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WEEKDAYS NOON, 5, 6 & 11:30

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Here's to a Great 2019!



I want to wish you all a very Happy New Year. I hope it brings you all you need and want.

As I sat quietly with a coffee early one morning contemplating, among other things, all this snow, a certain funny sort of irony dawned on me as I thought about an important aspect of aging. While we, as a maturing population, seek to live independently for as long as we can in our own homes, it is in our nature to seek out the company of others. Independence and reliance on others - it can be difficult to reconcile the two, but they needn't be mutually exclusive. I thought to myself, most seniors get the mix right.

Too often though, the desire to assert a sense of independence can lead to the exclusion of the people and things that used to make up a well-rounded

life. Isolation sets in, and, with it, the attendant problems: loneliness; anxiety; depression.

The trick to avoiding the potential pitfalls of single, independent living is to realize that we are social creatures, that the family and friends, the activities and environments that complemented our lives need to continue to do so. Seek them out, and embrace them literally and figuratively in all their forms.

And have a great 2019!

A handwritten signature of Nicole Blais in black ink.

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 daunting, leaving many seniors and their families reeling from the challenges. Often, adult children of seniors live miles away and need someone on location to help meet their parents' needs. This is when Goshenite Seniors Services Consultants can help with the coordinating of all aspects of the changes and moves. We are experts in post-retirement transitions. We will answer your questions about how best to deal with your situation and create a detailed plan that accommodates your specific needs.

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

Executive Financial Consultant

Norman Piché & Associates – IG Private Wealth Management

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I have met with many clients over the years whose main concern is to ensure that their estate and their beneficiaries are well taken care of financially and whatever assets they have left behind can last as long as possible.

With a detailed tax savings strategy and financial plan in place, you can better prepare your estate for your loved ones by focusing on the right investment choices and saving habits today.

When you plan your estate, it is important to understand the income tax system and how it correlates to the various investment accounts and products.

While it seems easiest to just “spend less and save more”, this does not necessarily add financial value to your estate. On the contrary, it can leave your beneficiaries with less money than anticipated due the tax system in place. Therefore, when you plan your estate, it is important to understand the income tax system and how it correlates to the various investment accounts and products.

For the most part, two easy options that many can utilize to control taxes is by using an RRSP (Registered Retirement Savings Plan) or a TFSA (Tax Free Savings Account). Both of these options are tax-sheltered growth options that the government offers Canadians, but it is important to note that they do have

associated contribution limits and related rules or timelines.

Starting at age 71, the government requires all Canadians to begin to withdraw money from their RRSP by converting the account into a RRIF (Registered Retirement Income Fund); which means a minimum amount is required to be withdrawn - whether the additional income is needed or not. These amounts withdrawn count as **TAXABLE INCOME** which can ultimately move the individual into a higher tax bracket.

We cannot escape death nor taxes. This being said however, we can plan ahead and ultimately control the amount of income taxes payable (yearly and at death). We can do this by repositioning RRSP amounts yearly to more tax efficient accounts; especially when we have pension splitting opportunities. Although, there are still taxes to be paid on these RRSP withdrawals, it is controlled and in most cases, helps the taxpayer to stay in a lower tax bracket.

One of the accounts to consider repositioning to is the TFSA (Tax Free Savings Account) and/or another great tax efficient option is the A.I.O. (Alternative Investment Option).

The A.I.O. is a powerful savings tool as it combines a tax-sheltered investment component with a life insurance product. The Alternative Investment Option is a popular choice for many of my clients as the investment component can be accessed tax efficiently while living while the amount paid out upon death will be paid to the beneficiary(ies) **Tax Free and Probate-Free**. This allows my clients

to leave behind a greater estate value while providing tax sheltered growth in the meantime; in case they want or need to use it at a later date (for long term care costs as an example).

As with all investment and tax-savings options, the right choice for you depends on your current financial situation and what your financial future requires. An A.I.O. can be a powerful tool within your complete financial plan without having to change your current cashflow or lifestyle.

If you want further information on how the A.I.O. (Alternate Investment Option) can apply and work for you, please contact me or a Certified Financial Planner of your choice. It will be my pleasure to discuss your situation and all available alternatives so that you can have a clearer picture of your financial future so you can have peace of mind knowing that you have efficiently planned for the best and properly structured for the worst.

On a final note, I've written a book that details all of this tax efficient investment account. Please see the Ad on the next page to learn how you can **obtain your complimentary copy today**.



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

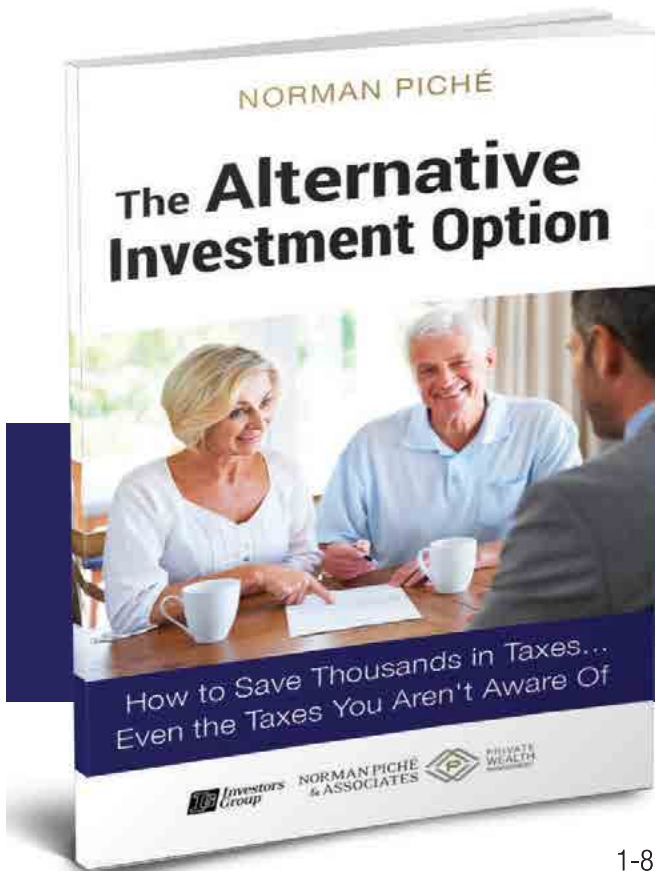
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Come Aboard



WE'RE EXPECTING YOU

By Jo-Anne Palkovits, *President and CEO*

St. Joseph's Health Centre



Jo-Anne Palkovits,
President and CEO
St. Joseph's
Health Centre

Recently, the nightly news has been rife with stories of seniors who have chosen to give up their land-based dwellings in order to live their lives on the high seas. More and more seniors, and in particular, widows and widowers, are choosing to forgo retirement homes and long-term care homes for life on a Princess Cruise Ship. According to media numbers, the average cost for a nursing home is \$200 per day. This compares to the cost of \$135 per day on Princess when considering a long-term discount and senior discount prices.

Not only can one see the world, but many amenities are provided that one can certainly not get at home

Not only can one see the world, but many amenities are provided that one can certainly not get at home. These include: the opportunity for up to 10 gourmet-cooked meals or room service (which means one can have breakfast in bed every day of the week!); access to multiple swimming pools, a workout room, washers and dryers and entertainment every night; tv broken? Light bulb need changing? Need to have the mattress replaced? Not a problem. Everything will be fixed and with a smile; clean sheets and towels every day and a maid to change them and clean your room; access to a doctor who is always on board; the opportunity to see many countries and cultures in the world.

While this all sounds very exciting and affordable, I believe that the major reason why seniors are choosing to adopt this new lifestyle is not just for the aforementioned but more for the companionship and ability to have people with whom you can communicate 24/7 if you so choose. Loneliness is becoming an epidemic. We live in an age where we can communicate with friends and family members across the world with a few clicks of a mouse. However, despite these advances in technology and the increasing sense of connectedness it brings, research indicates that, as a society, we are lonelier than we have ever been. Perhaps no other age group feels the sting of loneliness more than seniors.

Age brings many difficult changes that contribute to a more solitary life. One of the biggest issues for seniors is that one's social circles begin to shrink as the years go by. Friends, significant others, and family members move away or die. In addition to the damaging mental effects of feeling that one lacks fulfilling personal relationships, feeling lonely can also take a toll on one's physical health. In fact, a University of California study found that participants sixty years of age and older who reported feeling lonely saw a forty-five percent increase in their risk of death. Loneliness also has the potential to accelerate a senior's need for assistance from a family caregiver or another source of long-term care.

So back to the cruise ship. How can this be an option to alleviate loneliness? Research suggests that there are many strategies to alleviate loneliness, all of which can be found

on a cruise ship (or off). One strategy is to find new hobbies. As one ages, often the body is not able to keep up with hobbies that had once been enjoyable. Cruise ships offer a wide variety of activities that include both high physical and intellectual stimulation. Cruise ships have people on board from all around the world. A strategy to ward off loneliness is to speak with, listen to, and observe people from a wide spectrum of life. Bridging the generation gap is also a strategy that helps to ward off loneliness. Spending time with young people is great for seniors, but young people also benefit from spending time with seniors, particularly because currently many children do not have relationships with their grandparents. This allows both ages to be engaged. Research has shown that an unengaged elderly adult will experience cognitive decline at a much faster rate than a senior who is mentally stimulated by interactions with other people. And finally, one of the best parts of living on a cruise ship is that opportunities for socialization and fulfillment are available right outside one's bedroom door.

So maybe a cruise ship is the answer for you, or maybe it will be one day. In our minds, we can all live on a cruise ship and practice strategies to keep the loneliness at bay. Bon Voyage!



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BENEFITS OF TRAVELLING FOR SENIORS

Advice from the Care Experts at Bayshore Home Health

By Jennifer Turgeon

As our bones begin to thaw, this is the perfect time to begin travel plans with your aging relatives – it gives them something to look forward to as we await the warm temperatures.

At any age, travel gives the mind a break from the everyday and allows one to expand his or her horizons. But for seniors, travelling to a favourite city or an undiscovered place can offer an opportunity of rebirth. It gives them something to look forward to after an isolating, cold and icy winter.

Travelling also forces an aging brain to exercise its cognitive skills by planning ahead and staying focused. Because so many fraudsters target seniors, practising safety precautions ahead of time while at home is one way to prepare their thought processes before travel go abroad. Even researching and comparing the cities, air fare and accommodations allow seniors to shift their brains into thinking about something new and unknown.

Although travelling for a senior means that the days of 65-pound backpacks and hostel rooms shared with eight other strangers are over, it doesn't mean that they can't seek adventure. Seniors may opt for resorts or hotels that cater to an older demographic but they can also register for walking tours, hikes, or senior activities which will allow them enjoy a more reasonably-paced exploration.



Jennifer Turgeon,

Care Manager,
Northern Ontario

Bayshore Home
Health

A few quick tips:

- Plan ahead. Especially for seniors that have health concerns, it's important to ensure that all medications and vaccinations are in order and that health insurance will cover you abroad.
- These days it's relatively easy to purchase a prepaid mobile phone for travel purposes. This might be a good idea if a senior is headed for a more obscure travel location.
- If mobility is an issue, ensure you check that service providers can offer proper accommodations like access to a wheelchair at an airport, and working elevators or a ground floor room at a hotel.
- Especially with extra-long flights, ensure that seats booked are near the lavatory and remember to wear proper footwear and clothing, like specialty travel socks.

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Bayshore
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DOWN FOR TRAVEL

By John Kelly

Mallards are what a taxonomist would call dabbling ducks. Sounds like they try their webbed feet at a bit of everything. Anyway, they are migratory birds. They travel. They travel by land, sea, and air, some modes more gracefully than others.

Mike Allard is the owner of a freshly-hatched travel business, and the mallard is his company's symbol. It's hard to think of a more synchronous meeting of a man and meaning.

"I think travel is about moving forward in our lives whether it is to take a break from our hard work or to discover something entirely new," says Mike.

After a thirty-seven-year career in radio and having survived the corporate axe no less than eight times, number nine was not the charm. Not cat, think bird.

As is the way for many these days, Mike found he had to re-invent himself. For a guy who programmed top 40 stations for years, Mike knew formatting was key.

"What really made me passionate was travel," says Mike. "And if I combine that with some of the things that made me successful in my career: planning; executing; researching, wow, this could be a wonderful marriage of those two things," he believes.

Mike set out putting his plan together, and on November 6, the little duckling cracked through its shell and was ready for business. He has already sent dozens of travelers to their dream destinations.

"If you talk to any of my friends, they'll tell you invariably a conversation with me will turn to travel at sometime, and it almost always will turn to me encouraging them to try something, to go somewhere, to explore," explains Mike.

Growing up, for Mike's family, like a lot of others, travel was a luxury. The family station wagon took them to those exotic ports of call, like a friend's cottage. But after experiencing the thrill of travel finally as an adult, Mike resolved that his son would not wait as long. By grade eight, he was on his fourth passport. Ya, I know.

He's letting the travel market dictate a little for now to see just where his niche may be, but Mike doesn't rule out the exotic. How about cooking classes in Tuscany? Diving for pearls in Bahrain? Running with the bulls in Pamplona?

"I really envision group travel, and I love the feeling of bringing people together, sending them on an incredible journey, giving them unique experiences along the way," Mike relates.

The passion Mike has for travel and the potential for it to be a truly transformative experience are undeniable. He wants to send you places and for you to bring them, the countries and cultures, home with you to see your own through a broader, clearer lense.

Check-in for more at www.mallardtravel.ca or call 705 562 0064



Mike Allard,
Mallard Travel


MALLARD
TRAVEL

BE IT RESOLVED

By Rebecca Thibodeau

A New Year is upon us, and this means that most of the world's population is busy setting personal New Year's resolutions and goals. Entrepreneurs and business owners should follow suit and set New Year resolutions for themselves and their business. This is not an easy task, but the key is to set reasonable and realistic goals that will make you a stronger individual personally and professionally.

Here are my 2019 Entrepreneur New Year's Resolutions to help you get started on your own list:



Rebecca Thibodeau,
Founder
Business As Usual
Work Hub

- 1. Get more social** – Since I opened my business in 2015, social media has been a huge anxiety trigger for me. I am fearful of social media, and the overwhelming feelings I get when I attempt to tackle this debilitates me. This year, I will seek an experienced professional to help me with this part of my business.
- 2. Remember why I became an entrepreneur** – As a sole female business owner, some days are hard. I often question why I chose to become an entrepreneur. I don't have a business partner to bounce decisions off or even digress about a situation that didn't go as planned. This year I will make a list of the 'why's' and keep it handy to refer to when I need to be reminded that there are more good days than bad days.
- 3. Update my company website** – This is straightforward. I have not updated my website since I first created almost four years ago. This is a huge undertaking, but completely overhauling my business website will happen in 2019.
- 4. Practice delegation more** – I am control freak; I am independent and I don't like to ask for help. Last year, I did hire individuals to help with various parts of the business, and that proved to be positive. I will ask for help when appropriate instead of trying to tackle everything on my own. Letting go of some of the aspects of the business have been beneficial to me.
- 5. Achieve work life balance (finally!)** – This is something that I have often struggled with. I am guilty of the all or nothing work ethic. I am either consumed by my work, ignoring all the tasks and obligations at home, or I am fully engaged at home forgetting that I have work tasks that need my attention. My strategy for 2019 is to be rigid with my schedule written in my 'old school' paper agenda. There is no perfect science to this, but I do get better at this game of tug-of-war every year. I hope to achieve this goal, so it doesn't make it to my 2020 list.

What are your New Year's resolutions? What are your goals as a person and as a business owner/entrepreneur? If it's too overwhelming to come up with a list like the one above, choose just one goal and start there. Slow progress is better than no progress at all. A little progress each day adds up to big results. Make 2019 the year of progress & results!

R. Thibodeau

BUSINESSASUSUAL
WORK HUB

WHAT ON EARTH DOES 'RFID' MEAN?

By Kelsey Gunn

Now that the holidays are over, some of you might be preparing to leave on a nice warm vacation. Unfortunately, one of the most recent growing concerns in the modern travel world is identity theft. There are plenty of ways to protect yourself from identify theft, like waist pouches and hidden pockets, but those only protect your physical belongings from being taken. Technology has advanced to the point that we are now experiencing theft without even contacting the thief in question. There are now RFID (Radio-Frequency Identification) scanners that can grab your card numbers with a simple pass by your pocket or purse. The way it works is the same way that your cards allow you to tap at ATM's and debit terminals; they use radio frequency to transfer data from your card to the technology at hand. The scanner can be as far as six to ten inches from you in order to scan your cards and hand over their numbers to their partner in crime. The worst part of this is that there is no physical indication that the theft has occurred. Most people don't realize what has gone on until there is money missing from their accounts.



Kelsey Gunn,
Leather Works Plus

One of the most recent growing concerns in the modern travel world is identity theft.

As awful as this all sounds, there are ways to protect yourself from this kind of theft. Many people resort to an RFID protective sleeve for each individual card, so that whether your card is in your pocket or in your wallet, it's

protected. The card protector sleeves are usually inexpensive, and some come in packages of twenty or so. The only downside to the sleeve protector is that, depending on the material they are made of, they can wear down as they are used. Some are made of card paper, and they tend to become flimsy or tear. The plastic protectors last much longer, however they bulk your card up and take up more space in your wallet.

Another option, if you're in the market for a new wallet, is to look for one with built in RFID protection. There are dozens of options when it comes to RFID protected wallets. In fact, most wallet manufacturers have modified many of their wallets to incorporate RFID protection into styles that previously had none. We have even found some purses and clutches with RFID protection. There are a lot of options out there, so it boils down to what works best for you. So, whether you're travelling to Cuba or just down the street, it's always a good idea to keep your cards protected.





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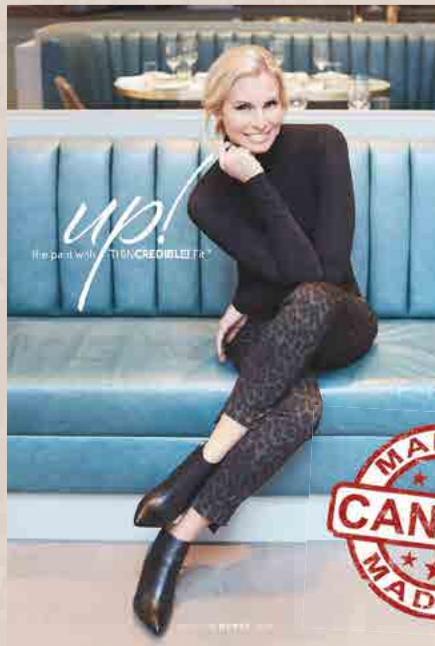
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SECRID

VISION TIPS FOR TRAVELERS

By Karen L. Wilson O.D.

These long cold winter months make us all yearn to be away somewhere warmer, and while we pack lots of sunscreen, clothing, and reading material, preparing for vision problems isn't always at the top of the list. If you wear glasses and contact lenses, make sure you pack an extra pair of each, plus good quality sunglasses. Taking a copy of your spectacle and contact lens prescription, even if it's on your cell phone, can be a lifesaver if you break or lose your eyewear. For those who use contact lenses, be sure to bring a travel size bottle of your solution on the plane with you (usually available at your optometrist's office) as well as a regular size bottle in your luggage. Do not use the water in the bathroom on the airplane to clean your hands before handling your lenses on an overnight flight. Bring a clean drinkable cup to the restroom to wash your hands. The water in the airplane tanks may have been sitting in all temperatures and could be contaminated with microbes that could start an infection. It is a great idea to also take along a bottle of artificial eye drops like Systane Total for irritations after being in the salt water or chlorinated pool, or if your eyes are dry after a few drinks or a lot of time in the sun and wind.



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

If you wear glasses and contact lenses, make sure you pack an extra pair of each, plus good quality sunglasses.

Conjunctivitis is the most common eye infection of the front part of the eye causing tearing, burning, and a yellow or green discharge. Taking along a bottle of Polysporin eye drops just in case is a great idea. Keep in mind that in other countries, this type of drop may require you to see a doctor for medication, while here in Canada it is an over-the-counter product.

Allergies are another common cause of eye itching and redness, so if you are prone to allergic reactions, take your allergy pills as well as a bottle of Cromolyn eye drops or a homeopathic remedy like Similisan Allergy Eye Relief. Both are available at most pharmacies in Canada.

Eye emergencies include flashes, new floaters, distortions, or changes in vision, cuts, bleeding, and eye pain with headache or nausea. Don't wait to see if it will be better tomorrow. Go to the nearest medical facility and get checked out.

Finally, have a great trip!!



MAKE SUDBURY YOUR POINT OF TAKE-OFF

By Jean-Mathieu Chénier

For most people, planning a winter getaway is an enjoyable thing. Some people are veterans in the process, but have you considered starting your trip by flying from Sudbury? Today, our airport offers more convenient flight options than ever before with early morning, daytime, and evening departures. Flying from Sudbury will get you to your destination sooner.

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- Porter Airlines: Offering daily service to and from downtown's Billy Bishop Toronto City Airport with connections to many U.S. and Canadian destinations.
- Bearskin Airlines: Offering air service to and from many Northeastern Ontario cities several times daily (if you're from further north of Sudbury, this is your best option to connect to global airlines).
- Sunwing Vacations: Offering flights from Greater Sudbury to sun destinations in Jamaica and The Dominican Republic from December to April annually.

We understand our importance within our region, and that's why over the years we've invested significantly in our airport. Part of that investment is bringing the airport closer to home with our new website. Designed with you in mind, the site is filled with helpful travel tips to important airline information and everything in between. Our online information has been carefully reviewed and organized for easy access. We're proud of our customer service focus and that's seen in our on-site services including our courteous and helpful staff.

Looking for a bite to eat before taking off? We'll suggest our personal favourites from the Clear Sky Bistro. Maybe you're looking for the best way to travel to and from the airport? We'll assist with your transportation plans - even offering black car service from your home. In all, we endeavour to provide a seamless interaction. We know that with travelling, unanticipated interruptions may occur. Our customer service model is built to work around that. Our climate has a way of surprising us, so our winter maintenance crews work with determination to keep runways clear and safe for everyone. We know your time is valuable, and we're always striving to stay ahead of winter, so your travel experience isn't diminished.

So, I challenge you to consider flying from Sudbury on your next trip. Experience the difference and take advantage of our options.

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Jean-Mathieu Chénier,
Director, Marketing &
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ROUND ROUND GET AROUND

By John Kelly

It was 1964 when The Beach Boys sang that lyric. Makes sense, I guess, especially when you don't want to leave the best girls home on a Saturday night. Inane lyrics notwithstanding, the all too common reality for many seniors today is that they don't get around, or at least have great difficulty 'finding a new place where the kids are hip'.

Well, not only is help on the way, it's been around for over a year now. Goshenite Senior Services operates a driving program in the Greater Sudbury area for seniors seeking an alternative to taxis and Ubers when they have appointments to attend to. On the surface it may look like just another driving service. But take a gander under the hood.

"Our drivers are trained to help clients with mobility issues," says Nicole Blais, owner of Goshenite. "We let our passengers know that their driver is also their companion. They'll help with errands and even do their groceries for them if they'd prefer to stay at home."

It isn't just errands and groceries. Their door-to-door service runs the gamut from medical appointments to recreation centres to community and family events. No longer being able to drive does not dismiss the desire to get out.

"I think we help to make the City of Greater Sudbury more age-friendly. We afford our seniors the opportunity to remain physically active and continue to enjoy all of their social activities. It makes for a more vibrant community," explains Nicole.

If the idea of a driver who opens doors, makes easy conversation, and helps with every aspect of your time together evokes a certain feel good comedy-drama from 1989, it's because it *is* a little Driving Miss Daisy-esque.

"We want our clients to feel safe and cared for, not just carted around," explains Nicole.

The only thing missing is Morgan Freeman's creamy sunset voice.

"We're working on that," jokes Nicole.

Reserving your Driving Seniors Companion is easy. Call within 48 hours of your appointment (a reservation is not always necessary; they may be in the area). For new clients, a quick five-minute assessment over the phone gets you started. Their office will call to confirm the service 24 hours prior to pick-up.

And, by the way, you don't have to be a senior to use the service.

"Our very first client was twenty years old. It was our pleasure to assist her for five months," recalls Nicole.

'We always take my car 'cause it's never been beat'. Enough, Brian.

To book an appointment, call their office at 705 698-5318 or email: nicole@gosheniteservices.com from Monday to Saturday 8:30am - 5:30pm. Driving operations hours are Monday to Sunday 8:30am - 9pm.



Nicole Blais,

Goshenite Seniors
Services

Driving
SENIORS

TRAVELLING OUTSIDE MY COMFORT ZONE

By Dr. Lorraine Mercer

Being a home body, nesting, and escaping to my 'cave' is something I love being and doing. As one of those folks who enjoys her own company, it's not necessary to be out and about in order to thrive. Or is it?

Travelling outside of my comfort zone has taken me to the centre of the world's largest impact crater, shorelines covered with bakeapples (cloudberrries), and a field of boulders as far as the eye can see, aptly named 'Boulder Field'. These are just some of the natural wonders in my travel log.

Other notations include the commemoration of human endeavors, one of my favourites being the archived letters of Dame Cicely Saunders, founder of the modern hospice movement. Housed in a small office of the International Observatory of Palliative Care, the archive includes letters exchanged between Cicely Saunders and Elizabeth Kubler-Ross. These two giants of the care-of-the-dying movement in the last part of the 20th century did not yet know one another when they exchanged pleasantries and apologies for not being available to meet at a conference. Apparently, one of them had the flu and, to my disappointment, I can't recall which one it was. Nonetheless, their exchange was a reminder that these amazing women, who were also physicians, researchers, writers, and compassionate women, were as vulnerable to human frailty as I am.

As I thumb through my travel log, reminiscing about these experiences, as well as other adventures abroad, I'm reminded that travel is a formidable teacher. Had I remained in my comfort zone, my view of the world would be limited to the geography, climate, and culture of my safe-spaces. I would not have experienced the grit that is present in the crater, the shoreline, the field, or the leaders and innovators in this world. I've come to realize that my comfort zone expands each time I travel outside of it.

I challenge you to stretch yourself this year, and consider travelling outside your comfort zone too. The best part? It can all be planned from the comfort of your own home, which is perfect for us homebodies.

Lorraine Mercer, Ph.D. is Chair of Gerontology and Associate Professor at Huntington University. She is proud that she completed her doctorate at age 59, and believes that learning, at any age, enhances health and human development.



Dr. Lorraine Mercer

Chair,
Gerontology Department,
Huntington University



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THERE IS A SEASON - TURN, TURN, TURN

By John Kelly

Synonyms. Underwear is lingerie and lingerie is underwear. Is it any wonder Neil Young thought he could be happy for the rest of his life with a synonym girl?

The word lingerie comes from the French meaning undergarments, and it didn't come into English usage until the early part of the 20th century. But it has made its way into dictionaries including old Noah's. Lingerie means everything from nightgowns and garters to tanks and teddies, from bras and bustiers to good old-fashioned undies. The list goes on and on.

Somehow (read insidious marketing), the notion of lingerie has been pared down, literally cut away from the broad meaning it used to enjoy and downgraded to refer to women's intimate apparel and then to the even further restrictive definition of erotic wear.

June Cote and her staff at The Lingerie Shoppe refuse to buy into the notion that lingerie is for nothing but around a bearskin rug and a bottle of cheap champagne. Sure, it can be, but it is so much more. Female empowerment is high on the list at June's place, and for her it begins with education. Whether it's your first bra or five-hundredth (that's a thousand cups FYI), they will take you step by step, so you feel comfortable on the outside and on the inside. Over and under.

If you subscribe to the notion that ten thousand hours of practice makes you world class at a particular skill, here's a thought: The Lingerie Shoppe has been at it for thirty years. A seventy-hour work week? (June just can't stay away!) You do the math.

We are nothing if not pictures for the passage of time. We talk about our lives as though they were a year, starting with the first burst of spring and ending with winter's last gasp. The Lingerie Shoppe sees every woman, young and not so, in their own season with its own colour and gives them the care and attention they deserve. They are celebrating 30 years of shaping and supporting our community. Do yourself a good turn, turn, turn, and pop into The Lingerie Shoppe.

Thinking about traveling? The Lingerie Shoppe carries a wide selection of swimsuits, resort wear, and cruise wear for every season in a woman's life. They keep a selection to satisfy every woman. So, what's in your top drawer?

I just made you say underwear.

And underwear is lingerie.

Think twin sisters. Identical ones.

**"For all the seasons
of a woman's life."**



June Cote,

Owner/Operator
The Lingerie Shoppe

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S H O P P E



Heading down south or grabbing a new suit for the beach?

Relax! We'll take the stress out of shopping so you can focus on the important stuff, like enjoying the warm weather. We carry swimsuits for every woman. Cruise-wear, tummy control, body support: it's all here. We also have cup size bathing suits and mastectomy suits. They give you the support and look you want to feel your best.

**Swimwear is available year-round and we have new selections
and styles every month. Stop by for a quick peek!**

GET OUT THERE AND CONQUER 2019!

By Céleste Bouffard

2019 is officially here. Most of us have had time to reflect on the past year and, after the hustle and bustle, look forward to fresh starts. We all have the inclination to make grand resolutions to do better and make amends for the things we may have missed the mark on. But what are our benchmarks? Are we too hard on ourselves? Are our expectations too all encompassing? Perhaps we need to have a closer introspection on what we DO get accomplished.



Céleste Bouffard,
Pelvic Health Physio

Imagine your goals are comprised of balls, with values based on importance. Instead of juggling all the balls, including the one that is worth \$1000, and the \$500 one, the \$50 ball, and the twenty \$1 balls, let go of a few to focus your energy on what has more value and provides more results, contributes to the greater goal. Get out there and conquer 2019!

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LIFE IN COLOUR

By John Kelly

As Marian Bergeron pined for his work-travelling wife, a thought came: buy the out-of-business paint store in town. Things have been rolling ever since. Pun intended.

Located in Sturgeon Falls, La Vie En Couleur & Decor is West Nippissing's exclusive dealer of Benjamin Moore paints and stains. That's just the first coat. Walk inside and you'll discover the independently owned and operated shop is a one-stop fashion outfitter. Whether you or your home need a fresh splash of colour, Jacqueline Bergeron and her friendly team will help.

A simple window treatment or an entire room concept re-design, a simple scarf or a complete wardrobe overhaul, they'll help define your unique sensibilities and style while offering a broad range of products to bring your vision to life.

"Our store is just really unique. We're a Benjamin Moore paint store, home decor, ladies' fashion and specialty paints," says Jacqueline.

This ain't your grandmother's paint shop. On top of fashion trends, they're setting some of their own. Case in point: Jacqueline (another Jacqueline) Kent is a world-renowned mover and shaker in the fashion/design world.

"She was in our store for our Christmas open house...here we are, this little store in Sturgeon Falls. She does two signings, one in Canada and one in the U.S., and she chose our store," gushes Jacqueline. (Ms. Kent will be back for the store's 2019 Christmas Open House on November 3rd)

Quite the feather in their cap which, by the way, is available in Bonsai, Winter's Eve, and Delphinium.

It's those inimitable things people are looking for, and she keeps this in mind as she sources out items for their inventory. Young and old repeatedly find the one-of-a-kind. The shop is even dipping its collective toe into the men's fashion waters. Whether they dive in head first is to be determined.

"We get a lot of customers from Sudbury and North Bay because we have such unique items," says Jacqueline.

La Vie En Couleur & Decor isn't your average retail outlet where you get the requisite 'did you find what you were looking for' and 'have a nice day' from the bubble gum-snapping cashier who takes longer to count your change than paint her nails.

"We're constantly hearing 'My Benjamin Moore doesn't look like this' or 'I wish we had a store like this where I live'," says Jacqueline.

Workshops are run year-round. Meet people while you learn a new painting technique or how to refurbish a piece of old furniture. Fashion night for the ladies is upcoming.

So, the next time you're in Sturgeon Falls, enjoy a chip truck poutine, shop locally, and say hello to Marian, Jacqueline & their team at West Nippissing's unique hidden gem.



Jacqueline & Marian Bergeron,

Owners, La Vie En
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TALKING TRASH

By Melanie Pelletier

Brady Storage Solutions opened its doors in 2011 and rapidly grew into the largest storage facility in Sudbury. Our location on Brady Street offers climate-controlled units in various sizes and provides a safe and central location for all residential and commercial customers. In 2013, we expanded our storage options and started the portable storage division known as the Brady iCUBE. This division started out with a small fleet and it now spans into the North Bay market. My focus has always been to provide a great personalized service. Our customers return to our facility because we have built a trusting relationship with them and they feel comfortable storing their personal belongings with us.

In 2016, we became the only Molok® waste and recycling distributor in Northern Ontario. Molok® is the revolutionized waste and recycling collection system that provides curb appeal and cost savings to any commercial property. These semi in-ground units range in sizes from .4 to 6.5 yards (300 to 5000 litres) of waste capacity. The Molok®



units are installed 5 feet in-ground and 3 feet above ground providing ease of disposal for any user. You have the ability to choose the lid, lifting liner, and framing that works best for you. Molok® units offer unrivalled advantages compared to conventional collection methods such as being compact, attractive, sanitary, accessible, and safe.

The Molok® Deep Collection system was created in Finland, and they have since spread across 40 countries worldwide. These units have vastly grown in popularity in Northern Ontario and are quickly becoming part of any site plan, new or old.

It is important for us, not only as a company, but as a member of this community, to work towards solutions to the problems we encounter on a day-to-day, such as waste. If we actively work together, we can really make a difference in the world we live.



Melanie Pelletier,
Operations Manager/
Lead Executive
Brady Storage
Solutions

COSMETIC TRENDS

By Lori Ingriselli

In the past, there have been many cosmetic beauty trends that were considered extreme and yet were very popular. Among them was the Betty Boop lip, where the center lip was drawn above and below the actual borders and whited-out at the corners creating a very full mid-face pout, then colored deep and gloriously red.



Lori Ingriselli,
Cosmetic Manager
Sudbury Skin
Clinique

Not long ago, women shaved/tweezed their eyebrows (sometimes completely off), then penciled the brow in low arcs in the 20's, and then high arcs were the rage mid-century, opening the eyes to appear bigger and more alert. Next, the full, thick, naturally-shaped brow came into fashion. History is full of strange grooming styles that supposedly increased attractiveness according to the time. This generation is much the same. There is one major difference. In the past, any trends that were strange and new may have been whispered about by parents or peers quietly. Nowadays, social media allows a very public forum for trends and opinions of them.

Let's have fun with the trends as they come and go.

Today's most common cosmetic trends are strong, densely-arched eyebrows and large, enhanced lips (achieved by fillers like Juvederm and Restylane).

While Sudbury Skin Clinique's philosophy on lip volume is that it should be full but believable, many young women today are often seeking cosmetic lip enhancement that is fuller than natural and loving it. And while we don't advocate it, we have realized it is just a trend and that we should not be so harsh judging others' personal cosmetic choices. Women now have so many freedoms and choices that we should applaud any woman doing something daring or fun. We recently heard some ladies discussing how they didn't like these 'younger' girls plumping up their lips, but these women were also sporting super thin eyebrows that were over-tweezed in their youth as was the style of their generation. The difference between one opinion and the next is just time and fashion. We have all made questionable fashionable choices and sometimes cringe or laugh as we look back. Remember the 80's bang?

Let's stop judging each other, and let's have fun with the trends as they come and go. Life is short.

Now, I think I am going to see if Holly can put some filler in my lips...not too much though!





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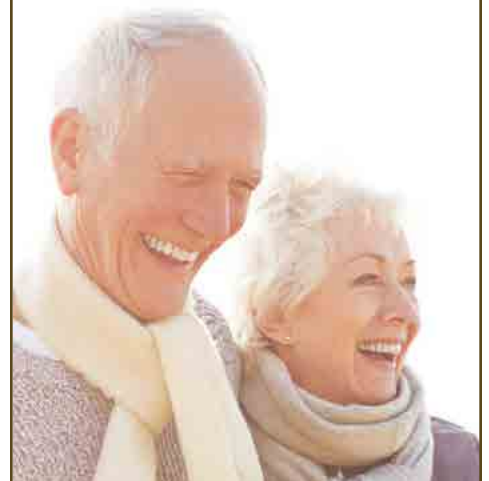
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GIVING FLYING A CHANCE

Trading long-distance driving for the convenience of flight



A PASSENGER'S STORY - *This story is part of an initiative to connect with people passing through the Greater Sudbury Airport and getting insight on who uses our services and why.*

By Jean-Mathieu Chénier

John recently retired in 2018, and during his entire career he's only been away from the office on vacation for, at most, two weeks at a time. He also was a routine traveler to one location when he did travel - Florida. Enjoying the warmth and sunshine away from the snow was a tradition enjoyed with his late wife Sandy (happily married for 36 years).

Growing up in Sudbury, John loved the outdoors, and he took advantage of our beautiful northern landscape owning a cottage on Manitoulin Island. John enjoyed working for a local construction company for over 30 years and spending his free time doing the things he loved: making memories with his family and grandchildren; spending time in his workshop; and hitting up the golf courses in the summer with his longtime friends.

Not a fan of the harsh cold and abundance of snow winter often brings, John was nearing retirement and trying to find a vacation spot for the cold winter months. Having tried vacation rentals and RV parks, it was time to make a place of his own where the grandkids could come down on March break and friends from near or far could stay in comfort. Essentially, John wanted a second home in a warmer climate.

John eventually decided on Fort Myers, Florida. He was very familiar with the area. Never keen on flying, he always drove down south to the U.S. with his late wife. However, last November, a dear family

friend made a trip down from Sudbury to stay with John and convinced him to try flying for the first time.

John always had a fascination with planes, but never thought he'd ever get on one. Working in construction for so long and being in the driver's seat became a natural comfort for him. But driving down south and returning each year was beginning to take a toll, sitting for such extended periods. He finally decided it was time to take his first flight.

"To prepare myself for my first flight, I had the help of my friends and family walk me through everything along with the supportive and wonderful staff at the travel agency. Often, I'd call them to confirm information, check the airport website for updates and tips for smooth travels. The airport recommended checking the CATSA site for what items were allowed in your carry-on and which ones needed to be checked with your luggage," says John.

"My dear wife was always so patient, so when I gave in to entertaining the idea

of flying rather than driving, I know she would have been proud of me."

John didn't waste any time planning his trip. He spoke to the agents at the airline and the airport. They were always very accommodating, taking the time to listen to his concerns no matter how small they were.

"So, when the day came, I was pleasantly surprised at how well I slept the night before, knowing all of my questions and worries were addressed. I felt confident walking into the airport that morning. Arriving early, of course, with time to spare, I checked my bags and enjoyed an espresso and breakfast in the bistro they have upstairs. Going through security was a breeze and waiting in the lounge was great. I even FaceTimed the grandkids just before boarding. Walking to the plane, I was greeted again by friendly faces, and the airline staff helped me store my bag and guided me to my seat. The entire time I couldn't stop thinking 'why hadn't I done this sooner?'" laughs John.

Since flying for the first time, John has expressed his joy in travelling by plane and is always eager to share his experience with others. He's also planning on travelling to new places. For his next trip, he intends to meet up with friends in Arizona, but he said he'd never leave Sudbury in the summer.

"Nothing beats a northern Ontario summer," smiles John.



AVOIDING A SCAM

By Chelsea Papineau

Thieves have been around in one form or another since the dawn of civilization with the purpose of taking something of value. These days, that can mean stealing your identity, money, and possessions by building your trust, using manipulation and lying, as well as threats and force. Con artists use door-to-door, email, letter, phone call, and text message tactics that are constantly evolving.



Chelsea Papineau

CTV Northern Ontario
Digital Content
Specialist

Some of the common scams to avoid and tips on how to deal with them:

- Unsolicited tech support – Tech companies will not call to tell you that you have a virus on your device. Hang up the phone, do not click on links in emails, and do not provide any information. If you are concerned, bring your computer or tablet to a repair shop.
- Canada Revenue Agency – Usually use aggressive techniques and ask for unusual forms of payment such as bitcoin (cryptocurrency), gift cards, or prepaid credit cards. Hang up, do not return these calls, you will not be arrested.
- Appliance rental – Appliance rental companies will not initiate contact with you for inspections. Con artists often pose as businesses to gain access to your home. When in doubt, contact the company directly.
- Fake websites – Products that have outrageous claims, deals that seem too good to be true, or offer free trials can often leave your bank account lighter and no product to show for it. Only make purchases from reputable websites, read all terms and conditions, and do some research.
- Dating and romance – Never send money to someone you've never met and don't give out personal information. Be vigilant if asked to share intimate photos or videos, they can be used to extort you. When meeting someone you met online, choose a public place to meet in person.
- Employment – When looking for work, research the company and be wary of any company that asks you for money to get hired.
- Grandparent – Targets seniors claiming to be a grandchild. Often asks urgently for money and secrecy.



There are ways of protecting yourself and your loved ones.

Here are some additional ways to keep safe:

- Safeguard your personal information. Do not give it out just because someone asks. This includes your full name, address, email address, banking information, passwords, etc....
- Be skeptical. Ask for more information. If you did not initiate contact, it is okay not to trust.
- Only answer to those known to you. If possible, put caller ID on your phone and only answer when you know who is calling.
- When in doubt, ask for help. You have worked hard to earn your money. Never be embarrassed to ask for a second opinion from someone you trust.

If you think that you may have fallen victim to fraud, report it to the police and the Canadian Anti-Fraud Centre.



PRENDRE SOIN DE SOI EN CROISIÈRE, ET TOUS LES JOURS !

Écrit par Kim Morris

Oubliez l'image passée des croisières où les passagers passaient leur journée à paresseur sur des bateaux de luxe et leur soirée à se pavaner en habits de gala. Tout ça a changé, et pour le mieux !



Kim Morris,

Doyenne-École des
Sciences de la santé

Au fil des années, le golf, le tennis, les murs d'escalade, les sports organisés et même les patinoires ont fait leur apparition sur les bateaux de croisière. Aujourd'hui, une croisière peut autant être une occasion de s'occuper de son bien-être physique et psychologique, que de complètement déconnecter. Pleins d'activités organisés par des professionnels de l'activité physique sont à votre portée de main.

Mais d'où proviennent ces leaders qui veulent contribuer à améliorer votre santé, même lors de vos vacances ?

Ils sont diplômés de programmes tels que le Programme de l'activité physique et de la santé du Collège Boréal. En plus d'acquérir des habiletés en relations interpersonnelles, en leadership et en communication, nos diplômés sont en mesure d'évaluer la condition physique, le bien-être et le mode de vie de clients, d'interpréter les résultats et de collaborer avec les clients dans la sélection de changements souhaitables dans leur mode de vie. Pour se préparer à diriger l'entraînement d'individus ou de groupes et à leurs offrir des conseils, l'étudiant apprend à élaborer, à mettre en œuvre et à évaluer des activités et des programmes répondant aux besoins d'une clientèle diverse.

Outre les bateaux de croisières, nos diplômés se trouvent des emplois dans des multiples endroits. Émilie Lacroix, la Coordinatrice du programme de Promotion de l'activité physique et de la santé au Collège Boréal, « **Nos étudiants ont de l'expérience à travailler avec tous les niveaux de condition physique, que ce soit des enfants, aux adolescents, aux adultes, aux personnes âgées et même les gens ayant des maladies chroniques. Ils ont aussi accès à une certification professionnelle provenant du Ontario Fitness Council les certifiant en tant que « praticien de la santé et de l'exercice agréé » (Registered Health and Exercise Practitioner). Cette certification est reconnue au niveau international, ce qui permet donc à nos gradués de travailler un peu partout dans le monde.** »

Pour en savoir plus au sujet du programme de Promotion de l'activité physique et de la santé à Boréal, composez le 705-560-6673 poste 4651, ou par courriel à santé@collegeboreal.ca

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SAVAIS-TU QUE...

Dans le cadre du programme, les étudiants vivent une expérience authentique en organisant un camp de leadership pour les élèves du secondaire?

Tu aimerais accompagner les gens dans l'amélioration de leur santé, de leur condition physique et de leur bien-être en utilisant tes capacités interpersonnelles, de leadership et de communication?

Avec l'acquisition d'habiletés en relations interpersonnelles, en leadership et en communication, l'étudiant ou l'étudiante sera en mesure d'évaluer la condition physique, le bien-être et le mode de vie des clients, d'interpréter les résultats et de collaborer avec les clients dans la sélection de changements souhaitables dans leur mode de vie.

Pour se préparer à diriger l'entraînement d'individus ou de groupes et à leur offrir des conseils, on apprend à élaborer, à mettre en œuvre et à évaluer des activités et des programmes répondant aux besoins d'une clientèle diverse.

À LA SUITE DE TON PROGRAMME, IL Y A PLUSIEURS POSSIBILITÉS :

- une carrière dans des centres de conditionnement physique, des centres de loisirs et de sports, des centres de santé communautaire, des organismes municipaux de loisir, de récréation et de promotion de la santé, des centres de vacances pour jeunes, des cliniques de réhabilitation ainsi que dans des établissements de soins de longue durée;
- une carrière comme entraîneur personnel (privé ou pour une entreprise publique);
- une carrière en élaboration de programmes d'activités physiques pour les personnes âgées.

POUR PLUS D'INFORMATION, SVP COMMUNIQUER AVEC NOUS AU 705.560.6673.



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WINTER FUN OR WINTER BLUES

By Karen Hourtovenko, BScN, MBA, Psy. D

Winter, for many, can be a time of fun. For others, however, a time of sadness and boredom. Winter in northern communities can be difficult for many, so it is even more important to make a point to plan activities.

It is so easy to forget about the importance of self-care, including getting out and enjoying what winter has to offer. With the commitment of work, family, or taking care of aging family members, time can be scarce. Even with good intentions to take time for self, many often forget to plan for activities supporting health. Studies show that those who stay active in all seasons, also do so in the winter months regardless of the weather. We are fortunate to live in a community with four seasons and the many opportunities to enjoy what they offer. There are different activities for all seasons, and when you take the time to plan your season, it is easy to be active. Research suggests that activity and engagement with others not only improves health and well-being, it also slows the aging process. Who doesn't want to be healthy and live longer?

For those who exercise in the summer and slack off in the winter, there may be some adjustment with a change in the weather. That said, like anything else, the body can and will adjust. A change in seasonal activities also requires a change in gear as well. It is important to wear temperature-correct outer and foot wear. Layers are also important, so your body can acclimatize and stay warm. Getting out with others during the winter months will increase the chances of ongoing enjoyment of winter fun.

It is also important to maintain a healthy diet, especially in the winter months. Many tend to eat comfort foods. These can create sluggishness and fatigue. And having a reduction in the amount of sunshine can be a downer for many, so ensuring your food intake is full of fruits and vegetables, lean proteins and good fats, and lots of water is important in warding off the winter blues and fatigue. Studies show that we do not process enough vitamin D from the sun and other essential vitamins, minerals and fats, especially in the northern climates in the winter. Sadly, the foods we eat are all too often devoid of the amounts we need for health and vitality. This winter, make it a daily plan to get outside, exercise, meditate, spend time with friends, clean up your diet, get enough sleep, and add a high dose of quality Vitamin D, Omega 3's, and Vitamin C.

For guidance, talk to a healthcare provider with a focus on disease prevention and long-term health, so you have an unbiased approach to your health and well-being. Finally, the mindset you have around winter is equally important. If you believe winter season is a time for hibernation, your health will be negatively affected. Your mindset determines 80% of your actions. Be clear in what you want, and think health!



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

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



GO SMALL OR GO HOME

By Jan Oystreich

If you find yourself dreaming about spending winters in the south soaking up the vitamin D, and golfing, or playing tennis, it may be time to consider downsizing. But are you ready for apartment living? If not, there are some good alternatives that allow you to still own your own property.

Consider semi-detached homes or condos for example. Usually, semi-detached homes are smaller than detached homes; nevertheless, semi-detached properties still offer a relatively large space and the opportunity to own your side of the land. They are considerably large among other housing types, and you can still have a big family and have enough space in this kind of home. Overall, semi-detached homes are more affordable than detached homes. They have smaller backyards, meaning that the yard work will take less maintenance time. Also, maintenance expenses for your side are lower in comparison.

*You might feel
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neighbours on
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frequently travel.*



Jan Oystreich,

Sales Representative

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the land, building, and common areas. You share costs with fellow members of your condo association, and the board of directors or a property management company make the big decisions. Do keep in mind though that moving to a condo doesn't necessarily mean downsizing to a cheaper home especially if you're upsizing the luxury. Before you buy, you should have a clear understanding of what you're responsible for.

Both of these home ownership options are worth considering. You might feel safer with neighbours on either side, and worry less if you frequently travel. After all, these are the sunshine years! Enjoy them!



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COMMUNICATION IN HEALTHCARE

By Lissa Gagnon, RN BScN MScN

Assistant Professor
School of Nursing, Laurentian University

Communication is significant in every aspect of life and in healthcare it is of great importance. Literature from the U.S. indicates that communication failure is a factor in 60% of adverse events such as wrong blood, incorrect surgical sites, medication errors, treatment delays, and even deaths. Despite various literature sources and geographic disparity, Canadian statistics mirror that of the United States'. Communication breakdown has been identified as a primary cause in more than 70 % of Canadian adverse events. Poor communication in healthcare is therefore problematic as it pertains to patient safety.

**Poor
communication
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it pertains to
patient safety.**

Communication concerns surface from several perspectives such as learners from healthcare programs, doctors, nurses, and other members of the healthcare team. Consequently, educational undertakings are vital in addressing these concerns. Some strategies are being explored in postsecondary curricula. For example, medical and nursing programs have

simulated patients to help learners communicate with patients. Specifically, prior to delivering optimal patient care as members of an interdisciplinary team, undergraduate nursing students must first develop and embrace effective communicating skills within their role and responsibilities in the patient provider relationship. The aim is to help create awareness of the importance of seeing the person and not only the disease and meeting patients where they are as people.

Healthcare providers are accountable for understanding communication blocking behaviors and applying effective communication skills within their interactions with patients. Communication in healthcare is a practiced skill. The healthcare system must be cognizant of diverse educational opportunities to learn and test effective communication abilities in order to meet positive patient outcomes.

Resources:

Canadian Patient Safety Institute. (2011). *Teamwork and Communication Working Group. Improving patient safety with effective teamwork and communication: Literature review needs assessment, evaluation of training tools and expert consultations.*

The Joint Commission. *Inadequate hand-off communication.* (2017). Retrieved from: www.jointcommission.org.

IT JUST MAKES SENSE...

By David Laplante

It goes without saying, I love my family. I'm blessed with three beautiful daughters and a loving spouse. My short and long term decision making revolves around them. My spouse and I have been putting money aside for their education, for our retirement, and sufficient insurance to prevent a major lifestyle change in case of some unexpected tragedy. Yes, we have always planned ahead.



David Laplante,
Funeral Director,
Cooperative Funeral
Home

Getting a will and putting our final wishes on paper is a natural step in keeping things running as smoothly as possible and is probably one of the most underrated gifts one can leave their family. Preplanning one's own funeral has many advantages. It saves your family and friends from having to make many difficult decisions during a time of grief. It gives you a say in how things will play out. It also provides you with time to compare your options and, if paid in advance, it may reduce or eliminate the financial burden on your family.

A lot of people are reluctant to pre-plan their final farewell for all the wrong reasons. For instance, pre-planning one's funeral arrangements does not hasten one's death; that is definitely an old school superstition. When we talk about death, it isn't a question of 'if' but 'when'. Giving your next-of-kin instructions on what to do just makes sense. Also, pre-planning doesn't have to cost anything. That's right, preplanning is absolutely free. It only cost money if you want to pay for it.

Putting all your wishes on paper eliminates the major decisions family members have to make at a difficult time. The more specific you are in giving direction, the less there is to disagree on. Family members are left with minor decisions. Another common misconception is that once a prearrangement contract is paid, no changes can occur. This is false. The purchaser can change the pre-arranged funeral, burial, or cremation plan at any time prior to the death and the legal representative can make changes after the death. Whether the changes are minor or major, the next-of-kin meets with a funeral director at the time of death to go over all those details. Pre-arrangements can also easily be transferred from one funeral home to another, regardless if they are local or out of town.

With so many options available, I encourage everyone this New Year to make an appointment with your local funeral home of choice, ask for a no cost or obligation information session and put your thoughts and decisions on paper.



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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
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Helping Legs on the Move

Are you planning on escaping the cold this winter? During travel, blood circulation within the legs is reduced and our movement is constrained. Prolonged sitting doesn't just leave our legs feeling heavy and tired; it can be a risk factor for the development of thrombosis (blood clot formation). In some cases, blood clots can migrate to the lungs, resulting in a pulmonary embolism.

Don't cancel your travel plans just yet! One effective way to increase leg and foot comfort during your long trips is to wear graduated compression stockings or socks. Compression therapy is the application of external pressure to the limb which reduces venous pressure and promotes blood flow toward the heart. Graduated compression has the greatest pressure at the ankle with pressure gradually decreasing up the leg. Wearing



graduated compression stockings or socks increases circulation, reducing both swelling and the feeling of tired, achy legs.

While travelling, you can also keep your legs feeling great by moving your feet and drinking plenty of fluids. Foot exercises make the calf muscles work and help to pump blood back up to the heart. Try to exercise your legs as much as possible. In a plane, walk the aisle. In a car, make regular rest stops

to stretch. Additionally, while travelling, replace any fluid loss with non-alcoholic beverages to avoid dehydration.

Avoid the hassle of achy legs on your next vacation. Consult with your doctor or come in to DeSimone Foot & Ankle Centre to see if graduated compression therapy is suited for you.

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



Are you at risk?

Tired, achy legs?	Yes	No
Swollen ankles?	Yes	No
Spider or Varicose Veins?	Yes	No
Prolonged sitting or standing?	Yes	No
Long distance travel?	Yes	No
Pregnant?	Yes	No

A 'Yes' answer to ANY of these questions means you are at risk.

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- Air Conditioning
- Balcony
- Secured Entrance
- Newly Renovated
- On Site Management
- Laundry In Each Building

424 Westmount Ave. | 705-524-3440

WE

**DO THE COOKING,
THE CLEANING,
THE MOWING,
AND THE
SHOVELING.**

YOU

**ENJOY HOME COOKED
MEALS, MUSIC, PUB
NIGHTS, GAMES, AND
OTHER ACTIVITIES IN THE
COMPANY OF FRIENDS.**

You can sit back and relax, knowing that support is there, if and when you need it.
Retire from stress.
Enjoy leisure for life.



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RED OAK VILLA

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• 20 Ste. Anne Road

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