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Networking. Most of have done it or have been told to do it. And, generally speaking, it's a good idea, a workplace thing that moves one's career in the right direction and keeps one in the business loop. But there's another kind of networking that takes a different kind of well, work. It's a network that comes with every birth and lasts a lifetime. It begins with an 'f'. Rhymes with samily. You got it. Family is the most important network you'll ever be a part of. You can throw friends into the mix too. Sometimes, they're as much family as flesh and blood anyway. And, with a little work, this network is the easiest one to grow and strengthen. Making it strong has never been more critical. Especially these days.

And it's seniors, some of whom are most vulnerable, who should pay special attention to care for their network. Imagine it an intricate spider web that has been spun over years and years. It's also like a net. That's why they call it networking. It provides myriad services to the owner not the least of which is that safety net. But let's not go there yet.

Let's face it, our senior years are the third period, the fourth quarter. They're the final act. And it can be a lonely time as many seniors may experience the loss of a spouse, other family members, and friends. Staying connected with loved ones keeps us vital, makes us young, and reminds us of what's really important, and that we are a species that thrives on the significant bonds we create over the course of a lifetime. No man is an island. Together, we're more like an archipelago.

Reach out to those close to you. Last time I checked, most phones could make and receive calls. Send a text or an email. Better yet, post a handwritten letter. Nothing says 'you're special to me' like ink and paper and a nice penmanship.

Keep your network strong. Stay in touch. Remain connected. And never stop spinning your web.

Nicole Blais,
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At Goshenite Seniors Services our goal is to simplify and educate our clients about all options available to them in their community during the transition process. As a former Director of Care in Sudbury and having worked with discharge planners in the health care field, it became evident that most seniors had not planned for transition, leaving them and their families in CRISIS mode after a life changing event.

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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By Charlene Nadalin,
Founder and CEO, Aminthro

Prepare for Your Cruise

Have you ever considered a cruise? There are many different cruises you can take, including some that don't go to warm and sunny destinations. We've compiled 6 tips to help you prepare for your cruise:

- 1 Plan your cruise in advance. First off, it's important to do your research about what kind of cruise you'd like to take. Top cruise destinations include The Mediterranean, Alaska, Norway, Japan, The Caribbean, Baltic Sea, Danube River, and Hawaii. As you can see, there's a wide variety of cruises to explore, from warm to cold destinations and ocean to sea to river.
- 2 Book a room that works for you. Everyone immediately thinks they want a suite on a cruise, but it can get pricey very quickly. If

you're not going to be spending much time in your room, why splurge for the big one? Get something that fits you. There are many different options and price ranges. You just need to decide what's important to you and what you're willing to spend for it.

- 3 Get to know your ship and what you might have to reserve in advance. Cruise ships are often like mini cities. They have every activity and amenity you could think of from various restaurants to daily activities and on-site laundry. Because some restaurants are more popular than others, it's good to reserve a dinner in advance to guarantee you can eat there.
- 4 Pack minimally. Pack lightly by packing efficiently and only bring what you need for

your trip. Check if your cruise has onboard laundry and that can help limit the number of clothes you need.

- 5 Bring all of the medications that you might need. Be sure to pack all of your prescription medications as well as the regular over-the-counter stuff including anti-sickness aids.
- 6 Arrive at the embarkation city a day early and leave a day later. Traveling through airports in a city where a cruise is about to arrive or leave can be chaotic to say the least. Make your trip stress-free by planning a couple extra nights in a local hotel.

Cruises can be a great way to meet people and make new friends, and with our tips, you'll be sitting comfortably in your sunnies in no time!



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Here's To Your Health



Goshenite Seniors Services Care Companion Caregivers

Care Companion Caregivers is a NEW home care offering non-medical services to older adults or people with disabilities. Care Companions also called "Companions" provide peace of mind for families! Many adults with older parents live in different cities, provinces, even countries. A regularly scheduled visit from a Care Companion can provide reassurance that those parents are in good physical and mental health, that they are well cared for, and are provided with a communication link to their children. Goshenite offers fully trained bilingual Care Companions throughout the Sudbury area.

Care Companion Caregivers are caring and flexible individuals with experience in household management for non-medical, in-home support services, including home management (light housekeeping, laundry, bed making, trash removal), meal planning and preparation, grocery shopping, and client transportation (errands, appointments, shopping trips).

Care Companions can assist clients with the following activities:

- Assisting with basic activities of daily living
- Participating in entertainment such as playing cards, watching a movie, doing a puzzle or just enjoying each other's company
- Setting up the computer or tablet for a virtual visit with distant family members/friends
- Going for walks
- Engaging clients in conversation and joining in social activities and hobbies
- Handling basic housekeeping, such as dusting, sweeping, mopping, organizing, and laundry
- Planning and preparing meals for clients, taking dietary restrictions and preferences into consideration

- Taking a genuine interest in clients by listening to their needs, ensuring that their environment is clean and safe
- Driving clients to planned outings or events
- Providing emotional support for clients and their families.
- Providing assistant with social media if required
- Providing emotional support and non-medical services that improve the lives of the seniors
- Supporting seniors with meal prep
- Participating with seniors in customized activities
- Escorting seniors to appointments or to the grocery store
- Planning and scheduling appointments and social activities
- Transporting seniors to appointments and other activities
- Handling errands for or with clients such as grocery shopping and writing letters, etc.

About 40% of seniors experience loneliness and 17% experience social isolation. Companions are a great resource for families and seniors to help them stay connected and engaged in activities of interest. Care Companions can visit clients in their homes, in a retirement setting, and long-term care facilities. They can also attend medical and non-medical appointments.

The social benefits of a Care Companion "Companion" can help empower seniors to live their best life on their terms. A companion's support and attention can empower older adults to live with more dignity and improve their quality of life.

Call us today at 705-698-3045 for more information or to coordinate a visit with a Companion.



Nicole Blais, *President*
GosheniteServices.com
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Organize Your Space

When your closets, cabinets and drawers are filled with belongings you may not need, forgotten about, you may find yourself challenged to find the things you want because they are buried in clutter may cause stress, anxiety, and depression.

You have spent a lifetime accumulating clothing, furniture, books, home accessories, family photographs and souvenirs. Everything means something to you; it can be a challenge to let go.

When overwhelmed by your things it is hard to know where to start, you can feel yourself becoming anxious it can take a great deal of energy to even think about cleaning out the clutter. Don't let your stuff continue to dictate how you live and how you feel about your living space.

There are many reasons why people are surrounded by too much stuff, mental illness, mobility, time management, new relationships. Whatever the reason it is important for your overall well-being to tackle project. We can do it together, one step at a time.

Together, we can refresh your space with a no-mess method. We start with Simple and Practical solutions.

Whether you are looking to refresh your current residence and need to create more living space or downsizing and packing to move to a smaller home, our technics for decluttering, cleaning, and organizing will have you smiling and enjoying your space again.



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Cori-Lynn Lemaitre
Owner / Consultant
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LICHEN SCLEROSUS

By Drs. R. Righi and S. Wallace
Northern Ontario Women's Wellness (NOWW)

Lichen sclerosus is a skin disease that can occur at any age but often starts after menopause. It can occur in at least 1/1000 women.

The cause of lichen sclerosus is unknown but it may be associated with autoimmune disorders. It is not an infection, and it is not contagious but its symptoms often mimic those of age related changes or symptoms of a yeast infection, mainly itching, burning and irritation. Because of this, the diagnosis is often delayed as many women will self-treat and won't see a health care professional. Delaying diagnosis can be problematic as lichen sclerosus can lead to scarring and destruction of the normal skin architecture causing the labia to fuse together and potentially narrowing the vaginal opening making it difficult to urinate or have intercourse. There is also a 4% risk of developing cancer with lichen sclerosus, another reason to make sure of the correct diagnosis.

The diagnosis is often made on examination just by the appearance of the skin. It becomes pale and white and may be patchy or involve the entire vulva and anal area. The skin may become shiny and there may be ulcers, fissures, or bruising present. The diagnosis can also be confirmed with a small biopsy done in your doctor's office.

Lichen sclerosus is a skin disease that can occur at any age but usually starts around menopause. It can occur in at least 1/1000 women.

There is no cure for lichen sclerosus. It is a life-long disease. However, the symptoms may be controlled with steroid creams. Your health care provider will instruct you on how to use the creams. It is important that you do not stop the treatment until advised by your health care provider because this condition can progress off treatment. It is also important to avoid all skin irritations. Do not use scented soaps or bubble baths or fabric softener on your underwear. Do not use scented panty liners or pads. Look for those made of natural cotton or labelled hypoallergenic. Avoid tight clothing and wear white cotton underwear. Remove wet bathing suits or exercise clothing as soon as possible. Do not scratch as this can damage your skin. You can take oral antihistamines to control the itch and apply white petrolatum to the skin to help soothe and protect it.

If you develop itching or irritation that will not go away, do not hesitate to seek diagnosis and treatment from your health care provider.






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Caregiver Burden: You Are Not Alone!

By *Ashlee Lachapelle & Lindsay Lehoux*
RN/CEO RN/COO

Respite Nurses Agency

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Are you a caregiver for a parent, child, or life-partner? You are not alone. In 2019, twenty-eight percent of people living in Canada have taken on this life changing role of caregiver. This number is only rising, and it is estimated that half of the population will be caregivers at some point throughout their lifetime. The caregiver role has evolved and is becoming more complex. Over half of caregivers spend time not only helping with medication management and physical care but also complex medical tasks and other duties of high stress. The ability to care for a loved one brings with it many rewards; however, caregivers are burning out at an alarming rate.

Caregiver burden is the emotional, physical, and mental strain over a period that results in a large scope of negative symptoms. Some of these symptoms include fatigue, weight change, loss of self, and anxiety. In 2021 the national report from the Canadian Centre of Caregiving Excellence claims that sixty nine percent of caregivers' mental health has deteriorated during the COVID-19 pandemic. This in turn has had a negative impact on finances where caregivers were having to reduce work hours or quit altogether to care for a loved one. Caregivers have lost significant time spent with other family and friends. We tend not to take time for relaxation and much needed self care.

Decreasing the chances of experiencing caregiver burden is of utmost importance. This starts with self care, prioritising our needs, and setting time aside for hobbies and activities of interest. Allow yourself respite and time to catch up with friends, go for a walk, run some errands, or enjoy a weekend away. The more we care for our physical, mental, and emotional well being, the better caregivers we can be to the ones we love.

Caregiver burden affects many people worldwide. It is common and carries with it many negative effects not only for you, but the ones we care for. Asking for support for you and your family is a priority before we experience the signs and symptoms of caregiver burden. If you are experiencing burden, please reach out to your family, physician, or a medical professional. To properly care for someone else, you must first take time for yourself.

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PERSONALITY FIT AND RENOVATIONS - FIND THE PEOPLE

By Kerrie Michelutti

When I go to a professional office there is one key feeling that I want to feel, and that is the feeling of being handled. I am humble enough to know that I don't know everything, but I am confident enough to know that there are a lot of great people who do.



Kerrie Michelutti,
PMP, Owner
Home & Haven
Design Studio

I trust the people I work with, and I select based on service and knowledge. This is how I operate, from my dentist, to the folks who sell me my car. I trust that they will listen, deliver what I need, show me things that I didn't know, and educate me so I can make the right decision.

I trust the people I work with, and I select based on service and knowledge. This is how the renovation process should be.

This is how the renovation process should be. Most people do renovations once, maybe twice in their lifetime. Some people, like me, always have something happening. But generally, if we are following a rule of thumb, most people don't do renovations everyday, and they are looking to be handled.

You may feel anxious about mess, insecure about your knowledge, nervous about costs, and yes, all these things build up and everything comes to a grinding halt. We are paralyzed and don't know where to start.

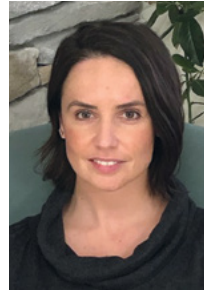
Having a vision is the first step, finding a person who is a good fit for your vision and personality is the second step, and being realistic with expectations and budget is the third. Shop the people you are working with until you find the right fit. It's like a wedding dress; once you find "the right one", stop looking. Build the trust and get going. Renovations are expensive and time consuming, but this is only a moment in time. It will be worth it when you are done. Find the people, invest in your vision, and enjoy the process.



ADDING LIFE TO THE LAST DAYS

By Julie Aube

Death and dying – it's not something that people really talk about. When I first arrived here in my new role, I was intimidated at the thought of what I might see. For so many, death is often associated with suffering and sadness. Although the elements of sadness and grief are present, there is a much stronger sense of warmth, relief, and comfort exuded by the family members and their loved ones who have chosen to receive palliative care and related services from Maison McCulloch Hospice.



Julie Aube, CPA, CMA,
Executive Director at
Maison McCulloch
Hospice

Maison McCulloch Hospice is a center of excellence dedicated to the collaborative delivery of quality palliative care in both official languages. The Hospice helps individuals - and their family members – to live fully in their remaining days by attending to their physical, emotional, psychosocial, spiritual, and practical needs in the location of their choice.

Your local hospice can provide these support services to you and your loved ones at different stages of your journey. Here's how –

Residential Hospice Services

The Hospice now has 20 beds, 6 of which are designated transitional care. 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.

Community Hospice Palliative Care Services

The Community Hospice Palliative Care team is 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. This program allows clients to die in the comfort of their own home.

Visiting Hospice Services

Our team of visiting hospice volunteers offers compassionate support by providing companionship, assistance with activities of daily living, and caregiver relief services in the client's home.

Supportive Care and Grief Services

Our Supportive Care and Grief Services 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.

And the best part – these services are offered AT NO COST thanks to the generosity of our community members. Everyone, regardless of their means, deserves to die with dignity and respect. Purchase a 50/50 ticket or donate in memory of a loved one and help Maison McCulloch Hospice make that happen.





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RESIDENTIAL HOSPICE SERVICES

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.

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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 pronostic 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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PROGRAMME DE BÉNÉVOLES VISITEURS

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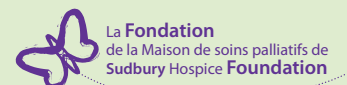
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For many of us, this is the time of year we throw open the windows, let some fresh air into our homes and perhaps look at our space with a fresh set of eyes, newly “defrosted” from all that winter ice and snow. With our fresh perspective it might be that we also notice it’s time to do a bit of decluttering and tidying up. If all that bright sunlight is casting a spotlight on a winter’s worth of build up, you might be ready to do a little spring cleaning! As we age, this task becomes even more important for any number of reasons, your physical safety being perhaps the most important one.

ARE YOU READY FOR A LITTLE *Spring* CLEANING?

Seniors and Spring Cleaning

Why is it so important for mature adults to stay on top of the dust bunnies? A few reasons come to mind and the truth is, it’s really nothing to do with dust although if you suffer from allergies keeping the dust down is always a good idea!

- You may wish to look at your furnace filter as your first line of defense in helping to clear the air and if you don’t already have one, a humidifier is always a good idea for preventing dry air and the results that come with it like dry skin, irritation of the lining of the nose and throat and even dry mouth.
- A humidifier (along with all that fresh air) will help to restore moisture balance in your living space and is of particular benefit to persons living with COPD, asthma or any chronic lung condition. It helps to foster easier breathing and can even help you to expel phlegm.
- In a perfect world you would have already been running the humidifier all winter long but now is a good time to clean it AND keep it running, especially with Covid still a threat in our community.
- As for that furnace filter, you’ll soon be giving the furnace a break anyway so switching out to a clean filter now just makes good sense. Most manufacturers generally recommend replacing it about every 6-9 months at most anyway.



space and determining now what can stay and what should go. We’ve mentioned this before but it’s worth a reminder: This is a great opportunity to potentially pass along family heirlooms to those you love and who you know will treasure them, giving you the added pleasure of watching those treasures get used. Take your favourite set of china for example, if you’re not hosting dinner parties anymore, pass them along to the family member who is hosting your next holiday gathering for the family. Chances are, those extra dishes will come in handy and they will be appreciated!

Older Adults Often Have “Older Stuff!”

- Another reason for a good spring cleaning ritual is that it offers a chance for you to start the process of decluttering your home, perhaps preparing for an eventual downsizing to a retirement space – whether that’s in a few months from now or not for another year or two.
- No one likes to be rushed into making decisions and downsizing decisions are hard enough without the hurry. Make this spring “Step one” in your downsizing process by taking a good, hard look around your
- If and when you actually move, will you need all the furniture you have now? How about all the little knick-knacks and memorabilia you’ve collected over the years? It’s likely the answer is no, so now is the time to let go. Host a yard or estate sale (we can help!) or donate to your local thrift store or favourite charity. You can do some good, for yourself or others while you declutter your space. Let’s be honest – you’ll also be helping family members in the future who

might end up having to do this work for you. This is a hard task, no doubt about it and Goshenite can help. One of the many senior services we offer is helping people with downsizing, decluttering and transitioning into retirement living.

- We never schedule more than 3 hours at a time for these tasks because we know they are hard to do: mentally, physically and emotionally. If you’d like to learn more about how we can help, contact our offices for a consultation.

For the Good of Your Good Health

- When it comes to seniors, there are other relevant tips to consider when we talk about spring cleaning. As we age, it’s not necessarily that we become suddenly clumsier, but rather, that if we were to experience a trip and fall, there is a great likelihood that we could end up with a broken bone or something like a mild concussion. For that reason, spring cleaning is a great time to not only clean your area rugs but consider whether or not they really need to be in your home.
- You may want to consider installing stair treads on a set of wooden stairs because when you have finished polishing them to a high shine they might look great but also cause a slip with disastrous consequences.
- Decluttering and cleaning out your kitchen cupboards is a great excuse to start thinking about how and where you store things. Make that shelf that’s just a little too high and requires a stepping stool the home of your rarely used items that you’re not quite ready to part with. Making things more accessible in the kitchen will lead to less potential for an accident caused either by climbing on a stool or chair, or reaching for something that comes crashing down on your head!
- If you have experienced an accident and need a little extra mobility help around the house or to get to and from your Doctor appointments, Goshenite offers transportation services to ensure you get where you need to, when you need to. We also have various home support services to help you throughout this time and/or as you age in place for as long as you hope to do so.

Protect yourself physically with a safe, clean environment. Protect yourself mentally by hiring a service like Goshenite to assist with transportation, home care needs or downsizing and estate sale requirements and protect yourself emotionally by taking this time to plan for your preferred retirement living style rather than being rushed into a decision due to a medical emergency. By the time you finish spring cleaning it’ll be May and the perfect time to head outdoors and do some more digging - this time in your garden!

START ANEW

By Autumnwood
Mature Lifestyle Communities

There is an excitement in the air that only a changing season can provide. We look forward to spring so much every year – the season of new beginnings.

It's official – the clocks have sprung forward and spring is upon us and not a moment too soon. There is an excitement in the air that only a changing season can provide. We look forward to spring so much every year – the season of new beginnings. Who can beat travelling, activities, exercise, longer days of sunshine, events, family time, and so many other things that the warmer weather provides us? Now imagine as an older adult being

able to share the excitement of changing weather with an entire community? Maybe it is time to consider the benefits that retirement living can have:

- Low Maintenance Lifestyle (Who wants to cook, clean, mow the lawn, or rake leaves anyway?)
- Peaceful environment and reduced stress
- Independence with increased care options
- Socialization and daily recreational activities
- Improved physical and mental health
- Family oriented community

If there is one thing that the warmer weather provides us with, it's perspective. This fresh perspective allows us to harness our excitement and start anew. Let's all take the opportunity to create our own narrative this spring – a positive one. Whether you are anxious to get outside and relax in the sun or even enjoy some quality time with friends or family, there are endless amounts of ways to enjoy a brand-new perspective. Leisure for life and a sense of involvement are always attainable if you want it to be – whether old or young.

AUTUMNWOOD 
Mature Lifestyle Communities

SOCIAL MEDIA CLONE ACCOUNTS



With access to technology at our fingertips, the number of social media users in Canada continues to grow exponentially. In 2022, there were 34.47 million Canadians on social media, up from 32.53 million the previous year with expected growth to more than 38 million in the country by 2026. While it is a great way to connect and stay in touch with friends and family, there continues to be dangers when interacting online, so it is important to know how to protect yourself and your information.



By Chelsea Papineau
CTVNewsNorthernOntario.ca
Digital Content Specialist

BEWARE OF IMPOSTERS

With the lack of accountability when it comes to setting up an account on social media, it is very easy to set up a clone profile. Scammers can use your name and photos regardless of privacy settings to set up another duplicate account. If your 'friends' list is not private, they will often send a friend request to your contacts from the second fake account. This is often followed up by a direct message. Whenever I receive a friend request from someone I know, I always check my friends/followers list first to see if we are already connected on social media. If I find that it is a second account, I will reach out to the person on their first account directly to confirm whether or not they set up a secondary profile.

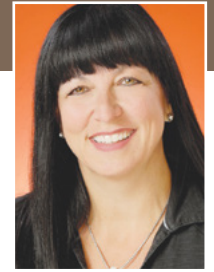
REPORT IT

If you find that someone is pretending to be someone you know and have confirmed that it is fake, report the account to the social media platform. It is also a good idea to block that new profile and not accept the new friend request. If someone has cloned your account, change your password immediately.

TIPS TO STAY SAFE

Be mindful of whom you accept requests and messages from and do not give out any personal information online. It is a good practice to reject friend requests from people you do not know in real life, even if they appear to be "friends of friends." I have had many friends fall into the trap of accepting requests from scammers, so do not use the mutual friend list as a guide. It happens to the best of us. In the event you get locked out of your social media account, there are several ways to authenticate your identity and change your password without creating a whole new account. It is helpful to periodically check your contact information is up to date on your account.


CTV NEWS
NORTHERN ONTARIO



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

RUNNING SEASON IS HERE... BLACK TOENAIL

The appearance of a darkened, discoloured or black toenail can be of concern, particularly if it becomes painful. If the nail or toe has been bruised or injured by having been stepped on or crushed by a heavy object, a blood blister will



most likely form under the nail plate. The medical term for this is subungual hematoma. Wearing tight shoes can cause this same pressure on the nail and turn the nail black. Runners and tennis players can develop this same problem due to the repetitive sliding of the foot against the top of the shoe.

The pressure of a blood blister or a bruise under the nail can cause a lot of pain and discomfort. In the case of a blood blister the fluid under the nail will need to be drained by puncturing a small hole through the nail plate. It is advisable to have a physician, or a foot specialist examine the toe and perform this procedure to lessen the risk of infection. If the toenail is black but not particularly painful, then no immediate treatment is necessary. One should remain aware, however, that the nail plate will loosen and may eventually fall off.

It takes approximately one year for a completely new nail to regrow in place of the damaged nail. If the injury to the nail bed is severe enough there is a high probability that the new nail will be deformed in some way and fungus will become more susceptible also. Unfortunately, this damage is irreversible.

It is recommended that an exposed nail bed be covered with an antifungal medication until the new nail has regrown to try and prevent any bacterial or fungal infection while the nail bed is exposed. This can be accomplished with proper cleaning and bandaging of the toe for several weeks after the nail comes off.

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SPRING UP & GET MOVING



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

How about a little spring in your step this Spring?



As we venture through a change of season you may be motivated to get outdoors, go for a walk or a hike, plant a garden, or play a sport that brings you joy. Then you remember how unstable you feel on uneven terrain, or how much pain you are in when you walk, or how challenging it is to climb stairs or get up from sitting.

What if there was something that could help you? Help you reduce the pain you are feeling from the Osteoarthritis in your knee, help support your weak thigh muscles, help you feel more stable on uneven terrain, and help you be active while waiting for surgical intervention?



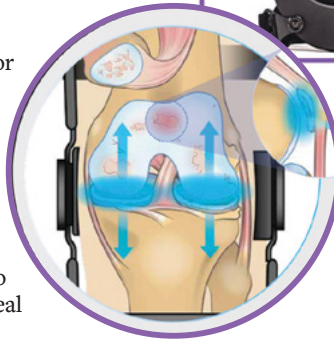
Well, there is something that can help. Say hello to the Spring Loaded OA Knee Brace.

Spring Loaded knee bracing uses spring technology to lift weight off your knee thereby relieving joint pain and powering the legs. Imagine reducing the load on your knee by 45lbs while improving your balance and agility while walking or performing other daily activities.

This spring assist absorbs energy when you bend your knee and releases it to help straighten your knee. As a result, weight-bearing movements like squatting, going up and down stairs, and rising from a seated position are easier and less painful to perform. The best part is, it's adjustable. With the turn of a dial, you can adjust how much assistance & pain relief you need.

This knee brace is ideal for Osteoarthritis of patella or multiple compartments of the knee, pain that increases during weight-bearing flexion, or any quadriceps injury/weakness.

Book a consultation today to determine if this brace is ideal for you.



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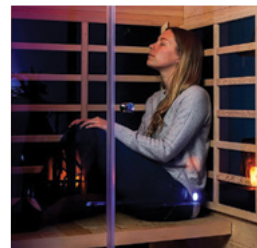
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Save with **FREE** home energy upgrades



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.

Brampton homeowner Rosemary explains how she qualified for free attic insulation and draft proofing from Enbridge Gas.

Q: How did you hear about the program?

A: I watch CTV News every day and Pat Foran mentioned an Enbridge Gas Winterproofing Program. And I thought, well, that sounds like a good idea.

Q: Why did you decide to participate?

A: My house was built back in 1972, so it's nearly fifty years old. I wanted to reduce my heating costs and I knew that the roof could use more insulation after so many years.

Q: After the free upgrades were installed, what difference did you notice?

A: I noticed that my bills are much better. I noticed a big difference in the comfort.

Q: How important is saving energy to you?

A: It's very important because I'm a pensioner and so I budget very carefully. So saving energy means a lot to me.

Q: What would you tell others about the program?

A: I would really recommend the Enbridge Gas Winterproofing Program. I think it's really great. You've got nothing to lose. It's free.

Q: Did you have any concerns about the program?

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

Whether you rent or own, you may qualify based on household income or if you receive assistance from certain government programs.

What happens next if you qualify?

- An authorized program delivery agent will contact you with a few short questions. They'll ask for proof of income, such as a benefit statement. This will be kept confidential.

- Then they'll visit your home to check whether it's properly insulated, or if air is escaping through windows and doors. This home energy assessment usually takes about two hours.
- If your home is eligible for free upgrades, professional contractors will install them at your convenience. It's quick and clean, and there's no cost to you.
- Finally, a delivery agent will make a follow-up visit to make sure everything's working properly and to answer any questions.

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**.





- THE CORNERSTONE TO YOUTHFUL SKIN

Regular sunscreen use can help to prevent skin cancer and is the safest, most economical strategy to maintain younger looking skin. While sunscreen should be used year-round, many people in northern climates use it less consistently in fall and winter months. Meanwhile, skin continues to be exposed to damaging UVA rays which are responsible for speeding up the aging process. UVA rays damage most layers of the skin while promoting wrinkles, fine lines, and pigmentation issues. Meanwhile, UVB rays cause sunburn and damage the top layers of the skin.

Spring is a good time to reconsider your sun smart skin health strategy. Use a sunscreen labelled broad spectrum to sidestep damage caused by both UVA and UVB rays. A broad spectrum sunscreen product will also help to protect against skin cancer, especially with consistent use.



BY JENNIFER FOURNIER, NP, PHD
FOUNDER, ALLURE RX

HERE ARE SOME HELPFUL TIPS FOR EFFECTIVE SUNSCREEN USE:

1. Choose an Effective Formula

Physical sunscreens include sun blocking substances like micronized zinc oxide and titanium dioxide. These physical barriers come in various formulations to protect the skin from damaging rays. These products often include additional ingredients beneficial to the skin such as antioxidants and

tint to improve the overall appearance of the skin. Most professionals recommend an SPF of 30 or higher with repeated applications when active and/or outdoors.

2. Use Sunscreen Every Day

Make sunscreen part of your daily routine by leaving it next to your tooth brush and applying at the same time. It takes at least 21 days to build a habit and attaching it to another healthy habit will help support your skin protection initiative. Reinforcing the habit will become easier if you use a sunscreen product that doubles as a cosmetic product. For example, many tinted sunscreen products serve well as an everyday face foundation.

3. Perfect your Application

For optimal protection, ensure you are applying enough sunscreen. Most professionals suggest half a teaspoon for face and neck. Try layering rather than applying all at once. Avoid vigorous rubbing as this can make the product less effective.

4. Reapply Regularly

Keep sunscreen in your handbag for regular reapplication. Reapplying sunscreen every two hours, especially when outdoors is the recommended approach. When spending full days outdoors or at the beach, setting an alarm is an effective strategy for reminders about reapplication.

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Cultivating Healthy Relationships

By: Kimberly Brathwaite, Communications and Awareness Manager

Cultivating healthy relationships is a key factor in your mental health and wellness journey. These relationships can be with family, friends, neighbours, and other people that you meet in your daily life. The common denominator is that they encourage engagement and opportunities to share special moments with each other.

We recognize that developing relationships can be a challenge, and that some people may need a little bit of support to help them connect with others. It is also important to recognize that our interactions have changed dramatically since the pandemic; for a period everyone was told to stay home and stay at least six feet away from each other. This was even more serious for those of us who were at a higher risk of severe illness. That transition was difficult for everyone since connecting with others is human nature. Now that we are living in a world beyond the pandemic, many are trying to get back to normal. As we return to many of our previous activities, some people are feeling anxiety and stress and need to learn how to rebuild or develop new relationships in a safe environment.

There are lots of resources available that can help all of us to improve our mental health and wellbeing. It is also important for people to take their time and make changes when they are comfortable as this will encourage positive and lasting outcomes.

Here are a few tips that will help you to reconnect:

- **Virtual book club**

If you aren't ready to meet people in-person, read a good book and have a lively conversation about it online.

- **Think outside the box**

Sign up to try an activity like painting or yoga. Learning something new with like-minded people is also great.

- **Talk to a counsellor or peer**

It's OK to seek out support from a counsellor or join a peer-support group to help you along your wellness journey.

There are many ways to improve existing relationships and to develop new ones and Wellness Together Canada (WTC) is here to help. WTC is a free virtual mental health and substance use program designed to support people living in Canada and Canadians abroad with 24/7 access to barrier free resources - all at no cost. The program is funded by Health Canada and offers a range of mental health and substance use support including access to educational content, self-guided courses, peer-to-peer support, one-to-one sessions with professional counsellors, and crisis support. For more information visit: wellnesstogether.ca

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