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Sudbury 50+ is still just a baby, but we've found our feet beneath us and are beginning to take those little steps. You know, the longest journey and all that.

Our readers deserve the first and biggest thank you. It has been a pleasure knowing that so many of you come to the pages of our magazine to find the answer to a question, the solution to a problem, or the road to a little light reading. Making your day a little easier is enormously rewarding and so very humbling.

I really want to thank all the people who help put our publication together: the writers; photographers; designers; advertisers; our sales team. Each of your roles is a vital one that keeps us not just afloat but steaming ahead.

Like all newborns, growth is in our

future! You'll soon be able to find us at some of your favourite spots in Timmins, North Bay, Sturgeon Falls, Elliot Lake, Sault Ste. Marie and Chapleau. Look for us, and we'll be there.

So, as I blow out the candle on this special anniversary, my wish is that our 'little magazine that could' continue to be an entertaining and informative resource for a very important segment of our population.

Here's to the toddler years!

Nicole Blais,
Publisher



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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 a daunting one, though, 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 a chance for Goshenite Seniors Services Consultants to take on the role of coordinating all aspects of the transition. 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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Motor Chat with Meredith



By
Meredith Morris,
Dealer Principal
/ President
Sudbury Hyundai



I Bought A Car! Now What?

It all started with one innocent TV commercial and your interest in a new car was piqued. Then perhaps you checked it out online a few times and decided to visit your local dealer to see it in person. Of course, while at the dealership you took it out for a test drive and cupid did his work; you're in love, and you decide to buy yourself a new vehicle.

The most talked about product in the business office today is extended warranty. With the average consumer financing up to 96 months (8 years!!!)

Now, all there is to do is pay for it, right? Not exactly. Most automotive dealerships now have a department called the Business Office also known as the F & I office (finance and insurance) or, boldly put, "the box". Traditionally, this is the office where you sign your paperwork and pay for the vehicle, but a lot has changed over the years. Today's business offices offer so many products that it can get confusing. Consumers often feel overwhelmed and don't know what they should be purchasing or whether these products are mandatory. Firstly, NONE of the products offered in the business office are mandatory and if anyone tells you they are, find a new place to deal with and report the dealer to the Ontario Motor Vehicle Industry Council at 18009436002.

The most talked about product in the business office today is extended warranty. With the average consumer financing up to 96 months (8 years!!!), there are many months where the consumer is exposed to potentially costly

repairs with no warranty coverage because of the manufacturer's warranty having expired. For example, most manufacturers only cover a vehicle for three years or 60,000 km. Also, with the increasing complexity and advanced technology, the chances of costly post-warranty repairs have increased over the years. There are manufacturer warranties and "after-market" warranties. Most manufacturer warranties are only available within the first few years of vehicle ownership and are backed by the actual maker of the vehicle. After-market warranties are backed by someone other than the vehicle manufacturer. They are sometimes less money than a manufacturer warranty, but always make sure to go over the fine print in terms of actual coverage. I recall a horror story that a customer once shared about purchasing an extended warranty for thousands of dollars on an older used vehicle only to find out later that the so called "engine replacement coverage" in fact only covered some oil and gaskets, leaving the customer out of pocket for the better part of the \$4000 repair bill. This is a great example of the saying "it's wasn't worth the paper it was printed on".

So, when you go to pay for your new or used vehicle, how are you going to pay? First and foremost, don't ever pay cash for a car unless you're getting a huge manufacturer's rebate, or it is a used vehicle from a non-franchise dealership, and they don't offer special interest rates. And in most cases, don't use a line of credit to pay for a car because most manufacturers offer very attractive finance rates that are often at lower interest rates than what your bank is willing to offer you. Why take money out of your savings if you're financing the car over 8 years at zero percent interest?

Life and disability insurance are very relevant for anyone financing a car today. The thinking that "I have lots of insurance" could potentially get you into trouble. Term life insurance is for maintenance of lifestyle, not to pay debt. This is the point of creditor insurance. Disability insurance is something to think about as well. What kind of plan do you have at work? Do you have short term or only long-term coverage? Long term can take up to four months to "kick in".



Guaranteed asset protection is another product that is available. If you are financing negative equity you should protect your loan. In the event of a write-off, your insurance company's only obligation to you is the value of the car, not the value of the loan. You could be left owing thousands more than your insurance company is willing to give you in the event of a write-off.

There are also appearance protection and tire/rim warranties. These are handy for lease customers bearing in mind that when leasing a car, it must be returned in the same condition as when you took delivery of it. With these warranties you can have most scratches/dents repaired before returning the car at lease end.

Finally, there are corrosion protection packages. The jury is still out on a lot of these products. Some argue that products such as electronic rust protection haven't been proven to work although they claim to protect your vehicle from not only perforation but also surface rust and paint staining. Chemical warranties only protect against perforation, and some manufacturers will void warranty on any components covered with these products as they sometimes tend to break down the parts prematurely due the chemicals applied that are actually intended to protect your vehicle.

This is just the tip of the iceberg. There is also nitro for your tires and window etching and myriad of other products being offered in some business offices. The bottom line is, know your rights. You do not have to purchase anything above the advertised price on the vehicle. Do your research on the products you are interested in before you decide to buy them as there is no cooling-off period in Ontario when purchasing a vehicle and these products.



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Are You Steady On Your Feet?



Poor balance is the cause of many falls, sprains, knee injuries and injured or broken hips. Most people do not take the necessary precautions against falls until it is too late or have been scared by a serious pill.

There are many reasons for poor balance. Deterioration of our muscle strength, our eyesight, circulation and ligament function are all contributing factors. This deterioration happens very slowly and compounds over time and explains why most people are reluctant to take any precautions against slips or falls.

Diabetics, stroke victims, and rheumatoid arthritics have other contributing factors such

as nerve, muscle or joint damage to contend with when assessing their balance. However, barring any such systemic problems, balance and steadiness are things that can become less and less reliable over the years. The muscles and ligaments of the foot can weaken and cause the arch to flatten. This becomes a very unstable foot. If the arch flattens or pronates the foot cannot as easily recover when placed in the wrong position when walking. Although an unstable foot is not the only causative factor in poor balance, it is a major contributor. There are some precautions that can be taken to lessen your chances of falling.

Stabilizing the foot is a good place to start and good footwear will help. Make sure your shoes are a good length and width for your foot. The sole should be of a non-slip material and flexible in the area of the forefoot to allow the forefoot to bend during walking. The heel height should be a maximum of one and a half inches and the sole should be as wide or wider than the shoe. Make sure the heel counter (the back of the shoe) is good and firm to give

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



support to the rearfoot. The shoes should have lace or Velcro straps, not slip ons. The shoes should have good arch support. Sometimes extra support is needed through the use of commercial arch supports or custom orthotics. If you are unsure of whether extra support is needed, you should see your foot specialist for an assessment.

The use of a cane and other external supports can also be of help. Don't wait for an accident before taking precautions against falls and slipping. Winter is coming and every little bit helps to improve your balance and steadiness on your feet.

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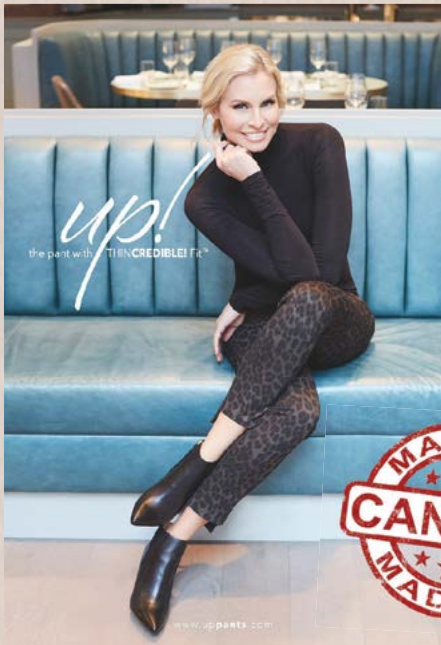
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Hey, Jude!

By John Kelly

I had a nice breakfast with Dario Zulich the other day. Driving home, I tried to figure out who it was that he'd reminded me of. Later, as I listened to a bad cover of The Beatles' "Let It Be", I recalled another iconic Fab Four song. Then, it struck me. It was Jim Malone from *The Untouchables*, the tough-as-nails police officer played by Sean Connery. Well, a younger version anyway.

So, what do a hardened Chicago beat cop turned Treasury Department posse member and an OHL hockey team-owning and events centre-developing son of Croatian and Italian immigrants have in common? And how did a Beatles' song connect it all? Stay with me.

There's a scene in the movie where Elliot Ness and his men are in a restaurant celebrating a successful raid on one of Capone's liquor distribution outlets. Ness sees Malone playing with something on a chain around his neck and asks him what it is. Malone replies, "That is my call box key, and that is St. Jude." Dario also wears a St. Jude medallion and maintains a special relationship with the 1st century patron saint of lost, hopeless, and improbable causes ever since a business crisis about a half dozen years ago. Millions of dollars in receivables were being held and Dario had payroll to make. He knew his employees and their families were counting on him.

"I don't pray for this job or that job, but that one time I was at the end. I was at my lowest point and I didn't know where to turn. And I said a prayer to St. Jude," says Dario.

The quid pro quo part of the equation is that whoever offers up the prayer to St. Jude promises to encourage devotion and always propagate his name. After a heart-felt appeal to the executive board, they cut him a cheque. And I heard the story.

As for the purchase of The Sudbury Wolves, that was a new enterprise for Dario, but it was business, and that's what he does. Besides, building a sports and entertainment centre necessitated the purchase of the team. It wasn't until he'd met with some of the boys and the boys' parents that Dario truly understood the gravity of the responsibility he'd undertaken.

"I'm looking at this little kid and his parents are there with him. They say, 'Mr. Zulich, here's my son.' I think, holy geez, I've got a serious duty here. These parents are giving me their son. I have a responsibility to take this boy and turn him into a man," confides Dario.

He knew at this point it was more than about just owning a hockey team. Ownership meant leadership. A mission statement was crafted: turn these sixteen-year-old boys into not simply men, but gentlemen. They'll become men on their own. Through the values of integrity, discipline, and intelligence, Dario and his team hope to cultivate gentlemen of character.

"I want our boys to be strong and smart and humble."

Dario practices what he preaches: strength and intelligence wrapped in humility. When he's able, Dario spends one night a week at Sudbury's Soup Kitchen. His eagerness to give back comes from a work ethic and a



Dario Zulich

Photo by Kimberley Wahamaa

world view for which he is quick to give his parents all the credit.

"I am a dishwasher," he explains.

Dario didn't say he went there and washed dishes. He said he was a dishwasher. He said it with equal parts pride and humility, a true 'there but by the grace of God' stance. It was here, in the eyes of the men and women that call the shelter home that Dario's ultimate vision began to take shape. His developer's swan song, his parting gift to Sudbury will be a shelter for those who are less fortunate, and it will be called St. Jude Home for The Homeless.

"The road is never flat, and something will come along that will knock you to your knee. Everyone needs a hand-up," explains Dario.

For those who end up in a shelter, Dario wants to understand how they got there. He wants to prevent others from making similar choices, and then he wants to help those who have stumbled to rebuild their lives.

"You have to fix it. You can't just put them all in a leper colony."

Legacy is a nebulous notion. I don't know if Stompin' Tom ever thought he'd be immortalized in downtown Sudbury. And Dario is philosophical about his own.

"Maybe all of what's happened to me has gotten me ready for this. It's about helping people. There are those who have done something with their talents and I want to do something with mine."

On his plan to help the homeless, Dario says, "It won't be a 200-million-dollar complex, but the value, the return is going to be bigger."

Some of the fundamental concepts of business are easy. Buy low, sell high. Calculate risk and reward. Understand return on investment.

Dario believes there is a man upstairs, a celestial CEO, but he is too kind and too intelligent to do the work he does solely in the hope that his return on investment is of the eternal sort. There is a genuine sense of altruism in his work and his actions, and the ROI is an intangible one. It is in the selflessness of the young gentlemen who came to him as boys. And it is in the eyes of the homeless who see that there is hope yet, that their cause is not a lost one.

"The world is a big place. There are never going to be seven billion happy stories," Dario concedes.

But he is taking some of those sad songs and doing his part to make them better.

Here endeth the lesson.



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CONNAISSEZ-VOUS LES BÉNÉFICES THÉRAPEUTIQUES DE LA MASSOTHÉRAPIE?

Écrit par Kim Morris

Les nombreux bienfaits de la massothérapie sont aujourd'hui bien connus et reconnus. Non seulement pour la détente et la relaxation, mais également pour leurs bénéfices thérapeutiques.

Selon la Société Canadienne du cancer, la massothérapie est l'une des thérapies complémentaires les plus fréquemment utilisées par les personnes atteintes de cancer. Il a été prouvé que la massothérapie aide les personnes atteintes de cancer, tant physiquement qu'émotivement, et qu'elle peut améliorer leur qualité de vie.



Kim Morris,

Doyenne-École des Sciences de la santé

Chez les femmes atteintes du cancer du sein, la thérapie décongestive, appelée drainage lymphatique manuel (DLM), peut réduire l'enflure associée au lymphœdème. Il se fait par un toucher et une pression rythmique, des techniques légers et lents, ce qui aide le corps à rediriger la lymphe vers des ganglions non obstrués. On y a le plus souvent recours pour réduire le lymphœdème.

Jeanette Plante Bouffard est professeure dans le programme de Massothérapie au Collège Boréal. Elle connaît bien l'importance du massage lymphatique, et partage ses connaissances et expertises avec ses étudiants. Explique Mme Plante Bouffard: « Une équipe interprofessionnelle peut procurer le support émotionnel au patient par le soulagement des symptômes physiques. La massothérapie peut réduire l'anxiété, la douleur, ainsi que les symptômes secondaires aux thérapies de chimiothérapie, et de radiation. Pour les patients post chirurgicaux, la massothérapie vise à minimiser les complications d'enflure et fibrose qui peuvent affecter la mobilité de la personne. »

Le programme de Massothérapie au Collège Boréal, unique en Ontario français, offre à ses étudiants des cours de qualité, et des professeurs dynamiques et dévoués. En plus du laboratoire aménagé avec des équipements modernes, le Collège Boréal possède un autre avantage : une clinique de massothérapie sur les lieux du campus de Sudbury. Dès la deuxième année du programme, les étudiants mettent en pratique ce qu'ils ont appris en salle de classe et en laboratoire auprès d'une vraie clientèle. La clinique offre un environnement supervisé par des technologues professionnels qui encadrent les étudiants afin de leur permettre de perfectionner leur approche et leurs techniques.

Pour en savoir plus au sujet du programme de Massothérapie à Boréal, composez le 705-560-6673 poste 4500, ou par courriel à santé@collegeboreal.ca

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WHO'S IN CHARGE?

By David Laplante

The death of a loved one is one of life's most painful events. When someone you love passes away, be it expected or not, the task of arranging for the care of the deceased most often falls to the next of kin. Often, families gather together and try helping out in many different ways. In these days of shifting family structures and relationships, determining who has the legal right and obligation to make arrangements can be difficult. In a perfect world, the deceased has a legal will, a pre-arranged funeral plan and has had discussions with his or her immediate family members regarding his or her wishes. The person appointed as the estate trustee, more commonly referred to as executor of the will, takes charge. The reality isn't always so simple. When an individual passes away without a will or executor, caution must be exercised in determining who is able to give instructions. As a licensed funeral director, it is most important that I take direction from the proper person. So, who has the authority to make decisions when there isn't a will?

The surviving spouse, legally married or living in a conjugal relationship (common-law) immediately before death, has the right and responsibility to arrange for the final disposition of the deceased. If the deceased wasn't legally separated from his spouse, and living in a common-law relationship, it is appropriate for the funeral director to request to speak to the separated spouse and get that person to sign off his or her right to make funeral arrangements.

Next in line would be children. Regardless of who is oldest, each child, 18 or older, has equal right to make funeral arrangements. Where there is more than one child, instructions should be given by all children. Again, proof in the form of a letter should be provided that a certain child has waived his or her right to participate or that the said child is agreeable with his or her siblings' decisions. Descendants are preferred over parents, aunts and uncles, even if the latter are closer in relationship. With this in mind, next in line to provide direction are grandchildren (18 or older, equal rights), great-grandchildren (18 or older, equal rights), father or mother (parents - both have equal rights), siblings, grandparents, uncles, aunts, nephews, nieces and great grandparents.

As today's options for funerals have evolved, it may be challenging to get everyone to agree as to what an appropriate send-off for their loved one should be. Having a will along with a prearrangement indicating your wishes eliminates or at the very least minimizes the possibility of conflict between those you leave behind.



David Laplante,
Funeral Director



Mission:

The Cooperative Funeral Home is a company distinguished by: - The quality of its services - The professionalism of its employees - The interpersonal relationships it maintains with all of its members and clients

Vision:

The Cooperative Funeral Home, firmly established in the core of Sudbury since 1952, aims to satisfy the needs of grieving families by using a simple, humane and professional approach.

Goal:

Our goal is to serve the people of all nationalities, expression or religion in the Sudbury area by following the cultural traditions of its members.

Mission:

La Coopérative funéraire est une entreprise qui se distingue par: - La qualité de ses services - Le professionnalisme de ses employés - Les relations interpersonnelles qu'elle entretient avec tous ses membres et ses clients

Vision:

La Coopérative funéraire, solidement établie dans le milieu sudburois depuis 1952, vise à satisfaire aux besoins des familles endeuillées par une approche simple, humaine et professionnelle.

Raison d'être:

Notre raison d'être est de desservir les gens de toute nationalité, expression ou religion de la région de Sudbury en suivant les traditions culturelles de ses membres.



David Laplante

General Manager
& Funeral Director



Chantal Bourgeois

Funeral Director



André Rainville

Funeral Director



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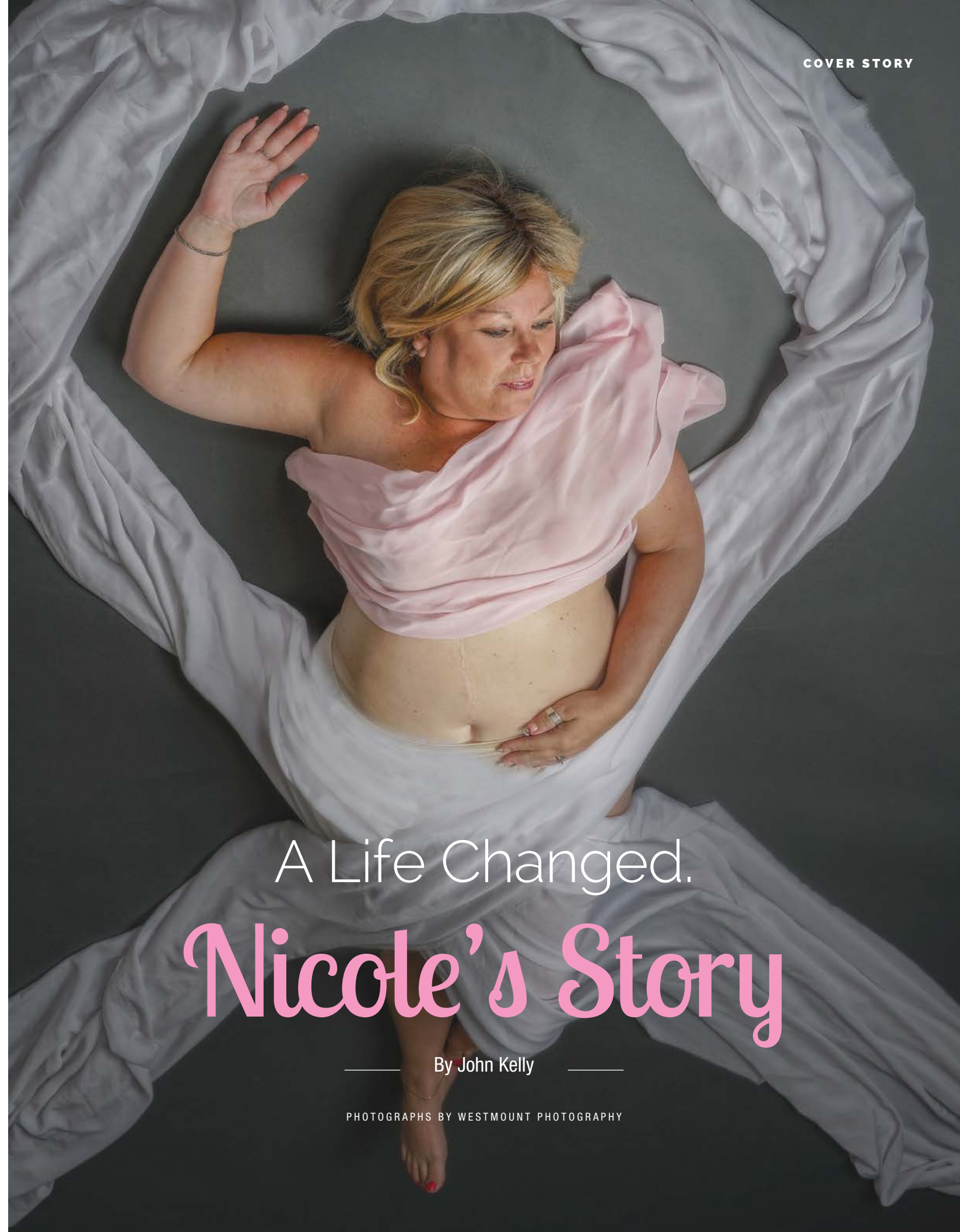
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COVER STORY

A Life Changed. Nicole's Story

By John Kelly

PHOTOGRAPHS BY WESTMOUNT PHOTOGRAPHY

When Sudbury 50+ Publisher Nicole Blais was faced with a possible cancer diagnosis, she tried to remain stoic. That stoicism gave way to anxiety when, after a routine mammogram and ultrasound, her family doctor wanted to see her as soon as possible. Nicole asked if she needed to bring Moe, her husband. Yes, was the answer. Oh, crap was Nicole's first thought. A businessperson to the core, she brought her agenda like it was a regular meeting.



There was something there, in the breast, and a whirlwind of doctors' visits followed. A biopsy was sent to the lab and it was determined that carcinoma in situ was in the milk duct, so a lumpectomy was performed a couple of days later to see if it had spread. It had, throughout the entire breast tissue. A mastectomy was ordered for February 13, 2008. In by 7 am and out by 2.

"It's like a drive-thru," jokes Nicole.

Nicole went home. There were draining tubes and visits from the nurses, but she was on the mend. And then, more bad news. Cancer was discovered in the sentinel lymph node. For Nicole

it was like being pulled from the frying pan and thrown into the fire. Having had three surgeries within a month precluded another, so a course of treatment needed to be decided upon.

"I asked the doctor what she would do if I were her daughter," said Nicole.

Without hesitation, she recommended chemotherapy.

"I just wanted to live. I don't want my children to be without their mother. I didn't want my husband or my family to be without me."

Nicole's faith played and plays a role in her joy and her trials, and it was its strength that allowed her to let go of the reigns, or at least loosen her grip a little. 'I shall fill your cup to overflow' leapt to her mind.

"In our bedroom, I had this huge mirror. I just drew a cup, a huge cup with an eyeliner pencil, and started to write down the names of people who were praying for me. And to my amazement, the mirror was full, and we had to buy two other ones to write down all those names," recalls Nicole.

I think this is when we got the tissues.

Ever the perfectionist and researcher, she insisted on taking things a day, an hour, a moment at a time. But this proved easier said than done. Nicole's radiologist misspoke when he said the cancer was close to her ribcage, that it could have penetrated and spread to her bones. This was on a Friday. It made for a less than enjoyable weekend. Nicole was at her lowest for those days.

"I thought I was done."

Monday brought out the sun again when her doctor assured her that had the cancer's proximity to the ribcage been an issue, she would have been made aware. All was fine on that front. Someone ought to slap that radiologist on the wrist.

Nicole took the loss of a breast in stride, as though it were no biggie. It was her hair with which the chemotherapy had its way that gave her great pause. Owner/operator of a salon since she was nineteen, much of Nicole's identity was woven into, tied up in her hair.

"I was more petrified of losing my hair than having had a mastectomy," Nicole laughs.

Nicole ordered some wigs online. She'd begun to lose her hair. The race was on. She took the advice to shampoo gently, avoid pulling her hair (who pulls their own hair?), put away the blow-dryer. As the hair came out, the wigs took their sweet time arriving. When Nicole had finally seen enough hair on her pillow and the shower floor, she took matters into her own hands.

"I called my stylist. I told her, 'you need to shave my head. You can't hesitate. I need you to do it now.'"

Moe waited for her. Nicole came home with the wig on and a fresh shave beneath it.

"I just started to cry. For the next hour he tried to convince me to take the wig off. And that wasn't happening, so he

actually called our sons, Allen and Matthew. He had them on the phone and for the next three hours, together they tried to convince me," says Nicole.

She and Moe went to the bathroom. She took the wig off and together they looked in the mirror.

"I sat on the floor and cried my eyes out. And then moved on."

The wigs came that day, but Nicole opted more often for funky scarves and bandanas. Poor wigs. And after travelling all that way.

There was that time on a family driving vacation to Myrtle Beach. Nicole and her mom in the back seat, Moe and Nicole's father up front. Nicole feels uncomfortable in the prosthetic bra and prosthesis. Those things can weigh up to about four pounds. That's almost thirty bucks if you're a chicken.

"It's so heavy. It was so hot. I couldn't stand it, I just took it out. Took it off. And threw it in my purse. My mom even named it."

Not everyone has a prosthetic named 'Ratatouille', but Nicole knew that if she didn't laugh, all she'd do was cry.

And then there was the Tim Horton's line-up. In the heat of July.

"I was with my mom, and I said 'I can't do this anymore. I just can't do this anymore.' I pulled off my wig and threw it in the back seat!"

Chemotherapy is supposed to fix what ails you. Of course, it comes with its nasty side effects which Nicole was prepared for. What shouldn't have been on the menu was a secondary injury that came as the direct result of a botched chemo session. Irony of ironies. For you medical nerds, it was a fourth-degree interstitial burn to the fascia in her left arm that has left Nicole with a permanent disability. She must avoid extremes in heat and cold for the pain it produces and doesn't lifting anything she would not have thought twice about picking up prior to the injury.

"It's a constant reminder to me that I had breast cancer. I know I can say it's behind me, behind me...but what the hell, you know?"

There are two silver linings to Nicole's journey. One is that she now gives an annual talk to the students in the nursing program at Laurentian University. Her message? Understand



"One of my missions in my personal life is to speak as a breast cancer survivor and express that there's joy in my life. I still have humour. I can still have fun."

the profound responsibility you've chosen to shoulder and avoid complacency in your job like the plague (we're lucky that's not with us anymore). There's hardly a dry eye in the house when she's done speaking. The other came because of Nicole's difficulty in finding fellow survivors.

"One of my missions in my personal life is to speak as a breast cancer survivor and express that there's joy in my life. I still have humour. I can still have fun. It's important for us to realize that breast cancer can affect women not only in their fifties, but much, much earlier. Know the signs," she insists. "For me to share my story is something I've always wanted to do to help anyone who is going through breast cancer."

Nicole and Tannys Laughren, Executive Director of the Northern Cancer Foundation are developing a program that

matches up people one-on-one who need or want to share their struggle, but perhaps are uncomfortable in the traditional group setting. It's a thoughtful and much needed initiative, but the best part is its name: Bosom Buddies.

We so often speak of those who have dealt with cancer successfully as survivors. But in a battle of these proportions, to say someone has only survived is perhaps to discredit and discount the battle they have fought and not properly acknowledge its ultimate outcome. For Nicole, there are survivors to be sure, but there is also a victor and a vanquished. And remission is a dirty word.

"You'll never hear me use the word remission. Ever. I talk about being cured," says Nicole.

She sees cancer not as a foe still lingering around the wall ready to storm the castle should the drawbridge be mindlessly lowered. No, cancer is an enemy that has been beaten and banished from the realm. Nicole is too wise not to recognize the fragility, transience, and mortality of all living things, but she is too strong to submit to the anxiety and fear the thought of them can create in us.

On the inside of one of Nicole's rings is engraved 'Be still and know that I am God.'

She dedicates her story to her loving husband Moe, sons Allen and Matthew, her family and breast cancer survivors everywhere.

GIVING WEAR AND TEAR THE BOOT

By Kelsey Gunn

Now that the cool autumn air is rolling in, you might be thinking about whether you're prepared for the cold months ahead. The best way to stay warm and dry all winter is to use the right weather-proofing products to bring your boots up to speed. You might be thinking, "My boots are waterproof. It said so on the box when I bought them". They certainly would have been at first, however, as you wear and use your waterproof boots they slowly lose their ability to keep your feet dry. Think of it as layers of paint; if the layers are constantly exposed to the elements like sunlight, rain, snow, or salt, eventually they will break down and the material underneath will be exposed. If your boots happen to be made of leather, this could also lead to the leather cracking or tearing. To keep this from happening, we suggest using a waterproofing product before you start wearing your boots.



Kelsey Gunn,
Leather Works Plus

As you wear and use your waterproof boots they slowly lose their ability to keep your feet dry.

Our current favourite weather-proofer for leather is by a company called Urad. They make a cream specifically for leather products that will condition, waterproof, and

shine all in one. They also produce this cream with various pigments, so that you can add a bit more colour into your boots as you get them ready for the upcoming season.

Many of our customers use a product called Dubbin to protect their leather goods. Dubbin is a wax, usually made of beeswax, oil, and tallow, and it is applied with a cloth or sponge directly onto the leather. Mink Oil happens to be one of the more common oils used in Dubbin and is also a product that can be used on its own to waterproof and condition leather. The benefits of using mink oil or Dubbin are that they are a more natural product, and they penetrate the pores of the leather deeper than most alternatives. The downsides are that these products are not suitable for suede or nubuck, and they may darken light-coloured leathers.

If your boots are a combination of leather, suede, fabric, or even nubuck, then Moneysworth & Best Pro-Tex Water and Stain Protector spray is perfect for you. All you need is a light spray, and your boots will be good to go. As a busy mom myself, this is the product that I use because it is quick and easy, and I can use it on almost anything. If you're not sure what product is best for you, come in to see us. We are more than willing to help you find what you need to keep your feet warm and dry.



GRATITUDE IN SERVICE

By Dr. Kevin McCormick

November 11, 2018 marks 100 years since the end of the First World War. Since that historic moment in time, and the signing of the Armistice which took effect on the eleventh hour of the eleventh day of the eleventh month, we collectively pause in remembrance of those who fought and died in defence of the safety, freedom and civil liberties we are all thankful for today.



Dr. Kevin McCormick
President and Vice-Chancellor,
Huntington University

Each year on Remembrance Day, I am proud to see Canadians come together to reflect and give thanks to those who bravely fought and died in service to our country throughout both World Wars, all conflicts, and peacekeeping missions. Some of us will commemorate the occasion by wearing a poppy, others will participate in Remembrance Day ceremonies and observe a moment of silence.

By giving of our self through service, we can demonstrate an ongoing gratitude of their selfless service to our country.

This year, I challenge you find your own unique way to honour and preserve the sacrifices made by members of the military, Veterans and their families. Whether it be through activities such as

volunteering at a Veterans centre, supporting military families, visiting a local military museum or creating a local community event, find your own personal way to support military members past November 11th, by thanking them for all they continue to do.

By giving of our self through service, we can demonstrate an ongoing gratitude of their selfless service to our country.

Dr. Kevin McCormick is the President and Vice-Chancellor of Huntington University and also serves as Honorary Colonel of the Irish Regiment of Canada. He is the founder of Project Honour and Preserve – an initiative that aims to raise awareness of the sacrifices and contributions made by Canadian Veterans while bringing public attention to important dates in Canadian military history.



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Strength in Numbers



Total Survivor Years
496



Photo by Westmount Photography

TESTAMENTARY DONATIONS

to the Strategic Charitable Giving Foundation

By Norman Piché, CFP, CPCA, H.B. Comm, RRC,

Executive Financial Consultant
Norman Piché & Associates – IG Private Wealth Management
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Continue your tradition of charitable giving through the Investors Group Charitable Giving Program – which provides the benefits of a private charitable foundation, without the upfront costs and administration responsibilities – helping you to define your legacy.

Investors Group Charitable Giving Program

As a donor, an effective way for you to continue your charitable giving for an extended period of time is to establish a donor-advised account. This can be done either during your lifetime or after, and will facilitate grants over a period of time or in perpetuity to the charities you choose.

The Investors Group Charitable Giving Program – a partnership between Investors Group and the Strategic Charitable Giving Foundation – is a donor-advised charitable giving program that facilitates philanthropy without the administrative responsibilities, time commitment or expensive setup and continuing costs of a private foundation. It is designed to help you give in your own way.

Under the program, donations are made to the Strategic Charitable Giving Foundation (the Foundation), a public foundation registered as a charity with the Canada Revenue Agency and the Quebec Ministry of Revenue. The Foundation receives donations and maintains charitable giving accounts which are administered by Investors Group on behalf of the Foundation. Grants are made by the Foundation to charities each year based on your recommendations.

Donation amount

When determining the amount to donate, at least \$10,000 must be donated to the Foundation to establish an account, with a total donation amount of at least \$25,000 required within three years of the account being established. Subsequent donations to an account already established must be at least \$500.

If no donations are contemplated by others after your death, and thus the sole donation to the account will be from your estate, care must be taken in drafting the donation clause to ensure the amount will be at least \$25,000.

Keep in mind that if a portion of the donation to the Foundation is to originate from your estate,

then your will should describe the amount to be donated – or how this amount is to be determined. With that in mind, the ability of your estate to make the donation after all other liabilities and specific bequests of the estate have been satisfied should be considered. This will help to facilitate a timely donation to fully utilize the donation tax receipt. The donation amount can be specified in many ways, including:

- A specific dollar amount
- A bequest of specific publicly listed securities, such as a number of shares or mutual fund units (keeping in mind this specific source may not exist at the time of the donor's death)
- A stated percentage (or percentage range within limits) of the residue of the estate
- The direction to make a sufficient charitable donation to create a tax credit, thus reducing the tax liability of the deceased to the lowest possible amount.

If your will directs assets to be placed into a spousal trust, it's important to plan the timing of the donation appropriately, ensuring tax credits can be utilized effectively. Specify whether the donation is to be made before the administration of your estate is complete and assets are transferred to the spousal trust.

Source of donation

The Foundation accepts a variety of different assets (including cash, stocks, bonds, mutual funds, guaranteed investment funds and life insurance proceeds on death of the life insured) and converts the proceeds into an eligible mutual fund selected by either you or the account holder.

It is advisable that your will include a provision granting the legal representative (Liquidator in Québec) authority to make an in-kind gift of property. This takes advantage of the zero percent capital gain inclusion rate applicable to the donation of publicly listed securities.

Recipient(s) of grants

Your will may provide a standing grant recommendation, which may include the following:

- Name(s) of intended charities – The selected charities must be considered “qualified donees” under the Income Tax Act, such as registered Canadian charities.

- Alternative provision – The will should give the account holder the authority to designate another charity, with similar objectives, to receive the grants in the event the named charity is not in existence at the time of your death.
- Percentage of grant – You may wish to allocate a percentage of the allowable annual grant to be distributed by the Foundation to each named charity. The percentage amount can range from 4% – 10% of the value of the account at the beginning of the year.



Norman Piché,
CFP, CPCA, H.B.
Comm, RRC

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The Foundation can be named as the beneficiary of a life insurance policy, a RRSP, RRIF or TFSA. This designation can be made directly on the contract with the financial institution or through the will (include the account setup provisions discussed in this article within your will). In Québec, when the designation of a beneficiary cannot be made on an RRSP, RRIF or TFSA, the donor must proceed by way of a testamentary bequest of these vehicles.

If you have any questions about testamentary donations, I would be happy to help.

Norman Piché, CFP, CPCA, H.B. COMM, RRC
Executive Financial Consultant
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INCONTINENCE IN PERSPECTIVE

By Nadine Paquette RN, BScN, MN

When we were young, it was not uncommon to have several aspirations for the future. It was not uncommon to hear a child say “I’m going to be a doctor” or “I want to be a teacher” when asked what they wanted to become in the future. But no child ever aspired to developing a chronic illness or disease. No child ever mouthed the words “I hope that I become a diabetic” or “I hope that I am incontinent when I am older”. The fact is, as we age, both of these are possible.



Nadine Paquette,
RN, BScN, MN
Geriatric Nurse Clinician/
Nurse Continence Advisor
North East Specialized
Geriatric Centre

Incontinence, also known as the involuntary leakage of urine, is a common problem worldwide and affects as many as 3.3 million Canadians. It can affect women and men of all ages however its prevalence in older age groups is quite high.

Between 30-40% of middle age adults and 30-50% of older adults experience urinary incontinence or urine leakage. It is a social norm to have the ability to hold your urine and thus, when incontinence occurs, many woman and men are too embarrassed to speak about it or even mention it to their health care practitioner. Some people will choose to live with it or manage their leakage by cutting down on the amount they drink which can actually make their incontinence worse.

Incontinence impacts how people feel about themselves and can be a source of anxiety for many who are trying to cope with it.

Incontinence impacts how people feel about themselves and can be a source of anxiety for many who are trying to cope with it. This can limit a person’s ability to enjoy social activities, travel, and exercise or simply to leave their home in fear of ‘leaking’ at an inappropriate time. It is important for men and women to discuss their concerns of incontinence with their health practitioner

as soon as possible so that early interventions can be discussed. Incontinence can be managed, but we need to speak about it first.



HOW DOES TECHNOLOGY ACCELERATE OUR DAILY BUSINESS?

By Rebecca Thibodeau

Over the past twenty years, technology has transformed business for the better. Everywhere you look, people and businesses are finding new ways to be more efficient. With smartphones having become a popular household item, their use and applications (apps) can benefit a business. Here are five ways you can use technology to your benefit as you go about running the day-to-day operations of your business.

1. Connecting with Customers: The use of social media has helped us connect with customers in a new way that is fast and easy, therefore increasing our potential reach.

2. Increased Productivity: Being more effective and efficient by using the many apps on a smartphone available helps a business grow faster than ever before.

3. Convenience & Flexibility: The ability to work anytime anywhere is important to business owners and employees, therefore increasing overall life satisfaction.

4. Tracking Research and Statistics: Having access to collecting and analyzing business data at your fingertips is crucial to business development and advancement.

5. Better Communication: The ability to instantly communicate with customers and employees increases overall positive customer experiences.

My favourite apps to use in my daily business operations are:

1. Scotia Bank (online banking)
2. Social Media (Facebook, Twitter, and Instagram)
3. Connect2go (office security system)
4. TeamUp (online multi user scheduling)
5. Ooma (virtual office telephone)

What is your favourite business app to use? There are more than 3.8 million apps available to smartphone users. Remember that technology is a tool. Allow it to help you create a solution. Find the perfect solution for you and your business. The options are endless.



Rebecca Thibodeau,
Founder
Business As Usual
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R. Thibodeau



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Paula
Peroni



AGE DIAGNOSED : **48** | YEARS AS A SURVIVOR: **6**

*"I'm braver, I'm stronger, I'm happier
- because I'm a survivor."*

**Jennifer
Leigh**
Faucher



AGE DIAGNOSED : **31** | YEARS AS A SURVIVOR: **1**

*"Life is short; take the trip, buy the shoes,
eat the cake!"*

Kimberley
Wahamaa

Founder of
TrustYourBust.com



AGE DIAGNOSED : **47** | YEARS AS A SURVIVOR: **5**

*"Strength is by doing what we think we cannot do,
and overcoming what we cannot overcome, that
we realize just how strong we really are."*

Kim
Beer



AGE DIAGNOSED : **47** | YEARS AS A SURVIVOR: **7**

"You are stronger than you think!"

Hope-Strength-Courage-Survival

Pictured from left: Kim Beer, Kimberley Wahamaa, Nicole Blais, Jennifer Leigh Faucher, Paula Peroni

PHOTOGRAPHS BY WESTMOUNT PHOTOGRAPHY

A TIME TO SHARE. A TIME TO LEARN.

By Lissa Gagnon, RN BScN MScN

Assistant Professor
School of Nursing, Laurentian University

Nursing literature reveals that particular Canadian Universities are incorporating programs such as Survivors Teaching Students in undergraduate curricula. Survivors are defined as individuals who have successfully managed a potentially life threatening health condition. They have been thought to be wells of knowledge which is beneficial to other patients with the same medical condition. The commonality of survivors is imbedded in their experiences with illness including challenges and health solutions.

Studies incorporating oncology survivors into medical education began in the early 90's with students accessing individuals to simulate patient interactions. Research has examined faculty, survivors, and students for their evaluation of the process. Results indicate that experiences were beneficial as they aided students in providing greater confidence in terms of communicating with patients and preparing for clinical interactions. For example, students were better able to answer questions about cancer with their patients. Students also felt they were more confident in being able to effectively address emotional concerns after the sessions. More specifically, other studies have shown that nursing students have expressed that interviewing patients with cancer is one of the most beneficial activities to facilitate learning about oncology nursing. These studies further suggest there is value with the incorporation of survivors into health care education.

The purpose of this commentary is to highlight gains for health care providers in their care delivery to adequately meet the needs of patients. The effectiveness of survivor education on upcoming health care professionals is proven in the literature. Consequently, the direct contact and sharing of survivor experiences is valuable to those providing care. This approach should therefore be extended to all health care members.

Resources:

Baer, A.N., Freer, J.P., Milling, D.A., Potter, W.R., Ruchlin, H., & Zinnerstrom, K.H. (2008). Breaking bad news: use of cancer survivors in role-playing exercises. *Journal of Palliative Medicine*, 11(6), 885-92.

Ovarian Cancer National Alliance's innovative educational program, *Survivors Teaching Students: Saving Women's Lives*. [http://www.wisconsinovariancancer.com/survivors-teaching-students.php].

Purnell, M.J., Walsh, S.M., & Milone, M.A. (2004). Oncology nursing education: teaching strategies that work. *Nursing Education Perspectives*, 25(6), 304-8.

MAINTAINING YOUR BIGGEST INVESTMENT

By Jan Oystreich

It's Autumn. Shorter days, crisp mornings signal winter's approach. And who knows....maybe you're planning a move in the spring. Use autumn's brisk and breezy days to conquer chores for a clean and comfortable winter home, to wrap up summer's outdoor lifestyle, and to maintain your biggest investment to maximize potential for resale.

Fall yard clean-up starts with the gutters and downspouts. You'll need to be sure that the joints where the gutter meets the downspouts are cleaned out, otherwise you could end up being faced with costly water damage repairs, both inside and outside of your home!

Early in November, fertilize the lawn with a high phosphorus mixture to promote root growth over the winter, so the grass will green up sooner come spring. Fall is also a great time to fertilize trees and shrubs. Remember, boosting your home's curb appeal is an important part of attracting buyers and getting a good return on investment.

Boosting your home's curb appeal is an important part of attracting buyers

Nothing is more frustrating than having your snowblower not start when the first snowstorm hits. If you're a snow shoveller, double check that your shovels are where you left them and in working order.

They have a funny habit of disappearing over the year! If shovelling isn't your thing, a few quick phone calls to get snow removal quotes could leave you feeling as light as a snowflake!

Make an annual furnace checkup a part of your fall routine. You could reduce your energy bill by up to 30%! A professional can detect dangers like gas and carbon monoxide leaks. Replace the filter and have an extra one on hand, just in case.

Late summer and early fall is the best time to get your house in order because, come winter, small problems can turn into expensive nightmares. Stay Warm, Safe and Happy this Winter!



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WHAT'S THAT SPOT ON MY EYELID??

By Karen L. Wilson O.D.

Everyone has skin spots as they age but some develop into melanoma moles that look and feel different than others you have. While it is easy to see the 'ugly duckling' moles on your skin, you won't know if you have moles inside your eyes where it can spread. If you have been diagnosed with melanoma on your skin, your optometrist should dilate your eyes annually. Within the eyeball itself, melanoma is the most common type of cancer, yet it is still very rare - only about 1 in 250,000. It is treated using radiation therapy.



**Karen L. Wilson
O.D.,
Optometrist**

More commonly, the eye is a secondary site for breast cancer in women and lung cancer in men. That means that the cancer can begin to grow in these organs. If you were to develop a tumor in your eye, the vision would likely change dramatically and quickly. The treatment is radiation therapy to the eye which can destroy the tumor although the vision will be permanently affected. Sadly, if these cancers reach the eye, the 5-year survival rate is low at 15%.

If you were to develop a tumor in your eye, the vision would likely change dramatically and quickly. The treatment is radiation therapy to the eye which can destroy the tumor although the vision will be permanently affected.

The most common type of cancer in the eye area, is basal cell carcinoma of the eyelids. They can be red, black, or brown bumps on the rim of the lid which can grow into your eye socket and brain. Basal cell carcinomas are typically diagnosed between 50 and 80 years of age. It is best to get these checked when you notice them, so

your doctor can get a lab biopsy (take a small piece) to find out if it is cancerous. The treatment is to surgically remove the entire tumor then repair the lid with plastic surgery if necessary. Some eyelid bumps are just cysts, or sties, but it's better to be safe than sorry.

Spots or "floaters" can alarm some people, but they are inside the eye in the liquid and not anything to do with cancer.

Keep in mind that your eyes should be checked by an optometrist every year to ensure that the eyes are healthy, and you are seeing your best!!



CANCER AND EMOTIONS

By Karen Hourtovenko, BScN, MBA, Psy. D

There are many women who have experienced the journey of breast cancer. For some, there is time to process the diagnosis, then start treatment, but for others, lives take a sharp turn with emergency surgery, chemotherapy, or other treatments. Life that once was normal is gone! The person becomes a patient, at the mercy of whatever is determined, and yet the emotions of the person are often not taken into consideration. The diagnosis is time sensitive, yet many forget about the emotions the person is going through. They disregard the fears and anxieties that come with a cancer diagnosis.



**Karen Hourtovenko,
BScN, MBA, Psy. D**

Reg. NP, Reg. Psychotherapist
Master Coach and Trainer NLP,
Timer Line Therapy,
Hypnotherapy.

For many women, the breast is one of the primary symbols of femininity. And yet, they carry on and put those feelings away until they can deal with them. What if not dealing with the emotions can potentially alter the treatment outcomes? Emotional support is lacking in healthcare on a wide scale, and sadly, it can be the difference between life and death.

We know that there is a direct correlation between disease and stress, yet we often forget to help the person deal with the emotions that may have played a part in creating the disease and keeping it active. Getting to the root cause of emotional traumas in our lives has been proven to assist in the healing process. This includes the trauma from hospitalization and treatment. Pain and suffering can play over and over in the mind causing the patient to relive it.

Thinking outside the box to clear the mind can assist one not only to get through treatment but to support a healthier life in the future. Self-care includes meditation, laughter, yoga, stress mitigation, a healthier diet, and therapy that eliminates past trauma and negative emotions such as anger and fear.

Talking about the pain is not clearing the pain. A therapist with techniques to eliminate the root cause is essential and should take place early in the healing process. Take charge of your health, and listen to your body because it is telling you something!



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SURVIVORSHIP

By Céleste Bouffard

It's never a word we want to hear. Cancer. To most it looms as the black veil of worst-case scenarios. It's in the back of our minds whenever our doctor sends us for testing. It's also the reason many avoid testing in the first place. And very few, after receiving the diagnosis, look beyond eradication of the disease.



Céleste Bouffard,
Pelvic Health Physio

Advances in treatment and symptom awareness have improved survivorship, and life after cancer looks better than ever. However, cancer treatments can leave you with a myriad of issues that can affect your quality of life afterwards.

Did you know:

- Sexual health impacts can affect up to 80% of women following gynecological cancer treatment. (Fahimi et al 2015)
- 67% of gynecological cancer survivors experienced moderate to severe incontinence following 1 year of being disease and treatment free. (Rutledge et al 2014)
- The incidence of urinary incontinence after radical prostatectomy can be as high as 87% (Tienfort et al 2012), and erectile dysfunction up to 60% after radiation.
- Upper extremity pain and dysfunction risks can be as high as 72% in breast cancer treatments. (De Groef et al, 2015; Sagen et al, 2013; Verbelen et al, 2014)

These are just a few examples. As significant as they are, these concerns aren't always addressed under the care of the oncologists, who are doing the incredible job of treating the cancer itself.

It's time to start thinking about life upon diagnosis and beyond the cancer, seeking out the team of allied health professionals that will get you out of the gates running or at least living your best life possible after overcoming such a formidable opponent. Prioritize your physical health including your pelvic health and your mental health. You deserve it! Despite how you may feel now, these aren't trivial matters even compared to the issues you've already conquered!



WINTER SKIN CARE

By Lori Ingriselli

As the seasons change, you might notice your skin care needs changing as well. The summer sun and increased UV exposure can cause dryness and increased freckling and pigmentation. Fall is the perfect time of year to repair any summer damage and prepare for the colder season ahead.

Here are some of our top suggestions for repairing and preparing your skin for an all year glow your friends will envy.



Lori Ingriselli,
Cosmetic Manager
Sudbury Skin
Clinique

At Home:

- Use a gentle, moisturizing wash.
- Exfoliate 1-2 times per week.
- Add prescription or over the counter retinoid creams. Retin A products increase skin cell turnover, preventing dull, dry complexions (there is a transition stage when it is dry). They also are one of the top five recommended anti-aging tools you can use at home with amazing results.
- Use a rich moisturizer for your face and body. Don't forget your feet! Extreme outside temperatures and indoor heating can suck the moisture right out of your skin. Creams are best applied immediately after bathing to prevent moisture loss.
- Protect your face and exposed areas with proper attire. Scarves are a girl's best fashion accessory and help to protect our fragile skin!
- Just because it's not summer anymore, don't forget the sunscreen for the next 6 months. Sunscreen is a daily essential, so don't set it aside.

Extra Help

Lasers can help remove redness and pigment if you require extra help with summer damage. Peels and microdermabrasion treatments remove superficial skin cell layers that can cause dull complexions and make your skin accept your creams more effectively. Makeup application will go on more smoothly.

When skin problems arise, you must ensure that you're using products and services to specifically address your skin's needs. If necessary, take it one step further and schedule a consultation with trusted skin-care professionals.

Remember:

"I really regret taking such good care of my skin" - said NO ONE, EVER!



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OUR VIEW

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Special thanks to the following for making this event possible and those who participated in the Fall Issue of the 50+Lifestyle Magazine.

GUEST SPEAKERS:

Dr. Amadeo Parissenti, Jennifer Faucher & Tannys Laughren

PINK RIBBON WINE AND CHEESE COMMITTEE MEMBERS:

Lise Beaulieu, Karen Wilson, Tannys Laughren, Kim Wahamaa, Jennifer Turgeon & Maxine Wagg.

MC OF THE PINK RIBBON WINE AND CHEESE:

Marina Moore (CTV Personality)

CALL OUT TO BREAST CANCER SURVIVORS:

Thank you to all who survivors who participated.

BREAST CANCER SURVIVORS:

Paula Peroni, Kim Beer, Kim Wahamaa & Jennifer Faucher group photos.

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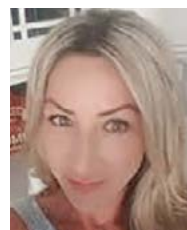
Advice from the Care Experts at Bayshore Home Health

By Jennifer Turgeon

Here are the answers to the most commonly asked questions on home health care, courtesy of Bayshore Home Health, a leading provider in this field:

Who is it for?

Home health care is for people with a wide range of health conditions who live in their own home or in an institutional facility. Home health care is available for people of all ages including seniors, the chronically ill and people living with disabilities.



Jennifer Turgeon,
Care Manager,
Northern Ontario
Bayshore Home
Health

What is it?

Home health care is an alternative to a hospital, long-term care facility or a retirement residence. Services are varied and include nursing care, personal care, home support, companionship, serious injury home care and pediatric home care.

Where is it available?

Home health care services are delivered right in their homes, preserving their independence and dignity while enhancing their quality of life. It's also an option that can reduce the pressure felt by other family members to provide care during challenging times.

When is the right time?

Anyone can access home health care services at any time, however, the need for home care is generally triggered by one of the following situations:

- Being released from hospital following a sudden event such as a heart attack, stroke or injury
- An on-going health issue that requires a greater level of care than is currently available at home
- People who find it increasingly difficult to take care of themselves and their home

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LOCAL NEWS WHEN YOU WANT IT

By Chelsea Papineau

A lot has changed since CTV Northern Ontario opened the doors in 1953 as CKSO-TV.

With rapidly developing technology, comes better and faster access to information, and CTV Northern Ontario remains committed to delivering News for the North.

Viewers can now access the latest information through locally-produced broadcasts at noon, five, six, and 11:30 pm, on our website, and social media, using TVs, computers, laptops, tablets, smartphones, and even digital home assistants.

With the launch of the 5 pm newscast with Tony Ryma and Rebecca Nobrega last year, many people wonder why we have two hours of back-to-back news.

Through consultation and research, we found that busy working families were home and gone again by the time our evening news aired and that a large contingent of northern residents work shift work and were missing live broadcasts altogether.

CTV News at 5 is designed to provide developing stories and original content such as our gardening, health, and pet care segments.

For those that prefer to get their news online, CTV Northern Ontario has bolstered our digital offerings. In response to viewer feedback, we began to offer text articles on our website in addition to our video reports. This also allows for story updates outside of our newscasts.

Our delivery ensures that wherever you are, no matter the time of day, you will never miss out on the most up-to-date and interesting stories from across the region. In addition to local stories, we also bring you news from across the country and around the world, helping you stay informed.

Our team is made up of anchors, mobile journalists, camera operators, editors, directors, producers, graphic designers, engineers, and sound technicians who all work hard every day to bring the most balanced reporting, seeking to gain perspective from all sides of the story.



Chelsea Papineau

CTV Northern Ontario
Digital Content
Specialist



IT'S ONLY FITTING - WOMEN HELPING WOMEN

By John Kelly

Victoria may have a secret. Well, she can keep it to herself.

At The Lingerie Shoppe, it's all about sharing: our expertise, our empathy, and our understanding. We strive to service every woman, from the new bloomer to the flower that has been around the garden a while. We realize it isn't simply a numbers game, that sometimes the tape doesn't measure up. That's where our experienced staff steps up and takes pride in fitting every blossom, every size and shape.

In business for nearly thirty years, The Lingerie Shoppe offers something for every season of a woman's life and realize that lingerie means more than just 'sexy'. From the moment a client walks through the door, she becomes our guest. Our staff is knowledgeable and trained to make a difference in the lives of women everyday. From petite to very generous sizes (the K cup is a thing), the women who put their trust in us are treated to an unparalleled apparel experience – always a fun and uplifting one.



June Cote,

Owner/Operator
The Lingerie Shoppe

As a resource centre for women with a breast cancer diagnosis, we help to guide them through the process, to navigate a darkened path and to encourage them toward renewal, laughter, and joy.

relationships and transformative experiences. As a resource centre for women with a breast cancer diagnosis, we help to guide them through the process, to navigate a darkened path and to encourage them toward renewal, laughter, and joy.

Make no mistake, The Lingerie Shoppe and The Pink Ribbon Room are retail outlets. It's in the zoning by-laws! But our work is undeniably a commitment and a calling to make our community a better one and to enrich the lives of the strong women who live in it.

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