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Beach body. What in the actual hell?! You've got one body whether you're on the beach, in the mountains, or beneath the ground. Our obsession with the superficial hits an all-time high every spring when we stress about how we're going to look in skin-tight bathing suits in July. Let's put things in a little perspective, shall we? I'm all for being healthy, being the best you that you can be. And that goes for all aspects of your life. But we really need to stop comparing ourselves with the bodies on magazine covers and the ones we see all over social media. You know photoshop is a thing, right?

How about a year-round approach to a lifestyle that doesn't leave you cramming for a body in May like a like a high school student does before a physics final? What does this entail? In a word – consistency. Show up. You don't have to set world records or turn heads everywhere you go. But you do have to put the work in. The goal is to be comfortable and confident in your own skin. So that means resting easy

in the knowledge that you have done what you set out to do.

This isn't rocket science. Eat well. Avoid sugar. Keep your protein intake high. Maintaining muscle mass is one-way ticket to continued independence. Do some sort of resistance training. Walk everyday. If you're a mere mortal past fifty, your best days, at least on the physical front, are likely in the rear-view. Don't despair. That doesn't mean they can't be the best they can be.

Now go out there, chin up, chest out, and don't be afraid to kick up a little sand in the faces of the thonged twenty-somethings as you strut down the beach looking for a place to plant your umbrella!

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WAIT TO POST THOSE VACATION PICS!



With summer comes travel, but you should think twice before posting any photos on the internet.

Posting about your vacation on social media while you're away puts your home and other personal property at risk for break ins, a Canadian insurance company says.

That is why Allstate Insurance is encouraging travellers to wait to post their vacation photos online until after they've returned home.

A new survey put out by the insurance company said 45 per cent of travellers who responded post either before or during their trip, while their house is left empty.

"I think people are more posting saying they're having fun and they want to share that with their friends rather than actually saying they're away somewhere, and it's by large happening a great deal," said Gene Nyles, an agency manager with Allstate Insurance.

"But, to publicly announce that no one is home can really put you at a great risk of a break in at your home or some other criminal activity, since people will see that right away."

While many travellers say they think their home is safe while no one is home, Nyles told CTV News a simple social media post can quickly change that.

"We always tell our neighbours to come by, pick up our mail, pick up our newspapers, shovel the driveway, make it look like we are home. You can also set timers for your lights, but if you are telling the world you are away, you're really inviting the world to come to it because they know you're not there."

It is fun to capture your adventure and memories in photos and videos, but wait until you are home again to share them with your followers.



By Jaime McKee
CTV News Northern Ontario
Video Journalist



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INGROWN TOENAILS - CONSERVATIVE OR RADICAL TREATMENT?



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

Ingrown toenails can be an extremely painful problem. Ask anyone who has had one! There are several ways to treat an ingrown toenail, some good and some bad. A bad treatment is the home, self-taught method entailing some digging at your own nails with scissors or nail clippers that are most likely harbouring a whole farm of

bacteria. These are the type of ingrown nails that usually come into my office so red and swollen that before any work can be done, the patient has to be put on an oral antibiotic for a full week.

Some people are predisposed to getting ingrown toenails because of the shape of their nails. This is usually a hereditary nail type. The nail tends to be very curved with a generous amount of soft tissue on either side. If caught in the early stages, an ingrown nail on this type of toe responds very well to conservative treatment. This usually requires regular visits to a foot specialist (every 2-3 months or so) for special filing and a little trick of packing cotton down the sides of the nails to keep the skin and nail apart. If these nails are constantly becoming infected, then a more radical approach is usually necessary. This approach is called a partial nail avulsion. Under a local anesthetic the ingrown side of the nail is removed, and the nail root is removed or

chemically destroyed to prevent that side of the nail from growing back. The patient then ends up with a thinner but flatter nail.

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

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



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Weighing The Benefits Of Receiving Care AT HOME OR A FACILITY

By: Ashlee Lachapelle RN & Jessica Draper PSW

At times, we may be faced with difficult heartfelt decisions to make, one being to keep yourself or a loved one safe and cared for in your home, or receive care at a facility. With this decision can come a lot of guilt and oftentimes regret surrounding this choice. This can be especially difficult when you are making the decision for someone else that you care for and not for yourself.

In order to make a proper decision you must do your research, carefully weigh out the benefits, and look at your specific needs and supports required. A new study by Campaign Research Inc. on behalf of Home Care Ontario, states almost all Ontario seniors (91%) hope to stay in their home for as long as possible, and 95% believe being in their own home with support of home care is the safest environment for them.

Being in your home is important to many people and the benefits are great. One being the familiarity of your environment, with all the safety and home comforts. To be able to keep your independence and only receive the direct care required from a healthcare provider. Also respite relief is available for the caregivers.

As with anything, can come disadvantages of staying at home, the most common is the potential for caregiver burnout, safety hazards and more. If you're staying alone in your home at this time or caring for someone at home, seek out the help of the community resources to help you with your unique needs.

The benefits come down to the facility you are placed, and the caregivers assigned to

you. While the benefits of being in a facility aren't as great for some, the wait lists have continued to grow over the years. In a facility there is 24/7 care, medical services, and the social engagement of others. The biggest disadvantages can include the feelings of loneliness from being away from a loved one, and not being in a familiar place.

Regardless of your choice this will have an impact on your life and the ones you love, therefore feel assured you made the right choice for you. Remember there are many care providers as well as your trusted family members who can help you make the proper decision for yourself or someone you care for. Reach out to your community resources and supports to know what is available to you and know you are not alone.

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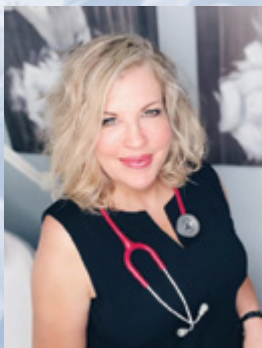
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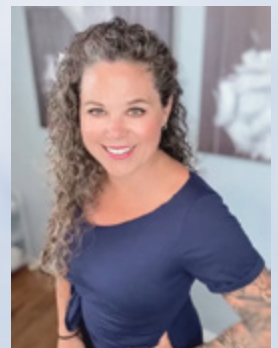
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Love IS A SHINY LURE

By John Kelly

There's nothing like a mother's love, the saying goes. No argument here, a mother's love is probably the strongest there is. Even beyond our own little species, mothers the natural world over protect their young with passion and ferocity and even give up their own lives when circumstances call for that kind of sacrifice. But remember, those mothers would have nothing to love and protect were it not for, you guessed it, fathers. It takes two to tango and all that. So, here's to fathers, their fathers, and all the men we love in our lives.

If you're fortunate enough to still have a father or even a grandfather in your life, you've likely become aware of what a special bond you can have with them. Those bonds are built by words and actions, past and present that we recollect like great stones making a home for memories. Some men aren't as forthcoming with the words of love and the big embraces that seem to come so naturally to many women. Blame that on society's insistence that men be tough and that the show of softer emotions equals weakness. That's a shame. So, the alternative is we often are left looking for reminiscences of events that confirm our belief in the strength of our bonds from the fraternal front.

Not everyone can lay claim to wonderful memories of their father or grandfather. Some were lost long before they

could ever make them. Others may not have been blessed with the kind of father that every child deserves. But those who could look to a father or grandfather and then look back with love on the things they did, little and grand, know that in those gestures was just as much love as was in being held by a mother, being cuddled, and told how much they were loved.



Those moments between father and son or father and daughter don't fade. They grow richer and more meaningful with every remembrance of them as the years pass. We cling to them like

evidence of a love that endured and endures. So often it is a teaching moment that allows a father to shine as a role model: how to bait a hook on a fishing trip; how to hit a curveball in little league; how to solve a quadratic equation in math class. Your father taught you how to change the oil and wire a light because he loved you, not because he wanted your beater to run forever or because he hated the fixtures in your first place.

Maybe your father is quite comfortable expressing his love for you with words, with a hug and kiss. If that's the case, good for you. But if you must recall moments, don't let them be diminished because an *I love you* isn't part of the dialogue in that scene. There is plenty of love in the bat, and in the pencil, and in the look between a father and his child as they cast a shiny lure into the perfect lake.

Oh, and maybe, just maybe, he doesn't say he loves because he loves you more than he can say.

HAPPY
Father's
Day

EMBRACING INDEPENDENCE IN A SUPPORTIVE COMMUNITY

By Justine Landry,

Manager of Operations, Autumnwood Mature Lifestyle Communities

*Bachelor of Health Studies, Specialized Honours Health Management,
Professional Certification Health Services Financial Management*

Living in a supportive community is paramount for independent seniors as they embrace a self-sufficient lifestyle during their later years. These communities provide numerous advantages that promote autonomy, well-being, and a fulfilling retirement. From social engagement to access to resources, the significance of residing in such communities cannot be overstated. Let's explore the importance of living in a supportive retirement community for independent seniors and how it positively impacts their lives.

One of the key benefits of living in a supportive community for independent seniors is the opportunity for social interaction and connection. As we age, maintaining a strong social network becomes increasingly important for overall well-being. These communities foster an environment that encourages social engagement and meaningful connections. Seniors have the chance to interact with like-minded individuals, participate in group activities, and form friendships. This sense of belonging and community enriches their lives and combats the isolation that independent seniors may sometimes experience.

Supportive communities also offer access to a range of resources and services tailored to the needs of independent seniors. From on-site amenities like fitness centers, libraries, and recreational areas to assistance with transportation and home maintenance, these communities cater to the various needs of older adults. Having these amenities readily available promotes convenience, self-sufficiency, and a high quality of life. Independent seniors can focus on pursuing their interests, hobbies, and passions without the burden of managing day-to-day tasks alone.

Living in a supportive community for independent seniors also provides a sense of security and peace of mind. Autumnwood communities are designed with safety in mind, offering features such as 24/7 security, emergency response systems, and accessible infrastructure. Seniors can confidently enjoy their independence knowing that help is readily available if needed. This allows them to live with peace, reducing anxiety and stress related to safety concerns.

These communities often organize educational programs, workshops, and events that promote personal growth and learning. Independent seniors can expand their knowledge, learn new skills, and engage in intellectually stimulating activities. This encourages lifelong learning, leading to a sense of fulfillment and personal development.

Fostering social interaction, providing access to resources, security, and opportunities for personal growth, independent seniors can maintain their autonomy while benefiting from a supportive environment that enhances their overall well-being. As a result, it's a choice that independent seniors are embracing as they plan and move into retirement living - a place that seniors can enjoy aging in place in an environment that is both independent and fulfilling.



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

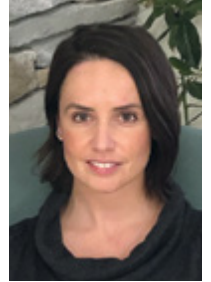
Advanced Care Planning conversations should start when you or your loved one is diagnosed with a life-limiting illness. No, there is no crystal ball – but your health care provider likely has knowledge on what the progression of the diagnosis looks like. Knowing this will allow you to create a plan on 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
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PROGRAMME DE BÉNÉVOLES VISITEURS

Nos bénévoles visiteurs offrent un soutien compatissant et fournissent de l'accompagnement, de l'aide aux activités de la vie quotidienne et des services de soins personnels au domicile du client.



SUPPORTIVE CARE AND GRIEF SERVICES

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.

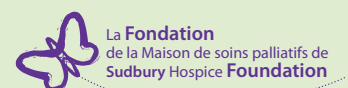
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NON-HORMONAL OPTIONS FOR MENOPAUSE SYMPTOMS

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

Although Menopause Hormone Therapy (MHT) remains one of the most effective options for the management of many menopausal symptoms, many women choose not to, cannot tolerate, or are not eligible to use this form of therapy. Other options exist to help cope with the various problems that can occur with menopause.

SNRI'S. This is a class of drugs that treats depression. They are recommended as first line for the treatment of hot flashes in women who cannot take estrogen. They are usually started at a low dose and increased over 2-4 weeks. Full effect usually occurs in four weeks. Higher doses, however, can make the hot flashes worse. It is also important to wean off this medication when discontinuing.

GABAPENTINOID. This is a medication that was developed to treat seizures and is often used to treat chronic nerve pain. In high enough doses, it has been found to be as effective as estrogen to treat hot flashes. It can be taken at bedtime (which can help to improve sleep) or during the day. Side effects can include dizziness, headache, and unsteadiness which usually resolve in 2-4 weeks.

CLONIDINE. This is a blood pressure medication that is used in small doses to treat hot flashes and night sweats but is not as effective as antidepressants or gabapentin. People typically know within two weeks whether it is helping. Discontinuing this medication at higher doses can lead to rebound hypertension.

OXYBUTININ. This medication has been used in the past to treat overactive bladder. It is especially effective if hot flashes are associated with excessive sweating. Side effects include dry eyes, mouth, nose or skin, nausea, constipation, and urinary retention. This medication can also affect cognition in older women.

FIZOLINETANT. This is a new medication which is currently undergoing FDA approval in the US. It inhibits receptors in the thermoregulatory centre in the brain to prevent hot flashes. It is not yet available in Canada.

FLIBANSERIN. This medication has been approved for use in Hypoactive Sexual Desire Disorder. It will increase dopamine norepinephrine levels while decreasing serotonin levels to increase sexual desire. Side effects can include dizziness, sleepiness, and nausea.

Genitourinary Syndrome of Menopause can also be managed without hormones. Vaginal moisturizers absorb water and adhere to vaginal mucosa and improve vaginal pH. If there is pain with intercourse, be sure to use a water or silicone-based lubricant as well.

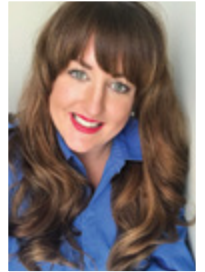
Discuss all your options for management of menopausal symptoms with your health care provider. They will take a thorough medical history including a list of all your medications and together you can come up with a management plan that's right for you.



GREY VS BROWN - TITIANS COLLIDE!

By Kerrie Michelutti

One of the most asked questions is 'what is on trend, grey or brown?' Although over the last 5 years grey has been dominating the selections in the store, brown is making a comeback in the blonder tones, and to be honest, brown tones are the classic choice and continue to be our tried and true.



Kerrie Michelutti,

PMP, Owner

Home & Haven
Design Studio

I think the most important thing to remember when decorating is what you lean toward. I would say 9 times out of ten, our clients' first choice usually ends up being their final decision, so it doesn't matter if its grey or brown, you will always go to what you love.

If I were designing for your space and you asked me what you should pick, I would steer you in the direction of the emotion or feeling you are trying to evoke. A cooler palette or a warm palette can lend to different feelings, and both can be beautiful in the end when done right. I would also encourage you to elevate your space by combining colour combinations and layering in both grey tones and brown tones.

Grey and browns are colours from nature. They exist happily together along with blacks, greens, and blues. It is so interesting to bring the two tones together in thoughtful decisions to make people say, "I love what you have done here," but they can't quite put their finger on it. Stay away from grey on grey on grey, or brown on brown on brown, and lean into finding the complementary warmth that balances the coolness in the room or vice versa. I promise you it is worth it.

Tip of the summer - be careful with grey paints; some can look purple or blue depending on the natural light in your space. Take the time to paint a colour patch to make sure that tone pulls out the selection in your floors. Ask for help, be open to process, and pull from nature with all cool and warm tones.



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

Advertorial

Simple summer home energy tips



Scan to learn more

Stay cool by sealing air leaks

Stopping air from escaping helps keep the temperature in your home even, so you stay comfy all year long. To check for air leaks, hold a lit incense stick near drafty areas on a windy day. If the smoke flutters, there's a leak. To fix the problem, seal around door frames, electrical outlets and other areas where air is escaping.

Lighten the load with new insulation

Your home cooling system may be working overtime if there isn't enough insulation. Upgrading helps to reduce energy use year round. Check your

basement, attic and exterior walls to see where more insulation may be needed.

Save energy the smart way

Smart thermostats adjust automatically, preventing energy waste whether you're home or away. Better yet, they'll learn your schedule, keeping you comfortable while you save.

Want upgrades that won't break the bank? Luckily, there are programs that provide these home improvements at little to no cost. For instance, the Enbridge Gas Home Winterproofing Program offers free insulation, draft

proofing and a smart thermostat to homes receiving government assistance or on a fixed income. All three upgrades come professionally installed, at no additional cost.

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**.



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Being 50+ is something to celebrate!

June has been designated Seniors Month. Join us as we explore ways to celebrate turning anything 50+ because as far as we're concerned, anything over 50 is a gift all by itself!



By Charlene Nadalin,
Founder and CEO,
Amintro

Turning 50

Many tend to view "decade" birthdays as milestones. Turning 50 is the start, for many, of the "senior" adventure. Typically that's because in our 20's we thought about things like career and in our 30's, perhaps our thoughts turned to starting a family. In our 40's we finally had our feet firmly planted, careers were in full swing and maybe we had a child or two to focus our attention on. Then, suddenly you find yourself turning 50. For lots of folks, the 50's are the time they start to think about what they want to do in life, whether that's travel, learning a new skill, or maybe even a change of career. Some are entering this new phase of life without a partner and are looking for a friend to spend time with as they navigate "the second half" of life. If this sounds like you – make sure 50 is a departure from anything else you've ever done and celebrate in style – whatever your style is! Draw inspiration from some of the many blogs we've posted on great destination travel spots and awesome countries to visit.

Now you're 60

This is the age you might start thinking about retirement and maybe planning to tick items off that bucket list you've been keeping. Perhaps you have some grandchildren whom you now get to spend time with. We hear "grandparenting" is all about the fun parts of being a parent with none of the discipline, guilt or chores associated with parenting! Maybe you agree? Hopefully at 60+ you still have lots of "fuel left in the tank" and now is the time to really enjoy life!

Sliding in to 70...

At this point we're reminded of the famous comedian George Carlin's routine where he addresses the topic of aging. When we are younger, he says, we add time to our birthdays: we're 4 ½ years old or we're "almost" 10. As a teen we add even more years he says, saying that "we're gonna be 16" even though right now we're only 13. Then we "become" 21, "turn" 30 and next we're "pushing 40." Suddenly we "reach" 50, "make it" to 60 and "HIT" 70 kind of like hitting a brick wall! All those positives around aging have, according to George, turned into negative statements. Don't let that be you!

Good news

If you're turning 80 or better yet 90, then we have another way for you to celebrate that's rather regal or presidential in nature, depending on where you live. That's right – it's time to receive accolades from your biggest fans: the King of England, The President of the United States, or the Prime Minister of Canada. At Amintro we're not just about developing local friendships. Nope – we want you to have "friends in high places" too!

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Regenerative treatments for face filling and lifting are effective and long lasting. These products stimulate the production of collagen from within the layers of the skin to tighten and increase hydration and volume. Collagen stimulators are strategically injected along the hairline and lateral face to encourage a tightened and lifted appearance. For this reason, these treatments are sometimes referred to as “the liquid facelift”. The treatments are not painful, there is no downtime, and patients can return to regular activities afterwards.

Collagen is a fibrous protein in the deep dermis that gives skin structure and supports the functions of elastin and hyaluronic acid (HA), which helps maintain the skin’s shape while keeping it smooth and hydrated. A healthy supply of collagen makes for a more youthful-looking complexion. We lose 1% of collagen per year. Regenerative products like poly-L-lactic acid rebuild and lift with results lasting two years and beyond.



BY JENNIFER FOURNIER, NP, PHD
FOUNDER, ALLURE RX

Injectable Collagen Stimulators

These products can improve hollowing of the cheek and temples to lift the face and help to correct a sagging or undefined jawline. They can also be used to correct shallow and deep wrinkles and folds such as those between the nose and the mouth.

On average, a series of three treatment sessions is required over a period of a few months. Soft tissue is rebuilt gradually for a soft, natural look. These products produce more permanent results with less frequent clinic visit than for those patients using traditional hyaluronic acid fillers. While there are some contraindications, the products are safe for most patients. Details can be reviewed at your clinical consultation. As with any facial contouring treatment ensure safety and results by seeing a properly licensed professional in a medical clinic setting.



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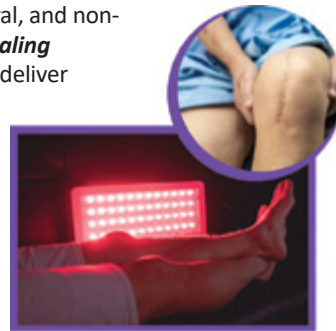
Surgical procedures are typically done to repair or remove some aspect of the body. Surgeries typically involve an incision, sutures, an inflammation response, pain, scar tissue, and mobility limitations. To sum it up, the recovery phase can be lengthy and uncomfortable. There are tools to help decrease inflammation, reduce pain, minimize scar tissue, and speed up the healing process.



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It's time to embrace your future and optimize your recovery. Book a consultation today to explore your post-op care options.

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



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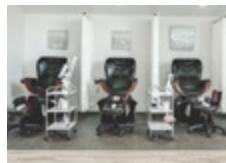
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