

SUMMER CHILLIN'

# THE MOM & CAREGIVER™

AUGUST 2020  
VOLUME 22 ISSUE 8

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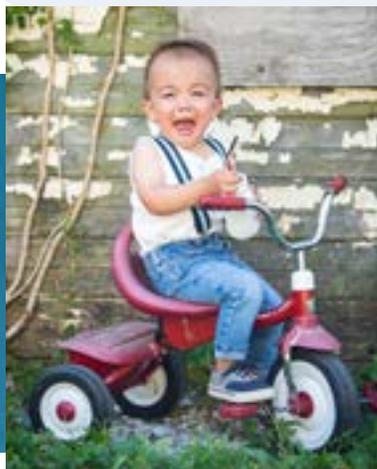
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## ON THE COVER

What a trooper **Jaden** was at our photo shoot as he'd been sick just days before! Here's what we learned about **Jaden** at his tricycle shoot - he loves Goldfish crackers, Gary Clark Jr. and stones - what a fun guy!

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# I'M TALKING TO YOU, PARENTS!

It's pretty obvious from our magazine's cover and the topics we tackle inside that The Mom & Caregiver magazine is for families, and for the kids we're raising in this wacky and wonderful world. But this month, I want to talk to you, parents. You've been working extremely hard lately, trying to keep your families healthy, trying to make ends meet, and trying to keep some normalcy in your children's lives during trying times. But remember, great parenting only happens when it starts with a healthy, happy caregiver.

So here's what I want you to do. I want you to find some time for yourself this month. Sneak away for ten seconds or for an hour. Take care of your body and your mind. Do something you love. And eat treats, alone, without your kids begging you for some!

Grab a quick oven-baked S'more (no campfire needed) with the link on our Events page, freeze banana yogurt icicle pops for yourself (and tell the kids they wouldn't like them – they're just fruit and yogurt!), or enjoy a date night dinner at home with Chef Dev's Lobster Rolls. Easy recipes are found on pages 15 and 20.

OK, great start to this whole take-care-of-yourself mission. Now onto the next step – physical care. Have you been wearing a mask at work and in public for months now, and your skin is starting to show the effects? Get tips from spa director, Lily Seed, on how to relieve skin irritation on page 8.

Final step: emotional care. You've got to lose yourself to find yourself, moms and dads! Find a hobby you're passionate about and do it often. Learn how to shift your brainwaves during this me-time by going from beta to alpha to theta with information from Angie Aristone on page 9.

So make it an August priority. Take care of yourself, have a little fun, and you'll find you'll be a better caregiver. We're doing this for our kids after all!

P.S. Get busy snapping pictures of your little ones. Our 16<sup>th</sup> annual Captured Moments Photo Contest is coming soon! 📷

“Each day of our lives we make deposits  
in the memory banks of our children.”

- Charles R. Swindell

# AUG 2020 EVENTS

**1<sup>ST</sup>** Play neighbourhood bingo with the Harlem Globetrotters  
[www.youtube.com/watch?v=QQ4-RWw8R14](http://www.youtube.com/watch?v=QQ4-RWw8R14)

**6<sup>TH</sup>** Want to bake something yummy with the kids?  
[themomandcaregiver.com/home-cooking-chocolate-chip-blueberry-peanut-butter-chip-banana-bread/](http://themomandcaregiver.com/home-cooking-chocolate-chip-blueberry-peanut-butter-chip-banana-bread/)

**12<sup>TH</sup>** We have new craft ideas on our web!  
[themomandcaregiver.com/weapons-of-mass-creation/](http://themomandcaregiver.com/weapons-of-mass-creation/)

**15<sup>TH</sup>** Today is National Honey Bee Awareness Day  
[www.cheerios.ca/bringbackthebees/](http://www.cheerios.ca/bringbackthebees/)

**20<sup>TH</sup>** Art fun with Cookie Monster and Elmo – *Yes please!*  
[www.sesamestreet.org/art-maker](http://www.sesamestreet.org/art-maker)

**25<sup>TH</sup>** Kids yoga for gamers? This one's rated E for everyone!  
[www.youtube.com/watch?v=XKa-i2uaAlw](http://www.youtube.com/watch?v=XKa-i2uaAlw)

**31<sup>ST</sup>** Are you all out of summer craft supplies?  
[www.themomandcaregiver.com/orange-you-glad-we-made-a-candle/](http://www.themomandcaregiver.com/orange-you-glad-we-made-a-candle/)

**3<sup>RD</sup>** *Happy long weekend!*

**10<sup>TH</sup>** It's National S'mores Day!  
[www.foodnetwork.com/recipes/indoor-smores-recipe-1941607](http://www.foodnetwork.com/recipes/indoor-smores-recipe-1941607)

**14<sup>TH</sup>** Does your kid have dreams of becoming a fashion designer or architect?  
[www.kidthinkdesign.org/](http://www.kidthinkdesign.org/)

**19<sup>TH</sup>** Do you hate coming up with dinner ideas? You'll LOVE this!  
[www.themomandcaregiver.com/ravioli-pesto-hearts/](http://www.themomandcaregiver.com/ravioli-pesto-hearts/)

**22<sup>ND</sup>** *Chalk it to me, baby!*  
*Find sidewalk art ideas here:*  
[www.themomandcaregiver.com/chalk-it-to-me-baby/](http://www.themomandcaregiver.com/chalk-it-to-me-baby/)

**30<sup>TH</sup>** It's weekend breakfast time and the kids can help!  
[www.nomsterchef.com/nomster-illustrated-recipe-database/wonderful-whole-wheat-waffles](http://www.nomsterchef.com/nomster-illustrated-recipe-database/wonderful-whole-wheat-waffles)

## Summer reminders

*You are not defined by your body type, weight size or shape*

*You do not have to hide your scars, stretch mark or cellulite*

*You are allowed to eat anything you want, you do not have to restrict food so you look a certain way*

*You are allowed to wear whatever clothes you feel good and comfortable in*

*You have the right to feel the sun on your skin as much as anyone else, you do not have to cover up your insecurities*

Taken from:

@worrywellbeing



For More Details and Events

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THE MOM & CAREGIVER

# FIFTH DISEASE

The tag line of one of my current favourite podcasts, “This week in Virology” is “the show about viruses - the kind that make you sick.” The audience for this podcast has skyrocketed due to COVID-19. The professors who present on this series remind us of the many “other” viruses among us that have always been a part of our lives.

Fifth disease is a common viral illness, caused by parvovirus 19, that received its most unimaginative name because it was the fifth in a list of rash-causing childhood viral illnesses.

The illness appears 14 days after exposure to an infected individual (incubation period). In children and healthy adults, there may be a flu-like illness with cold symptoms and a fever. Adults may get polyarthropathy or pain in a number of joints. People with a weakened immune system may also get a more prolonged and severe illness. The hallmark rash of fifth disease is called the “slapped cheek” rash, or very red cheeks. I prefer the less violent “kissed

cheek rash by an aunt with red lipstick”. There may also be a red spotty rash on the torso. As with many viral illnesses it is simply a rite of passage for children without any dire consequences.

The real worry about fifth disease is its impact on women in their first trimester of pregnancy. Exposure at this time can have consequences for the baby with some birth defects and increased risk of miscarriage. If you are a health care worker or work with young children as a teacher or early childhood educator, your

primary care practitioner may check to make sure that you have immunity to parvovirus 19 by ordering a blood test in early pregnancy. There is no vaccine for fifth disease.

Prevention is still the key and the precautions are similar to those for COVID-19. Avoid touching your face, nose and mouth, wash hands frequently and stay home if you are ill.

Our new found respect for viral illnesses will, hopefully, help us to stay safe in the future. 

*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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# SUN SAFETY

Exposure to UV rays can harm the skin and eyes (eg. skin cancer, sunburns, eye lesions, cataracts, etc.) and does not protect nor cure COVID-19. Protect children's skin and eyes from the sun to decrease the risk of these preventable health risks.

## Children's Sun Exposure – Key Facts

- Over half of Ontario children spend at least two hours in the sun.
- Children are often outside when UV rays are the strongest.
- Children's skin is more at risk for sun damage.
- Play areas often do not have enough shade.

## Enjoy the sun safely: Protect skin and eyes

**1 TIME OF DAY:** If you can, limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.

**2 SHADE:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shade shelter. Keep babies younger than one year of age out of direct sunlight.

**3 COVER UP:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat or baseball cap with flaps that cover the head, neck and ears.

**4 SUNSCREEN:** Apply plenty of sunscreen with SPF 30 or more, labelled 'broad spectrum' and 'water resistant'. Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lipbalm. Sunscreen may be used on babies over six months of age; avoid the mouth and eye areas.

**5 SUNGLASSES:** Wear close fitting wrap around sunglasses with UV 400 or 100% UV protection. Children's and babies' sunglasses should be unbreakable.

### Things to Avoid:

- Children should avoid getting a tan or sunburn.
- Don't expose children to UV rays to meet vitamin D needs. Use food or supplements instead.

**Resources:** Sun Safety Factsheets - For Children, Outdoor Sports & Recreation, and Sunscreen 

Sasha Girden, Public Health Nurse,  
for the Middlesex-London  
Community Early Years Partnership



# DOES WEARING A MASK MAKE YOUR SKIN IRRITATED?

It was about two months ago. One morning I woke up, my face was blotched, dry and had a burning sensation. I was terrified because I had never experienced this before.

Being a skin care professional, I knew that something was wrong. Then I started my research. The stress and anxiety during the pandemic can trigger all the negative components inside the body. Stress is the skin's number one enemy. This is why skin irritation is one of the symptoms, especially when wearing a mask for a long time.

*Good skin care regime for skin issues is important. Basic "skin survival" for mask-wearing is outlined below.*

- Make sure to always wear a clean mask. If wearing multiple times, use K95 or KN95. Spray rubbing alcohol inside and let dry after each use.

*Before putting on a mask at the beginning of your day, these are good tips to follow for skin care:*

- Cleanse with gentle cleanser in order to avoid skin from drying and irritating.
- Apply skin care with niacinamide to help build lipid barrier in the skin and lock in moisture to prevent irritation. This minimizes redness and blotchiness.

*After removing mask:*

- Cleanse with gentle cleanser.
- Apply serum or oil base moisturizer for sensitive/rosacea skin. Spot treatment only for acne. Avoid harsh ingredients all over your face such as retinoid or AHA.

Another great tip to relieve skin irritation is ice. Fill a Styrofoam cup to the top with water. Put inside freezer until frozen. Peel off the ring at the top edge of the Styrofoam then rub the ice on your face gently. You will be amazed how comfortable

your skin feels afterwards.

I understand that wearing a mask can cause skin irritations. But wearing a mask in public places and indoors can help us fight the COVID-19 pandemic more efficiently. Let's work and go through this journey together. Please STAY HEALTHY!

I will be here to answer all your skin care questions or you can reach me at [info@revitamedispa.com](mailto:info@revitamedispa.com).

*Remember...Relax, Regenerate, Revitalize* 

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# LOSE YOURSELF *to find* YOURSELF

There's a great saying that is very true: happy wife, happy life. It begs the question though, whose job is it to make the female of the house happy? As empowered women I say that it's largely our job. It's surprising then that the needs of most moms rank pretty low on the family totem pole.

It's really important as mothers that we take care of ourselves, and that we continue to work on ourselves.

**Here are five things that we absolutely need:**

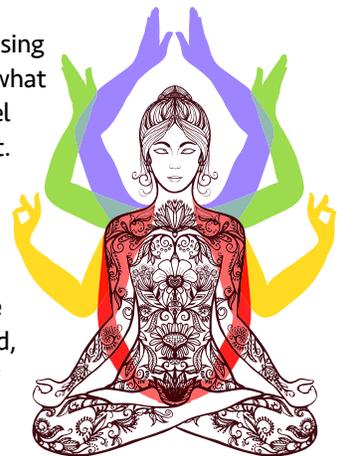
- 1 Seven to nine hours of sleep a night
- 2 Nutrient dense food
- 3 Exercise your body agrees with
- 4 Boundaries - saying yes when you mean yes and no when you mean no
- 5 The ability to lose yourself doing something you enjoy, to the point where you lose track of time and space

When we lose ourselves doing what we love, we shift our brainwaves from beta waves (worry, stress, yesterday, tomorrow, our finances...) to an alpha wave. Alpha wave vibes are day-dreamy and flow from thought to thought with ease. An alpha state is neutral and relaxing and a well earned break from the stresses of parenting. It will also, depending on the depth of the state, be a place where synchronicities happen. For example, you may suddenly wonder about an old friend and they call you. Yes. That's called an alpha state. It is a free-from-stress place worth hanging out in from time to time.

Having a passion for something, mixed with some genuine mastery, (being super into snowboarding, for example) will take you into an even deeper state. Pursuing this level of flow will dip you into theta waves, which are deeply intuitive, healing, calming, and inevitably fulfilling. These experiences leave you feeling satiated

and content. Losing yourself doing what you love can feel like a total reset.

Everyone in your family will win if you take better care of yourself. Solid, consistent daily self-care accidentally builds your self-esteem, self-respect, and teaches you how to have your own back. How's that for a role model mom? ☺



Angie Aristone, co-author of *Consciousness Becomes You*  
www.angiearistone.com

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# THE INTERSECTION *of* SINGLE MOM *and* NEW FAMILY

Growing up in a small, rural community as a child, I had no exposure to divorce. I didn't even know anyone that came from a split home until grade seven. Divorce was foreign - something we only saw in movies and on sitcoms. I remember a distinct, negative stigma attached to single moms growing up. Let's be clear, that stigma was wrong.

Never in my life did I ever expect to be a divorcee, and a single mom. It certainly wasn't the happily ever after I had dreamed of growing up.

When first separated, I remember feeling alone and embarrassed. I didn't know who to talk to or who I could trust. Then one-by-one, other single moms started reaching out and connecting with me. I discovered a new community of single moms. We were threaded together, like a beautiful patchwork quilt. Pieces of cloth, considered rags, mended with care, little by little, until a strong, beautiful new blanket emerged. This extraordinary, new community of single moms rode the single parenting roller coaster with me.

I'm a good mom. I have been fortunate enough to be able to provide my daughter and me with a lifestyle that is comfortable, safe and balanced. I've accomplished things I didn't know I was capable of, all on my own. Now that I've worn this 'single-mom hat' for seven years, it's something I wear with pride. It's like a badge of honor. I preach the strength of single moms, loud and proud.

I've come to a crossroads in my life.

I pack up the home I bought and paid for myself, a home in which I was married, divorced, raised my daughter and which saw all of the joys and struggles along the way. I realize I'm about to shed this skin of being a single mom, which I've become so comfortable and happy in.

As excited as I am to start my new life, in our new home, as a new family with my partner whom I love and trust, I can't help but mourn the loss of independence and pride of being a single mom. 🌱

*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.*





# *the* FAMILY PET

**H**aving a family pet seems to be a rite of passage for Canadian families, especially with young kids. Besides providing companionship, a loved house pet has a lot more to offer for the whole family – something I quickly discovered as we finally got our first family pet.

I never had a pet growing up. My mom insisted they were more work than they were worth; yet I longed to visit families who had a playful dog or a curious cat. I remember yearning for that mystical connection that other kids had with their furry friends. Later in life I grew quite allergic to cats, a trait I somehow passed on to my son. And given that my husband is allergic to dogs, we were doomed to end up adopting a scaly or slithering reptile or a yawn-worthy, ordinary fish.

While visiting some friends not long ago, we met their new pet – a very playful and oddly curly haired cat. Our kids took an instant liking to this four-legged feline as I prepared for my immune system to wreak havoc on my sinuses. About an hour into our visit, I was pleasantly surprised to have no allergy symptoms. I discovered this cute companion to be a Cornish Rex – a hypoallergenic cat! With this game-changer, our plans to being pet owners quickly began materializing.

Mango Tango entered our home about seven months ago and instantly became an adored member of our family. Being the only female in the house, she takes her princess role very seriously. She demands attention and often seeks us out when ignored. Mango is very social, cuddly, playful and energetic – qualities quite common to this breed. Our boys will often run around the house with Mango closely behind, pawing at their heels. Our oldest can be seen curled up with a book and reading to the cat, explaining the details of the story, while our youngest is learning lessons in being gentler and quieter around Mango.

Aside from finding a special place in our hearts, Mango Tango is teaching us many lessons in responsibility. The boys are quite diligent in closing doors (she is quite the escape artist!), keeping toilets closed so she doesn't drink out of them, ensuring she has enough food and water, and letting us know when the litter needs cleaning – a job I am VERY eager to pass on one day! I read that social skills, verbal skills, confidence, and emotional intelligence improve in children with pets as they incorporate them in play. And without knowing that physical distancing was upon us, Mango's unwavering affection provided each of us with therapeutic benefits we all needed – and boy did she enjoy all the attention!

My mom was right, having a pet is a lot of work. But she missed out on how much a pet can add to family life and as I finish this column, cat purring in my lap, I have no regrets or doubts that she is worth every bit of love and effort. 🐾



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

# THE LEGEND *of* PERIDOT

**P**eridot, the birthstone for August was known in ancient Roman times as the “Evening Emerald”. Peridot is associated with the sun and has been prized since the earliest civilizations for its protective powers to drive away the forces of darkness.

Peridot is the only gem other than diamond that is born from fire. Formed not in the Earth’s crust, but in the molten rocks of the upper mantle (approximately 200 km beneath the Earth’s surface) created by volcanoes and earthquakes. Peridot has even been found in meteors that fall to earth.

Peridot (pronounced pair-uh-doe) is the gem form of Olivine. While Olivine is an abundant

mineral, gem-quality Peridot is rather rare, especially in larger stones. It varies from bright yellow-green, lime or pure green, to deep olive or brownish-green; the most valued being a dark olive-green. It occurs for the most part as an eye-clean gem and is typically faceted.

Because Peridot is sensitive to rapid changes in temperature, do not steam clean or ultrasonic Peridot jewellery.

This legend of Peridot has been presented by Nash Jewellers. Discover Peridot at Nash’s, a family tradition since 1918. 



*Colin Nash,  
Certified Gemologist Appraiser,  
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# CHEF DEV'S LOBSTER ROLL

## INGREDIENTS:

- 8 oz. lobster meat
- ¼ cup mayo
- 2 tsp fresh dill, finely sliced
- 1 tbsp scallion greens, finely sliced
- 2 tsp brown butter
- ½ tsp Dijon
- 1-2 tsp hot sauce
- ¼ cup red pepper, finely diced
- 2 inner stalks of celery, finely diced
- celery leaves to garnish
- Kosher salt and freshly cracked black pepper to taste
- 2 split top style hot dog buns
- 2 tsp unsalted butter

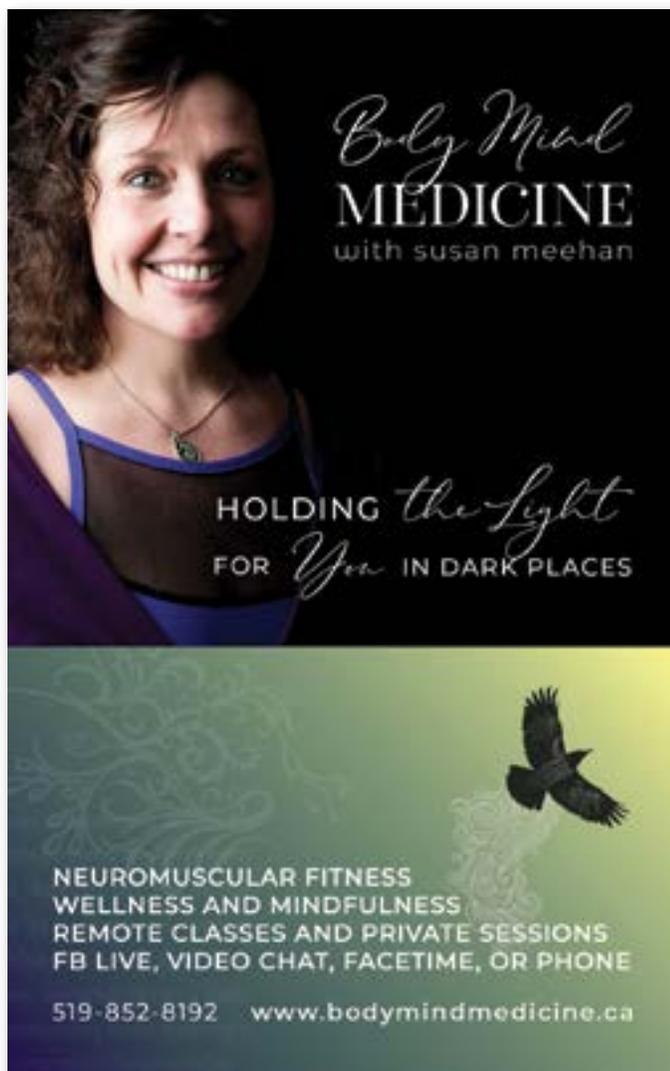
## METHOD:

On a frying pan or flattop on low-medium heat, butter sides of hot dog buns and cook to golden brown on both sides. Meanwhile, combine all other ingredients in a mixing bowl and adjust seasoning if necessary. Place lobster mix evenly into both buns using a spoon and garnish with celery leaves. Serve with a side salad or chips. 🍷



*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.*

# BODY MIND MEDICINE with SUSAN MEEHAN



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. 🌱

I am Susan Meehan: Reiki Master Teacher, Nia Technique Instructor, Shamanic Healing Practitioner and Mindfulness Educator. I have been practicing multiple natural and holistic medicine modalities since 1988. I began as an apprentice at Canada's largest Holistic Clinic in Ottawa. Here I learned and became fascinated with bio-energetics and the human energy field.

From there I was led to study Reiki, an energy based healing modality that operates inside each person's energy field to release stagnant energy from our body, mind, emotions, and spirit. It works to correct and adjust our energy and immune systems right down to the cellular level. When our frequency is low, we have low life force, low vitality, and sometimes illness or disease. When our frequency is high, we feel energized, peaceful, full of vitality, and we experience vibrant health and personal joy! Reiki works non-invasively using hand placements and hand scanning techniques to naturally increase our life force and energy frequency. Reiki can also be offered remotely at a distance which is very powerful and convenient during these pandemic times.

Reiki is powerful complimentary medicine for caregivers and mothers who often feel helpless when loved ones are unwell. It is safe, free, and always available as first aid to all kinds of illness and disease. Reiki speeds the healing process, and can remove toxic energy pollution including dangerous and ever increasing electromagnetic frequencies (EMFs) that we may or may not be aware of.

The holistic fitness practice I teach is The Nia Technique. Nia offers neuromuscular conditioning while bridging the concepts of eastern martial arts, dance arts, and healing arts. Nia is a super fun fusion fitness practice that offers safe and high end conditioning to your body, mind, emotions, and spirit! Practised in bare feet, Nia is easy to learn, bringing an incredible sensation of vibrant health and authentic joy.

Currently, I offer online private Reiki sessions/trainings for adults and kids, and I also teach Nia classes through a private Facebook group called "Moving with Susan Meehan". Here you will find Nia, and other offerings like Moving in Mindful Meditation with Crystal Singing Bowls.

Please connect with me through email, website or phone: [nia.meehan@gmail.com](mailto:nia.meehan@gmail.com), [www.bodymindmedicine.ca](http://www.bodymindmedicine.ca) or 519-852-8192.



# TAKING STEPS *for* BACK *to* SCHOOL

It's that time of year again - the last month of the summer and time to get your children ready to go back to school! Back-to-school season may be painful for some students, but it does not need to involve achy and painful feet.

Flip-flops are the summer footwear of choice for many students. But while these sandals are inexpensive and stylish, they do not cushion or support the foot, often leading to pain and biomechanical problems. Heel pain and arch pain rank among the most common complaints among students who wear flip-flops all summer. Other flip-flop foot problems students can take back to school include inflammation of the Achilles tendon, painful pinched nerves, sprained ankles, broken or sprained toes and bones of the feet, cuts, scrapes, plantar warts, athlete's foot and callus buildup on the heels and toes.

Custom foot orthotics are shoe inserts that are fabricated specifically for the individual's needs to correct certain ailments.

They reduce stress and strain on body tissues by ensuring proper biomechanical alignment, reducing the impact of forces that occur during the gait cycle. When used in conjunction with appropriate and supportive footwear, a foot orthotic can be effective in helping to treat a number of foot and lower limb conditions. Custom foot orthotics are fabricated by a certified orthotist and provide the necessary orthotic treatment for your child.

By reducing or eliminating your student's foot pain with simple treatment methods, including stretching exercises, ice, massage, anti-inflammatory medications or custom inserts, your child will be ready for heading back to school.

We are here to help you with your child's back to school needs. Contact us for a complimentary assessment. You can reach us via phone, email or social media! 📞

*The Team at Custom Orthotics of London*  
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# A BITE-SIZED HISTORY of RABIES

The world has seen many viruses in its day, but one of the most prevalent, and interesting, throughout history is Rabies. It has caused fear and legends around the world for thousands of years and continues to be relevant to both us and our furry family members today.

For millennia, we have known that Rabies is related to the bites of rabid animals. Today, we understand that it is a viral disease transmitted through saliva. It can present in different ways, but it almost always results in a change in temperament, paralysis, seizures, and is considered fatal once symptoms appear.

Before the 1880s, there were many wild and interesting treatment attempts, including putting hair from the infected dog into the bite wound of the victim. This is the origin of the phrase “hair of the dog (that bit you)” as a hangover cure. Unfortunately, none of the attempted remedies were particularly efficient and Rabies continued to ravage society.

The world changed when Louis Pasteur, a French chemist and microbiologist, created a Rabies vaccine in the 1880s.

Desperate people sought out this new and unfamiliar treatment for their loved ones. By the time of his death, Pasteur’s discovery had already helped thousands of people make a full recovery, a task previously thought to be impossible.

Through applying these innovations to both human and

veterinary medicine, we have been able to significantly control the virus. In modern-day Ontario, where many cities and municipalities require vaccination for all domestic animals, positive Rabies cases are quite rare. Amazingly, through strict quarantine protocols, some places throughout the world are now even considered to be Rabies-free.

However, because Rabies no longer feels like a real threat to us, it is easy to forget the terror of the disease. In places such as India, stray, unvaccinated dog populations are high and poverty restricts many people from accessing the human vaccine. Annually, many thousands of people across the world, mostly children, still continue to die from Rabies.

Rabies is the perfect example to show that vaccination is the cornerstone of prevention. It is amazing sometimes how closely linked our furry family member’s health is with our own, and how when we all work together, we can protect our most vulnerable. Let’s all do our part. 🐾



*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](mailto:danielle@NeighbourhoodPetClinic.com). Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your various questions.*

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# BANANA YOGURT ICICLE POPS

Beat the heat this summer with a frozen treat! Better yet, a healthy one! Nothing says summer quite like something frozen on a stick. These are deliciously fun, both to enjoy and to make - a great one to get the kids involved in preparing. They'll love to decorate them! Then enjoy after playing in the backyard or hanging out poolside.

## Frozen Banana Yogurt Icicle Pop Recipe [Makes 6]

### INGREDIENTS

- 3 bananas, peeled and cut in half (I like to use less ripe bananas that still have a tinge of green to them)
- ¾ cup of your favorite yogurt
- Toppings of your choice (eg. sprinkles, mini chocolate chips, granola, crushed nuts or seeds)

### INSTRUCTIONS

- Peel and halve each banana. Insert a popsicle stick into each half.
- Dip bananas into your favorite yogurt. Make sure each half is coated evenly. You may need to use a spoon for this. Let excess drip off.
- Add topping of your choice.
- Place on a plate covered in wax or parchment paper. Freeze for about 3-4 hours, or until the yogurt and banana has hardened through.
- Enjoy!!



*Jenn Giurgevich is the founder of Spark Nutrition & Health, a virtual nutrition consulting business. Visit [www.sparknutritionandhealth.ca](http://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!*

Happy summer days to you all! 🍌



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



TEL 519.434.3151 [www.grandavechildrenscentre.com](http://www.grandavechildrenscentre.com) 81 Grand Avenue London, ON N6C 1M2

# TALKING BACK to SCHOOL TIME

After months of unknowns, changing schedules, and new routines, starting a new school year seems like both a welcome and intimidating change. While young children are starting school for the first time, older children are entering a school environment that looks completely different than the one they left in March. Self-regulation and executive skills are both very important for school success. Did you know that speech language pathologists provide support and intervention for the development of these skills?

### What is Self-Regulation and Executive Skills?

Self-regulation describes a child's ability to monitor and manage his or her energy, emotions, behaviours, and thoughts in appropriate and expected ways. In order to manage challenging situations and feelings, a child must develop effective self-regulation skills.

Executive skills are required for a child to be able to pay attention, learn routines and regulate emotions. Other executive skills include problem solving, planning and organization.

### How Can Parents Help?

In order for your children to be successful at school, they must learn some new routines that are likely very different than the routines they have been following during the extended time at home. Developing a morning routine for school days may seem simple to adults, but there are actually many cognitive skills required to

make this a success. Your child must pay attention, remember the steps, get started in a reasonable timeframe, complete the task, manage emotions and be ready to head out the door in time to get to school. Although we know that executive skills continue to develop throughout adolescence and into early adulthood, younger children can be taught the skills needed for following routines.



Visual schedules help to teach routines by outlining and sequencing the steps and tasks required for daily routines.

Print pictures that represent important activities in your child's day (waking up, eating breakfast, getting dressed, going to school, coming home, unpacking backpacks, play time, dinner time, bath time, story time, going to bed). The pictures provide children the opportunity to see and understand the plans for the day, leading to increased feelings of security. It may reduce conflict as the plans and expectations are clearly displayed, and hopefully, you will not need to provide as many verbal reminders.

While school may look different this September, you can set your children up for success and make them feel prepared for the adventures ahead! If you have any concerns about your child, you can contact Fern Speech and Language Services to set up a free consultation session. 📞

Elizabeth Skirving, M.S., M.Ed., Reg. CASLPO | Andrea Jennings, M.Cl.Sc., Reg. CASLPO | Speech-Language Pathologists Fern Speech and Language Services

# How to Look ZOOM-TASTIC in Minutes!



**O**ur screens have become our new point of contact for work, and also a mirror that we just can't dodge. To help you get ready for the big screen (literally), here are a few tips to look virtually fabulous in no time.

### MASK ON, MASK OFF

Give your skin an express facial. Bio-cellulose masks adhere effortlessly to the face, molding to every curve and contour to ensure the entire face is covered. They are simple to apply and easy to remove, with zero mess or downtime. The effects are immediate, leaving skin looking luminous, firmer and hydrated.

### EYE BOOST

Gel eye patches are a quick and refreshing way to instantly awaken and de-puff the eye area, and also brighten up dark circles. Place one patch under each eye for a minimum of ten minutes for optimum results.

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

### PLAYFUL POUT

Instantly brighten things up by adding a punch of colour to your lips. Opt for sheer or gloss formulas as matte lipsticks can be drying. Tinted lip balms are also a great choice and still add the right amount of colour. This is the perfect time of year to rock your favourite shade of pink, coral or red.

### ALL EYES ON YOU

Keep it clean and classic. Give lashes a luscious boost with two coats of mascara, working your wand right at the lash line to add maximum fullness. Add a touch of highlighter or a light shade of shadow to the inner corners to make your eyes pop and look further apart.

### GLOW-UP

Give yourself an all over glow with your favourite blush or bronzer. Many brands carry gorgeous combination palettes that include matte and shimmery finishes in an assortment of pink, peach and bronze tones. Play up those cheeks but don't forget to add a soft swipe on forehead, nose and chin for a more balanced finish. 

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# CURB APPEAL:

## HOW TO MAKE YOUR HOME STAND OUT

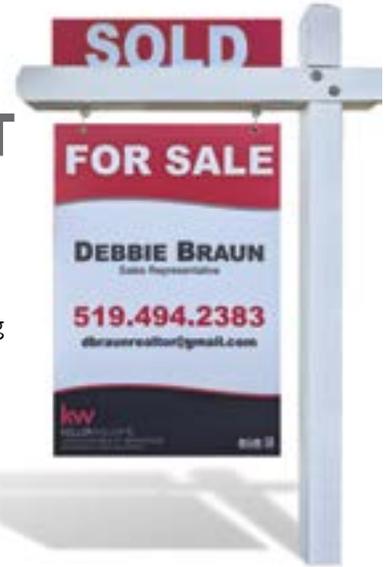
We all notice a beautifully landscaped front yard or a freshly painted porch with cozy new furniture because it stands out. If you're considering selling your home during the summer, you want to be that house! Here are ten ways you can make your house pop without spending very much money:

- 1 Buy new house numbers and mailbox or paint the existing ones so they look new again.
- 2 Install new lighting for your front porch, step or doorway, or even a floodlight on the front of your house.
- 3 Landscaping is everything. Plants should accent your walkway and doorway, not block them from view. Trim all trees and bushes that conceal the front of your house. One way you can save money is asking friends or family to divide their perennials so you have free plants that are already established. Another way is asking on one of the Buy Nothing neighbourhood pages if your neighbours have any plants to give away.
- 4 Edge the grass around your driveway and remove all weeds growing between the bricks if you have an interlocking brick driveway. It gives a professional, clean look.
- 5 Potted ferns and monochromatic coloured plants look best. Too many colours will look busy, which is the opposite of what you're trying to do.

- 6 Buy a new front door mat to welcome potential buyers.
- 7 Clean your windows inside and out.
- 8 Hide your garbage and recycling bins around the side of your house, in the garage or in a garbage bin. Hot weather does not make a garbage can inviting to anyone except raccoons.
- 9 Paint your front door a bright accent colour. Paint anything that looks tired and worn out, such as furniture, shutters, window sills, garage doors and trim.
- 10 Cut and water your front yard grass so it always looks green.

A little bit of effort can make a world of difference in how your house looks from the street. The old expression "you never get a second chance to make a first impression" is as true with homes as it is with people. 🏡

*Debbie Braun,  
Realtor at Keller Williams*





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