treat or offer a whole body treatment.

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penetrates the skin and the cells stimulating cellular activity & energy production that supports a magnitude of therapeutic results. It doesn't have the power to make us superhuman. Sorry, can't help you there. Here is what it can help with:

- Decrease joint pain and arthritis
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- Optimize performance & recovery
- Promote circulation
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- Enhance wound healing
- Aid in mental health & clarity
- Balance hormones
- Regulate thyroid function
- Improve sleep
- Support healthy skin, hair, nails
- Promote weight-loss
- and so much more.

Turn on the RED LIGHT for 5-20 minutes per day to optimize your healing, health, and function.

Book an inquiry session today to discuss which device would be ideal for you and how to integrate it into your daily routine. Insurance plans may cover the cost of RLT devices. A prescription from a medical practitioner is required for device purchase.



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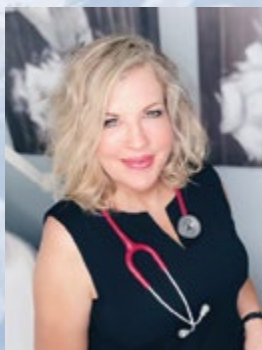
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- Wrinkle relaxers such as Botox and Dysport are used to reduce or eliminate lines and wrinkles.
- Dermal fillers such as Juvederm and Restylane work to restore or add volume to certain areas of the face.
- Fat melting can be used to target small pockets of fat such as the submental area (under chin).

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Jennifer Fournier, NP



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Rosemary

Is there a simple way to make an older home more energy efficient and comfortable?

That's what Brampton homeowner Rosemary, like many Ontarians, had often wondered. Rosemary's home was built in 1972 and at fifty years old it was drafty, especially through the windows, electrical outlets and attic hatch.

One afternoon while she was watching TV, a news reporter mentioned the **Enbridge Gas Home Winterproofing Program**, which provides free insulation, draft proofing and a smart thermostat to income-qualified homes.

She thought it sounded like a good idea, so she took a few minutes and applied. After a few questions, she qualified. Not long after, she received a visit from a program delivery agent, who checked her home and confirmed she could receive free insulation and draft proofing to make it more

comfortable, energy efficient and sustainable year round.

Once the free upgrades were installed, Rosemary saw a difference almost immediately.

Like many older adults, Rosemary is on a fixed income, so every little bit she can save on energy use helps with household budgeting.

“I budget very carefully,” she says. “Saving money on heating helps me, my budget, a great deal.”

If your home qualifies, there is no catch—the program really is free and there is no cost to the homeowner.

“One of my friends said she'd heard about it but she thought it was a scam,” Rosemary says. “And so I told her no. I said, ‘I've been in touch and they've done it for me.’”

If you're looking for ways to save energy and live more comfortably and sustainably at home, take Rosemary's advice and apply. “You've got nothing to lose,” she says. “It's free”.

The **Enbridge Gas Home Winterproofing Program** provides free energy-efficient upgrades, including wall, basement and attic insulation, draft proofing and a smart thermostat, to help income-qualified customers save on home heating and cooling.

To learn more about the program and see if you qualify, visit **enbridgegas.com/winterproofing** or apply by phone in minutes at **1-844-770-3148**. Whether you rent or own, you may qualify.

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