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SARAH FREEMARK & BRENDAN CONNOR

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Tooting my own horn is something I am loath to do. It comes of as braggadocio and sounds like the old fashioned “AH-OOH-GA”. That horn scares children and dogs. Nevertheless, here’s a little beep-beep.

A few weeks ago, I was nominated along with six other women for the Fearless Business Award of the Year. It is an award given by PARO Enterprises to Women Entrepreneurs. Headquartered in Thunder Bay, it is a not-for-profit social enterprise that collaborates to empower women, strengthen small business, and promote community development across Ontario. Guess what. I won!

I want to congratulate the other nominees, all hard-working, innovative, and caring businesswomen who are doing the very things that are part of PARO’s vision and mandate. Like them, I know that my successes in business have come as the result of many years and long days of hard work. No entrepreneur is an island, and I have a great team and support system without whom my accomplishments would be impossible. I’ll be forever thankful.

With victories big and small comes an overwhelming sense of humility and gratitude. I am indebted to all of the courageous women who have come before me—the ones who said convention and decorum be damned. I am honoured to stand beside the ones who continue to work to bring about equity and equality anywhere it is lacking. And I am grateful if I have paved even a small part of the way for the young women to come.

I’m not done either. As you may know, resting on one’s laurels only gets you flat laurels. There is a great deal of work to be done. Oh, and by the way, the RBC Momentum Award Gala takes place November 23, 2022. Guess who’s been nominated...

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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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COLOURS FOR SUMMER

By Kerrie Michelutti

How exciting is spring and summer? Sudbury winters are long. Full stop. No argument here. And then there is Sudbury second winter, followed by early summer, and then third winter... but this year feels different than the last. The sun is especially bright, and the sky seems clearer than ever before.

Is it my unwavering love affair with positivity, or is it an actual shift in the universe? I don't know, but something is changing and it is making me think in colours.

Bold and bright is the way to go these days and you will see colour on front doors, kitchens, bathrooms, and in fashion. For the last few years, the trend has been very tonal and spa like colours to create a soothing environment. If you were one of those people who gravitated toward that trend, don't be afraid to bring back the colour by hitting the garden centers and grabbing some fuchsia geraniums mixed with some bright yellow begonias. Colour always adds dimension when you use it in the right way.

Bold and bright is the way to go these days and you will see colour on front doors, kitchens, bathrooms, and in fashion.

Colour can be introduced into spaces by having a colourful island for the kitchen and keeping the perimeter white or neutral. You can add colour by having it in your backsplash. Some of the most interesting kitchens have really stood out because they are pushing the envelope with their colourful contrast spanning the whole kitchen.

I am a true believer that everyone has a colour palette that they gravitate toward; it's engrained in your soul from birth and my advice to you is, embrace it. If it makes you smile, do it. If it scares you to do this, call someone to help you. A person with a keen ear and a passion for layering and decorating, will elevate your home, and you might just end up happier than you thought possible.



Kerrie Michelutti,
PMP, Owner
Home & Haven
Design Studio

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WHAT'S "NEW" IN THE WORLD OF ANTI-AGING?

By Lori Ingriselli

Every year the cosmetic industry touts a new or revised service that is experiencing a surge in popularity. A service that has been around for decades, the Thread Lift, is among the many to rise in current interest.

The Thread Lift offers a rare opportunity (outside of surgical face lifts) to actually lift the skin of the face and body. It is particularly popular with those desiring a brow lift, although it is not suitable for everyone.

How does this work?

First, you are assessed to see if you are a good candidate. There is a fine line between laxity and too much laxity or looseness (sagging). You need to fall into a category that allows for the perfect amount of lift. Next, you are numbed for comfort with topical and or local lidocaine.

Once you are prepared, a long needle that is pre-loaded with specialized threads, is inserted into the area needing volume or lift and then removed – leaving a thread behind. The needle is called a canula and is not usually sharp, so you may feel pressure. The threads left behind have tiny cuts that anchor like a barb when the thread is gently tugged and settled into place. There are molded threads as well, that are stronger as they are fabricated with notches, not "cuts". The Silhouette thread (approved for use in Canada) has cones along the thread that anchor it in place. The resulting "lift" is not permanent, but can last from 1-3 years.

What is a Thread?

Today, threads are made of the same product that is used in absorbable sutures. The body likes to build collagen around these threads, so once the thread is effectively dissolved after many months (about 6), the collagen remains.

Is it better than Botox and Filler?

No, but it doesn't do the same thing. There are literally hundreds of online videos to observe what a treatment looks like, but will never discuss risks or ideal candidates. Be sure to get a full consultation before you commit and then enjoy the benefits of a lifted youthful face without the surgery.



Lori Ingriselli,
Cosmetic Manager
Sudbury Skin Clinique

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BENEFITS OF SUMMER READING

By Brianna North

There's nothing better than temporarily escaping reality and losing yourself in a book. It's a summer pastime many enjoy. Aside from enjoyment, did you know reading has significant health benefits?

People read for different reasons but don't often think about how reading impacts their brain and contributes to brain function. Here are some of the positive health effects of reading.

Stress Relief

Reading is a healthy way to cope with stress. It helps you forget about stresses as you dive into a character's world, learning how they navigate the hardships of life. If you've had a long day, reading can help you relax.

Memory Improvement

Reading daily can help slow memory decline. As you read, you remain focused on the story to remember plots, characters, and settings each time you come back to the book. Reading is a workout for your brain. The more you read, the better your memory may be.

Better Decision-Making Skills

In a novel, there's typically a problem the character is trying to solve. When you're reading, you may find yourself coming up with solutions and reasoning why they would work. This helps improve analytical skills which will help you make better decisions.

Better Sleep

People who read nightly find it easier to fall asleep. When you read every night, the action signals your body that it's time for bed. TV and electronic devices before bed have been proven to negatively impact sleep. Try getting in the habit of reading instead.

Learning Opportunities

Book topics and stories are endless. The more you read, the more you learn. Whether you're reading fiction or non-fiction, you can expand your knowledge and exercise your brain.

Concentration Improvement

If you are easily distracted, reading can help you maintain focus. Once you get caught up in a good book, you'll keep your eyes glued to the pages and are less likely to lose focus. If you're a multi-tasker, reading frequently can help you break that habit.

Socialization Opportunities

If you're passionate about books, many local libraries have book clubs you can join where you can meet other people who are passionate about books.

Reading doesn't have to feel like a chore. It's like watching a movie except you get to picture the scenes yourself. So, curl up with a good book and enjoy! And remember, you're helping your brain and overall health.

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Care Companion for Seniors

By **Stéphanie Lagrandeur**,
Marketing & Communication Officer
Spark Employment Services

Ontario is currently facing one of the worst health care crises in decades. As Ontario's population continues to age, it is estimated we will need an additional 50,000 healthcare workers over the next three years in Ontario alone. That's why the provincial government is investing in win-win programs like Care Companion for Seniors which connects job seekers in Sudbury with rewarding work supporting seniors in the community.

Spark Employment Services' Care Companion for Seniors program (supported by Goshenite Seniors Services Inc.) is a newly-developed training program delivered in both English and French. Care Companion for Seniors provides comprehensive training to individuals trying to enter the labour market or persons currently employed in the field of continuing

care, including home care, assisted living, and long-term care facilities. The program will help individuals gain the skills and experience needed to be successful care companions to older adults. Care Companion for Seniors program will assist families in supporting their ageing parents with outings, socialization, and many other activities of daily living, as well as to assist Personal Support Workers (PSWs) with their workload.

The program consists of 4 weeks of paid employment skills training which will be enhanced by experiential learning activities and simulation, as well as 2 weeks of paid work placement.

The employment skills training will focus on areas such as soft skills (leadership, teamwork,

communication, community engagement) and specific skills training (health and safety for older adults, mental health, dementia awareness, how to assist with basic activities of daily living, etc.).

The 2-week work placement will take place in continuing care settings, retirement homes. The community and participants will have the opportunity to practice the skills they have learned while continuing to receive one-on-one coaching. For participants currently working in the field, they will have the opportunity to demonstrate their newly acquired skills while benefitting from hands-on coaching/preceptors.


The program is designed to build a resilient and confident labour workforce who will play a critical role in addressing current labour market shortages, especially in the health care industry and will ensure employee retention. By creating a new role in health care services provided to our senior population, we are addressing an urgent need and alleviating the pressure on the health care system.



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



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Summertime

and the Living

By John Kelly

Water, water everywhere.

And lots of it to drink. And swim in. And boat on. And to fire from a toy gun into the eye of a beer-drinking uncle. Summer is almost here poking its sunny disposition around the corner and reminding us all of the fun times ahead involving water.

Do you ever wonder why water is such an integral part of our activities? Well, for starters, without it, we die. Pretty good reason to hang out with water and stay in its good graces. We wash with it. Dilute whiskey with it. Even in the winter, so many of our outdoor activities revolve around H₂O, at least the frozen variety.

There is no shortage of things to do this summer in the great outdoors.

This summer promises to be different than the previous two. Let's not get into it. You know why. There will be more reckless abandon, more throwing caution to the wind, more fun in the sun. And sun and water go together like Martin & Lewis, like Ben & Jerry, like Sonny (sorry) & Cher. They work in tandem and harmony, don't they? One warms. One cools. One wets. One dries. Mother Nature's laundromat. And is there any place better than Northern Ontario— Devil's Bay in The British Virgin Islands notwithstanding— to take advantage of her delicious cycle? Maybe not.

There is no shortage of things to do this summer in the great outdoors. The classic camping adventure, complete with more water and sunshine than you can shake a stick at, is high on many people's lists of fun. If you have a google machine at

your disposal, it's as simple as click, click, click to find a campground, book a site, and pitch a tent. Good times. There's the 'real kind' where you actually bushcraft and the more 'realistic' kind where there is running water and an outlet for your hair dryer. Whether you're roughing it or think you have it rough, there are dozens of camping options available.

To ask if there are any fishermen in Northern Ontario is like asking if there are any cowboys in Texas. For many people, the beautiful lakes of Ontario, whether flowing or frozen, are nothing if not the quintessential place to catch fish. A hut on the ice or a bass boat on the sparkling water is where you're likely to find them. Aside from the relaxing days with family and friends trying to land a big one while you look for other fish in the sea, there are also tournaments and derbies for all ages. It's a great place to hook up. Unless you're a worm. Or a fish.

The beach. A memory that takes us back to when we held hands with a parent as tiny waves smack against our bellies. The sounds of the gulls crying as they dive for fries. The smell of suntan lotion thick on our skin and trapping the sand between our fingers. Make an entire day of it at the beach. Umbrellas, chairs, coolers. There'll be sun and there'll be water in the right proportions. Family fun. Bonus – the kids will sleep in the car on the way home.

Your own backyard pool, built-in or above ground, is perhaps the best place for a summer afternoon and evening. While dad sweats over burgers and dogs on the barbecue and wonders why women seem unable to prepare food unless surrounded by four walls and a roof, everyone hits cannonballs and jackknives into the chlorinated deep end. I don't care what you say, I like the smell. If the community pool is your option, that's just fine. It's where I first fell in love. I never got her name.

We (my best friend was in love with her too) called her the colour of her bathing suit. Light blue. She took no notice of us until she noticed us swimming around her, goggled like two weirdo otters trying to get their little hands on an elusive clam. And that was that. But the pool is still a great place to swim a length or two and towel off in the sun.

Summer. We sure won't take it for granted anymore. Sunshine. Water. Go out and embrace them. As much as one can hug sunshine and or put their arms around water.





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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.



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

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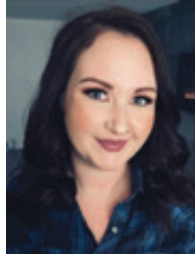
Maison McCulloch Hospice is a centre of excellence dedicated to the collaborative delivery of quality hospice palliative care in both official languages in the City of Greater Sudbury and the Sudbury District.

END OF LIFE CARE — IT'S ONLY NATURAL

By Josée Anne Asselin, RN BScN

The truth is, death affects us all. Whether it be from cancer, chronic disease, or simply old age, it is an inevitable chapter every individual will encounter at some point in their lifetime.

The Community Hospice Palliative Care Team assists members of our community with a life-limiting illness and a prognosis of 12 months or less by providing holistic hospice palliative care services in the location of their choice. Our team consists of Palliative Care Physicians, Nurse Practitioners, an Advanced Practice Nurse, Registered Nurses, Supportive Care and Grief Services as well as Visiting Hospice Services that provide 24/7 support and symptom management to clients in their most vulnerable moments. Our goal is to manage the physical, emotional, spiritual, and social needs of clients and their families during their end-of-life journey in the comfort of their own home and to avoid unnecessary trips to the Emergency Department.



Josée Anne Asselin, RN BScN

*Clinical Manager
for the Community
Hospice Palliative
Care Team at Maison
McCulloch Hospice*

Our goal is to manage the physical, emotional, spiritual, and social needs of clients and their families during their end-of-life journey

The Community Hospice Palliative Care Team and our Community Partners provide in-home visits to assess and help identify client and caregiver needs to ensure good quality palliative care. We focus on the wellbeing of our clients and their family members in order to tailor a plan of care that suits every individual need. Being a part of our Community Hospice Palliative Care Team “family” allows for a seamless transition to Residential Hospice Care based on the client’s choice.

With the recent expansion of Maison McCulloch Hospice, our Residential Hospice is now a twenty (20) bed operation. This includes fourteen (14) end of life beds and six (6) short stay alternate beds. Our short stay alternate beds are available for our community clients to manage complex unstable symptoms, provide caregiver support and education, and caregiver relief for planned or unplanned functions. Our team works collaboratively with the Residential Hospice staff and all other interdisciplinary team members to recognize and meet the needs of clients and their caregivers with the goal of transitioning them back into their homes and to continue being followed by the Community Hospice Palliative Care Team.

Although death and dying is an inevitable chapter every individual will encounter at some point in their lifetime, the focus of the Community Hospice Palliative Care Team at Maison McCulloch is the key difference: our focus is on your experience.



SUMMER TRAVEL INSPIRATION

By Chelsea Papineau

While the COVID-19 pandemic continues, the travel restrictions have eased and many are feeling more comfortable venturing out and are looking to scratch the itch for travel.

STAYCATIONS

Throughout the last two years, many local restaurants and tourism operators have suffered greatly during multiple lockdowns and are looking to make up for lost time and revenue.

And with record-high gas prices, it is the perfect opportunity to explore the wonders that northern Ontario has to offer.

As an incentive to help the tourism industry bounce back from the pandemic, the Ontario government is offering a staycation tax credit in 2022 of \$200 for individuals and \$400 for families. Residents can claim 20% of their accommodation expenses at hotels, cottages, and campgrounds in Ontario on next year’s taxes.

CTV News Northern Ontario has always been a big supporter of local tourism and has several features that highlight many fun and interesting things to do in the region.

Check out our Community Calendars, Explore the North, Great Places to See, and Destination Northern Ontario on our website CTVNewsNorthernOntario.ca for ideas.

CROSS BORDER TRAVEL

For those who want to explore a little further from home, it is now much easier to cross the Canada-U.S. border.

Canada has dropped its pre-entry COVID-19 testing requirements for the fully vaccinated, meaning you do not need to have a test to get back in. However, if you are travelling to the U.S. by plane, you must have proof of a negative test result taken within 24 hours of your departure or have documentation showing that you have recovered within the last 90 days.

Canada requires travellers to use its ArriveCAN system to enter the country or face a possible fine of up to \$5,000. Travellers will be asked to upload their proof of vaccination up to 72 hours before arriving at the border and will need to show their ArriveCAN receipt for boarding flights and at customs. The U.S. requires travellers to be fully vaccinated to enter the country.



Chelsea Papineau

*Lead Digital Content
Specialist for CTV News
Northern Ontario*





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EXERCISING FOR WOMEN OVER 50 - WHAT TO DO AND WHAT TO AVOID

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

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Exercising doesn't have to raise dread and fear in the hearts of women over 50. It doesn't have to entail endless hours at the gym doing strenuous aerobics and lifting heavy weights. Exercising over 50 means adopting a healthy lifestyle by being active every day.

It can be as easy as getting off the bus one stop early, parking at a further lot, taking the stairs instead of the elevator, or going for a walk after dinner. Many women say they don't have time to exercise, but if you can incorporate movement into your daily routine, then it takes no extra time.

Besides decreasing your risk of developing heart disease, diabetes, and osteoporosis, exercise and physical activity may help alleviate some of the symptoms of menopause such as hot flashes, joint pain, and sleep problems.

Exercise and physical activity may help alleviate some of the symptoms of menopause such as hot flashes, joint pain, and sleep problems.

A complete fitness program includes aerobic exercise, strength training, and stretching. If you do like to jog or work out on the elliptical, make sure you can pass the talk test which means exercising at a pace that lets you carry on a conversation. Between the ages of 30 and 80, adults can lose as much as 30-40% of muscle strength. Strength training makes you less prone to injury and weakness. Use light hand weights that allow you to comfortably complete 8 reps to start and gradually add more

reps until you can do 12 – or use your body weight for example squats or modified push ups. Remember to stretch to maintain flexibility and range of motion. Some of the best exercises for women over 50 include water aerobics, chair yoga, resistance band workouts, body weight workouts, and walking.

There are some exercises that you should avoid however (or at least use with caution). These may put extra strain on your joints and back or neck and may not be wise if you have balance problems. These include: squats with weights, bench press, leg press, sprints, abdominal crunches, upright row, deadlift. These can be hard on your joints and back and can cause injury.

If you haven't exercised regularly before, it's not too late to start. Working out can keep you young.



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EYES AND TECHNOLOGY...

By Dr Deric Schryer BSc, OD

I always have a discussion with my patients regarding how they use their eyes. They may have a specific hobby that requires a specific work distance or decided to start playing the bagpipes during their retirement. One thing is guaranteed, not everyone uses their eyes in the same way.



Dr Deric Schryer
BSc, OD

Independent
Optometrist at
Eye Style Optical

That being said, the most obvious trend is the increased use of technology. 99.9% of people either have a computer, a tablet, or a telephone that they use on a regular basis. We now know that all of these technologies are a source of High Intensity Blue Light. This type of light exposure is not specifically damaging such as Ultraviolet Rays, but does become very difficult for our ocular system to process.

Technology is not going away anytime soon and luckily, we have a solution available to help protect our eyes from this high intensity light.

People will come in with complaints of headache and fatigue associated with their work environment. These symptoms are directly related to Blue Light and have been increasing in frequency due to change in the work environment with a lot of people converting to online workstations and remote access points.

Technology is not going away anytime soon and luckily, we have a solution

available to help protect our eyes from this high intensity light. Blue Light Filters (BLF) can be added to a spectacle prescription that will help reduce this exposure. Some materials also have a built-in BLF. Transition lenses which automatically get darker when exposed to Ultraviolet rays will also offer protection against Blue Light.

Your Optometrist will always offer options that will help you see, protect your eyes, and keep them comfortable for all your visual demands. The Optician will then be able to help you choose the proper optical solution for your unique situation. There is nothing better than a professional eyecare provider to maximize your vision and let you SEE your best!!



AMINTRO MEMBERS' TOP TEN BUCKET LIST ITEMS

By Charlene Nadalin

For many of us over the age of 50, one of the most popular topics of conversation is "Bucket Lists". A bucket list - for many - means something for people to aspire to, plan towards, and to enjoy. Today - we're taking a look at the results of our own survey of our Aminthro community members.

1. Not surprisingly, **travel** is pretty much the top of the list for many folks. Our Aminthro members tell us, in their senior years, travel has become a priority. Bucket List destinations often include major tourist sites like:
 - The Great Wall of China
 - The Eiffel Tower
 - An African Safari
 - The Pyramids of Egypt
 - Seeing the Northern Lights
 - Hiking the Machu Pichu
 - Australia or Thailand or Bali
 - Europe, Brazil, the Galapagos or Cruising the world in a luxury liner
2. **Learning a new skill** now is on their list of things to do including snorkelling or scuba diving, opening a whole new world under the sea. The opportunity to see coral reefs, stunning and beautiful schools of fish or explore a historical shipwreck are all options when you learn a new skill like scuba diving.
3. **Trying something new** like taking a hot air balloon ride or booking a flight in a small plane or helicopter (say, over the Grand Canyon for example) and enjoying the experience of flying but without all the hassles of the airport!
4. **Spending time with the grandkids** ranked pretty darn high for most Aminthro members and who can blame them?! Grandchildren are an opportunity to enjoy all the fun aspects of having kids without all that hassle of actually having to "parent" them.
5. Many of our Aminthro members have come here from countries around the world and have already mastered **learning a new language** - English. Now, maybe you want to learn another one whether just for the fun of it or because you plan to travel to a particular destination and want to be able to speak easily with the inhabitants. What better way to spend retirement than learning a new language, travelling to the country where that is spoken and then fully immersing yourself in the lifestyle while there?
6. Many folks told us they wanted to **write a book!** Wouldn't you love to meet a fellow aspiring novelist and find out what inspired them to write? Maybe it's to pen your life story. Perhaps a mystery has always been niggling away at you just itching to be written or maybe you're a romance novelist at heart.
7. **Teach yourself something simple** - perhaps something a little less stressful than scuba diving! Like to dance or swim or bake or take up art or learn an instrument. This is your chance to do something new, unique, or creative.
8. **Travel in an RV** throughout Canada/ North America / Australia. This was a common theme amongst our survey respondents. No reservations required, no specific destination in mind - just you, a friend and the freedom to drive!
9. **Get fit.** Lots of folks tell us that getting older isn't about "aging gracefully" but rather, it's a chance to truly focus on themselves and their health and many choose to do so by setting impressive goals like running a marathon or a triathlon. Way to go!
10. Many Aminthro members tell us that the 50+ years are a time for them to give back, **volunteer** and donate their time to an organization they care about it.

Make a commitment to yourself - if it's on your bucket list, commit to making it happen!

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FEET IN THE HEAT



We really shouldn't complain about the heat after the long cold winter we had, but this summer sure has been a hot one. Summer can be a great time with golfing, walking, sightseeing, or shopping. Unfortunately, the high temperatures and humidity can create problems which can turn a great day into a miserable one.

When humidity is high, it can cause swelling of the feet. This makes our shoes that fit in the morning too tight by the afternoon. Blisters can develop along the back of the heel, the sides of the foot, and on top of the toes. When going shopping or sightseeing for the day, always wear your most comfortable shoe that can be adjusted to accommodate any swelling. Wearing

socks or nylons rather than bare feet can also help to prevent blisters. You may want to bring along an extra pair of sandals just in case and always make sure to have band-aids on hand.

Swelling can also cause the toes to rub together and a soft corn can develop. Soft corns occur between the toes and are very painful. Moisture between the toes can make these corns even worse. Staying away from narrow toed shoes will help to avoid this problem. The pointier the shoe, the more the toes will rub. If you already have a soft corn, you can get some relief by keeping the toes apart using cotton wool or a foam toe wedge. A daily swab using rubbing alcohol between the toes to reduce the moisture also helps. Most soft corns need to be reduced by a foot specialist for any real relief.

Athletes foot is also very common during the summer. Athletes foot is a fungal infection of the skin that can cause itchiness, peeling skin, small blisters, and redness. An odour is usually present as well. There are over the counter

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



and prescription medication available for this problem. If you are prone to athletes foot, you may want to take a look at your footwear. Fungus thrives in a dark, moist, warm environment. Discouraging this type of environment can help eliminate the fungus. Try to wear open, airy shoes, or sandals. Wash your feet twice a day making sure to dry well in between the toes. Stay away from enclosed shoes, especially vinyl ones.

If your feet are sore it can ruin your whole day. Try to prevent blisters or corns from occurring and be prepared in case they do. This will ensure a long, enjoyable summer on your feet.

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BENEFITS OF SELF STORAGE

The idea for “self storage” started 2,000 years ago in ancient times. People would store valuable items in clay pots in an underground area. These clay underground pots would be guarded to make sure only the owner could remove their pots.

Today, the self storage industry has evolved in the public services provided to the customers and has expanded across Ontario. These new storage facilities are meeting their customers expectations by providing state-of-the-art services such as computerized gate entry, video surveillance, wide aisles, lighting, and fence-controlled areas.

The storage industry understands that we are busy and that our belongings are essential parts of our lives and need to be respected. Therefore, storage units provide clients with services that are stress free, safe, and easily accessible.

Let’s discuss the types of storage units that are climate-controlled and drive-up. Firstly, a storage unit that is climate-controlled is



in high demand because this type of space creates an environment of protection for all stored items. Secondly, the drive-up heated and drive-up non-heated are units that offer an easy, quick, stress-free access to the space. These types of units have a roll up door that is ground level making the process of moving

The storage industry understands that we are busy and that our belongings are essential parts of our lives and need to be respected.

more convenient by providing the direct ability of loading and unloading items into the units.

Most importantly, the benefits of storage units can provide space needed to accommodate all of life’s situational events and create a cohesive business environment. People are downsizing, retiring, and moving. These kinds of transitions create a need for space, and a storage unit will ensure all stored items are readily accessible and safe. In addition, a unit will help a household find easy ways to free-up space at home and can be considered the ideal middleman between moving into your new home. For a business storage units can be the ideal, cost-effective solution for additional space resulting in an excellent area for storing equipment, stock, and merchandise. The possibilities are endless.

Storage is an essential element of the times and an organized life. The self storage industry has evolved with the times, and is a long way from stored items underground in clay pots!

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