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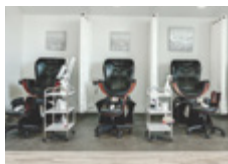
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It's that time of year again, the one children and dentists dream about. These days, when kids come to your door, you're not likely to hear the classic refrain, Trick or treat. Smell my feet. Give me something good to eat. No, nowadays when children aren't dressed as devils or ghosts, they're all little angels. Halloween has its origins in the ancient Gaelic festival of Shamain. People lighted bonfires and dressed up to ward off ghosts all in the celebration of the fall harvest. These days, children have a different harvest in mind, and the dentists a different one still.

We've come a long way since the celebration of the fall harvest. With a grocery store on nearly every corner, the notion of giving thanks (oh ya, we do that earlier in the month) isn't much on our radar. But Halloween still can give us a moment of pause as a community, a chance to reflect on the changing weather, the lost summer, and the hardships ahead. It's an opportunity for the very young all the way up to the very old share in a centuries-old tradition. These events are the glue of a community.

Some people take the holiday very seriously and spare no expense turning their friendly suburban bungalow into a ghoulish, haunted house. Others turn out their lights and hide. Boo! There are the traditionalists who scoff at any costume that doesn't conjure up the dead, and those who are satisfied simply dressing as their favourite movie character. You do you. For me, I love seeing all the children filled with joy and a little fear as they come to my door.

This fall, why not carve a pumpkin? Roast its seeds. Hang a bedsheet over a rose bush. Get into the spirit of things lest the spirits get into you! Be safe and have a very happy Halloween!

Let me know how many Barbies you get at your door. I'd love to see at least one little Oppenheimer too!

Nicole Blais,  
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# SQUEEZE ALL THE LEMONS

By Kerrie Michelutti

Like everything else in life, there is a sweet spot. That point where you have nailed it. You have squeezed the most out of that proverbial lemon, and you are totally satisfied.

Does your home do this for you?

For me, I can honestly say yes and no. I don't think I'll ever stop changing it. There is always a project to be done, something to work on, and something to renovate. I think I was born on the job site with a drill in my hand, ready to tear it down and build it a different way. I am sure my mom would agree, I was born in under an hour, and haven't stopped moving since. God Bless my mother for encouraging my love to work because I always have something to do, and I love it.

I think I am like most people. Most people walk around their home and say, I just need a piece to go here, or I am looking for something for this wall, or I want to renovate this space. You are not alone. Most of my clients all start their story telling me about how they have been thinking about something for years, or they have done various projects and are looking to do more. The fact that you are looking to improve the functionality or the esthetics of your home tells me you are making the steps to change not only your home, but your life.

For me this process is relatively easy because my skill set lends to these types of projects. I have the vision, the perspective to visualize space and colour, and the tenacity to do it. This is the trifecta of constant renovation and this has led to the business I love today, and has also taught me to continue to improve in all areas of life.

I believe your physical space is a direct reflection of yourself. So continually improving or trying new things can engage the mind, open the heart and lead to happiness you never new existed. This is the journey to the sweet spot. When you find the colour combination that you carry from house to house, or the cabinets you love every time you walk into the kitchen ... this is the sweet spot. Renovation doesn't have to be stressful if you understand that there is joy in the process. Life is about the anticipation or the planning of the end result...when you acknowledge that process as joy, you will have squeezed the most out of another lemon. Go do that renovation and squeeze all the lemons... there's not just one!



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



## 12 NOSTALGIC THINGS ONLY THE **BABY BOOMER** GENERATION WILL REMEMBER

*The baby boomer generation, born between 1946 and 1964, experienced significant changes without today's modern conveniences. Here are 12 nostalgic things unique to their era:*



**By Charlene Nadalin,**  
Founder and CEO, Amintro

**1. RESEARCHING WITH BOOKS:**

They relied on books and encyclopedias for information, lacking the instant access to the internet.



**2. LIMITED TV HOURS:**

TV stations signed off at midnight, resuming at 6 a.m., and had only a few channels requiring manual channel switching.

**3. S&H GREEN STAMPS:**

Instead of loyalty programs, customers collected stamps with purchases, redeemable for rewards by licking and sticking them in books.

**4. FIVE-AND-DIME STORES:**

Local shops with inexpensive goods were prevalent before shopping malls and major retail chains.

**5. "I LOVE LUCY" ON LIVE TV:**

They fondly recall watching the classic sitcom in real-time, dominating TV ratings during its run.



**6. SEARS CATALOG:**

Boomers shopped through catalogs like Sears, though shipping times took weeks, unlike today's rapid delivery.

**7. DAILY MILK DELIVERY:**

Subscribing to milk delivery services was common due to a lack of refrigeration but changed with widespread adoption of fridges.

**8. STRANGE JELL-O CREATIONS:**

They experimented with using Jell-O in various dishes, including salads, ham, and fruits, a trend that later faded.



**9. PHONE BOOK SEARCH:**

Finding a contact required flipping through a thick phone book, unlike today's smartphone contacts.

**10. SMOKING PERMITTED:**

Boomers remember when smoking was allowed on airplanes and cigarette ads were prevalent until awareness of smoking dangers led to bans.

**11. OPERATOR-ASSISTED CALLS:**

They dialed "0" to talk to a live operator who directed their calls before automated systems.

**12. BANANA SEAT BIKES:**

Most boomers had bikes with banana seats, a trend featuring high handlebars and small wheels often decorated with clipped baseball cards.

*The baby boomer generation's experiences have shaped their character, marked by resilience and hard work, as they witnessed remarkable changes in the world.*

# RED LIGHT, GREEN LIGHT!



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

Do you take a lot of oral & topical pharmaceuticals to manage things like arthritis, joint pain, inflammation, immobility, insomnia? Are you looking for an alternative?

*What if a red light could give you the green light? You know, the green light to get back to doing all the things you love - walking, hiking, pickleball, workouts, golf etc.*

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- Improve sleep
- Improve the health of skin, hair, nails
- Promote weight-loss
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# WELLNESS CHECK

By: Jessica Draper (PSW)

As our loved ones age, ensuring their safety and well-being becomes a paramount concern, especially when they choose to live independently in their own homes. While maintaining independence can improve the quality of life for seniors, it also raises concerns about their safety, particularly when they live alone. Elderly individuals may face unique challenges and risks that demand special attention and care. One effective way to address these concerns is through regular wellness checks which can significantly contribute to their security and peace of mind.

Living alone can be isolating, and seniors may be at risk of facing various safety challenges such as falls, medical emergencies, loneliness, and potential exploitation by scammers or intruders. Age-related physical and cognitive decline can make it more challenging for them to maintain their homes, manage medications, or even perform basic



daily activities. The combination of these factors underscores the importance of establishing a support system to look out for their well-being.

Wellness checks involve regularly reaching out to elderly individuals to ensure their health, safety, and emotional well-being. These checks can be conducted by family members, neighbors, friends, or even through professional services. They play a crucial role

in identifying potential issues before they escalate into serious problems and can provide reassurance to both seniors and their families that they are being cared for.

The following are a few things that you can do to perform a wellness check: phone calls; home visits; technology such as motion sensors or video doorbells; the establishment of a support network; professional care givers; the encouragement of social interactions to ward off loneliness.

The safety and well-being of elderly individuals living alone should be a top priority for everyone. Regular wellness checks are a powerful tool in safeguarding the health and security of seniors, enabling them to enjoy their independence while knowing that a caring support system is available when needed. By staying vigilant and proactive, we can ensure that our elders continue to live fulfilling lives in the comfort of their own homes.

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## ABOUT JANE GOODALL – REASONS FOR HOPE

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# 5 ways to prep your home for winter weather



As fall approaches, it's a good time to start getting your home ready for cooler temperatures. This will help you stay warm and cosy, plus improve your home's energy efficiency. Here are a few ways to get started.

Don't wait for the temperatures to drop. Start now to keep your home comfortable and energy-efficient all winter long – even on a budget.

**1. Draft-proof your home:** Sealing gaps around doors, windows and electrical outlets can prevent cold air from sneaking in and making your home feel cold and drafty.

**2. Upgrade your insulation:** One of the best ways to improve energy efficiency is with insulation. Help keep heat in and cold air out by adding insulation to your attic, walls and floors.

**3. Improve temperature control:** Smart thermostats are a great way to lower temperatures and save energy when you're away or asleep. Some can even learn your routines and adjust the temperature for you.

**4. Explore free programs:** If your income qualifies, the **Enbridge Gas Home Winterproofing Program** may be able to help with a free home energy assessment, insulation, draft proofing and more.

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# Get Your Foot In The Door



DESIMONE  
*Shoes & Spa*

*By John Kelly*

Synergy. Not a word you hear everyday. More years ago than she cares to remember, Julie Desimone was working hard as a chiropodist. She didn't literally walk a mile in her patients' shoes but came as close as anyone.

"Tons of women were coming in with these superficial fungal infections from having pedicures," says Julie, owner of Desimone Foot & Ankle Centre that has been earning the trust of Northern Ontarians and their feet for over thirty years.

Speaking of walking in someone else's shoes, Julie takes the high road. She knows these infections are coming from unclean spas but refuses to throw anyone under the bus. Instead, she had a brainstorm. Enter fungal laser. That's real focus. And then came the no-brainer that a spa treatment, any spa treatment should leave you in better shape than you came, not with 'extras' as Julie refers to them.

Instead of continually treating clients whose spa experiences left them feeling more like it was a spore experience (that's a fungus joke), Julie started from scratch. It was a two-pronged approach. Why not establish a spa, a clean and safe one? And with Sudbury's family-run shoe stores getting squeezed out with the advent of big box stores and chains, why not start a footwear business where she could offer the kind of service that we remember from days gone by?

"So, we totally dissected the pedicure... where is cross-contamination occurring... we were able to fix every part of the pedicure, make it sterile and still make it spa-ish..."

That was ten years ago. Happy anniversary! It won't be long before Desimone Shoe & Spa is a teenager. Imagine all the mani-pedis then! All those piggies will be going wee, wee, wee!

"We first started out with a little shoe store in a strip mall and a little back room with four pedi chairs, and that's all we had," says Julie. Not exactly a field of dreams.

But, as the saying goes, If you build it, they

will come. And come they did. The people wanted manicures, pedicures, facials, etc., and shoes, shoes, shoes! And underlining all Julie and her staff did was cleanliness. The same way she examined the pedicure, she did with facials and every procedure they offered. A safe and hygienic spa experience is of paramount importance to Julie and is a defining feature of the Desimone business model. People love expertise. They love friendly service. And they love clean.



"The health unit inspector told us that everyone he trains, he brings here to us to show them what a spa should look like," says Julie.

At Desimone Shoes & Spa and Desimone Foot & Ankle Centre, you get it all. Three years ago, a new shoe and spa building was built to accommodate growing demand.

Other little innovations like disposable brushes helped to sanitize the process. Imagine using a communal straw every time you went for a burger and a drink? Nope. The disposable brushes caught on to the point where they sell these brushes to other spas, thank you very much.

Everything for beneath the knee is on one plot of land: Desimone Foot & Ankle Centre and Desimone Shoes & Spa. A one-stop shop to take care of what got you there. At Desimone, it's a family affair. Julie's husband and their son-in-law look after the shoe side of things while mother and daughter Megan (also a licenced chiropodist) along with a support staff of five take care of all things chiropody. As for the spa, about a dozen estheticians and massage therapists offer everything from hydraFacials to laser hair removal. Enjoy the wax bar, the eye bar, or check out their comprehensive spa packages.

Oh, and if you think spa treatments are only for the ladies, keep your feet in that soaking bath for a minute.

"Before, a man would never want to come into a spa, but it's a family affair. We get husbands and wives coming in, families with their kids."

Twenty percent of Desimone Shoes & Spa clientele is male. Maybe it has something to do with the fact that the spa is licenced. That's right, by the provincial liquor board. So, gents, revitalize with a sugar glow exfoliation while you enjoy a pint. Does it get any better? Maybe the game's on!

"If a client comes in and there really is something medically wrong with this person...we catch a lot of issues."

All the estheticians that work at Desimone are trained at the clinic to be able to identify problems that then Julie and Megan can treat. Think triage while you have your nails done. It's that health & safety-first approach again that separates Desimone from its competitors.

Synergy. Things working together for a greater good. Desimone chiropody, shoe, spa. The whole is greater than the sum of its parts.

The week of September 18 – 25 marks Desimone Shoes & Spa's ten-year anniversary. Book a treatment or drop in to check out their new fall line of shoes and boots!

Check out everything they have to offer at [www.desimoneshoesandspa.com](http://www.desimoneshoesandspa.com) and [www.desimonefootcentre.com](http://www.desimonefootcentre.com)

# CHILDREN AND THEIR FEET

It takes approximately 18 years for a child's foot to fully develop. At birth, the foot contains 22 partially developed bones and usually appears flat. It is a highly flexible and moldable structure. Therefore, a child's foot should never be constricted by tight fitting clothing, covers or bed sheets.



As the baby grows and begins to walk, the fat pad of the foot is gradually absorbed. At age 3, the child develops a heel to toe pattern of walking. Walking problems like in-toeing and out-toeing are most successfully treated if caught early and corrective management is started at this young age.

Over the next 15 years, the bones will change and fuse together to form the 26 bones that make up the adult foot. While most parents recognize the need for proper fitting shoes during the child's early walking years, few realize that the feet remain vulnerable to ill-fitting footwear until the age of 18.

By their early teens, many children suffer foot problems associated with poor footwear. Many

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



of these problems could be avoided if parents continue to ensure that a growing child has proper footwear as well. Family history and predisposition to certain foot problems play a major role in foot deformities as well. It is especially important for children with a family history of foot problems to have proper footwear at all times. This includes shopping at stores with trained staff to fit children's shoes.

It is very important to realize that the way children's feet are treated in childhood and adolescence affects their health and comfort for life. If you are at all concerned about the health of your child's or grandchild's feet, they should be checked by a foot specialist. The earlier, the better.

**"Don't let pain stop you in your tracks"**



## Let's talk about your sore feet!



If you are having issues with your feet, it's time to have them checked.

### Don't let pain stop you in your tracks...

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As summer transitions to cooler nights, now's the perfect time to prepare your home for winter. A smart and effective way to stay comfortable while saving energy is through home insulation.

If your income and home qualifies, the **Enbridge Gas Home Winterproofing Program** may be able to help with FREE insulation, air sealing and more.

## 5 ways insulation improves home comfort

- 1. Draft prevention:** Say goodbye to cold spots and pesky drafts—insulating your home helps keep rooms at more consistent, comfortable temperatures year-round.
- 2. Better air quality:** A well-insulated home can prevent dust, allergens and other pollutants from seeping in, creating a healthier living environment.
- 3. Noise reduction:** Insulation works well as a sound barrier to minimize external noises from traffic, construction, neighbours or other noises.
- 4. Moisture control:** Well-sealed windows and proper insulation can help manage condensation and humidity and prevent mold or mildew from growing.
- 5. Peace of mind:** Proper insulation helps your home retain the heat in the winter and cool air in the summer. This can translate to lower energy costs and peace of mind, year-round.

### Get free insulation and more

Whether you rent or own, you may qualify for free insulation, draft proofing and a smart thermostat based on household income or if you receive assistance from certain government programs.

To see if you qualify, visit **[enbridgegas.com/winterproofing](https://enbridgegas.com/winterproofing)** or apply by phone in minutes at **1-844-770-3148**.



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learn more

# HEALTH RISKS AFTER MENOPAUSE

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

Women face increased odds of developing medical problems after menopause not only due to age but also due to declining estrogen levels. And while each woman's risk is unique based on genetics and other factors, it's important to know how to protect yourself.

## HEART DISEASE.



*Women often think breast cancer is the biggest threat to their health, but the biggest threat is heart disease.*

Women often think breast cancer is the biggest threat to their health, but the biggest threat is heart disease. Nearly one third of women will develop heart disease and the increased rate of heart attacks starts about ten years after menopause. The risk is especially high for women who have frequent, severe hot flashes or who start their hot flashes in the perimenopause (before their final menstrual period). You can lower your risk by having a heart-healthy lifestyle. Eat plenty of vegetables, decrease your sugar and red meat intake, quit smoking, and exercise for 150 minutes or more each week. Make sure to monitor your blood pressure, cholesterol, and blood sugar levels.

## OSTEOPOROSIS.

Women's bones are protected by estrogen and during menopause, they can experience rapid bone loss. A fracture may be the first sign of the disease. Women are 4 times as likely as men to develop osteoporosis. To keep your bones strong, make sure you include weight bearing exercises in your routine. Include foods high in vitamin D and calcium in your diet or take a supplement. Also, smoking has been linked to increased fracture risk and osteoporosis, another reason to quit.

## WEIGHT GAIN.

Menopause causes your body to gain fat and lose lean muscle mass until approximately two years into your postmenopausal period. Loss of estrogen causes a shift in fat from the hips to the abdomen. Extra abdominal weight can increase your risk of type 2 diabetes, heart disease, and metabolic syndrome. Cutting back on calories can help mitigate weight gain. Reduce snacking and eating your biggest meal at noon are other tips that can help.

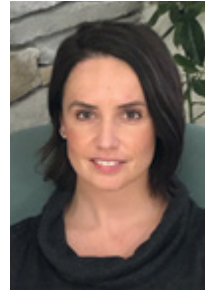
Prevention of chronic disease and disability is key to a woman's quality of life and to guaranteeing a long-lasting and active lifestyle. It is important to take control of your health and get the check-ups you need to stay healthy.



# 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.

## 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 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.

## PROGRAMME DE SOINS PALLIATIFS EN COMMUNAUTÉ

Une équipe collaborative composée de médecins, d'infirmières praticiennes et d'infirmières qui assurent la gestion de la douleur et des symptômes (en personne et virtuellement), ainsi que des cliniciens en soins de soutien qui répondent aux besoins psychosociaux et spirituels des clients atteints d'une maladie limitant la vie.



## 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.

## 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.

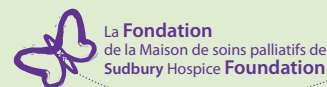


## SUPPORTIVE CARE AND GRIEF SERVICES

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.

## PROGRAMME DE SOUTIEN ET DE DEUIL

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.



# Understanding Social Isolation and Loneliness

By: Kimberly Brathwaite, Communications and Awareness Manager

**M**ost people have experienced a period of social isolation or loneliness during their lifespan. Oftentimes these terms are used interchangeably, however, they are not the same. It is important to understand the differences to be able to help yourself or those that you care about.

Social isolation is the lack of measurable social and physical connections with others, while loneliness is the feeling a person has that they are alone no matter how much social contact they have. For example, you could be at an event filled with people, and still feel sad and have feelings of loneliness. Social isolation and loneliness can have an impact on one's mental health and well-being. It is important to understand the difference between social isolation and loneliness, as the solutions to each of them are different.

**Here are a few helpful things you can do to cope with social isolation or loneliness:**

- Call or visit friends or family
- Consider adopting a pet
- Try volunteering in your community
- Connect with a professional counsellor for free, through WTC
- Join an online group

If you are ready for change and want to learn about ways to reconnect with people and foster healthy relationships or want to talk to someone about your fears or feelings of loneliness, Wellness Together Canada (WTC) is here to help. WTC is funded by the Government of Canada in partnership with Stepped Care Solutions, Kids Help Phone, and Homewood Healthcare. It is a free virtual portal and app (Pocketwell) supporting mental health and substance use health for people living in Canada and Canadians abroad. Individuals can access immediate counselling, peer support groups, e-courses, and so much more on their terms. You will never be asked to provide a referral letter or health card. For more information visit [wellnesstogether.ca](https://wellnesstogether.ca).



# 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).

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.

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**  
**705-698-3045**



## Organize Your Space

At one time or another we are all faced with weekly chores, seasonal cleaning, downsizing, or moving. These tasks can be very daunting, and while some can take on these projects with ease, others are paralyzed with the thought of even starting.

There is a solution – "Body Doubling". Inviting someone to sit in the room while you are completing a project or having them physically participate, has proven to be a valuable support for those to get started and to stay on task. An alternative which became popular during the pandemic is inviting someone to support you virtually.

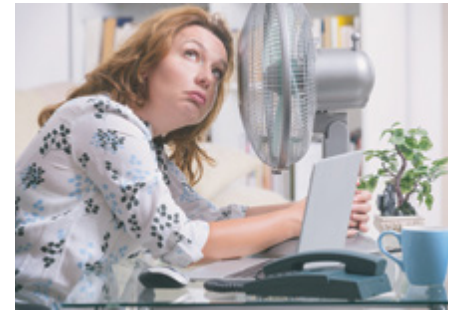
"Body Doubling" helps those with ADHD to focus on tasks through simple cues, or by having another person just be present. Some people find they are more productive when they take work to the local library or coffee shop. "Body Doubling" doesn't necessarily mean you need to know the person; for some, having people in the general area is motivating enough to get started and/or complete a task.

Whether having a cup of coffee or your favourite meal, it is always nicer to share your time with someone. Why not incorporate it into your projects? We have all experienced a task made easier and more pleasant when a friend stops by to help out, or even chat on the phone.

Together, we transform your spaces while providing support and solutions for a tidy home. We create realistic and manageable routines to fit your lifestyle.



**Cori-Lynn Lemaitre**  
*Owner / Consultant*  
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- Mood Changes
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Roberta is a nurse practitioner with almost 25 years' experience in comprehensive primary health care and full certification with the Menopause Society (previously North American Menopause Society).

The Virtual Menopause Clinic offers fully online convenient, accessible, and effective care for you during perimenopause through to post menopause.

Roberta will work with you to help you achieve your optimal health now and into the future.

Roberta cares for all menopause symptoms, and the clinic has a special focus on menopause weight gain.



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# EMBRACE THE EXCITEMENT: UNVEILING THE THRILLING REALITIES OF RETIREMENT LIVING!

By Justine Landry,

Manager of Operations, Autumnwood Mature Lifestyle Communities

Bachelor of Health Management,

Certificate in Health Services Financial Management

Picture this: retirement living, not as a daunting prospect, but as an exhilarating journey bursting with opportunities. Let's reshape those misconceptions and debunk the myths that have unfairly cloaked retirement living in skepticism. Get ready to discover why retirement living is not just a choice but a sensational chance for seniors to flourish!

## #1 – Elevate Your Independence

Bid farewell to the notion that retirement living spells the end of your independence. In reality, moving into a retirement community can be your gateway to newfound freedom. Say goodbye to the burdens of home ownership and hello to a life enriched with convenience and autonomy. Imagine having the freedom to venture out on your terms, with an array of activities, programs, and social gatherings at your fingertips. Retirement living is designed to liberate, not restrict!

## #2 – Culinary Delights Await

Banish the misconception that retirement communities offer lackluster dining options. Let's set the record straight: retirement living dining is an experience to savor. Highly skilled staff are dedicated to crafting nutritious and delectable meals tailored to your preferences. Prepare to be pleasantly surprised by dynamic menus that evolve with the seasons, ensuring a delightful palette of flavors and choices. Your taste buds are in for a treat!

## #3 – Seize the Moment, Don't Delay

Here's the inside scoop: waiting too long to embark on your retirement community journey could limit your choices. Embracing retirement living sooner rather than later unlocks a world of advantages. Imagine a life unburdened by chores, where care options seamlessly integrate with your carefree lifestyle. Transitioning to a retirement community might feel like a leap, but the rewards are immeasurable. Join a vibrant and inclusive community, take charge of your future, and revel in the bliss of retirement.

Of course, these are merely glimpses of the misconceptions that retirement living communities have faced. But here's the crux of the matter: inquisitiveness, exploration, and open communication are the keys to unlocking this exciting chapter of life. Retirement living is not about apprehension; it's about liberation and fulfillment for all involved. Embrace the opportunity because retirement living is your ticket to an extraordinary adventure!

AUTUMNWOOD  
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# ONLINE NEWS BAN

Deciphering fact from fiction is getting a bit harder for some in Canada with the new Online News Act.

You may have noticed a dramatic difference in your social media feeds lately as U.S. tech giants Meta and Google start to block credible news content from Canadians. And make no mistake, it is all about money.

Facebook and Instagram, owned by Meta, started rolling out the blocking of Canadian-made news content this summer by means of hiding posts from citizens and not allowing the news articles, videos, audio, or links to be shared. Google has not announced when it will begin to remove links from Canadian news from its search, news, and discover products, but it is coming.



By Chelsea Papineau

Digital Content Specialist,  
CTVNewsNorthernOntario.ca

## WHY IS THIS HAPPENING?

The move is in response to the federal government's attempt to keep more Canadian advertising revenue in the country by passing Bill C-18 in June. Amid the closure of newsrooms across the country and massive revenue losses, Google and Meta are earning 80 per cent of digital advertising revenue in Canada, heritage minister Pascale St-Onge said. The legislation is designed to encourage cooperation and profit sharing between digital platforms and Canadian news outlets "to enhance fairness" and "contribute to its sustainability." But rather than come to the table, negotiate with Canadian news organizations, and find a better way forward for

all parties, both Meta and Google have opted to block the content from appearing on their platforms. Critics of the bill say the government is trying to control the information that Canadians see; however, it is the digital giants that have chosen to block the content.



## WHERE CAN I FIND CANADIAN NEWS?

Since a majority of news has moved from physical paper to online, Canadians can still go directly to the source via news outlet websites. CTVNewsNorthernOntario.ca remains committed to delivering reliable local, national, and international news through text articles, videos, weather info, and photos. Bookmarking favourite news websites will help users quickly access stories rather than using a search engine to find them. You can also get news through the free CTV News app, alerts, and newsletters. In this age of misinformation and disinformation, it is more important than ever to be aware of where you are getting your news from and its sources. While professional journalists adhere to a code of ethics, the digital world is a free-for-all, and it is important to continue to use critical thinking.



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