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Now we kind of know how the hibernating animals feel. Sort of. Post-COVID (can we say this yet?) we all yawn and stretch and blink up at the sun. It's just shy of two years that we have been dealing with the new way of living we've been forced into. Sure, it's still the same game, but the playing field certainly has changed. But one thing has remained constant. Family. Because of all the restrictions placed on gatherings, we have had to become creative with how we keep the bonds strong. Some have chosen to facetime with family members. Others cut the video and use the old-fashioned phone call to keep in touch. And others, believe it or not, have gone back to the dark ages of the hand-written letter. In many ways Christmas 2020 feels as though it was stolen from us because we were unable to share it with our families, at least in person. The gingerbread houses were half-built, the turkeys were half-baked, and the presents didn't all get wrapped. This year will be different. This year many of us will put our devices down and embrace our loved ones. If we ever took for granted

our ties to family, the extended absences we've experienced from each other have taken care of that. We realize more than ever that connection to family is precious and during holiday time, it becomes even more so. This Christmas promises to be even extra special because it will bring with it connection and reconnection. There will be the customary hugs and kisses, laughter and tears that a gathering of family entails. But when the sun sets, when the kids have quieted, and when the dishes are done, there will be something else. It might be hard to define at first. Then you'll realize that it's that they are there. Next to you. The people you love. The ones you've waited so long to be with.

Nicole Blais,  
Publisher



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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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# TWINKLE LIGHTS NEVER HURT ANYONE

By Kerrie Michelutti

Seasonal decorating is always something to look forward to, even if you don't do it yourself. I love to see what other people come up with and to see the classic favorites come out year after year. For me, I would say I decorate with nostalgia. I love pulling out the same decorations year after year because it brings back memories, the good, the bad and the medicated. Wink, wink. Decorating is a chance to think about the simple things, to forget about the heaviness of life, and make your own space a place where your family can relax and get in the spirit of the holidays. A little twinkle lights never hurt anyone.



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

Some tips to make decorating easier for you, choose a colour scheme. For me, red has to be a part of the equation. I usually don't decorate in reds, I'm a blue/green type of gal, so Christmas for me is a chance to bring the bold colours of red and gold into my home. Years ago, I started with gold garland that I found on sale at Michaels in January and I have never looked back. I hang five strands vertically on my tree and I push the garland back into the tree, so I don't have a stripey look. My goal is to achieve a more organic look where the garland pops in and out at random intervals down the tree. For the red, I bought cranberry looking bundles that I place sporadically as well. Those pieces are the base for my tree. Everything else after that are my kids ornaments, family memories, and the token yearly ornament that is always tacky but needs to be there.

Another big area that needs to be included is your front door or entrance. Even if you live in an apartment community and don't have an outside entrance, a way to bring warmth to your home is to welcome people with your holiday décor. Being a self proclaimed, "lady of the forest", I always go out hiking and pick my own greenery. I avoid saplings as they need a chance to grow, but there are a ton of mature trees and bushes in Sudbury that could use some trimming. You would actually be doing the tree a favour by taking the bottom rung of branches. Grouping those together to make bows for the door or baskets for the entrance is always nice and rewarding. Getting out in the fresh air, making something with your own hands, and accomplishing a task are all feel good activities that I love to do. Life is hard enough, so slow down and do something that brings you joy.

Holidays are about making memories. Whatever that looks like for you, do it with the intention of happiness... and if you can, make it pretty.



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## Health and Wellness

# HELPINGS 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

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



graduated compression therapy is suited for you.

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

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# LIVING WITH OSTEOARTHRITIS

By Maggie Thomas

Do you suffer from chronic knee or hip pain, stiffness or swelling?

It may be due to osteoarthritis (OA), a common joint disease that is characterized by wear and tear on a joint whereby the protective cartilage that cushions the ends of the bones wears down over time. It can occur along one side of a joint or the entire joint causing pain. The most commonly affected joints are in the hands, knees, hips and spine.

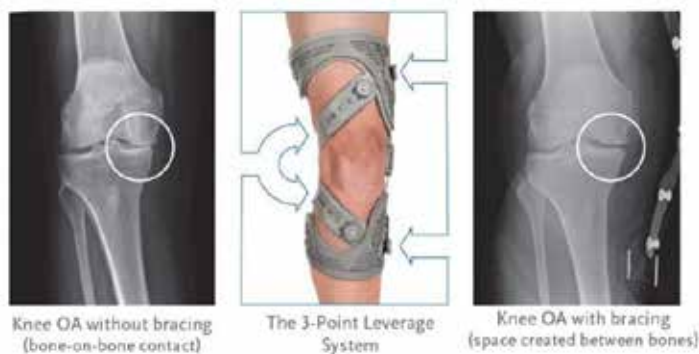
I have good news for you. There are ways to manage osteoarthritis. Conservative forms of treatment like weight loss, exercise, and orthopaedic bracing can help reduce pain, improve joint function, and slow the progression of this disease.

Braces or orthoses are wearable medical devices that work to support an affected joint and assist with pain reduction when standing or walking. These devices work to apply an unloading force to the affected side or entire area, thereby diminishing pain.

For example, a custom knee brace for unicompartmental osteoarthritis unloads the affected, painful side of the knee using a 3-Point Leverage System. The thigh and calf shells account for two points of leverage, while the dual straps provide the third. This system “unloads” the pressure from the affected area, providing a reduction in OA knee pain.



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



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## HEALTH AND WELLNESS

# HERE COMES THE SUN... LITTLE DARLING... HERE COMES THE SUN...

By Dr Deric Schryer BSc, OD

Actually, the sun never really goes away. It only changes in intensity and length of exposure. As the days are getting longer, we are more exposed to natural sunlight and of course the associated ultraviolet (UV) rays. As an eye care professional, I always have discussions with my patients regarding the importance of sun protection. There are several ways that we can help protect ourselves from UV rays. The all-in-one solution would be having a built in UV sensitive material that would darken in the sunlight but lighten up when you are not exposed to UV rays. This allows built-in sun protection in your habitual prescription glasses. The industry name is photochromic lenses. You can also order glasses with a clip-on that would be mounted over your existing prescription glasses. Another tool to protect your eyes would be a separate pair of sunglasses to help reduce UV exposure. You can purchase sunglasses with your prescription to help enhance the quality of your vision. Finally, the last option would be avoiding UV rays altogether and reducing your sun exposure. This is the dermatologist's favorite but realistically who doesn't enjoy some sunshine?



Dr Deric Schryer  
BSc, OD

Independent  
Optometrist at  
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*When discussing sun protection, one important decision when looking at these different options would be to understand what type of sun exposure applies to your situation.*

Not all solutions are the same. When discussing sun protection, one important decision when looking at these different options would be to understand what type of sun exposure applies to your situation. Do you spend time on water or snow? You need to know the difference between direct sunlight exposure and reflected light exposure. When you are outside, there are two sources of light, direct sunlight and reflected light. Any lens that is designated as 100%

UV protection will protect you from the harmful UV rays created by direct sun exposure but unfortunately will not diminish the glare from reflected light. A polarized lens will offer a specialized filter that will not only protect you from direct UV sun exposure but will cut down that problematic glare that you will experience close to water and of course on those glorious sunny days after a typical winter storm. I love those days but really enjoy them the most when I have my polarized sunglasses on to see what the North really has to offer.



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# Stockings & Stuff for Seniors

By John Kelly

*‘The stockings were hung by the chimney with care  
In the hopes that St. Nicholas soon would be there.’*

There are fewer chimneys these days, but the stockings still get hung. And those hopes that St. Nicholas drops by, there as high as ever. You don't have to be a kid to look forward to some Christmas cheer and excitement either.

But Christmas isn't all eggnog and mistletoe, not for everyone. For many seniors, the Christmas season can be a sad and lonely time. They may become nostalgic for Christmases past and simply alone in the present. Some face the holidays without the heartwarming visits of family and friends and are left in the care of a long-term facility's staff or, in some cases, no one at all. If the story ended here, you might not feel like eggnog, or there might not be enough eggnog in the world to get you under the mistletoe. But this isn't the final chapter. If Nicole Blais, founder of Goshenite Senior Services has her way, it's just the beginning.

“I wanted, of course to give back to the community. After some research I thought ‘what about Christmas stockings for seniors, filling them up with personal items.’”

There are already several Christmas stockings for seniors programs across the country. Given Nicole's passion for tending to so many of our seasoned community members' needs, it was a natural choice to involve them in a Christmas drive.

“And this would be for seniors not just in long-term care facilities, but it could also be for seniors in the community at large or in retirement homes. I thought this would have great meaning and purpose,” explains Nicole.

Goshenite already runs a poinsettia campaign that brightens the holidays for dozens of people in Sudbury.

Toy drives are ubiquitous at this time of year and with good reason. But maybe it's time to

think about adult toys. Wait, you know what I mean. Every senior was once a bright-eyed kid on a Christmas morning. Think of the joy you can bring to the heart of someone who might otherwise go without it.

“I've partnered with Desimone Shoes & Spa. They been such good friends to 50+ Seniors Lifestyle Magazine. Julie was all for it,” says Nicole. “And they know a thing or two about feet and stockings!”



The magazine, already heading into its fifth year is Nicole's and Goshenite's foray into the world of publishing. And that's Julie Desimone. At Desimone Shoes & Spa their motto is ‘Where health meets beauty’ and they stand by it. In fact, they actually walk the walk. Let them help get your feet healthy and then put them in shoes designed to maintain and enhance that health.

As for their spreading the Christmas spirit, the idea is to get to about four hundred stockings this year each filled with personal

and useful items that a senior could use and enjoy. Think socks, crosswords, treats, pocket tissues, fun holiday items, and all manner of toiletries. COVID regulations and protocols will do their part in determining who will receive the stockings

What's the part you play in all of this, you're wondering? Simple really.

“We're asking the community to go out and buy a stocking and the items to fill it. Then drop it off at Desimone by December 21st. And we'll distribute them on the 23rd,” says Nicole.

Santa's quite busy in the week leading up to his big day, so Nicole has put together a small team of half a dozen volunteers to get the stockings to the seniors. They'll drop them off at the door of each long-term residence where staff will distribute them. For some others, Santa's little helpers will go door to door delivering the stockings themselves.

“One property manager in town whose building is home to a large number of seniors has already asked if his residents could be on the receiving end of our program. We are certainly going to try and meet the demand.”

To that end Nicole is hoping to bring some more partners on board in the years to come to help grow the holiday stocking campaign. I won't mention you by name. That would be free advertising, but you know who you are.

The kindness of strangers is a wonderful version of kindness. The mixture of generosity and anonymity often leaves the recipient in a sort of sweet dismay, incredulous but so happy for the thought and the gift. So, when you're out this holiday season spreading good cheer, think of saving a little for that other someone special, the one you have never met.



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# TO PEE OR NOT TO PEE...

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

Many postmenopausal women experience bladder problems. These can include incontinence, urgency, frequency, frequent infections (UTIs) and getting up at night to pee (nocturia). Bladder control difficulties are common. Incontinence is the medical term used to describe the accidental leakage of urine. Stress incontinence occurs when urine leaks with coughing, sneezing, jumping, lifting heavy objects, or with sex. It is due to a weakness in the urethra (the "valve" that closes the bladder) and the pelvic floor muscles. Urinary leakage during intercourse is estimated to affect up to one in four women with incontinence.

Urge incontinence on the other hand is caused by an overly active or irritated bladder(OAB). Women will leak urine when they feel the urge to pee but before they can get to the toilet. They can also have a mixed picture, experiencing both urge and stress incontinence. Risk of urinary tract infections also increases with age due to lack of estrogen which has a direct impact on tissues, muscles, glands, and bacterial flora of the vagina.

There are many things you can try to help decrease your bladder symptoms without medication or surgery:

- Avoid bladder irritants like caffeine or alcohol
- Avoid constipation by eating more fibre. This will prevent your straining on the pelvic floor and further weakening the muscles and tendons
- Maintain a healthy weight
- Don't smoke
- Empty your bladder every 3-4 hours during the day and before you go to bed
- Drink moderate amounts of fluid (6-8 glasses per day)
- Kegel's exercises – squeeze the muscles that hold back urine without tightening your stomach or buttocks. Do this 10-20 times, three to five times a day

Your health care provider may also suggest medication or surgery. Local estrogen in the vagina has been shown to help with urgency, frequency, nocturia, pain on urination, and recurrent UTIs. Medications for OAB block the abnormal bladder contractions. Some side effects can include dry mouth, dry eyes, and constipation. Mechanical devices placed in the vagina can help to provide support to the bladder neck and can be worn during exercise or activity that causes urine leaks. Sling procedures using "tapes" are the most commonly performed type of incontinence surgery. These procedures can be done on an outpatient basis with very short recovery time. Talk to your health care provider about urine loss or other bladder symptoms. There's no reason to wait!



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# A PLACE CALLED HOME

By Natalie Champagne,

Marketing Manager, Autumnwood Mature Lifestyle Communities

Nursing Home, Retirement Home, Old Age Home, What's the correct name? For many people, when they hear the words retirement home, they think of a hospital setting. But what is a retirement home really?

A retirement home is not a **Long-Term Care** facility. A Long-Term Care facility is for people who require 24-hour nursing care and personal support services. Long-Term Care residents need frequent assistance with daily living activities such as bathing and eating. Round the clock monitoring is in place to ensure residents' wellbeing.

## A retirement home is different.

A retirement home is for people who do not require 24-hour nursing care and may have varying needs. Retirement homes can offer Assisted Living Suites and/or Independent Living Units. Residents can bring furnishings from home, or purchase furniture to decorate their unit the way they want it. Retirement homes typically have robust schedule of social and recreational activities with a little bit of something for everyone, like games, exercise, dances and pubs.

**Independent Living** units are for seniors who do not require assistance with daily living: services such as dining or laundry are available should they wish.

**Assisted Living** suites are for seniors who do not require round the clock medical care, but do require some assistance with daily living. Assisted Living suites will include a base level of personal assistance services, such as meals, cleaning, and medication administration. Each resident will have unique needs and the retirement home can cater to those needs.

Without the worries of home maintenance and chores, and with the benefits of healthy meals, exercise, regulated medication, and social activities, seniors in retirement homes often see an improvement in their physical and mental health. Social interactions mean they are less likely to experience the isolation, or depression resulting from isolation.

**When should you check out a retirement residence?** It's good to tour a retirement residence long before you need one. People who wait for a crisis often have difficulty getting into a residence as many retirement residences have long waiting lists. Seeing what's available in your area, and getting an understanding of services and costs, will allow you to plan for your future. That way, when you want to make a move, it will be easy to find a place to call home.

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# PROMISES PROMISES

By Lori Ingriselli

In an industry where good consultation and reasonable expectations are often an issue, who do you believe? What is the truth?

Let's talk about some cosmetic peel options, what they CLAIM to do, and what they do BEST.

## Microdermabrasion

If you have researched microdermabrasion devices, they make claim to a great many benefits, for example: "microdermabrasion will help acne scars, acne, fine lines, wrinkles, enlarged pores, and sunspots". Microdermabrasion may help with all these things, but there are other options that target pigment, wrinkles, and pores more effectively.

What Microdermabrasion does BEST is physically polishing off the most superficial layers of dead skin cells and minimizing clogged pores. Devices with "infusion" have the added ability of pressing moisture and serums in at the same time. The procedure is painless, safe, and fun. Sometimes you even get to see the "gunk" after the procedure. After, you will find that your moisturizer will absorb better, and your makeup will go on smoother. You may even see diminished fine lines because your skin will be less dehydrated and dull. It will not remove your wrinkles from smiling or frowning, side sleeping, or smoking. It would take many repeated appointments to get any other improvements other than revealing a new layer of skin. Ideally, we would do one a month past age 30 as our skin cell turnover becomes sluggish and can use the extra help.

**Chemical Peels** can make claim to much the same benefits, but can be customized to go deeper, and will not aggravate acne. Chemical peels feel a little more luxurious and like a short "facial". They chemically dissolve the bonds holding dead skin cells together, and the results are softer skin and deep hydration.

**Dermaplaning** is a fun and trendy way to physically remove the layer of white fuzzy facial hair while removing dead skin cells with a scalpel. It sounds scary, but in trained hands, is a great way to get that glow you want for your complexion.

These procedures are a wonderful way to treat your skin regularly to a little love and luxury and maintain that youthful glow-most appreciated in these dry winter months and Holiday Season.

If you have questions regarding any service, ask your trusted consultant to advise you what the laser or treatment "does BEST". If you want more than that, ask what other options you have....you only live once!



Lori Ingriselli,  
Cosmetic Manager  
Sudbury Skin Clinique

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## OUR VIEW

Dermatology is an important specialty which aims not only to achieve the optimal appearance of your skin, but also to prevent and treat minor and severe skin disorders including skin cancer.

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# HOW TO UTILIZE INSTAGRAM FOR SERVICE-BASED BUSINESSES

By Hailey Hastie

Instagram is a wonderful tool for all types of businesses to connect and engage with their audience. While utilizing Instagram for retail type businesses may come more naturally, there is a great opportunity for service-based businesses to use Instagram to establish a strong visual presence and showcase their service offerings to both existing and potential customers.



Hailey Hastie,  
Founder,  
The Social Soulpreneur

### Step 1: Outline Your Content Mix

When utilizing social media for service-based businesses it is all about creating connections with your audience by providing value and delivering your brand story in a way that encourages your audience to engage with you, trust you, and want to do business with you. To achieve this, it's important that you develop a posting strategy to take advantage of every post your business makes. At The Social Soulpreneur, we recommend the 4:3:2 rule: 4 posts should add value and help your potential client, 3 posts should create connections with your audience and, 2 posts should promote or sell your services.

### Step 2: Planning Your Value-Providing Posts

To provide value in your posts you must either educate, entertain, and or inform your audience with the most imagery and your caption copy. Types of educational posts include sharing tips that help your ideal clients with problems. By sharing specialized knowledge, you can establish authority as an expert in your field. If it aligns with your company's brand image, creating a post that will entertain your audience with humour is a great strategy to build a connection with your audience. This tactic is especially effective for businesses that might otherwise be considered "boring". Sharing inspirational posts that relate to your business's industry is an effective strategy as they have the added benefit of being highly sharable, meaning your content (and thus, your business) has the potential to reach a much wider audience.

### Step 3: Planning your Audience-Connecting Posts

Some examples of how to create content that helps your audience relate to your service-based business and showcase your brand personality include showcasing your company culture and giving your audience a behind the scenes look at what your business is like. Another way to connect to your audience is to tell a story to express your brands personality.

### Step 4: Planning your Service-Selling Posts

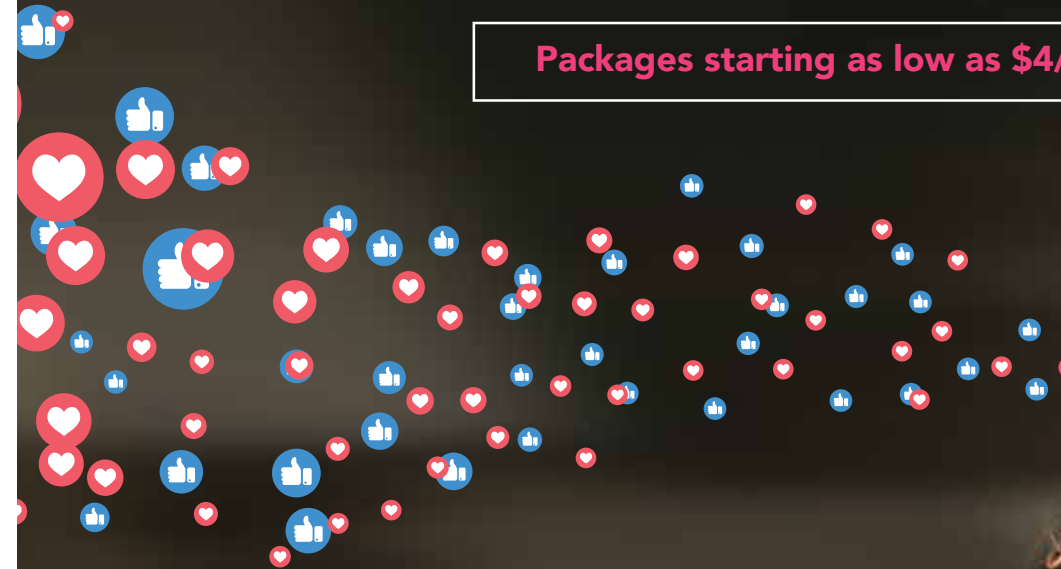
It's important to remember that Instagram isn't a sales platform, but a brand platform. You must first develop a relationship with your audience before going in for the sell.

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# CREATING THE RIGHT DIGITAL CONTENT

By Chelsea Papineau

Anyone with access to the internet can be a digital content creator these days and there are both positives and negatives to that fact. That is why simply creating social media posts is not enough. The more people are engaged with you and your brand, the more people will see your content.



**Chelsea Papineau**  
Lead Digital Content  
Specialist for CTV News  
Northern Ontario

## PERSONALIZED NEWS FEEDS

Our individual news and social media feeds are tailored specifically to us and our online behaviour and habits. This is why you will often see different things online than your friends and family do. Online platforms, such as Facebook, Instagram, Snapchat, and Twitter, just to name a few, want you to stay on their site as long as possible. So, using a very complex and constantly evolving algorithm, content is populated in your "feed," that is curated to keep you interested and engaged.

## RULE OF THIRDS

One way to get and keep people interested is through the Rule of Thirds. Spend 1/3 of your content talking about yourself or your business so people can get to know you. Spend another 1/3 posting fun and engaging content to get people commenting, reacting and sharing and another 1/3 on highlighting or talking about others. Get the conversation going - collaborate, tag others who align with your brand and values, boost others up. Who are some of your influences or industry leaders you follow? Bring some value to your followers.

An old adage says "people don't care how much you know until they know how much you care."

*Creating original content is one thing, but getting it seen is another thing entirely.*

Everyone has some kind of hustle these days, so be cautious of trying to use social media as a form of "free advertising." Creating original content is one thing, but getting it seen is another thing entirely. Did you know that only about 10% of your followers will see your posts?

## THINGS TO KEEP IN MIND

It is important to be thoughtful of the type of content you are putting on social media. Does it have a cohesive look? Are you using high quality images and video? Did you spell and grammar check the text?

Use language in your posts that is engaging and invites comments and conversation.

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**Michelle Cofell,**  
North Shore  
Quality Homes

*Just like our Canadian made Mini homes, our bungalows are also built to order.*

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# ADDING LIFE TO THE LAST DAYS

By Julie Aube

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



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

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

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

### Residential Hospice Services

The Hospice now has 20 beds, 6 of which are designated transitional care. In addition to offering end of life care, the team can now offer shorter stay beds for caregiver relief, caregiver education, and pain and symptom management for residents with a prognosis of 12 months or less.

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The Community Hospice Palliative Care team is a collaborative team comprised of physicians, nurse practitioners, and registered nurses who provide pain and symptom management (in-person and virtually) as well as supportive care clinicians who address psychosocial and spiritual needs to patients with a life-limiting illness. This program allows clients to die in the comfort of their own home.

### Visiting Hospice Services

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

### Supportive Care and Grief Services

Our Supportive Care and Grief Services team is available 24/7 for support throughout the end-of-life journey and after. Telephone follow up, grief recovery programs, discussion groups, and one-on-one grief support are available to the community at large.

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



# 'TIS THE SEASON FOR A HOLIDAY BAKING PARTY WITH FRIENDS

By Charlene Nadalin

It’s December which means everyone is getting into the holiday spirit. And what better way to feel festive than to have a merry get-together?

A holiday baking party is a great way to socialize, bake, and get some edible gifts ready to give out to friends and neighbours. Set a time, and have everyone pull out their favourite recipe, and divide up the necessary ingredients so everyone contributes. Then let the baking commence!

Once all the baking and decorating is done, divide up the goods so everyone gets an equal share. You can even get some nice containers to keep them all in from your local dollar store.

Enjoy some cookies yourself, and save the rest to give out as homemade gifts, hostess gifts, or as a thank you to someone over the holidays. You can also check with local schools and community centers and see if they are having any winter markets that are in need of baked goods. Or you can bring them to a retirement home to share with the residents there.

### Here is one of our favourite chocolate chip cookies recipes:

- 1 cup butter, softened
- 1 cup packed brown sugar
- 2 teaspoons vanilla extract
- 2 teaspoons hot water
- 3 cups all-purpose flour
- 1 cup chopped walnuts
- 1 cup white sugar
- 2 eggs
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups semisweet chocolate chips

**Step 1** Preheat oven to 350 degrees F (175 degrees C).

**Step 2** Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and nuts. Drop by large spoonfuls onto ungreased pans.

**Step 3** Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.

Holiday baking is a tradition for many, but even if you aren’t much of a baker, doing an activity with friends always adds to the joy. And maybe you’ll even learn a new trick or two.

Happy Holidays!



**Charlene Nadalin,**  
Founder and CEO  
Aminthro



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- Veteran's Affairs

## ONAPING FALLS

- Cobi's Confectionery
- Golden Age Club
- Kwik Way

## STURGEON FALLS

- Comfort Inn
- Rustic Zen Wellness Studio

## SUDBURY

- Alzheimer's Day Program
- Amberwood Suites
- Baker Tilly
- Bayan Apts.
- Bel Lago Apts.
- Birch Glen Apts.
- Bayshore Home Health (South End)
- Benvenuto Apts.
- Brady Storage
- Canadian Blood Services
- Cara's Famous Deli
- Casa Bella Apts.
- Casadolfo Apts.
- Centre Victoria pour les femmes
- Chris's Independent Grocers
- City View Gardens
- Cooperative Funeral Home
- Co-Operators Insurance -Kingsway
- Desimone Foot and Ankle Clinic
- Eastview Gardens Apts.

## SUDBURY (Cont.)

- Extencicare Falconbridge
- Extencicare York
- Finlandia Village
- Gagnon Optician's
- Herman's IDA Pharmacy
- Home and Haven Design
- Huntington University
- Food Basics Notre Dame & 4 Corners
- Kadence Music Therapy
- Kelly Lake Confectionery
- Korner Confectionary
- Sudbury Library
- Lakeshore Manor
- Lakeview Apts
- Lockerby Confectionery
- Lougheed Flowers
- Maison McCulloch Hospice
- New Sudbury Library
- Northern Ontario Cancer Foundation (H.S.N.)
- Northstone Chiropractic
- Northern Ontario Women's Wellness Centre
- Panoramic Properties
- Parkside Centre
- Pharmasave Lasalle
- Pioneer Manor
- Place Nolin Apartments
- Rangers Cremation and Burial Services
- Ramseyview Apt.
- Red Oak Villa
- Regional Hearing Services
- Rehan's Independent
- Rexall Barrydowne, Lasalle, Minnow Lake
- Regent Manor Residence
- Rockview Towers
- Season's Pharmacy and Culinarina
- Silver Cross
- Sudbury South End Library
- Sudbury Southwind Residence
- Sudbury St. Andrews Place
- St. Joseph Continuing Care Centre
- St. Joseph's Villa
- Summit Apts.
- Tarini's Meat Market
- The Walford Residence
- The Social Soulpreneur
- The Sudbury Skin Clinique
- Sudbury Ukrainian Seniors Centre
- Villa Celion
- Villeneuve Financial Consulting
- Walford Residence
- Westmount Photography
- Zulich Apts.

## VAL CARON

- Elizabeth Centre
- Eye Style Optical
- First Round Sports Bar & Restaurant
- Kwik Way
- Metro Supermarket
- Mr. Gas
- Office of Marc Serré
- Pharmasave
- Valley East Library

## VERNER

- Le Fromage

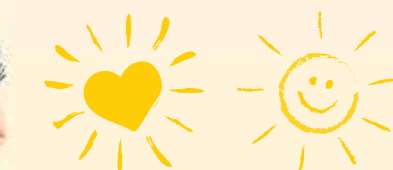
## WARREN

- Kate's Kountry Kitchen

# Thank you



**TO ALL PERSONAL SUPPORT WORKERS!**



**A special thank you to 'our friends and rays of sunshine' at**

- St. Joseph's Continuing Care Centre
- St. Joseph's Villa
- St. Gabriel Villa

## My Friend... My Sunshine

*You are the person I met along the way  
Sometimes by chance, sometimes by choice,  
But always by necessity.*

*You help me live with dignity  
By accepting all my limitations  
Whether it be mentally or physically.*

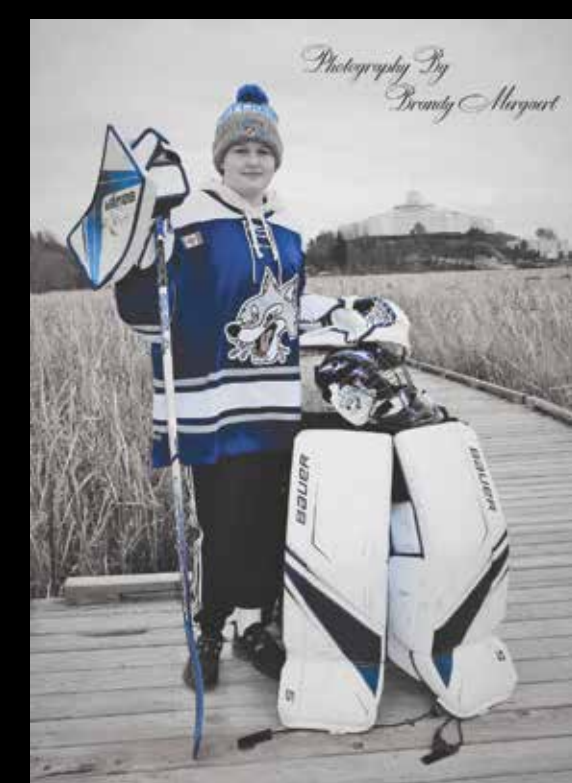
*You are my extra hands, my eyes and my ears.  
By deciphering my body language,  
You make sure I have a voice for others to hear.*

*I will never be able to thank you enough  
For showing up and being here always,  
Even on those days that are truly really rough.*

*Most of us cannot envision needing you  
To help with our most basic needs.  
I, cannot imagine not having a companion so true.*

*My biggest wish is that you had more time  
to spend with me... My Friend... My Sunshine.*

## SUDBURY LADIES WOLVES U13 C



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