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OF MINE

THE MOM & CAREGIVER™

MAY 2020
VOLUME 22 ISSUE 5

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**THE NEW
NORMAL**

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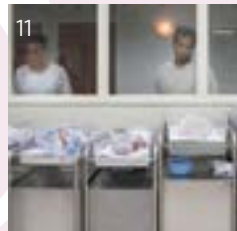
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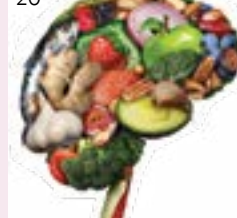
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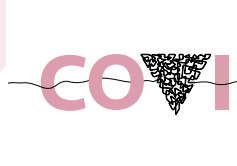
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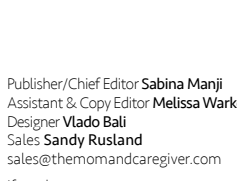
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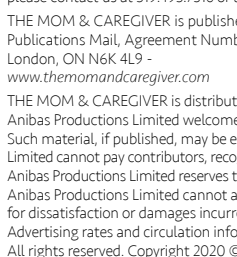
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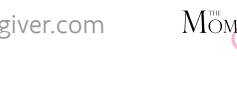
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ON THE COVER

Of course **Arlo** couldn't wait to give this gorgeous bouquet to mom, so he dug right in! Arlo's mom actually baked and assembled these cupcakes herself (she learned from her grandma), and everyone at the shoot raved about how delicious they were. The icing came Arlo-approved - he taste tested it that morning to be sure he liked it.

Photographer
Photostylists

One-12 Photography
Sabina Manji
Melissa Warkentin



MOM IS A HERO

Hey mamas - we want to let you know you are doing an amazing job during a trying time! You may have during recent times become a home-school teacher, hand-washing police officer, efficient grocery shopper, creative idea-thinker, tech-savvy work-from-homer, inventive meal-prepper, nurse, family supporter, social worker, and financial planner. And this gives us even more reason to celebrate you this Mother's Day.

Things may have to change a bit. We may not be able to take you out for brunch at your favourite restaurant, or have flowers delivered, or buy your that lotion or shoes you've been eyeing. But we sure can gather some crayons and yarn and glue and stickers to make mom a gorgeous, heart-felt card. Or we can FaceTime or Zoom with her to send our love. Or we can surprise her with some orange juice or coffee in bed. And we can do the thing that moms truly love most in this world - we can spend time together.

See, it's tough times like this that can often make us step back and consider what's most important in life. We have been touched by stories of families who finally have the time to bake together, play board games, read books, play Lego, create crafts and talk. We hear from fellow humans Frank, Janet and Colin (we're all just humans trying to fight this together and support one another) about how they feel and how they and their families are dealing with the pandemic. You can read their heart-warming stories on pages 12, 14 and 23.

Why don't you DIY some skin care treats for Mom this year? You'll find recipes in Revitalize You! on page 8. Whatever you're doing to celebrate the special woman in your life this Mother's Day, make it grand. Now is a time, more than ever, to pour out your heart to those you love, to tell them why they are so special to you, and to do it in the most creative of ways. From all of us here at The Mom & Caregiver, we send our love to all the caregivers - those in our homes and those in our communities who are giving so very much. Thank you!

We are honoured to partner with local restaurants through our *Home Not Hungry* initiative to help those who are struggling at this time. Find details at www.themomandcaregiver.com 🍷

“ One day, all your children will have are pictures of you. Make sure you're in them. They won't care what your hair, makeup or body look like, they'll just want to see you. ”
- anonymous

MAY 2020 EVENTS

1ST

Teens can learn strategies to Excel in Online Learning
www.fernspeechandlanguageservices.com

6TH

Go for a virtual rollercoaster ride!
<https://bit.ly/2xZSGiC>

10TH

HAPPY
Mothers Day

14TH

Be inspired by master artists like Monet and Van Gogh
www.themomandcaregiver.com/master-artists-inspiration/

18TH

HAPPY
Victoria Day

25TH

Chocolate chip cookies! Bake with the kids using pantry staples.
www.themomandcaregiver.com/nans-chocolate-chip-cookies/

29TH

Oooh! A live shark stream!
www.ripleyaquariums.com/at-home/

4TH

Take a 3D tour of the Hall of Fame!
www.hockeyhalloffame.com/html/Exhibits/vrtour.shtml

9TH

Take Mom on an online butterfly visit
www.cambridgebutterfly.com/guide-to-tropical-butterflies-moths/

12TH

What's for supper tonight? Chicken fajita salad sounds fun!
www.themomandcaregiver.com/chicken-fajita-salad/

16TH

Take a virtual tour of Fanshawe Pioneer Village
www.themomandcaregiver.com/master-artists-inspiration/

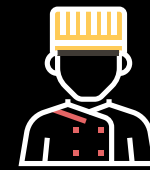
19TH

Get an early start on summer fun!
www.themomandcaregiver.com/diy-summer-fun/master-artists-inspiration/

27TH

Find free digital children's cooking classes here:
www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/

Thank you



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AUTISM SPECTRUM DISORDER (ASD)

ASD is a developmental disability that involves two key components; difficulties in social communication and restricted repetitive behaviours. It is relatively common and is estimated to occur in one in 66 Canadian children between the ages of five and 17.

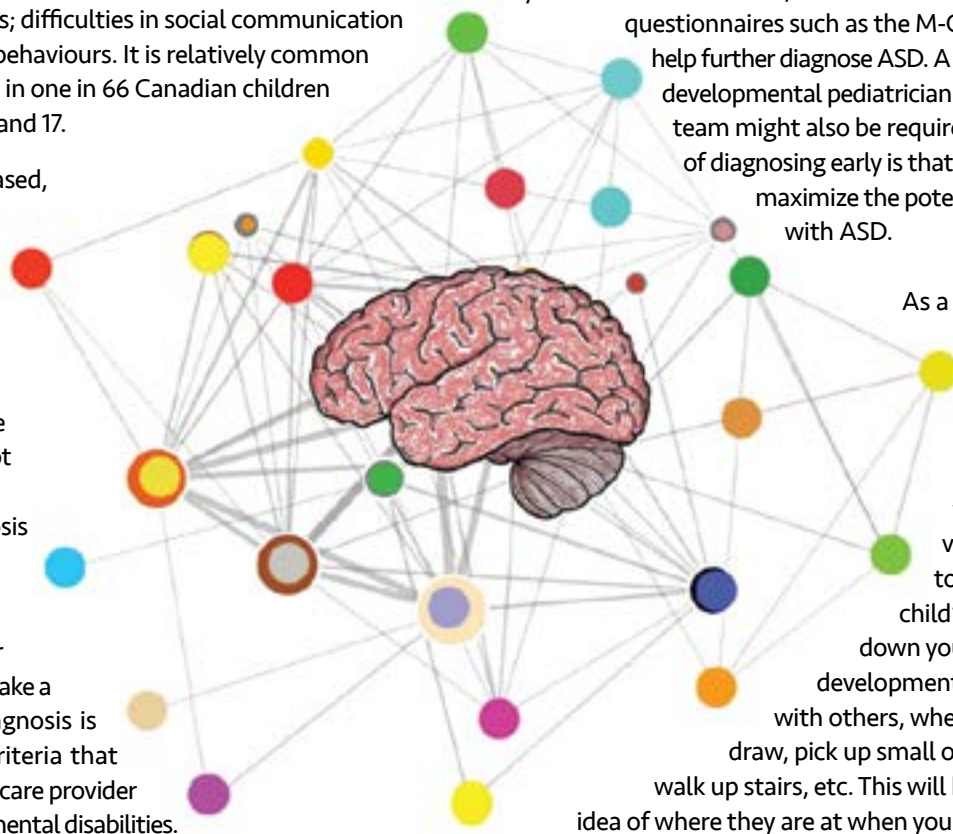
The prevalence has increased, leading to speculation about the cause of this increase. At one point the measles vaccine was falsely implicated in leading to this increase. It is possible that the prevalence has not increased but that we are more aware of the diagnosis and thus the diagnosis is made more often.

There are no blood tests or biomarkers that help to make a diagnosis of ASD. The diagnosis is based on a number of criteria that are examined by a health care provider with expertise in developmental disabilities. Some red flags in development may show up as early as six months, and include some motor delays, but most children will have more evidence of symptoms between 12 and 24 months.

Regular visits to your primary care provider to do developmental surveillance is one of the key ways of diagnosing ASD early. If there are concerning delays in development or behaviours that

may be consistent with ASD, further screening through validated questionnaires such as the M-CHAT may be used to help further diagnose ASD. A referral to a dedicated developmental pediatrician or interdisciplinary team might also be required. The importance of diagnosing early is that interventions can maximize the potential of children with ASD.

As a caregiver, you can maximize your time with your primary care provider by writing down any concerns you have before your visit. It is also good to take stock of your child's milestones. Note down your child's language development, how they engage with others, whether they can grasp, draw, pick up small objects, stack blocks, walk up stairs, etc. This will help to get a good idea of where they are at when you attend your visit.



THE FOLLOWING WEBSITE CAN HELP TO PREPARE FOR YOUR VISIT:

www.lookseechecklist.com/en/

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



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KEEPING *your* FAMILY HEALTHY

Infection prevention is not just for pandemics like COVID-19.

Keep your family healthy by practising the basics:

- If your child is ill, keep them home. They will recover more quickly, and their illness will not spread. Some people have hidden health concerns and exposing them to an infection that is inconvenient to us, could be life-threatening to them. If you cannot easily take time off when your child is ill, try to arrange ahead of time for someone else to care for your child, “just in case”.
- Clean/disinfect surfaces that are touched most often – doorknobs, counter tops, taps, keyboards, phones, etc
- Avoid others who are sick
- Encourage everyone to avoid touching their face
- Get immunized
- Choose healthy foods most of the time
- Try to get enough sleep
- Exercise, especially outside¹
- Wash your hands often and thoroughly. Warm water and soap are the first choice. Teach your children to do the same.

Every surface of hands, fingers, nails and wrists should be scrubbed for at least 20 seconds. You could use a timer, sing “Happy Birthday” twice or a snippet of your favourite song.

- Alcohol-based hand sanitizer (60% or more) should only be used if soap and water are not available. Cover all hand, finger, nail and wrist surfaces and rub all over until your hands are dry.

WHEN SHOULD HANDS BE WASHED?

BEFORE & AFTER

- food preparation and eating (including before breastfeeding)
- taking care of someone who is sick or caring for a wound, i.e. putting on a bandage

BEFORE:

- giving or taking medications

AFTER

- changing diapers or using the toilet
- blowing your nose or wiping someone else’s
- coughing or sneezing into a tissue (then throw the tissue away).
Cough or sneeze into the curve of your elbow if you do not have a tissue
- interacting with animals, their crates or their pee or poop
- cleaning your home, car, yard etc.
- sorting garbage or recycling

CONTACT YOUR HEALTH CARE PROFESSIONAL IF YOUR BABY/CHILD HAS:

- A fever and is less than 6 months, or your older child has a fever lasting longer than 72 hours
- A long-lasting cough or chokes/vomits with coughing
- An earache
- Severe irritability or unusual, long-lasting crying
- Breathing problems
- Diarrhea and is younger than 6 months, or black/bloody stools for any child
- Vomiting for longer than 4-6 hours
- Is very sleepy/unusually difficult to wake
- Signs of dehydration (fewer than four wet diapers in 24 hours, dry mouth and eyes, etc.)

Talk to your Health Care Provider before giving “over the counter” medicine to children less than 6 years old!² 🍷

FOR MORE INFORMATION TURN TO THESE TRUSTED SOURCES:

www.caringforkids.cps.ca/

www.healthunit.com/infectious-diseases

¹ Middlesex-London Health Unit. (2020). Preventing infections. Retrieved from www.healthunit.com/preventing-infections

² Canadian Pediatric Society. (2018). Common infections and your child. Retrieved from www.caringforkids.cps.ca/handouts/common_infections_and_your_child

Heather Bywaters RN PHN,
Middlesex-London Health Unit for the Middlesex-
London Community Early Years Partnership



SKIN CARE DIY

This time is very stressful for families due to COVID-19. We are dealing with self-isolation and social distancing in order to protect ourselves and our loved ones from this threatening Coronavirus. Many people have been temporarily laid off because their workplace is not under the category of "Essential Business", therefore causing financial difficulty for some families.

As mothers, it's important to look after ourselves in every way so we can be strong to take care of our kids and our daily responsibilities. Good skin care can be helpful for vibrant skin and can bring out natural beauty.

Here are some pure skin care DIY recipes for Cleanser, Toner, Moisturizer & Mask without harsh chemicals, while still helping to maintain healthy skin.

CLASSIC ROSEWATER AND GLYCERIN FRESHENING CLEANSER (FOR ALL SKIN TYPES)

- 1 cup of rose hydrosol
- 2 teaspoons vegetable glycerin
- Combine the hydrosol and glycerin in a plastic bottle. Shake vigorously for 30 seconds to blend well. Make sure to label and date. No refrigeration is required. Please use within six to 12 months for maximum freshness and potency.

- Use 1-2 teaspoons each time. Apply cleanser with a washcloth or cleansing pad. Follow with moisturizer.

ELDER FLOWER TONER (FOR ALL SKIN TYPES)

- 1 cup distilled or purified water
- 1 teaspoon vegetable glycerin
- 1 tablespoon dried elder flowers or 2 tablespoons fresh flowers
- 8 drops lavender essential oil
- In a small saucepan, bring water to a boil, then remove from heat, add elder flowers, cover and steep for 30-45 min.
- Strain through a fine strainer with a cheesecloth or coffee filter to remove all the particulate matter. Pour into a storage container, then add vegetable glycerin and essential oil, shake well to blend. Label and date.
- Refrigerate for up to 10 days, then discard.
- Shake well before applying to face, neck, chest with cotton or pad. It can be used for soothing skin. Avoid contact with eyes.

We will continue with moisturizer and mask next month. ☺

*Remember...Relax, Regenerate, Revitalize

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SPIT-UPS

A spit-up happens when food is brought up from the stomach out of the mouth. Many babies spit up, especially in the first few months of life. When the stomach is full or your baby changes position, stomach contents can force the sphincter, the valve between the stomach and food pipe, the esophagus, to open and back up the esophagus. Spit-ups rarely cause problems and usually resolve once the digestive tract matures and a baby's muscles become stronger. Spitting up is different from vomiting. Vomiting is a more forceful throwing up of stomach contents out of the mouth. Spitting up does not involve muscle contractions, and contents flow easily through the mouth.

Spitting up is also not the same as gastroesophageal reflux disease (GERD). If your baby is only spitting up but growing well and happy, this is not GERD. When your baby is fussy, spitting up excessively to the point of affecting weight gain, feeding poorly or vomiting, these may be symptoms of GERD. Speak to your doctor if you observe signs of GERD.

Reduce spits up by not overfeeding. Feed smaller amounts more frequently. Burp your baby often, during and after meals, to minimize gas in the stomach. Keep your baby upright after meals. Postpone laying on tummy after feeds to decrease the chance of spit-ups. For some babies, the type of formula could be contributing to the spit-ups. These babies may not tolerate the milk protein in a cow's milk formula, a condition called cow's milk protein intolerance (CMPI). This is not the same as lactose intolerance. For babies with CMPI, hypoallergenic formula for one to two weeks can help.

If you think your baby may have CMPI, talk to your doctor for suggestions on formula change. Anti-acid medications have not been proven to reduce spit-ups. Spit-ups get better as your baby grows, usually by six to 12 months of age.

If spit-ups contain blood, this could be an irritated or inflamed esophagus.

Vomiting forcefully after every feed is also not normal.

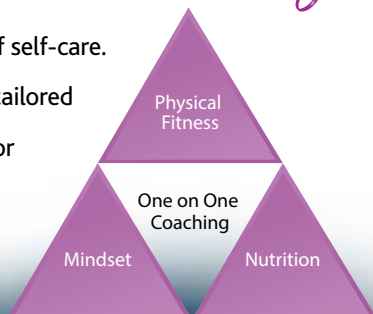
Get your baby checked by their doctor right away. 🤢

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.

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CELEBRATING *the* DAY *you were* BORN

First, we want to hear about you. When is your birthday, what time were you born, tell us something special about the day you were born.

Mikael: I was born on Monday, May 8TH, 2006 at 1:40 pm. On my birthday in 2006, the photographer that took the cover picture for Abbey Road by the Beatles died.

Ella: My birthday is April 6TH, 2006. I was born at 8:11 PM. Something interesting is that I was born three days early.

How are birthdays celebrated in your house?

Mikael: We usually go out for dinner somewhere and have a themed cake at home.

Ella: Normally we have a special dinner and my family gives gifts and then we do something fun like an activity or having friends over.

What do you do to make a friend or family member feel special on their birthday?

Mikael: We surprise them either with a special gift, an experience or with homemade food.

Ella: I always make sure to at least wish them a happy birthday and make them a card.

If money or time didn't come into play, what amazing things would you do to celebrate your big day?

Mikael: I would rent out a racetrack and have a track day with either go-karts or real cars.

Ella: To be honest, I like the way I celebrate my birthday now. Maybe I would get a whole bunch of helium balloons and just put them all in a room. That would be fun.

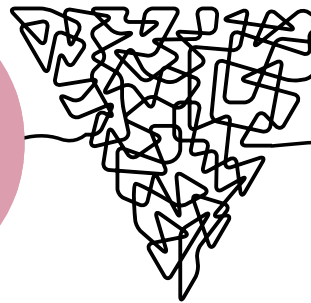
What famous people share your birthday?

Mikael: I share my birthday with David Attenborough and NBA star Kemba Walker.

Ella: Surprisingly, not a lot. Paul Rudd, Raphael (the painter) and Billy Dee Williams were the only ones I knew. 🎨

*Join 14-year olds **Mikael** and **Ella** every month as they share perspectives on life as a child sees it.*

COPING DURING CO



I've recently come to the realization that I like to be in control. I am the type of person who thrives on routine and needs to know what is happening next. I like to plan, delight in preparedness, relish in organization, and I love to make lists – I currently have about 12 categorized “To Do” lists on the go. So when the uncertainty and restrictions of COVID-19 inundated our daily lives, a slow but growing wave of panic started setting in.

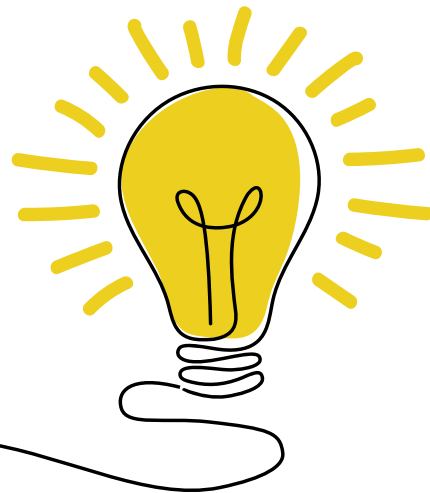
At first, like many others, I was in shock. All I could do was watch the news, bury my head in social media, and see the world unraveling on the screens. I kept telling myself to just go with the flow and see what happens. This couldn't possibly last very long, right? A part of me welcomed the slower pace of life, the unique chance to catch up on some projects, and the ability to spend more quality time with my kids. But then things started to get more serious. Days slipped into weeks and now months. School closures, viral spreads, flattening the curve, death tolls, and isolating restrictions began to be part of our daily conversations. My husband works in health care and suddenly each trip from work had the chance to put our family at risk. And unexpectedly, I was homeschooling my kids for what could very well be the last few months of the school year.

My attempts to keep some sort of order and routine with my children slowly crumbled into loose goals of getting out of pyjamas and having them fed by noon. Only to be followed by too much screen time and arguments about personal space. Waves of sadness, anxiety, and helplessness became the new normal as we all shared this undefeatable global trauma.

I had to snap out of this! It took great effort to force my attention away from the news and towards my family. I can't fixate on things I can't control so I need to divert my attention to what is within my reach. I can control how much media I consume, how to structure our day, and how to explain this pandemic to my boys in a way they can process. I can choose to reach out to family and friends, schedule video chats, and get outside more often. We can immerse ourselves in play, art, and make plans to have family gatherings when all this is over. I can be mindful that my attitude, actions, and fears are easily mirrored by my kids. Ultimately, I can control how my children will remember this bizarre time in our lives. It could be riddled with anxiety and gloom, or bursting with pleasant memories of being together.

So we started with incorporating chores and exercise in our daily routines. Learning time was sandwiched between fun blocks of Lego challenges, art projects, and video games. We ordered new books, clothes, and games online. We prepared meals together and are spending more time outdoors. As my inner lens slowly shifted, I noticed that my kids were happier and getting along a little better. I was making more plans and looking forward to creative ways to spend our days. And while the dark days of doom don't go away, they do become shorter and more manageable. My hope is that our efforts today will ensure that everyone we care about will be around to celebrate with us when all this is over. And that maybe our kids will come out of this with a better understanding of what truly matters in life. 🧡

ID



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

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MOM & CAREGIVER.

AN UNEXPECTED REALITY COVID-19

Nash Jewellers is an independent jewellery firm that represents a family which has served London, Ontario for 102 years. Our family was in the jewellery business during the Spanish Flu of 1919, both World Wars, the Great Depression and every other major event since 1905. We all not only survived these devastating events in time but also thrived after the fact. This gives us the motivation to remain positive.

Things that didn't mean anything a few weeks ago, take on all sorts of new meaning today. This is our moment to rise together to meet the challenges ahead and be better for it.

Shortly before we were mandated to close our showroom, a young man visited our store. I asked him what brought him in at such a time. He told me that things were not going well, the stress of current events was taking a toll on both him and his wife, and he wanted to give her a gift as a way of saying things were going to be OK. I have to say, I was moved, and it underscored what we've always believed – that jewellery is more than precious metal and exotic gems. Jewellery represents a moment in time, symbolizing the memories we share with the people who matter most.

I'd like to take a moment to recognize the people doing anything

and everything in their power to save us and protect us from this horrible virus. Although the world has slowed to a halt for a large portion of us, it has become busier and more stressful at the same time for ones who are on the front lines, the supply chains, the manufacturing, the labour, the governing and anyone else who is in the line of battle over Covid-19.

With the world as it is right now, we know our clients have more on their minds than jewellery. In the meantime, we remain committed to keeping the beauty of what we love, about what we do, alive. Over the coming weeks, we will be sharing more stories from our clients that demonstrate the intrinsic value of jewellery.

While our showroom is closed, we are still available to accept your call. Please feel free to call me at **(519)663-1110** or email **colin@nashjewellers.com**. You can also visit our website and use our live chat option. Just be patient as the answers may not come quite as quickly as before. Please take care of yourselves and each other. 🍷



Colin Nash
Certified Gemologist Appraiser, Nash Jewellers



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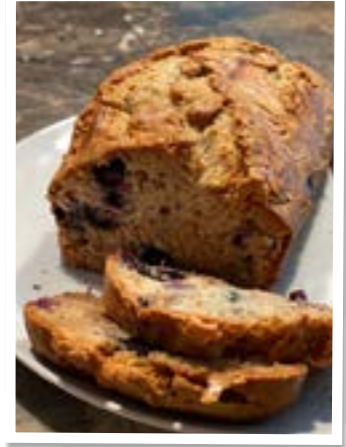
CHOCOLATE CHIP, BLUEBERRY & PEANUT BUTTER CHIP BANANA BREAD

INGREDIENTS:

- 1½ cup all purpose flour
- 4 over ripe bananas, mashed
- 2 eggs
- 2 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp kosher salt
- 4/5 cup brown sugar
- ¼ cup chocolate chips
- ¼ cup Reese's peanut butter chips
- ¼ cup fresh blueberries
- 1 - 8.5" x 4.5" loaf pan, buttered

METHOD:

Pre-heat oven to 350°F. In a stand mixer, cream together sugar and butter, approximately 4-5 minutes. Add all wet ingredients and combine. Add all dry ingredients and combine. Remove mixer bowl and fold in by hand chocolate chips, peanut butter chips and blueberries. Add to loaf pan and bake for 1 hour or until a toothpick or skewer inserted into the middle of loaf comes out clean. Allow to rest for 15-20 minutes before slicing and serving. 🍌



Chef Devan Rajkumar's relentless passion and ambition to become one of the best in the food service industry are rooted in his time spent as a young boy in a tiny apartment with his Guyanese grandmother. Her dedication and enthusiasm were instilled in Chef Devan and began his quest for life changing food profiles..

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CHILDREN'S AUTHOR

JLW



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...

"People say nothing is impossible, but I do nothing everyday."

- Winnie the Pooh

How has this moment in history shaped you?

An instance that shifts our perspective in such a profound way urges us to forge a new path. It was while struggling with debilitating anxiety that author Jennifer Renieris/JLW experienced such an 'aha' moment. A hawk landed in her yard, and the symbolism of this simple moment shifted her perspective on life, providing the inspiration for her first children's book, Hawk Eyes.

Jennifer gives parents and children a fresh new approach in learning, empowering life-long messages and tools. Through relatable scenarios using characteristics from animals in nature, she transforms everyday moments into relatable teaching moments, making her stories a favourite for parents and educators.

In Hawk Eyes, using the symbolism of a hawk flying up high, seeing a bigger picture, young Lulu is learning that she always has a choice. If she changes the way she looks at a situation, that can change what she sees, and in turn, can change how she feels. Perspective is powerful. Most especially during our present historical reality and in aiding with the anxieties that have come with it.

What am I teaching? What am I learning?

Book two, 'A Buck and a Puck' was written to give us and our children pause before reacting. To show kindness when we are frustrated shows how strong we really are. Using the symbolism of a buck, who is strong yet graceful, along with the sport of hockey, this book shares many empowering tools including kindness, sportsmanship and perseverance.

Jennifer's third book, 'My Fine Feathers', will be out later this year. Using the Scarlet Macaw as her feature creature, My Fine Feathers encourages us to embrace our everyday uniqueness that shines from within. The macaw's bright primary colours scream at us to be unapologetically bold and beautiful just as we are.

Beautifully illustrated, Jennifer's characters fly off the page through vivid, bright and humorous illustrations. These books are a must-read for families!



"Hawk Eyes has beautifully expressed an important message for our youth, and a powerful reminder for all ages."

-Simran Singh, II:II Magazine

WWW.JLWAUTHOR.COM

CUSTOM *or off the* SHELF

We are in unprecedented times with COVID-19 dominating the news and physical distancing weighing heavy on us all. Being able to get outside for a breath of fresh air and a leisurely walk is crucial for both our physical and mental health. In stressful times foot health is essential. Without proper care, foot, knee, hip and low back pain can develop and negatively impact our lives. An easy way to ensure proper foot care is to wear supportive shoes and foot orthoses. A question that may be crossing your mind is how do I know if I need foot orthoses? Let's discuss the options. There are three general designs, each with specific uses.

1 Off the shelf FOs are fabricated to serve many individuals with varying needs. These are not custom as they are produced in larger quantities for a generic foot shape. They can be purchased pre-made from your local pharmacy, some athletic stores and your local orthotic facility. From here they are matched to foot size and trimmed to fit your shoes. Depending on your medical needs, they may be the perfect solution. However, it is important to keep in mind that these devices are made for a generic foot, therefore the arch location and amount of support may not be ideal for everyone

Katie Davis MSc COc
Custom Orthotics of London

- 2** Custom orthoses are specifically fabricated to the individual based on their medical needs and overall presentation.
- Functional FOs: are designed to control the foot and lower extremity biomechanics. They are constructed out of semi-rigid materials to facilitate proper alignment of the foot bones.
 - Accommodative FOs: are designed to redistribute the forces evenly throughout the foot to avoid excess pressure on sensitive or painful areas. These are constructed out of softer materials that absorb shock.

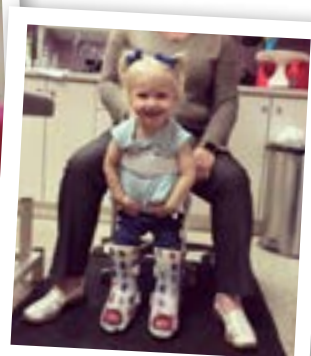
During your initial evaluation, the certified orthotist will ask for your medical history and conduct a physical examination of the feet & lower limbs. They will watch you walk to complete a gait analysis and assess your biomechanical alignment. A cast/mold is used to fabricate the foot orthoses and a personalized treatment plan is developed to address your health concerns.

If you are experiencing pain, discomfort or fatigue in your lower body, custom foot orthoses may be the appropriate choice. Custom Orthotics of London provides complementary evaluations and are here to answer your questions and concerns about how foot orthoses can help you! We are able to order off the shelf foot orthoses or we can custom fabricate foot orthoses to help serve your needs. 📞



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My BEAUTIFUL READERS,



The last time I wrote to you feels like a world away. I wrote an article on trauma; it almost feels eerie now. I had no idea when I was typing those words to you that we would be living in this world now, a collective emotional trauma of life as we know it so abruptly ending. I have had many conversations with many friends about this, and I come back to saying what has been my mantra: “We are going to get through this.”

I, like you, feel completely overwhelmed at times like this. I have no guidebook on how to move through a pandemic and a semi-quarantine while also going through (like all of you) the regular (and irregular) change and tribulations of life. It's been topsy-turvy, unnerving and, frankly, just about as weird as it could be. So, it is with all of the above in mind that I feel compelled to say to you: we will move through this. Do not lose hope. Here is what my life has taught me about getting through hard times (adjusted for Pandemic Edition):

1 THE DAYS ARE LONG, BUT THE YEARS ARE SHORT:

This phrase was offered to me while I sat at my doctor's office, sobbing with an eight week old baby who would not stop crying. She hugged me and tenderly told me these words. She was right. These days are so long. We wake up in our homes which can, at times, feel like a luxe jail cell. Then we stay there, trying to “work from home”, raise children, and deal with whatever else comes our way. We are bored, we are scared. In the darkest years (yep - I have had dark years), I felt like things would never end. And then they did. This will too. Each day, as long or arduous as it is, will pass. Those days collect to weeks and then months and sooner or later we will be back in each other's arms.

2 SOMETIMES, YOU'VE GOT TO DISCONNECT

TO RECONNECT: The bombardment of the news can range from concerning to horrifying. During the most hectic times of my life, I've had to make a conscious decision to retreat to regain balance and perspective. You might need to give yourself permission to get off the incessant zoom calls, online games, screens in general. Go to bed early, read, play with your kids... sometimes the world is just too fast and when it is happening in our homes, we need to unplug.

3 NEVER MISS A CHANCE TO DANCE:

Move your body daily. There are so many ways to move: walking in a physically distanced fashion, dancing in your kitchen with your kids, working out to a home video...the list goes on and on. Your body stores all of your stress and worries and when we move it, we metabolize that stress. Sitting down in front of four Zoom calls per day is too much for anyone, and your body doesn't like it. If you commit to movement, you will help ease your stress levels.

I know this is wild, but there are gifts in hardship and we must look for them. In a world so disconnected, to have the option of connection change so drastically has shocked us all. This will pass and we will be back, stronger than ever. 🌈

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.

PARASITE PREVENTION:

The 5 TOP THINGS you need to know

When the warm weather finally comes around, parasites emerge in full force, ready to ruin the fun. The information surrounding these creepy-crawlies can be overwhelming, so to keep it simple, we've broken it down into five frequently asked questions.

1 WHY IS PARASITE PREVENTION IMPORTANT FOR MY FAMILY?

Not only do parasites cause illness and discomfort for our furry family members, but many can be fatal and transmitted to humans as well. By protecting our pets, we help them live better, healthier lives, and also keep our families and communities safe.

2 WHAT PARASITES SHOULD I BE CONCERNED ABOUT?

The most common parasites in our area are heartworm (spread by mosquitoes), intestinal worms, fleas, ticks, and mites which cause mange. The type of tick that carries Lyme disease is the "Black-Legged" or "Deer" tick, but there are many other types of ticks which can transmit illnesses too.

3 HOW DO I PREVENT THESE PARASITES?

There are many products available, but most are to be given monthly. Some are chewable tablets and some are liquids, poured behind the shoulder blades. Parasite prevention is not one-size-fits-all, though, so always contact your veterinarian to ensure your pet is properly protected for the season or year.

4 DOES MY PET NEED AN EXAM OR BLOODWORK TO GET PARASITE PREVENTION?

As with any prescription, your pet must have had an exam recently enough for the doctor to be familiar with their health. The recommended blood test allows your vet to screen for common parasite-borne diseases before their symptoms become severe. A positive test result would affect your pet's treatment plan, so it is best practice to do this test annually.

5 MY PET HARDLY, OR NEVER, GOES OUTDOORS. SHOULD THEY STILL RECEIVE PARASITE PREVENTION?

Yes. Ticks can hitch a ride indoors on other members of the family. Mosquitoes, which transmit heartworm, can easily access a balcony, front porch, or come inside the home. Additionally, fleas and other parasites can actually infest indoor areas, especially apartments and shared buildings.

Veterinarians and veterinary technicians see the effects of parasites on untreated pets every year and are passionate about reducing the suffering they cause in our communities. If you have any questions, always reach out to them first. With a plan in place, you can relax and enjoy the summer, knowing your pet is protected. 🐾



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@NeighbourhoodPet-Clinic.com. Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your various questions.



CAN NUTRITION ‘BOOST’ YOUR IMMUNITY?

Hi everyone! Jenn here ...First off, I want to say that I hope that you and your families are healthy and well and staying strong throughout these challenging times. Although it may be hard to believe in the moment, we will come out of this so much stronger and wiser.

Not to be a “Debbie-downer”, but as more and more “Eating to prevent Coronavirus” posts are sprinkled throughout the media and our social media feeds, I thought a good healthy dose of reality was needed!

So, can nutrition really ‘boost’ your immunity??

THE TRUTH: There are many nutrients that are involved with the normal functioning of the immune system and eating a variety of healthy foods each day can help support immune function.

THE MYTH: Short-term changes to your nutrition intake are NOT going to prevent the coronavirus. “Boosting” your immune system through diet and/or a specific food, supplement or natural health product will NOT prevent you from catching the coronavirus.

THE REALITY: Our immunity is closely linked to a complex system – it is not impacted by just one thing or the simple equation of “if I do this, this will happen”. This system involves things outside of our control (like genetics and stage of life, etc.).

THE ADVICE: As an evidence-based practitioner, it’s my job to give advice, guidance and recommendations that are sound and grounded in evidence. I know that navigating this new environment can be a bit trickier as we rely more on pantry and frozen ingredients for preparing meals. Keeping this in mind, here are my top five (whole food) nutrition tips to support your immune system over the coming months:

1 EAT A VARIETY OF VEGGIES AND FRUITS.

Fresh, frozen or canned vegetables and fruits can all be healthy options – choose a variety of colourful ones! Eating a variety of colourful veggies and fruits will ensure that you are getting all the benefits from important nutrients (like vitamin C).

HOW? Make half your plate veggies and fruit.

2 EAT PROTEIN FOODS. Protein is the building block for our white blood cells, which help build antibodies – our body’s defence-mechanism against pathogens (like bacteria and viruses). You don’t need to eat large amounts of protein foods to meet your nutritional needs. Try to choose protein foods that come from plants more often. They can be beneficial for your heart health. Protein foods include beans, lentils, nuts, seeds, lean meats and poultry, fish, shellfish, eggs, lower fat milk and lower fat dairy products.

HOW? Make a quarter of your plate protein foods.

3 EAT VITAMIN D-RICH FOODS AND/OR SUPPLEMENT.

Vitamin D has been shown to help protect against acute respiratory tract infections. Sources of vitamin D include: fish, milk, eggs and mushrooms – HOWEVER, you would need to either eat fish every day or a whole lot of milk, eggs and mushrooms to meet the recommendations (ages 1-71 years require 600 IU and ages 71+ require 800 IU of Vitamin D). Vitamin D is a fat-soluble vitamin, so it’s only absorbed in the presence of fat.

HOW? If you are not getting enough vitamin D through your diet and sun-exposure (i.e. most of us Canadians in the winter/spring months!) and you are supplementing with Vitamin D in the pill form, take it with a meal that has fat in it. Vitamin D also comes in liquid drops that are usually prepared in an oil base, for ease of absorption.

4 EAT ZINC-RICH FOODS. Zinc has been shown to help strengthen our immunity as it is required to activate certain immune cells. Whole food sources of zinc include beans, lentils, nuts, seeds, lean meats and poultry, fish, shellfish, lower fat dairy products (e.g. yogurt).

HOW? Make a quarter of your plate protein foods (see Tip #2)

5 DRINK WATER. Drinking water is important for your health and a great way to quench your thirst without added calories.

HOW? Make water your drink of choice with and in-between meals.

If you have any questions or need help navigating these uncertain times, please feel free to reach out by emailing me at jenn@sparknutritionandhealth.ca

Stay healthy everyone!

Jenn Giurgevich is the founder of Spark Nutrition & Health, a virtual nutrition consulting business. Visit www.sparknutritionandhealth.ca for more info on how she can help you build a positive relationship with food and exercise... and ignite your best self!



MAY is SPEECH and HEARING MONTH!

Speech-Language Pathologists and Audiologists raise awareness about communication disorders and communication health. This month, we sit down with registered Speech-Language Pathologist, Andrea Jennings, to find out more about what she does!



WHAT DID YOU STUDY AT SCHOOL?

I completed my Master of Clinical Science in Speech-Language Pathology at Western University. The Speech-Language Pathology program is a combination of in-class and practical learning. Students not only take classes related to all kinds of communication disorders and audiology, but also complete clinical placements that provide experience in assessing and treating every disorder area.

HOW IMPORTANT IS COMMUNICATION?

We often take our ability to communicate for granted. Communication is a key part of our day-to-day lives. Imagine trying to order at a restaurant, get a haircut, or even socialize with someone without being able to communicate effectively. As Speech-Language Pathologists our goal is always to help our clients gain or regain their ability to communicate with those around them.

TO START OFF, WHAT DO SPEECH-LANGUAGE PATHOLOGISTS DO?

Speech-Language Pathologists assess and treat voice, literacy, cognitive-communication, fluency, speech, language, and swallowing disorders in people of all ages. We help a child who is late to talk, children and teens who struggle with reading/writing, or an adult who just suffered a stroke. We work with families, educators, workplaces, and rehabilitation teams to help improve clients' functional communication skills.

WHERE DO SPEECH-LANGUAGE PATHOLOGISTS WORK?

Speech-Language Pathologists work all over the place - in schools, private clinics, rehabilitation centres, hospitals, and early intervention programs.

WHY DID YOU WANT TO BECOME A SPEECH-LANGUAGE PATHOLOGIST?

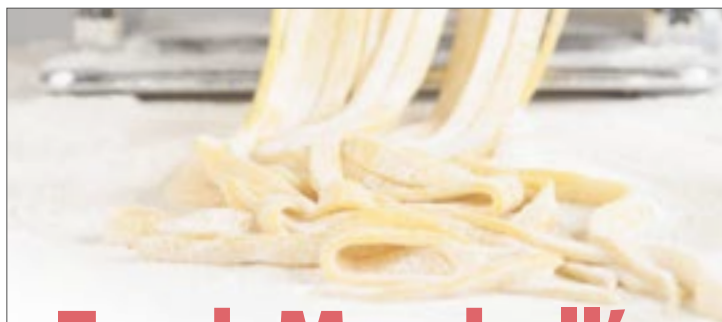
Growing up, I always loved working with young children. During my undergraduate degree, I volunteered at a children's treatment centre and fell in love with Speech-Language Pathology. Being able to play a role in a child's progress and ability to make strides in their development is so rewarding.

During this time of social distancing, it is important to stay connected. Research indicates that speech and language therapy can be provided effectively through videoconferencing. If you have concerns about your child's speech and language development, Fern Speech and Language Services is continuing to provide consultation, assessment, and treatment via teletherapy! 📺

Elizabeth Skirving, M.S., M.Ed., Reg. CASLPO

Andrea Jennings, M.Cl.Sc., Reg. CASLPO

Speech-Language Pathologists Fern Speech and Language Services



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A little glam can go a long way to help you look and feel your best. Here are some of my favourite products by jane iredale to achieve a fresh and natural everyday look.

DREAM TINT® TINTED MOISTURIZER - The perfect base for a no-makeup look. This hydrating, lightweight, water-resistant tinted moisturizer effortlessly blends into skin and contains SPF 15 sun protection. Perfect to blur imperfections and provides sheer to medium coverage for a fresh, dewy finish.

PUREPRESSED® BASE MINERAL FOUNDATION - Prefer a little more coverage? This weightless sheer matte foundation covers and conceals with a finish that's just like your own skin, only better. I love it for its buildable coverage and easy application!

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

PUREBROW® BROW GEL - This tinted gel is amazing to give your brows some "oomph" without the fuss. Waterproof and conditioning for a natural looking finish and perfect to cover up greys! Available in clear for a quick clean up, or in 3 natural-looking shades for depth and definition.

JUST KISSED® LIP AND CHEEK STAIN - A pinch of colour makes all the difference! This sheer, hydrating formula bring lips and cheeks instantly to life with a natural flush of colour. Easy to apply and blends beautifully into skin.

LONGEST LASH THICKENING AND LENGTHENING MASCARA - Need I say more? The best way to complete your makeup look is with luscious lashes. Get those eyes popping with this luxurious and lengthening formula. You'll be amazed at how full your lashes look with just one coat! 💕

Stay beYOUtiful!



Grand Avenue Children's Centre is a full-day, licensed, non-profit child care centre, located in London's Old South. An established centre, we have been providing quality programs for Infants, Toddlers and Preschoolers for over 30 years!

"Sometimes the smallest things take up the most room in your heart."



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LOOKING *for the* NEW NORMAL

Just as I was getting back into a new routine after my partner's departure for an extensive business trip, the world exploded with a pandemic. It's scary, it's real, and really exhausting.

You know what else is real? The fact that life just got turned upside down. Working from home, homeschooling, entertaining bored children with anything other than the taboo "screen time". These curve balls immediately triggered an emotional, chaotic, juggling act. Change was imminent. Anxiety was high. And feelings of overwhelming parental inadequacy were creeping into the back of my mind.

For the amount of change that I encounter in my life between my career and my relationship, I should certainly be a subject matter expert on change management.

Yet, I didn't resist the knee-jerk reaction to change. Thankfully I was quick to acknowledge these emotions, triggering a visit to the trusty toolbox of coping that has gotten me through

bullying, death, unemployment, divorce, single-parenting and now COVID-19.

I'd say I'm a very spiritual person. I'm not prejudice or bias; I pull my spiritual kicks from a lot of different practices. I get clarity through meditation and gratification when grounding. And there's nothing better than an invigorating church service on a Sunday morning, or the energetic shift I experience after a good 'ole "woo-doo" moon ceremony. These are what helped us get back in balance.

It's a funny thing about humans - we can be very adaptable when push becomes shove. It's innate in us to adjust to our surroundings. A few weeks into isolation, life is beginning to show a bit of normalcy. My daughter is learning the life skills of preparing her own snacks and meals, while I video-conference for work. She is now discovering that school lessons are actually transferable to everyday life. Household chores have become treasure hunts for life skills and fun ways of learning. I've reminded myself to slow down and appreciate the hidden blessings.

I'd say we are knocking up a few points in the winning column, as we look for our new normal. 🍀

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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