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Comfort zones are comfortable. But often, it's not long before they become a rut. And unless you're a moose or a deer, this is a bad thing. Leaving your comfort zone for something new and exciting may be just the trick to avoiding the 'same old, same old'. Why not exit your cozy space this summer by embarking on a new adventure? The lazy warm months are a perfect time to cast aside the routine and try your hand at a new hobby, something off the beaten path and away from that rut.

When was the last time you painted? No, not the hallway. How about trying your hand at creating some of your own art? Go with water colours or acrylics. Experiment with oils if you're bold enough. The summer is a blank canvas, and, whether you know it or not, everyone can paint. Bob Ross said so.

Cold adult beverages are keen to poke their heads out around this time of year. Instead of the boring old beer or the tired glass of wine, let's mix it up a little. Become the go-to for friends and family when only a drink a little out of the ordinary can quench their thirst.

Mixology is all about trial and error, and nothing goes to waste! Create your own interesting drinks. Dress them up, and give them unique, original names. And, as the French say, remember to 'drink responsibly'.

Simon and Garfunkel did it. Maybe an herb garden could be part of your summer plans. Get a small container or two, learn about the different families the herbs belong to, grow from seed or small plant. Sun, soil, and water are all you need now, so go to town. No need to make the long trek all the way to Scarborough Fair.

This summer, try something new. You'll learn. You'll grow. And you'll be glad you stepped out of your comfort zone. And besides, it will always be there waiting for you right where you left it.

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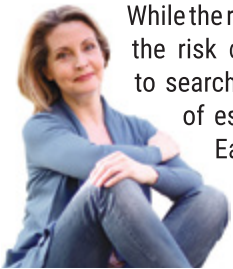
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MENOPAUSE – IS SOY ENOUGH?

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

Many people are troubled by symptoms of menopause, the most common being hot flashes and night sweats. Estrogen has been found to be the most effective management option for these symptoms, but some people alternatively choose to consume soy as tofu, soybeans, or supplements in the place of hormone therapy. However, research shows that this approach may not be as helpful as believed, indeed, most of the research has shown mixed results with many studies being small with no placebo comparison.



While the risks of hormone therapy are low (including the risk of breast cancer), researchers continue to search for something that has all the benefits of estrogen without any risks – notably soy.

Early studies conducted in nonhuman primates showed that these primates can convert soy isoflavones into a weak form of estrogen, but humans can't do that. Soy isoflavones can bind to estrogen receptors in some people and mimic the effects of estrogen, but the effect is weak. Reviews of the data note that plant phytoestrogens (plant derived estrogen-like compounds) are safe, accessible, and low-risk compared to hormone therapy. For some, they may be worth trying, for others, they may not be strong enough.

Researchers continue to search for something that has all the benefits of estrogen without any risks – notably soy.

It is also important to remember that although estrogen is not promoted for disease prevention, it does have beneficial effects on bones and the prevention of osteoporosis, and research shows a positive effect on the prevention of heart disease if started early in menopause.

Even though soy is not necessarily a good option for menopause management, it has overall benefits as part of a healthy diet and lifestyle that includes regular exercise. A diet high in saturated fats, processed and red meat has been strongly linked to an increased risk of heart disease. Soy is a good source of protein, and it has been shown that people who eat a vegetarian diet have a lower risk of heart disease. Soy is not an equivalent alternative to estrogen for menopause therapy, but it can be part of a healthy lifestyle as you age.



REFRESH YOUR WARDROBE ON A BUDGET

A little retail therapy can make a person feel good and finding new pieces of clothing to refresh your wardrobe can really lift one's spirits. However, in this economy and with rising inflation, lots of shoppers are looking for the best value. And while some incredible deals can be found online, sometimes what arrives is not what was expected, if it shows up at all.

Here are some ways to support local businesses in a way that is more earth-friendly and good for the economy.



By Chelsea Papineau

Digital Content Specialist,
CTVNewsNorthernOntario.ca

THRIFTING

Shopping at thrift stores has become more popular in the last decade and some real treasures can be found for a bargain. The downside is you often have to pick through racks and racks of clothing and there is not always an opportunity to try things on. Two local thrift stores on Notre Dame Avenue in the Flour Mill sell used items that have been donated by members of the community as a way to fund charitable work. The Jarrett Value Centre provides valuable training and work opportunities for developmentally disabled adults and PetSave ReTail uses its profits to fund the local animal rescue organization.

CONSIGNMENT

Several years ago, a friend introduced me to a consignment store called Bargain Anni's. It too is located on Notre Dame Avenue. They offer both new and used items and take women's clothing on consignment. The owner Tammy posts a curated selection from her store on Facebook weekly for "Fashion Friday." Recently, I visited another store that offers both new and consignment items in Capreol, Little Town Boutique owned by Stephanie Turpin. I was excited to find a great selection of gently used items and some that were new that still had tags on them. But most of all, I was happy to support another local businesswoman.

CLOTHING SWAP

Another way to refresh your wardrobe and purge your current collection at the same time is to hold a clothing swap with others you know. The best part is it is free and a great way to get together with other people. Everyone brings clothing, shoes, accessories or even household items they no longer need or want for the group to peruse. After everyone has picked the items they want, anything left over can be donated to charity. My favourite place to bring donations is to the Community Closet at Better Beginnings Better Futures on Morin Avenue in the Flour Mill. Volunteers arrange the donations into a retail-like setting and clients can shop the items for free. It is a great way to give back to people in need.





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THE GIFT OF GIVING

By Suzette Forget

Since its inception with the Sudbury Regional Palliative Care Association in 1989, to Warm Hearts Palliative Caregivers, and finally with its integration into the Maison McCulloch Hospice, the Visiting Hospice Service has continued to support community members during their end-of-life journey.

COVID-19 has significantly impacted the dying process for caregivers and their loved ones. Dying conjures up feelings of loneliness. With restrictions in place for nearly two years, the added sense of isolation to a person's end-of-life journey has been an unfortunate and tangible reality. Technology never did manage to replace having someone sit at the bedside, hold hands, or help prepare a bowl of soup.

Our Visiting Hospice program is a free service comprised of volunteers who go into people's homes to do just that. When accessing the program, one client described how much fear and anxiety they felt at the thought of dying alone. They had no other visitors. Through our program, this client was paired with a volunteer. They began each visit with a hot cup of coffee. The client began to trust the volunteer in vulnerable moments - they had a lot of laughs and spoke of things they had in common. The support that the client received from the volunteer was irreplaceable.

When the client passed, the volunteer spoke of the impact this client had on her. She was so impressed at how the client remained so positive during such a lonely and difficult time. The client was content and happiest when she had the chance to connect with another person. As much as the volunteer gave to the client, the client gave back to the volunteer ten-fold.

When someone is given the news of having a terminal illness and short prognosis, the service of a visiting volunteer should be considered. Our volunteers are carefully screened, selected, and trained to provide the best companionship experience possible. Volunteers and clients are paired based on similar interests and common backgrounds that will stimulate conversation and mutual understanding. For our volunteers, it's knowing they made a difference - it's a learning experience and a humbling experience to say the least.

Maison McCulloch Hospice is always looking for new clients and new volunteers to provide this essential service. If you - or someone you know - would be interested in joining the team of volunteers OR interested in receiving practical or psychosocial supports from our program, please contact us at 705-674-9252 ext. 236 or visit our website at www.maisonsudburyhospice.org.



Suzette Forget

Community Volunteer
Coordinator at Maison
McCulloch Hospice

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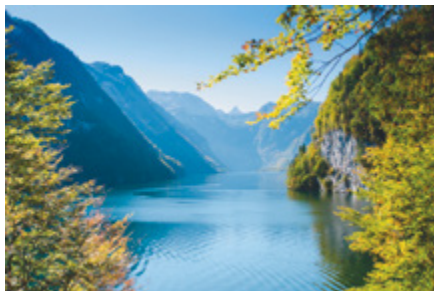
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UNDERSTANDING LOW VISION DISEASES

You have probably heard of vision conditions such as glaucoma or cataracts, but what do they actually look like? Understanding what these conditions do to your sight could possibly help you recognize the signs and symptoms, prompting you to call your optometrist for a checkup!

NORMAL VISION



CATARACTS



Almost everyone will develop cataracts at some point. A cataract forms when protein builds up inside the crystalline lens, which is the lens inside the eye responsible for adjusting and focusing light onto the retina allowing us to see! When that lens becomes cloudy, however, it results in cloudy vision. It can also cause sensitivity to light and glare. While cataracts are easily treated through routine surgery, there are rare occasions where surgery is not an option.

GLAUCOMA



Glaucoma is a condition where the pressure inside the eye becomes elevated. Fluid is constantly regenerating and draining, but sometimes those drainage systems become clogged, like a sink, and the fluid is unable to drain. This excess fluid then causes pressure on the optic nerve at the back of the eye, which can cause peripheral, or side vision loss. Imagine the optic nerve as the cable going into your tv. If the cable becomes compressed, the picture travelling to the tv screen, or in this case, the picture traveling from your brain to your eye is affected and the peripheral vision is permanently lost. Early detection is the best way to avoid permanent vision loss as glaucoma can sometimes have no symptoms, but can be easily detected during a routine eye exam.

DIABETIC RETINOPATHY

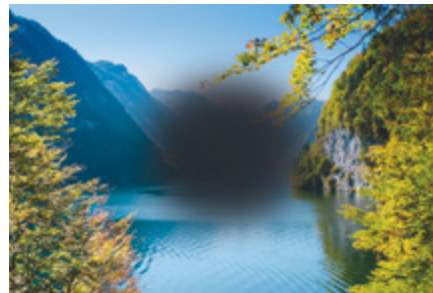


Diabetic retinopathy is becoming more common as the number of people with diabetes in North America continues to rise. In diabetic retinopathy, the tiny blood vessels in the back of the eye, the retina, become damaged. The vessels may bulge and begin to leak fluid into the tissue in the retina, causing patches of blurry vision. As with glaucoma, sometimes there are little to no symptoms until the vision loss is already present. If you have diabetes, it is strongly recommended that you visit your optometrist annually as they can detect signs of retinopathy before vision loss occurs.



By Amber Fournier
Registered Optician, Owner-Operator
Gagnon Opticians

MACULAR DEGENERATION



Age-related macular degeneration (AMD) is the most common form of vision loss in Canada. The macula, which is an area on the retina responsible for our central vision, becomes damaged resulting in central vision loss. There are different types of AMD but in both cases, it is the central vision that is affected.

With any type of vision disease, whether temporary or permanent, different types of magnifying devices can help people continue to perform everyday tasks. While one low vision device alone may not solve every vision-related issue in a person's life, there are so many tools available to help with a wide variety of tasks. With the proper arsenal of low vision tools, people with vision loss due to vision disease can regain their independence and continue to live life to the fullest!

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Bears hibernate for nearly half the year. No wonder they're so hungry and grumpy when they get up. For many seniors, much of the year is spent in their own den, their time spent killing time and pining for the smell of flowers, the warmth of the sun, the great outdoors.

In addition to all of the trials and tribulations life throws at us, for those living in northern climates, there is the added insult of winter. The young, mobile, and strong take it as no insult at all. They welcome the snow and cold with scarfs and mitts, sleds and snowshoes, ice fishing gear and snowblowers. They revel in all things winter. Misplaced enthusiasm for sure.

Many seniors hunker down for as many as six months and wait out the foul weather. Bears go this long without drinking, eating, or pooping. Seniors, as a rule, are more regular. The fact remains though that many are house-bound and unable to participate in activities that kept them on the move, gave their lives purpose. Bears also live off a layer of fat. If that sounds familiar, read on.

Enter spring. She comes in right on cue every year. And her entrance is a soft one. Demure. Sort of unannounced. It's the perfect time to get up out of your chair and get moving. Here are a couple of ideas to help make spring your hint to get outside and moving.

Walking is underrated. In the beginning, and I mean the beginning, we clap and cheer as baby's take their first steps. It's not long though before walking takes a back seat to just about anything that keeps us from walking. Spring can help to change that. It is a great time to rediscover our youth. Make a point of walking everyday. Keep a journal. Log the miles. You may surprise yourself by how far you get. Nearly everyone can do it, and there's the added little bonus of that dose of Vitamin D from the sun that 's been missing since oh, about October.

There are a few things to keep in mind. Get the 'all clear' from your health practitioner. Invest in a comfortable pair of walking shoes. And remember, it's spring, but you're no spring chicken. Start slowly.

Keep the distance reasonable. Keep an eye out for aches and pains that may be the result of too much too soon. If you can walk with a partner, great. It serves a couple of purposes. For one, it's a great buddy system. If your partner is a great conversationalist, even better. If you're able to hold a conversation without feeling winded, you're on track. If not, ease off the throttle a bit.

Some of walking's benefits are obvious: cardiovascular health improves; healthy weight objectives are achievable; bones, muscles, and joints are strengthened. But there are other advantages that fly under the radar a little but are no less important. Studies have shown that walking regularly aids in getting a good night's sleep. And perhaps most importantly, moderate exercise such as walking helps to slow cognitive decline.

Gardening, unless you're one of those people who grows herbs on the windowsill, is really an outdoor spring and summer affair. So, if you've got a green thumb, this is your green light to get outdoors and start putting down roots. For the senior planter, there are all kinds of ideas to make gardening easier on more 'seasoned' bones. It may be the case that traditional gardening, i.e. the down to earth on your hands and knees type is simply out of the question. Older back and hips and knees tend to object to all the bending and stooping.

Here are two alternatives to the tried and true 'horizontal' style of gardening, the one where you look down at a rectangle of soil and wish it weren't so far away. First is the raised bed. It's a gardening method that's older than dirt. That doesn't make sense, I know. After the initial investment in some lumber and the labour (that's what children are for), you have a garden that is literally at your fingertips. Depending on space and budget, you can make it as big as you wish.



Second is vertical gardening. Your crops don't go north, south, east, and west. They go up! Create a trellis and stand back. I have it on good authority that a bean stalk will go on forever. Cucumbers, squash, melons, and other vegetables also do well with this method. Potatoes not so much. If you like a glass of wine, consider growing grapes in this manner. If growing your own food or drink isn't your thing, many flowers take to these techniques wonderfully too. Regardless of which approach you

may choose to employ, a pair of good hand pruners are indispensable. They'll save your hands and keep you from a great deal of frustration. A pair of gardening gloves and a sunhat complete the ensemble. The rest is optional!

So, it's settled then. This year you'll make like a bear; wake up, shake off the winter dust, do your business. Winter can make leaving the den and being active very difficult. But Mother Nature has a remedy, and her name is Spring. Get your recommended daily dose!

DISCOVER THE JOY OF DANCE:

YOUR SUMMER MUST-DO

Looking for a thrilling new hobby? Dive into the world of dance! Whether you're craving exercise, eager to socialize, or simply want to have a blast, dance offers it all. With a plethora of styles to explore and multiple avenues for learning, here's how you can kickstart your dance journey:

- 1 Explore Diverse Styles:** From classic hip-hop to contemporary trends, there's a dance style for everyone. Dive into online videos to sample various styles and discover what resonates with you.
- 2 Solo, Partner, or Group:** Dance is inclusive, whether you prefer to groove solo, with a partner, or in a group setting. Embrace the freedom to dance your way.
- 3 Local Classes:** Dip your toes into local dance classes offered by schools or organizations. Enjoy the flexibility of trying different styles without a long-term commitment.
- 4 Community Events:** Keep an eye out for community dance events where you can learn while engaging with your local neighborhood. These events are often budget-friendly or even free.
- 5 Join a Dance School:** Commit to regular classes by becoming a member of a local dance school. Build skills and connections with fellow dancers in weekly sessions tailored for adults.
- 6 Online Tutorials:** Utilize online tutorials to practice at home, at your own pace. Dive into dedicated channels offering a plethora of dance styles for free or at a lower cost than formal classes.
- 7 Bring a Buddy:** Invite a friend to join your dance journey for added fun and support. Learning together enhances the experience and strengthens your bond.
- 8 Learn from the Pros:** Seek guidance from experienced dancers in your social circle. Whether through formal lessons or informal sessions, learning from someone you trust creates a comfortable learning environment.

Embrace the vast and enchanting world of dance—it's time to let your feet lead the way! Start your dance adventure today and savor every step along the path to rhythmic bliss.



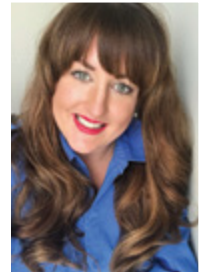
By Charlene Nadalin,
Founder and CEO,
Amintro



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.



Kerrie Michelutti,
PMP, Owner
Home & Haven
Design Studio

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 envelop 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 pension for layering and decorating, will elevate your home, and you might just end up happier than you thought possible.





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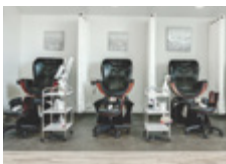
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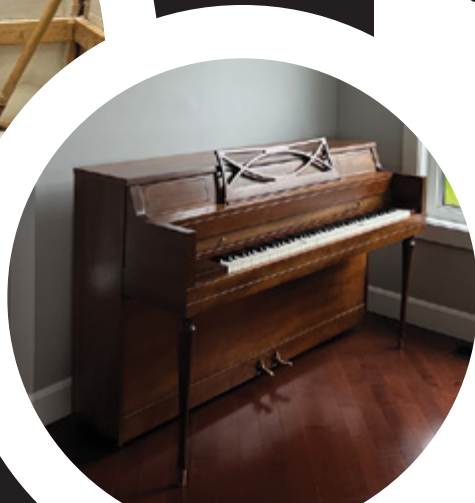
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Sudbury Blueberry Festival 2024:

Hosted by Red Oak Villa



Mark your calendars! The 2024 Sudbury Blueberry Festival will take place from July 18th to 21st, 2024 at the picturesque Red Oak Villa. This four-day extravaganza promises an array of activities and experiences centered around the iconic blueberry.

Last year the Sudbury Blueberry Festival was passed down to a new host to continue the tradition of this cherished community event – Autumnwood Mature Lifestyle Communities. This year, Red Oak Villa is excited to host and continue the tradition of celebrating Sudbury's most treasured above-ground natural resource—the low bush blueberry.

Sudbury, known as the Nickel capital of the world for its underground wealth, boasts an equally bountiful natural gem above ground—the lowbush blueberry. The Sudbury inaugural Blueberry Festival du bleuets was created in 1986. Since then, the festival has grown into a beloved annual celebration.

Here are some of the exciting events planned for this year:

Hike up Blueberry Hill: Embrace the outdoors with a scenic hike up Blueberry Hill – a historied tradition of the blueberry festival.

Blueberry Pancake Breakfast: Indulge in unlimited blueberry pancakes—an irresistible treat that captures the essence of the festival.

Blueberry Pie Eating Contest: Join in the friendly competition at the Blueberry Pie Eating Contest, featuring well known participants from the City of Greater Sudbury. Who will reign supreme this year?

Blueberry Bash: The festival's signature event will dazzle attendees with entertainment, activities, and delightful surprises. Stay tuned for updates on what promises to be an unforgettable celebration.

Blueberry Vendors/Farmers Market: Discover a vibrant marketplace showcasing local vendors offering a diverse range of blueberry-themed products. From fresh berries to baked goods, there's something for every blueberry enthusiast.

The Sudbury Blueberry Festival fosters a strong sense of community and unity. It celebrates not only the blueberry itself but also the rich cultural heritage and camaraderie that define Sudbury. The event at Red Oak Villa promises to honor tradition while embracing new opportunities for growth and excitement. Come and be part of this special event celebrating Sudbury's unique identity and the humble blueberry that brings us all together.

For more information and key dates about the Sudbury Blueberry Festival please keep your eyes peeled and visit our Facebook page: [facebook.com/AutumnwoodMatureLifestyleCommunities](https://www.facebook.com/AutumnwoodMatureLifestyleCommunities)





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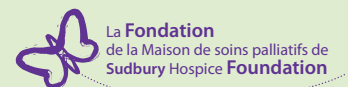
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SUMMER PEDICURES

Summer is the perfect time to show off your cute sandals and flip-flops, but before you slip into those strappy shoes, it's essential to give your feet some much-needed attention. One way to pamper yourself and get ready for the season is by indulging in a summer pedicure. However, as you treat yourself to this relaxing experience, it's crucial to ensure that you choose a clean and hygienic spa.

Getting a summer pedicure can do wonders for both the health and appearance of your feet. Not only does it help exfoliate and moisturize your skin, but it also keeps your nails trimmed and polished, adding a touch of glamour to your summer look. However, one factor that should never be overlooked when getting a pedicure is the cleanliness of the spa.

Visiting a clean spa is vital for several reasons. First and foremost, maintaining high levels of cleanliness and hygiene helps prevent infections and the spread of bacteria. Nail salons and spas can be breeding grounds for germs if proper

sanitization practices are not followed. By choosing a spa that prioritizes cleanliness, you reduce the risk of contracting infections such as athlete's foot, fungal nail infections, warts or even more serious conditions like cellulitis.

Additionally, a clean spa environment ensures your safety during the pedicure process. Tools and equipment used in nail treatments must be properly sterilized to prevent the transmission of diseases. Reputable spas follow strict protocols for disinfecting tools, foot baths, and workstations between clients. This attention to cleanliness not only protects your health but also provides peace of mind as you relax and enjoy your pampering session.

When selecting a spa for your summer pedicure, there are a few signs to look out for that indicate a commitment to cleanliness. Make sure the spa displays licenses and certifications, uses disposable tools, such as Disposable Brushes when possible, and visibly follows proper sanitization procedures. It's also a good idea to

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



check online reviews or ask for recommendations from friends to find a reputable spa with a solid track record of hygiene.

In conclusion, getting a summer pedicure can be a delightful experience that leaves your feet looking and feeling fabulous. However, prioritizing cleanliness and choosing a reputable spa are essential steps to ensure that your pedicure is not only relaxing but also safe and hygienic. By taking the time to select a clean spa for your treatment, you can enjoy all the benefits of a pedicure without any worries about the cleanliness standards of the establishment. So, treat yourself to a summer pedicure in a ridiculously clean spa, and step into the season with confidence and style!

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