

A Free Magazine for Parents and Caregivers

It's not all
LOLLIPOPS & RAINBOWS

THE MOM & CAREGIVER™

APRIL 2014
VOLUME 1

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MAKEOVER
EDITION**

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**GARDEN
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EDITORIAL 04
Celebrating the Special and the Everyday

05 EVENTS CALENDAR
April

AS THEY GROW 06
Physical Literacy and the Early Years

07 THE NEXT STAGE
A Louse-y Problem

REVITALIZE YOU 08
Let's Talk about Sun Protection - Part 2

09 DIGEST THIS
What is Pancreatitis?

KID ZONE 11
Animals and How to Save Them

12 FRANKLY FATHERHOOD
How Does Your Garden Grow?

ROMANCING THE STONE 13
Meet Colin Nash

14 ARE WE THERE YET
Marvin's Marvelous Mechanical Museum:
Farmington, Michigan

BIZ SHOWCASE 16
Westmount Shopping Centre

17 ONE STEP AT A TIME
Orthotic Treatment for your
Loved Ones as They Age

LET'S BE HONEST 18
What is Trauma?

19 PET FRIENDLY
Your Pet's Environmental "Pawprint"

FOOD FOR THOUGHT 20
Easter Habits: Makeover Edition

21 SPEAKING UP
Building Baby's First Words

BEAUTY AND WELLNESS 22
Beauty from Within

23 TMI
No Apologies

06



07



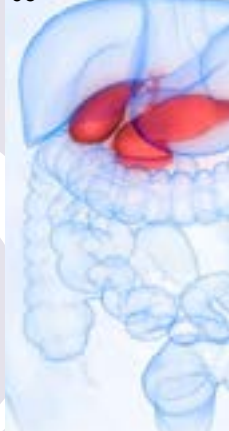
18



11



08



22



19



20



12



ON THE COVER

Hey guys, it's not all lollipops and rainbows! Big brother **Aviel** did try to soothe little brother **Mirai** by offering him licks of his lollipop, but it seemed Mirai just wanted Dad. Aviel was excited that he got to keep licking for so long, and everyone went home happy, and rainbow-sticky!

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CELEBRATING THE SPECIAL AND THE EVERYDAY

Here at The Mom & Caregiver magazine, we have a great interest in learning about the holidays and events that our family of readers are celebrating. We love to hear from you about the special days that are important to your family, and the traditions that go along with them. We also refer to online lists of holidays to see what's happening each month as we put our issues together. These lists contain a variety of important religious holidays, national celebrations, international awareness days and wacky theme days. I chuckle as I read through the latter days on the lists – for example, in April we are celebrating Grilled Cheese Day on the 12TH, and National High Five Day on the 16TH. Who knew?

April is quite a month for meaningful holidays as well - Passover begins April 8TH, Easter on April 12TH (I adore Mini Eggs!), and Earth Day on April 22ND. Plus my 13 year old prankster won't let me forget April Fool's Day on the 1st. We know we fail to mention all holidays that are important to you, which is why we'd love to hear from you! Please share your family's celebrations and traditions with us anytime at facebook.com/themomandcaregiver.

We can't spend every minute of April in holiday-mode, however. So let's get down to the nitty gritty of daily family life as well. Did you know you can help baby develop his or her first words? Find out how with Speaking Up on page 21. Want to green-thumb it up with your kids? Get your garden growing with Frankly Fatherhood on page 12. Are you a member of the sandwich generation? Then help your aging parents with orthotic suggestions on page 17 with One Step at a Time.

We're also honoured to welcome a gem of a new writer – Colin Nash of Nash Jewellers will be providing us with jewels of knowledge each month. You'll find his introductory article on page 13.

We hope you find reason to celebrate this month, whether it's through a grand holiday, or just because you made it through a grocery shopping trip without a toddler tantrum! Happy spring to you all!

Sabina



“ The greatest threat to our planet is the belief that someone else will save it. ”

- Robert Swan

APR 2020 EVENTS

1ST

Alan Doyle: Rough Side Out Tour,
Centennial Hall,
www.centennialhall.london.ca

5TH

Home and Outdoor Show,
Western Fair District,
www.westernfairdistrict.com

11TH

Harlem Globetrotters,
Budweiser Gardens,
www.budweisergardens.com

14TH

Paws for a Study Break
(Ages 13+), London Public Library
Masonville Branch,
www.londonpubliclibrary.ca

19TH

Live Blues and Southern Brunch,
Lou Dawg's London,
www.loudawgs.com

25TH

Clean Up Day, Fanshawe
Pioneer Village,
www.fanshawepioneervillage.ca

30TH

Story and Gym (1+ years),
London Public Library
Bostwick branch,
www.londonpubliclibrary.ca

4TH

Kids Easter Craft Program,
Covent Garden Market,
www.coventmarket.com

9TH

Macrame Feather Hangings,
Museum London,
www.museumlondon.ca

12TH

Happy Easter!

16TH

Peppa Pig Live!,
Budweiser Gardens,
www.budweisergardens.com

22ND

HAPPY
Earth Day!

26TH

Pride Men's Chorus
London's Rise up!,
Aeolian Hall,
www.pridemenschorus.com

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PHYSICAL LITERACY and the **EARLY YEARS**

Physical literacy is having the movement skills and the motivation, confidence and competence to move for a lifetime. The early years provide an opportunity to develop these skills with adult role modelling and support.

The early years are an important time for children to move. For children to be physically active they need to develop physical literacy at an early age. Children need to learn how to run, jump, throw, catch and balance so they can be active. When children feel confident performing these movement skills, they are more likely to participate in games and activities.

For infants (aged less than one year), the focus should be on tummy time, reaching and grasping for toys, playing and rolling on the floor, and crawling. Provide a safe environment with active supervision. Toddlers like to explore by walking, jumping, and pushing or pulling different toys or objects. Kicking, rolling or throwing the ball back and forth are all examples of activities. For preschoolers, running, skipping, dancing and playing games like tag will further help develop their movement skills.

Providing opportunities for infants, toddlers and preschoolers to participate in a wide variety of age-appropriate, enjoyable, safe physical activities supports their healthy growth and development. In the early years the focus should be on fun. Patience and encouragement will help build their confidence and motivation. Developing these movement skills in the early years are the building blocks for being physically active for life. 🧘

REFERENCES:

- 1 Canadian Society for Exercise Physiology. (2017). 24-Hour Movement Guidelines for the Early Years {0-4 years} Retrieved from <https://csepguidelines.ca/>
- 2 Canadian Sport for Life. (2019). Developing Physical Literacy Building a New Normal for all Canadians https://physicalliteracy.ca/wp-content/uploads/2020/01/DPL-2_EN_web_November_2019-1.pdf
- 3 Active for Life. (2020). Physical Literacy. Retrieved from <https://activeforlife.com/?s=physical+Literacy>

FOR MORE INFORMATION, VISIT:

Middlesex-London Health Unit
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Sport for Life <https://sportforlife.ca/>
Active for Life <https://activeforlife.com/>

By Berthe Streef RN
Public Health Nurse, Middlesex-London Health Unit
For the Middlesex-London Community Early Years Partnership



A LOUSE-Y PROBLEM

The very thought of head lice creates a sense of dread and an intense itch. There is stigma around having head lice, but it is an inordinately common problem. There is a thought that having lice is associated with poor hygiene, but it is very easy to catch in schools and public places.

The louse is a wingless insect that lives on the human scalp and lives on human blood. Other related species to the head lice are those that affect the body and the pubic area (often called crabs).

Head lice can be transmitted through close contact but also through the sharing of hats and scarves, brushes and combs, bedding and towels. Lice cause an intense itching in the scalp.

Treating lice requires vigilance and persistence. Pediculicides, such as Nix shampoo, are used to kill the lice. The treatment requires to be repeated again in 10 to 14 days as the second crop of eggs hatches. All clothing and bedding must be washed in hot water before re-using.

The nits and eggs are most visible at the nape of the neck and behind the ears. A fine tooth metal comb must be used to remove these as they can cling to the hair.

The Middlesex London Health Unit has extensive information on the regimen to treat lice. (www.healthunit.com)

The CDC (Centers for Disease Control and Prevention) suggests the following regimen:

- 1 Before applying treatment, it may be helpful to remove clothing that can become wet or stained during treatment.
- 2 Apply lice medicine, also called pediculicide, according to the instructions contained in the box or printed on the label. If the infested person has very long hair (longer than shoulder length), it may be necessary to use a second bottle. Pay special attention to instructions on the label or in the box regarding how long the medication should be left on the hair and how it should be washed out. 🧴

Here is wishing you freedom from lice!!



Dr. Bhooma Bhayana is a family physician in London and the mother of two young men and grandmother of one lovely princess! She continues to find wonder and enjoyment in family practice despite more than 30 years on the job!

PART 2

LET'S TALK ABOUT PROTECTION

Recently, I was on vacation in Florida for three weeks. The average temperature in Florida during winter is 23 to 25 degrees Celsius in the afternoon. As a Canadian, the back-home temperature was in the negatives, so I enjoyed every moment there with outdoor activities, but didn't want to get burned by the strong UV rays. I applied sunscreen everyday religiously so I wouldn't get sunburnt. My skin got tanned, not burned.

We all know daily protection from UV rays is important. But the question is, what's the correct way to apply sunscreen? How much do we need in order to get proper protection from UV rays.

UV rays from the sun are strongest when sun is at its peak in the sky. This is between 10 am and 4 pm. UV rays are strongest during spring and summer months. You might think it's not necessary to apply sunscreen on cloudy days. The fact is the UV rays can penetrate through cloud, glasses, and windows, so even if you are sitting at home beside a window reading or enjoying a cup of coffee or glass of wine, the UV rays will still get you.

Here are some tips to help you apply sunscreen correctly:

- Apply sunscreen after your skin regimen.
- Wait for five minutes before applying makeup.
- Apply liberally to face, neck, chest or body at least 15 minutes before sun exposure.
- The proper amount for your whole body is about four ounces.
- Reapply after swimming or excessive perspiration.
- As part of an effective age-fighting program, apply every morning throughout the year.
- If you can, find sunscreen containing vitamin C & E.
Or, use a skin regimen with vitamin C & E to help fight free radicals in the UV rays.

It is never too late to start integrating safe-sun practices for you and your loved ones. Skin is the largest organ in our body. You can protect yourself from harmful UV rays by wearing a large hat, big sunglasses and SPF clothing to limit sun exposure, protecting yourself from skin cancer with your healthy lifestyle. ☺

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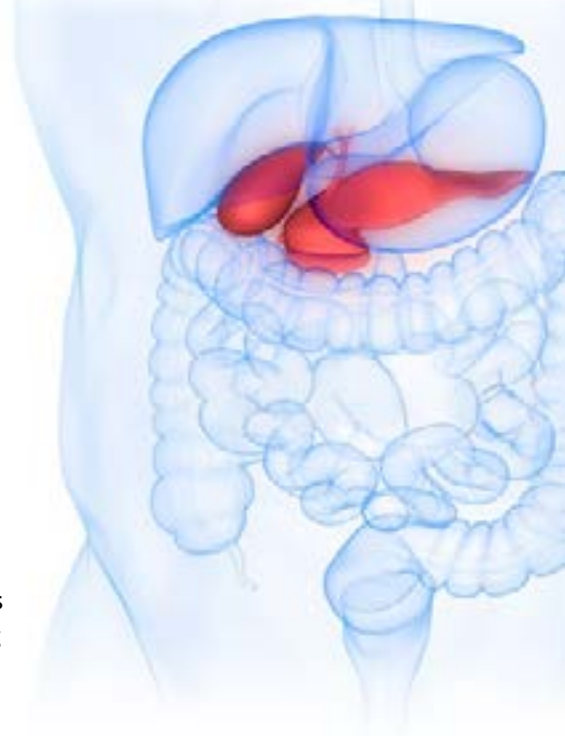
WHAT *is* PANCREATITIS?

The pancreas is an organ in your body located in the middle of the upper abdomen. It plays a large role in digestion, making enzymes to break down proteins, sugars and fats, and producing insulin and other hormones to regulate blood sugars. Pancreatitis is a condition with inflammation or swelling of the pancreas. Causes could be infections, viruses, medications, gallstones, congenital structural problems, inherited conditions and/or injury to the abdomen. Sometimes, there is no clear cause.

The main symptom is pain, usually located in the upper abdomen and/or the back. Pain can be mild to severe. Nausea and vomiting may also occur. Pancreatitis is diagnosed by a combination of clinical symptoms and investigations. Lab tests of amylase and lipase (enzymes made in the pancreas) are abnormal, showing higher than normal levels. Imaging studies such as abdominal ultrasound or CAT scan (computer tomography) may be performed to look for gallstones and may show inflammation of the pancreas. Further tests may be needed to determine the cause. If pancreatitis repeatedly recurs, chronic problems may arise like diabetes, abnormal digestion and pain.

Treatment of pancreatitis is mainly supportive. Pain can be often severe to the point of needing hospitalization. Medications are usually needed for pain relief. Intravenous fluids may also be administered. Previously, the focus was on resting the pancreas and avoiding eating or drinking. Now, early feeding is encouraged to promote quicker recovery. Most individuals will recover within a week, except in serious cases. 🧐

Becky Biqi Chen was a resident in general pediatrics for three years at the Children's Hospital at London Health Sciences Centre. She is currently specializing in pediatric gastroenterology during her fellowship at the British Columbia Children's Hospital.



Hippity Hop



EASTER EVENTS

Saturday, April 11 | 1:00 - 3:00 pm

8th Annual Easter Egg Hunt with the London Majors

- Meet & Greet Players
- Collect Easter goodies at each station (while supplies last)
- Participating children receive a regular season home game ticket (while supplies last)
- Bring a non-perishable food item in support of the London Food Bank



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The Easter Bunny will also be at the mall taking photos with kids, so don't forget your camera!

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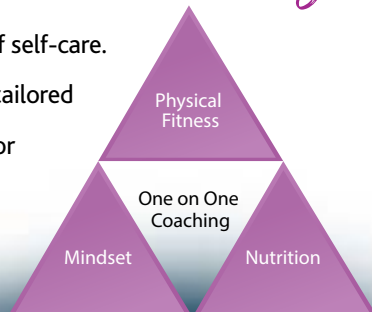
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ANIMALS *and how to* SAVE THEM

Many of the world's animals are currently on the endangered list – which one are you most worried about?

Mikaeel: One of the animals I am worried about is pandas. They are endangered and if they go extinct bamboo plants will become much less common.

Ella: I am worried about elephants and rhinos because they are being poached for ivory and are going extinct.

What can we do to help this animal?

Mikaeel: We can protect forests, habitat, bamboo, and educate people about pandas.

Ella: We can make sure that poachers don't kill them and we can preserve their habitats.

What do you think the Canadian government should be doing to help the world's animals?

Mikaeel: I think Canada's government can create more national and provincial parks to help protect animals in that habitat.

Ella: They can put new laws in place so that we don't ruin the environments animals live in, and so that we don't hunt them to extinction.

Do you feel that zoos treat animals fairly?

Mikaeel: No, I don't think zoos treat animals fairly because they are forcing animals out of their normal habitats.

Ella: I think the zoos that rescue animals are doing a great job helping animals. However, the zoos where the animals look like they're in prison are keeping the animals from living a full life in the wild.

Who is a favourite person of yours who is out there doing great work for animals and/or the environment? Tell us about them.

Mikaeel: I think someone who is doing good work for animals is Leonardo DiCaprio because he has started a charity called Save Tigers Now. He is using his celebrity status to help animals.

Ella: I think anyone who puts any effort at all into helping animals or helping the earth in any way is doing a great job. Thank you to the rescue shelters, to the animal rights activists, to the young people who are speaking up, to the people who are making a difference. 🌱

*Join 13-year olds **Mikaeel** and **Ella** every month as they share perspectives on life as a child sees it.*

HOW DOES YOUR GARDEN GROW?

I have very fond memories of my dad planting his garden every spring. He'd take his time to till the soil, line up seedlings, tie each bean stalk with care, and eventually harvest fresh tomatoes, zucchini, cucumbers and beans. Gardening was a passion of his and you could see the pride in his eyes every summer when most of what was served on the table came from the fruits of his labour. And as a grandpa, there was no greater joy than picking veggies off the plant and snacking together with his grandkids.

It's fond memories like these that kick-start me into action since I want to share similar memories with my own kids. So this year, we are planning and starting our own garden! A family project like this will really help us to bond over something that we can create and watch grow

all spring and summer. The teacher in me gets all giddy as I see the potential for fun learning experiences. Conversations about our environment, life cycles, and healthy eating become much more meaningful with context. Tending to a garden will also build on important values such as responsibility, caretaking, and mindfulness. Gardening can help us tap into our creative side too. Perhaps we'll keep a photo journal documenting the various stages of our plants or a sketch book to draw our favourite blooms, leaves, or vegetables.

When choosing what plants to grow, we started with some family staples such as cucumbers, tomatoes, and green beans. Everyone got to add their own choice to the project: Luca chose zucchini and Nico had his heart set on carrots. And finally, I'm throwing in some "secret seeds" – sunflowers, pumpkins, and peas make

for good mysteries because they grow quickly and are easily recognizable.

Because our springs are so short (and I've had terrible luck growing from seeds) we're going to use seedlings. A trip to the local garden centre or nursery is always fun and one of our favourites is Heeman's. I can't think of a better way to end an afternoon at the nursery than with a delicious, fresh strawberry dessert.

While gardening is quite the commitment, it's definitely worth the effort. Studies show that kids who are involved in gardening score higher in science tests, improve their social and emotional well-being, and are more likely to eat fresh fruit and vegetables. So this spring, I can't wait to dig into the earth and get started on a new and growing tradition with our family. 🌱



Frank Emanuele is a proud father of two sons, a special education teacher, and a director of Dad Club London.

Finding a Gem

MEET COLIN NASH

It was October 7TH, 1977, and my parents, John and Margi Nash, welcomed Colin Robert Mark Nash into this world. My parents have five other sons, and they call me their favourite #3 son. I was raised in London, attending Oakridge Secondary School and Catholic Central, and playing football.

I continued on to the University of Waterloo, but came back to graduate from the University of Western Ontario in 1999, before moving out to Whistler, BC, to be a ski bum. After a year of travelling, I returned once again to London to try my hand at the family business. I earned a certified Gemologist degree from Carlsbad, San Diego, and a Goldsmith degree from Virginia Beach. I learned from multiple mining experiences around the world, from the Yukon Territories to Australia to Yellowknife. In 2006, after working at Nash's north location for six years, I moved to Nash's original downtown location at 182 Dundas St., the same location started by my great grandfather, John A. Nash in 1918.

I've been married to Melissa Nash for 13 years now, and we have an 11 year old son named Liam, and a nine year old daughter named Laurel. We also have a 13 year old chocolate Lab named Bella.

I completed my Certified Gemologist Appraisers course in 2010 through the American Gem Society, which is the pinnacle of the Jewellery industry. I am proud to say I am one of only a couple dozen in the country to achieve this title. On June 13, 2016 we completed the construction of our new Nash Jewellers location, closing both previous locations (our downtown store of 98 years, and our north-end store of 16 years). A new chapter began.

On November 18TH, 2018 we celebrated our 100TH Anniversary as Nash Jewellers. An incredible year overall was capped off by an evening with family, friends, past and present staff, and even suppliers who have had ties to Nash's over the decades (some dating back to the early 1900s!)

What's next? Only time will tell. As the girls are outnumbering the boys in the fifth generation 11 to 4, we are excited to think there may be a female to take the helm at Nash's down the road! 🍷

*By Colin Nash
Certified Gemologist Appraiser, Nash Jewellers*



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MARVIN'S MARVELOUS MECHANICAL MUSEUM FARMINGTON, MICHIGAN

If you love P. T. Barnum-style eccentricity, video games and happen to be on the road near Farmington, Michigan, check out Marvin's Marvelous Mechanical Museum. It's like Dave and Busters with a twist: Marvin's is privately owned and packed floor-to-ceiling (literally) with antiques and memorabilia celebrating side-shows, circuses and kitschy boardwalks of a bygone era.

Marvin's Marvelous Mechanical Museum is a bridge between today's tech games and vintage mechanical fortune tellers.

Bright, flashy and over-whelming, there's a flea market vibe to this arcade featuring a collection of turn-of-the-century fortune tellers, like the one ominously jump-starting the movie *Big*. Speaking of big, you'll feel little again squeezing between narrow aisles and stacked artifacts while watching your kids load quarters in new video games or old-school pinball machines. Yes, there's an entire wall of pinball machines.

Look up, way up, and take in the well-curated passion project of collectables ranging from odd to macabre: the wall-mounted petrified remains of the Cardiff Giant, a life-size 'world's largest man' statue from Guinness World Book of Records fame, framed posters advertising freak shows, and wooden carousel animals including an ostrich.

Slushies and popcorn dominate the central canteen's menu – if you're here weekends, likely a birthday party is taking up a table. Listed by some websites as a quirky road-side attraction, Marvin's is actually tucked into Hunter's Square Mall that's anchored by Marshalls, buybuyBaby and Bed Bath & Beyond. So, a bit of shopping is possible.

Marvin's Marvelous Mechanical Museum, 31005 Orchard Lake Road, Farmington, Michigan, is a family business now run by a second generation of Michigan natives. Open every day – yes, even

Christmas – from 10 am to 9 pm, admission is free.

Pumping quarters into machines is optional, but likely. 🎮

www.marvin3m.com



Sherri Telenko is a freelance writer and blogger living in Southern Ontario. Sign up for travel ideas at www.dogtrotting.net or follow her on twitter @SherriTelenko.



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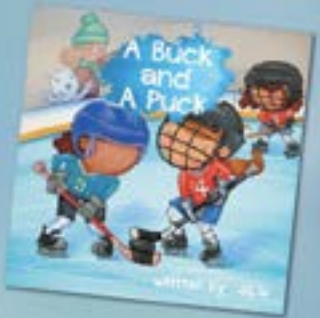


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WESTMOUNT
SHOPPING CENTRE

Each month we introduce you to a business that offers families in London and the surrounding area, services or products you won't want to miss.

This Month's Featured Business...

With an ever-changing retail environment all around us, Westmount Shopping Centre's newest redevelopment project will redefine and refocus the property to better meet the changing needs of our growing neighbourhood.

From its humble beginnings in 1971 (with just 15 stores and Dominion as the main anchor) as the centre of the historic Westmount neighbourhood, this newest project signals a rebirth of a much loved community centre.

Westmount Shopping Centre has been a part of a vibrant community for 49 years, staying connected through more than just shopping, but also a variety of fun, unique events and activities to please all ages. From their monthly Kids' Club activities, Walking Club, Community events (Annual Easter Egg Hunt with the London Majors Baseball Players, Earth Week Celebrations with ClothingWorks, Celebrity Pumpkin Carving Event, etc.), charity partnerships (London Food Bank, Bereaved Families, Children's Health Foundation, and CPRI, just to name a few) and so much more, Westmount continues to be a community hub. It is not unusual to see friends meeting for coffee, staff taking a break and chatting as they walk to clear their heads, exercise classes taking place with the VON, patients going to their doctors or others just strolling through stores shopping at their leisure. We all have a lot in common. There is a true vibe of belonging, of being a part of the community around us and feeling at home.

As Westmount transitions, events and activities continue to be offered with some exciting new choices to compliment the new vision for the centre.

Westmount has recently had the pleasure of welcoming the Royal Ontario Museum back with their Travelling Planetarium, along with TVO/TVOKids, the Canadian Nature Museum, and our amazing community partners (Westmount Family Centre, London Public Library and CPRI) over the month of March. Stay in touch through our Facebook and website (westmountshoppingcentre.com) for future announcements as we're not "clowning around". Activities, events and redevelopment news are posted to keep everyone informed.

The heart of Canada's first planned community is set to beat again in dramatic fashion. Watch as we evolve.



Rhonda Hanley
Marketing Director

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ORTHOTIC TREATMENT *for your* LOVED ONES *as they* AGE

Aging is an inevitable process that can feel quite taxing on the body. Circulation, nerve conduction, muscle strength/flexibility, and balance are all factors that are negatively affected as we age. As these processes change with age, our risk of falling and acquiring disease/infection may increase.

What is happening?

As we age, our bodily processes begin to slow down or function at a less optimal level. The nerves that send messages to the feet and extremities do not send electrical messages as efficiently as they used to. This may lead to a loss in sensation. A loss of sensory feedback in one's feet can lead to injuries, wounds, ulcers, and ultimately an increased risk of falling. In addition to losing sensation, the body's blood vessels tend to lose elasticity which leads to cardiac issues. When the elasticity of the vessels deteriorate, blood is more likely to pool in the veins which causes the feet and ankles to swell. Having proper blood circulation throughout the body is of paramount importance to one's overall heart health. In addition, our skeletal system may also take a negative impact. Our body's composition changes over time, developing musculature imbalances and weakening. Some common foot pathologies

that develop include flat feet, bunions, claw toes, diabetic ulcers and calluses.

Having a health care provider routinely inspect your loved one's feet can help ensure they maintain their independence and health for as long as possible. By redistributing the pressure and providing support we are able to stabilize the feet, preventing falls.

HELPFUL PRODUCTS:

- Compression stockings help improve the blood flow from the feet back to the heart, limiting the swelling and fluid retention in the lower leg regions.
- Properly fitting shoes will ensure no blisters, wounds or infections occur due to ill-fitting shoes (too big or too small). Wearing the proper size and width will also limit the risk of tripping and falling.
- Foot orthoses may be helpful if the individual has sore feet/legs, dropped arches or has decreased fat pads under their metatarsals or heels. Foot orthoses can be used for increased comfort, proper alignment and support. 🧠

Katie Davis MSc COc
Custom Orthotics of London



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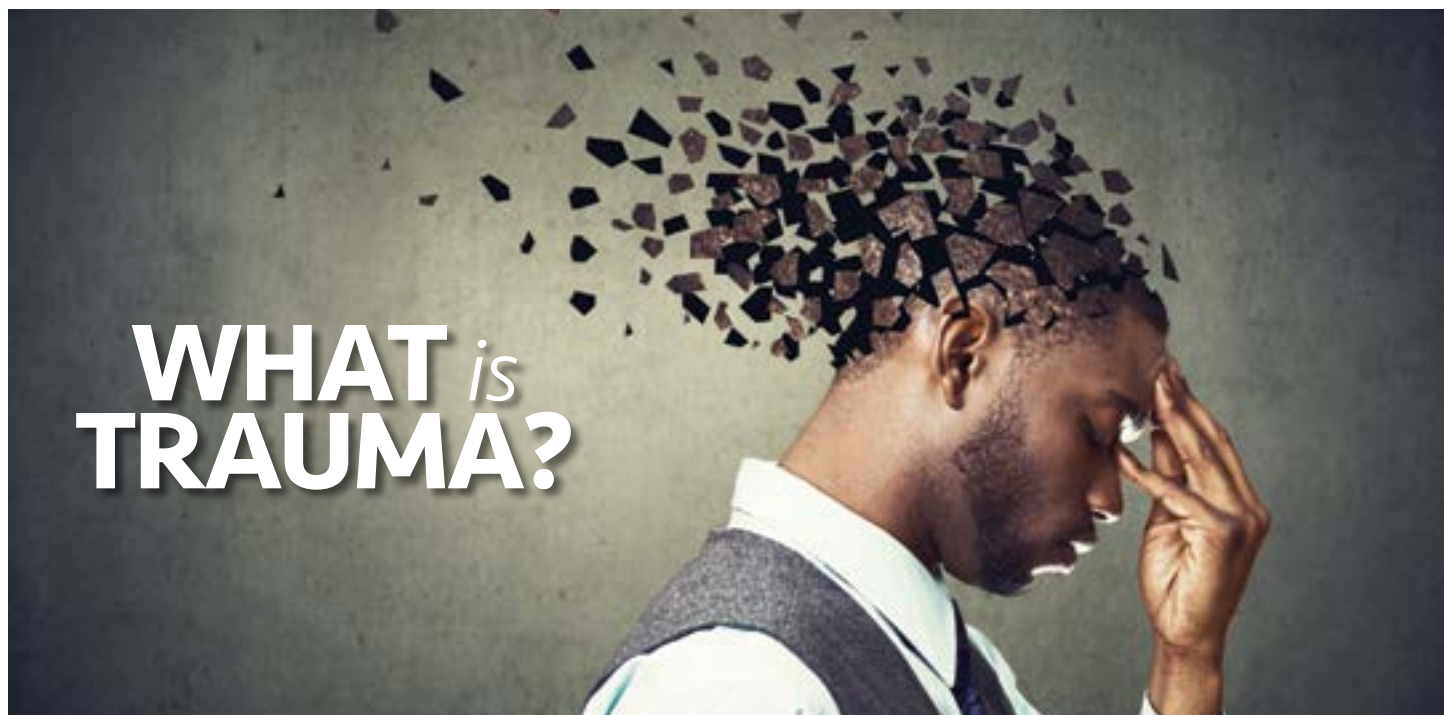
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WHAT *is* TRAUMA?

Lately, I can't turn on my phone or open my laptop without bumping into the word "trauma". It seems like everyone is either talking about trauma or is traumatized themselves. As a psychotherapist who works primarily with trauma, I have mixed feelings about this. On one hand, I am grateful and relieved that we are finally moving away from dehumanizing the behaviour of traumatized people, realizing that most maladaptive behaviours are, in fact, trauma responses. On the other hand, I still think that how trauma lives in the body and what is required for holistic healing that is safe, is often misunderstood. I have had many a session where a client was encouraged to take total responsibility for what happened to them, or was led on a "healing" journey with a paraprofessional still acting from a traumatized state themselves.

So, what is trauma? The answer, even in looking for the dictionary definition of the word, is that it's vague. Trauma is defined both as "a disordered psychic or behavioral state resulting from severe mental or emotional stress or physical injury" and, "an emotional upset" in the Merriam-Webster dictionary. And, I would agree: trauma can be anything from the most catastrophic life event, to not living up to the career goals you've set for yourself.

The DSM-5 (which is the diagnostic manual for mental health conditions and illnesses) outlines that Post-Traumatic Stress Disorder can occur if a person has been exposed to: death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence, in the following way(s):

- Direct exposure
- Witnessing the trauma
- Learning that a relative or close friend was exposed to a trauma
- Indirect exposure to aversive details of the trauma, usually in the course of professional duties (e.g., first responders, medics)

From both a personal and professional level, I can tell you that living with PTSD is debilitating. It can feel like the walls have closed in on you and the entire world becomes scary. Your world becomes smaller and smaller, relationships suffer and often, so does your physical health. Trauma changes your view of yourself and the world. Often, negative core beliefs about yourself and others solidify and this becomes the lens through which you see the entire world and everyone in it. I know and work with so many adults that do not even have a "pre-trauma" self, such was their childhood. They have been living from a state of fear and survival for their entire lives.

I want to tell you that there is a way out of this living - there really is. Trauma and living with PTSD or C-PTSD is something that can be healed, gently, over time. The paradox is that since trauma happens in relationship, it must be healed in one. Most trauma survivors I know wish they could go and close the door, do some healing alone, and come out rejuvenated. Unfortunately, it doesn't work like this. A qualified trauma therapist can build with you a foundation upon which your life can be rebuilt. As trauma lives in the body (I suggest reading "The Body Keeps the Score" if this article has resonated with you), a somatic-based therapy could be profoundly healing. This can include somatic experiencing, sensorimotor psychotherapy, EMDR and other types. Your life was not meant to be lived in survival mode, jumping from one crisis to the next. I hope, so deeply, that you find the courage to heal. 🌀

May you be happy.

Jordan Thomas is a registered social worker and the owner of Nourish Counselling Services. Jordan works with women on improving their mental health and self-compassion. Follow along on IG @nourishcounselling.

Your PET'S ENVIRONMENTAL "PAWPRINT"

Environmental impact is a hot topic in today's climate (pun intended).

Sometimes, it's not easy being green, though, especially as a pet parent. We dutifully try to reduce our family's waste and to use our reusable grocery bags, but it's easy to overlook the sizable environmental "pawprint" that our furry family members also leave.

For example, one of the greatest contributors to pet pollution is poop. It's a natural part of life, but unfortunately, there's no perfect option for its disposal. Leaving dog poop to decompose or wash away on trails and sidewalks contaminates waterways. Collecting cat or dog feces in a bag is definitely better, however, it then ends up in a landfill. There, the lack of oxygen essentially mummifies even so-called "biodegradable" bags. Composting is a good option, but it's not always feasible as it must be kept separately and never spread on anything edible due to risk of disease.

So what's an eco-conscious family to do? When in doubt, "Reduce, Reuse, Recycle". We can't efficiently reuse or recycle poop, but we can reduce it significantly through a high-quality diet.

Are you picturing a pastel-coloured bag with illustrations of mountains and thick, juicy cuts of chicken breast right now? Interestingly, animals do not particularly benefit from eating

our go-to cuts of muscles. In fact, organ meats and animal by-products are the cuts that humans do not favour and would otherwise be wasted, but they are packed with nutrients. More nutrients mean less poop, which benefits your pet, your wallet, and the environment!

Speaking of food, if you choose to let your cat outside, you're likely already grossly familiar with your kitty's inner carnivore. Outdoor cats decimate backyard ecosystems, but this can be minimized by controlling outdoor access with a leash or "catio", or providing your pet with exclusively-indoor activity. If your furry family member has unsupervised outdoor access, remove anything that attracts wildlife and most importantly, talk to your vet about getting your pet spayed or neutered.

It can feel like an uphill battle trying to live a green life, but we know how critical it is for us to leave the earth a better place for our children and grandchildren. Even small changes make a big difference when we do them together, hand-in-hand...or sometimes, hand-in-paw. 🐾

Dr. I. Wonder is here to answer your questions regarding your furry family members. If you have a question, email it to us at danielle@NeighbourhoodPetClinic.com. Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your various questions.



EASTER HABITS: MAKEOVER EDITION



Dare to be different this Easter!

I'm not saying "say no" to chocolate entirely, but maybe rethink how much. Makeover this Easter by gifting gifts that aren't in the form of chocolate. "Like what?" you ask? Be creative! Give the gift of family time with a trip to a local museum, farm or indoor park.

HERE ARE SOME LOCAL FAMILY FUN ATTRACTIONS TO CONSIDER:

- Clovermead Adventure Farm
- The Factory
- Storybook Gardens
- London Children's Museum
- The Kinsmen Fanshawe Sugar Bush Maple Festival
- Fanshawe Pioneer Village
- Adventures on Wonderland
- Play Away Indoor Park
- Junction Climbing Centre
- Museum London

If that sounds like a bit too much work, I have some other practical ideas for things to do with your kids over the Easter break. If you are off work and home with the kids over the holidays, it's a great time to take advantage of the warmer and longer days. Try to get out as a family and do something active.

- Have an outdoor Easter egg hunt! The reality is that kids will eat chocolate on Easter Sunday, but at least this way they will have to run around and find it!
- Hit the trails! My favorite thing to do this time of year is to head to the walking trails in the bush near our house. The best part is feeding the birds along the way.
- Go swimming! Check out the scheduled family swim times at your local indoor pool and dive in with the family.
- Dig out your bike! It's never too early to hop on your bike with the kids. Get out and enjoy the fresh air and sunshine.

And finally...chocolate. I would never tell you to say "no" entirely to chocolate. I encourage you to enjoy the goodies of the season, but in moderation. Keep the treats small and make them last. 🍫

Happy Easter to you and yours!

Jenn Giurgevich is the owner of Spark Nutrition & Health, a virtual nutrition consulting business. She is a Registered Dietitian and former contract Professor at Brescia University College with a wealth of nutrition knowledge. Over the last 10+ years, Jenn has paired her love for nutrition and health with her undeniable love for fitness, working as both a personal trainer and fitness instructor. Visit www.sparknutritionandhealth.ca for more info on how she can help you ignite your best self!

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BUILDING BABY'S FIRST WORDS

Your baby's first words...a huge milestone that deserves to be celebrated. But for some parents, it can feel like forever waiting for their little ones to utter their first real word. Naturally, there is variation when it comes to the age in which a baby starts to talk. We typically can expect to hear that first word around 12 months of age. If your baby is still not using words around this age, you can help give them a little boost! Babies listen to their parents chat away all day long; it is HOW we talk to our little ones that can help them learn to understand and use language.

When our babies aren't using real words yet, it is often natural for us to talk to them throughout the day. It is a great idea to narrate what is going on around our babies, but when we chat nonstop, we don't give our little ones time to contribute to the conversation! Next time you are playing with your baby, try leaving more gaps in your speech. During this time, you can look at your little one expectantly, to show them that they can take a turn at communicating. Wait until they make some sort of communication, whether it be a sound, word, gesture, or simply looking up at you. The more opportunities we give our babies to communicate, the more chances they will take. For example, while playing with cars, you could say "ready, set", then count to five in your head while leaning forward and looking at your little one. Over time, they should learn to fill that gap before you eventually say "go!"

After a long day at work, it is often tempting to set your little one on the floor to play, and collapse onto the couch and watch them. Although it may be less comfortable on the floor, being face to face with your child is invaluable for language learning. When you are on the same level as your child, it is much easier for them to make eye contact with you, and to see the shapes your mouth is making as you talk to them. Most importantly, it allows you to see what they are truly focused on, so you can talk about, and play with that same item. This joint attention enables you to provide your little one the words that match what they are focused on in that moment.

When our babies seem to be falling behind their peers, it can be worrisome and stressful. Luckily, by making simple changes to your interactions, you can help them to catch up! 🧠

Elizabeth Skirving, M.S., M.Ed., Reg. CASLPO
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BEAUTY *from* WITHIN

Feed and nourish your body from the inside-out by taking daily supplements that support your immune system and beautify from head-to-toe. Here are some of the top recommended supplements to start incorporating into your daily routine for optimum beauty and wellness.

OMEGAS - Drench your skin in the ultimate nourishment with a daily dose of Omegas, the perfect beauty supplement for lustrous hair, strong nails, and radiant skin! Omegas also help to reduce stress, improve the function of all major organs, and minimize inflammation in the body for an overall sense of well-being.

PROBIOTICS - These must-have supplements are an absolute gut-changer! Not only do probiotics help to reduce gut inflammation, improve digestion, and boost the immune system, they also help to dramatically improve various skin conditions, prevent wrinkles, and increase the skin's hydration. A healthy gut will also help to decrease redness and inflammation in the skin, minimizing sensitivity and irritation.

VITAMIN D - Known as a daily dose of sunshine and a natural mood elevator, Vitamin D is essential for supporting strong bones, healthy organs and boosting immunity. Vitamin D also helps to prevent disease and has become an essential vitamin to support breast health in women.

COLLAGEN - As we get older, skin starts to lose elasticity and fine lines and wrinkles start to appear. Incorporating a collagen supplement into your beauty routine will help to turn back time by plumping and smoothing your skin, and encourage collagen production for a youthful, healthy looking complexion. 🧘

Stay beYOUtiful!

Lisa Aquilina is a beauty and wellness professional who strives to help women take care of themselves and support their well-being.

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NO APOLOGIES

I make mistakes and I'm okay with that. (Am I even aloud to call them mistakes anymore? I'm sure there is a more productive way of expressing one.)

I'm a small town girl, a single mom, a girlfriend in a long-term, long-distance relationship, a successful career women, an active community volunteer, a daughter, a sister and a friend. Life is busy. Each of these hats I love wearing, but in none of them would I claim to be an expert. In the millinery fashion montage of my life, I'm the model that wipes out on the runway, but jumps back up assuming the SNL Mary Katherine Gallagher Superstar position.

It doesn't help that I like to have fun and laugh, A LOT and LOUD. Sometimes, I can have a big presence. You know when I'm in a room, (picture Melissa McCarthy.) That can rub some people the wrong way.

Another way I find I get myself into "learning opportunities" is by being honest. I know that it's not always necessary to tell your friend their a\$\$ looks big in that jumpsuit, but my family and friends expect it of me. Too much information; I am a chronic over-sharer.

I'm not perfect, but I strive to be. So when I make mistakes I internalize them. I work them through sleepless nights and long drives with the music blaring, until I digest them into a lesson learned. So if you get an apology, it's genuine.

My father was a great story teller. He told tall tales, which were grossly exaggerated, animated through his comedic expressions and sprinkled with lots of details of debauchery and degeneracy. Perhaps the best part of his stories was the moral at the end. He had the most unique way of weaving his own personal experiences into the current coming of age issues we were all going through or would eventually go through.

Staying true to family tradition, and layered in with a whole lot of my own colour, I hope to pass on tidbits of wisdom I pick-up through my crazy life. And I'm not going to make any apologies for sharing Too Much Information...TMI. 🗨️



Janet Smith is a proud single-mom of one daughter and a marketing professional who is grateful for her rural roots in the London area. She is a big believer in connecting with people through laughter and honesty.



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