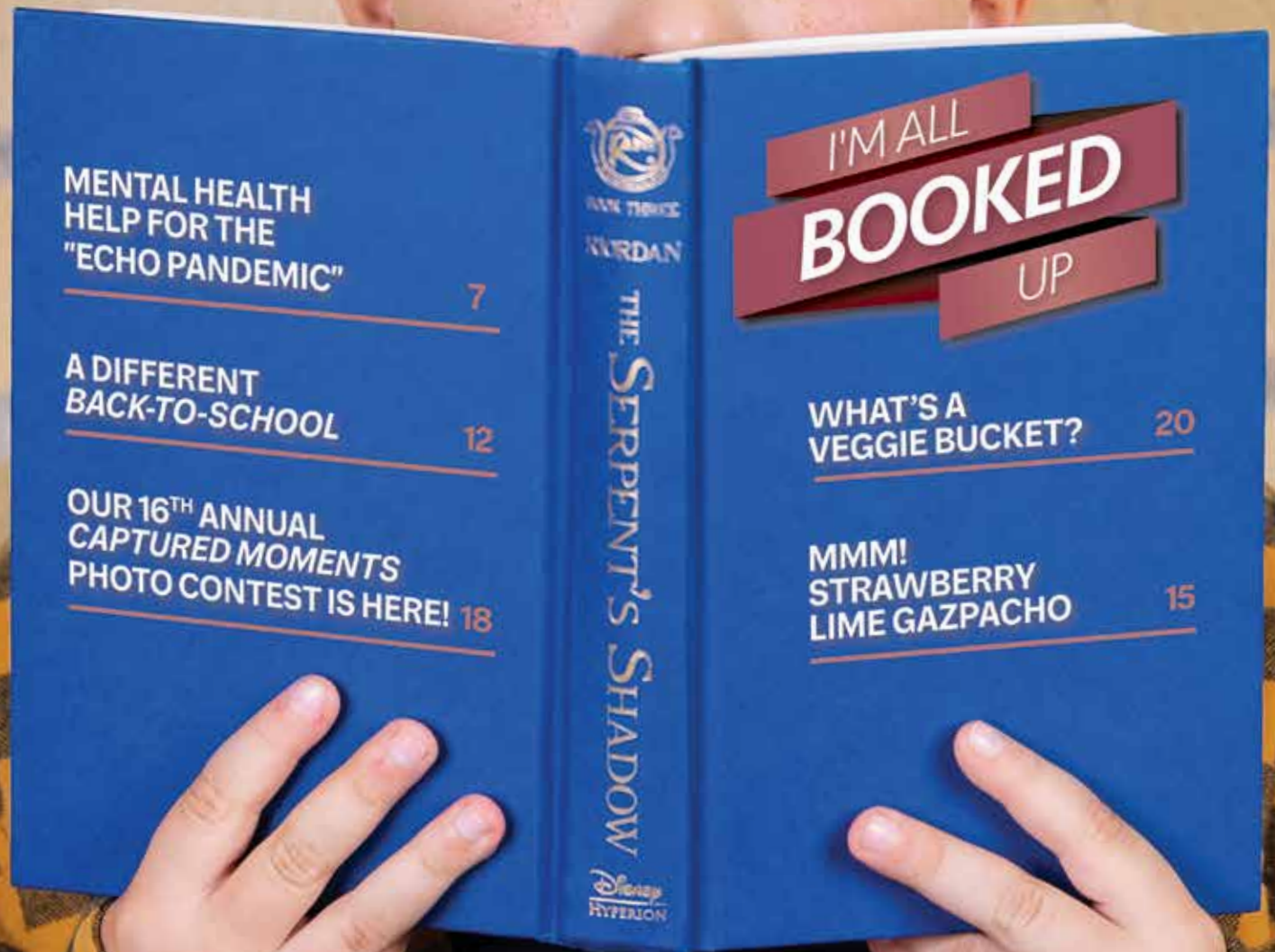


THE MOM & CAREGIVER™

SEPTEMBER 2020
VOLUME 22 ISSUE 9

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ON THE COVER

Well, you made it way too easy on our photographer, **Landon! Landon** was a real professional, super polite and a great listener. It's obvious he's a wonderful big brother. We know that back-to-school time will be a huge success for you!

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THE MOM & CAREGIVER



READY TO TACKLE UNCERTAIN TIMES!

I have SO many questions. You see, I'm a planner. I don't do well with change, and I don't do well with uncertainty, but I'm trying. Because what else can we do in these uncertain times?

I am sitting down to write this editor's note during the first days of August. (We really work ahead in the magazine industry. Soon, we'll be talking Christmas while you're celebrating Halloween!) As of right now, we know a small bit about what back to school will look like for our children. I very much wish we knew more so we could provide specific information and tips to nervous families. But we have instead put on our happy faces and pulled up our bootstraps to do the very best we can during these times. We have asked our expert columnists to tell us how they're feeling, what they foresee, and how to prepare for "back to school", whatever that may look like for your family, and we are so proud of what we've put together for our September 2020 issue.

So let's pretend we're all back to school, and I'm the teacher. You can envision yourself in a classroom, or watching me virtually from the comfort of your home. I'll ask you to turn your textbooks to the following pages and here are your assignments for the month:

PAGE 7: Here you'll find VERY important information about mental health help during the "echo pandemic". What's the echo pandemic, you ask? Read to find out!

PAGE 12: Study Frank Emanuele's tips for a different "back to school". Support each other, connect with teachers, listen to your kids and _____. You can fill in the blank by reading his article.

PAGE 11: Do you have teenagers? Hear from Ella and Mikael who may be "starting high school on a low" to get an idea of what our students are going through.

PAGE 20: Question - What is a veggie bucket? **Answer** - Find out from Registered Dietician Jenn Giurgevich in four very-achievable steps!

This September will be one of the craziest back-to-school times of our life-times. But we've got this parents! Whether you're choosing a home or school classroom (remember, no judgement, people!), stay safe, stay healthy, and let's take care of one another.

P.S. With the trying times of back to school this month, let's share some pure joy! Enter our 16TH annual Captured Moments photo contest from September 9 - October 9 for a chance to see your little one on a beautiful Mom & Caregiver cover. Find details on page 18.



Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.

- Fred Rogers



Editorial photography
by Flavia Zaidan
Make-up by Sanah Zebian

September

Use up the last of those summer herbs

www.themomandcaregiver.com/basil-cream-cheese-toasts/

02ND

Ten tips to be more organized? I need those!

www.thespruce.com/be-more-organized-on-daily-basis-2648474

03RD

Celebrate the last weekend of summer break

www.themomandcaregiver.com/beach-games-activities-and-crafts-that-dont-cost-a-cent/

05TH

Happy long weekend!

07TH

Get the kids to eat those veggies

www.themomandcaregiver.com/maple-miso-glazed-brussels-sprouts-and-carrots-with-toasted-pecans/

09TH

Make math fun!

www.mathgames.com/play/zombiemath.html

14TH

Are you pregnant and hungry?

www.themomandcaregiver.com/new-beginnings-nutrition-during-pregnancy/

16TH

Let's talk furry family members!

www.themomandcaregiver.com/pet-friendly-back-to-school-blues/

17TH

September is a great time for word games

www.themomandcaregiver.com/the-blue-sun-is-fantastic/

21ST

It's the first day of autumn!

22ND

Make a parent-child craft this weekend

www.themomandcaregiver.com/have-you-lost-your-marbles/

26TH

Fall time means butternut squash time

www.themomandcaregiver.com/cinnamon-roast-butternut-squash-makes-2-cups/

29TH

Learn how to talk the talk with your kids.

www.edutopia.org/blog/parents-fifteen-questions-replace-how-was-school-today-elena-aguilar

30TH

For More Details and Events

THE MOM & CAREGIVER .COM
Your Online Parenting Resource

Childhood Cancer Awareness Month

Life changes the moment you become a parent.

Many parents describe leaving the hospital with great hesitation. The reality however is that with the arrival of that perfect bundle comes a tool that is often under-estimated...

Mother's instinct.

On Elsa's second birthday she did not want to play, choosing to cuddle instead. Mom, Anna, had taken her to the doctor twice, knowing in her heart that something was wrong. An ear infection would not heal. Bruises started to appear on her inner thighs and forehead. She looked pale and her abdomen was bloated. It would be her next doctor's visit before he could no longer deny something was wrong. Although Anna wanted nothing more than to be wrong, they would be told that Elsa had B cell Acute Lymphocytic Leukemia.

Just over two years after being diagnosed, with a smile that would light up any room, Elsa would ring the bell letting the world know that she was cancer free.

According to Cancer Care Alberta there are 1700 children diagnosed with cancer each year in Canada, and over 30 000 Canadian childhood cancer survivors. Survivors often struggle with late term effects of treatment, so Childhood cancer impacts the lives of many families in our community every day of the year. Our hearts go out to the families in our community that have lost a child to the monster that is cancer.

Kim Vander Schelde, Mama Warriors



CHILD CAR SEATS: USE THEM RIGHT, SAVE LIVES!

Did you know that motor vehicle crashes are the #1 cause of death due to unintentional injury in children aged 1-14? A car seat, when installed correctly, can reduce the risk of injury or death by as much as 74%. Unfortunately, many children are not using a car seat appropriate for their size and/or the car seat is not installed correctly.

Purchasing a new car seat can be confusing. There are many to choose from and prices vary. The most expensive seat is not always the safest. The best car seat is one that fits in the vehicle securely and is easy to adjust. Vehicle seats are different. Some car seats have a better fit than others. Make sure you can return the car seat if it does not fit properly. Register the car seat so the company can alert you about recalls.

There is no need to rush a child into the next stage of car seat. It is safest to keep the child in the current car seat until he has outgrown the height or weight limit of the seat. Check the car seat manufacturer's instruction booklet for information about height and weight limits. A child is safest in a rear-facing car seat for as

long as possible. The American Academy of Paediatrics recommends rear-facing until the age of two or when the child no longer meets the rear-facing requirements of the car seat. When an infant outgrows the infant car seat, purchase a car seat that can be used both rear-facing and forward-facing. A rear-facing car seat provides better protection for the child's head, neck and spine.

When the child is ready to move to a forward-facing car seat, the tether strap must be used. The tether decreases the amount a child's head can move forward in a collision, reducing risk of injury. The vehicle owner's manual shows the correct anchor location to use for attaching the tether. Check in the car seat manual for the correct route for the seat belt or Universal Anchorage System (UAS). The path is different depending on whether the seat is rear-facing or forward-facing. Use the seat belt or the UAS to secure the car seat in the vehicle unless the car seat manual states both can be used.

Car seats have expiry dates! It is dangerous to use one that is past the expiry date. The expiry date may be found on the plastic shell of the seat or in the owner's manual.

For more information check out the MLHU website at www.healthunit.com/car-seat-safety or call the Health Unit to speak to a Public Health Nurse at 519-663-5317.



Catherine Winspear RN PHN for the Middlesex-London Community Early Years Partnership

THE "ECHO PANDEMIC"

We are now six months deep into the COVID-19 pandemic. Almost every e-mail and briefing about the coronavirus contains the adjectives "unprecedented" or "evolving". The adjective unprecedented implies that this is uncharted territory. The term evolving implies an ever changing landscape of uncertainty. In addition to these aspects, economic uncertainty, news replete with nightly death counts, and the loss of social supports as we self-isolate, have created a second pandemic of mental health challenges. The Canadian Mental Health Association has labelled the mental health challenges as the "echo pandemic."

People who have faced a pre-existing history of anxiety, depression or addictions are finding the pandemic has worsened their condition. Those who have never had a history of mental health battles are experiencing anxiety for the first time.

Fortunately, there are a number of resources and tips to coping with our "new reality".

TIPS

- 1 As a support person, ask your friends and neighbours how they are doing.
- 2 Share what you are experiencing. Sometimes sharing what you are feeling helps others open up as well.
- 3 Engage in self-care. Eating a healthy diet, exercising and sleeping well establish a routine and improving a sense of well-being.
- 4 Name your anxiety. Try to understand what is the worst thing you fear. This will help you to address that aspect rather than facing an unmanageable nebulous anxiety.
- 5 Be informed. Knowledge can help us to conquer our fears but it is important to temper this with boundaries. The 24 hour news cycle helps us to further catastrophize. Find a reliable source that does not sensationalize the news and be disciplined about only checking every few days.

6 Focus on things you can control. Hand washing, avoiding touching your face and observing social distancing are important ways of controlling what you are able to control.

7 Connect in ways that are safe. We can still do distance walks, talk on the phone or meet on a virtual platform. Focus on ways you are able to connect rather than ways you are not.

8 Get help. Primary Care practitioners continue to provide care as do mental health professionals. They may have switched to a safer format but are available. Do not be afraid to reach out.

RESOURCES

Kids Help Phone

1-800- 668-6868 ext. 686868

CMHA

1-416-646-5557

Crisis Services Canada

1-833-456-4566 ext. 45645

The Canadian Government has an excellent online resource that can be used to help with anxiety around coronavirus and can be used anonymously or can be used as an online portal to discuss with others experiencing similar anxieties.

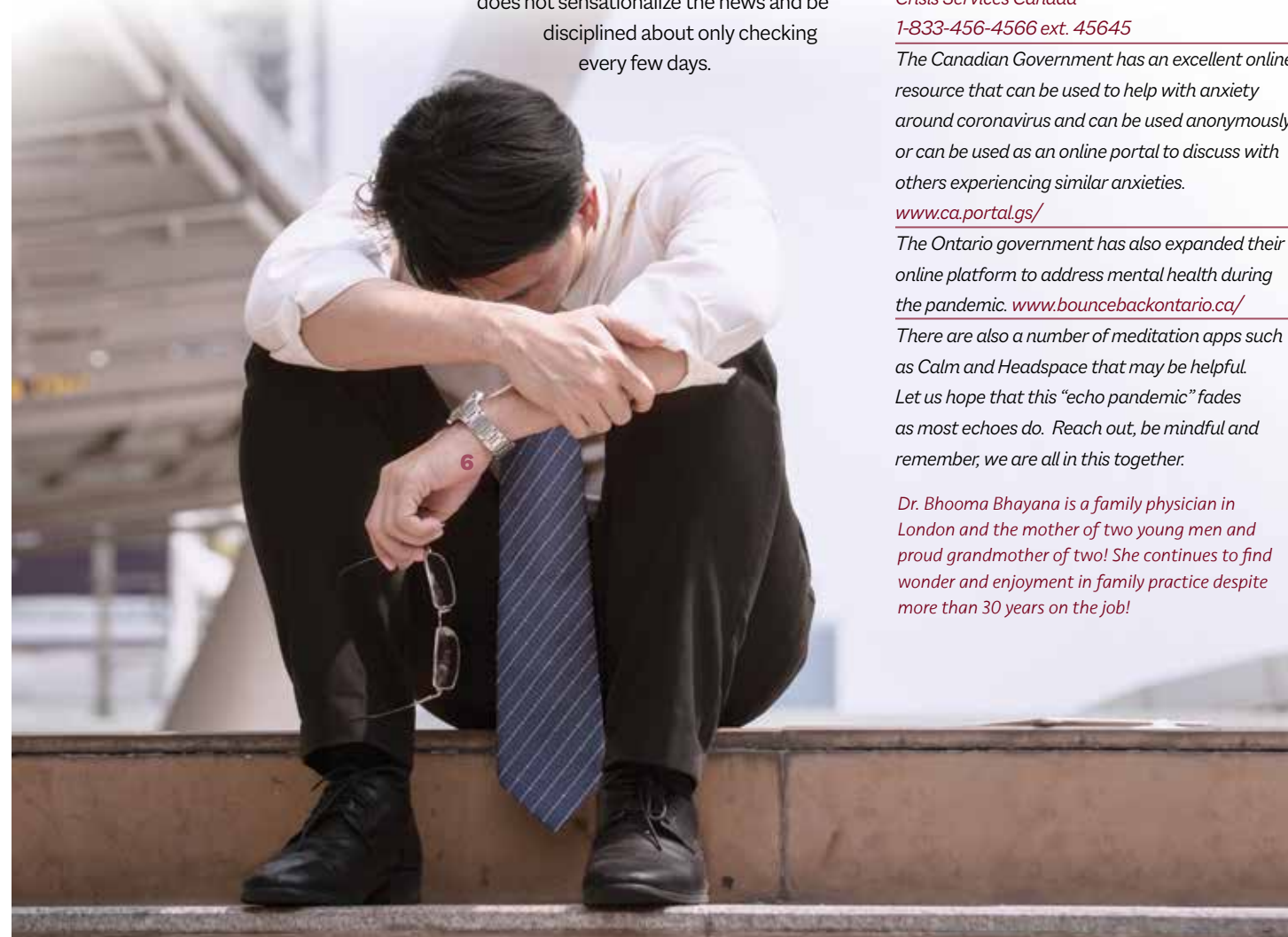
www.ca.portal.gc/

The Ontario government has also expanded their online platform to address mental health during the pandemic. www.bouncebackontario.ca/

There are also a number of meditation apps such as Calm and Headspace that may be helpful.

Let us hope that this "echo pandemic" fades as most echoes do. Reach out, be mindful and remember, we are all in this together.

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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AFTER SUN CARE

The past few weeks, we've been dealing with a heat wave and high humidity. Beaches were packed with people, especially since Middlesex County moved to stage 3 during COVID-19. In Southern Ontario, we only have ten weeks of summer. Therefore, WE LOVE SUMMER. Most people re-apply sunscreen every time they come out of the water. But some just don't, or don't apply enough on body and face. This results in some pretty burned bodies and faces.

Please remember to use ample sunscreen and re-apply regularly. But if you've made a mistake, there is a simple DIY mask that can help.

BANANA CREAM MASK - Will moisturize, hydrate, and pamper the sunburned skin. This yummy, healthy mask can help restore the glow on your skin. Only two ingredients are needed.

1 (2-inch) chunk of very ripe banana
1-2 teaspoon light or heavy cream
(depends on your skin type) or
full-fat coconut milk.

Using a small bowl and
fork, mash the banana
with just enough
cream or coconut milk
to make a smooth,
spreadable paste.

Using your fingers,
spread the banana
mixture onto face,
throat, and chest.
Make sure to use a towel
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FLOW STATES and HOW TO HARNESS THEM

A flow state is where we access creativity, deep insights, and ingenious solutions to problems logic can't solve. Modern positive psychology also tells us that time in flow is the foundation of genuine happiness and well-being. In deeper states of flow we discover a profound sense of oneness and connection between one another, with nature, and sometimes to the mystical or divine. Time in flow deepens our sense of meaning, of purpose, and of genuine spiritual connection. Whether we want to feel better, succeed personally, connect with a higher power, create a better world, or just figure out what to do next, flow is where we find the answers.

Flow is conventionally thought of as a rare and elusive state, but it's really our natural state of being. We naturally seek out flow-inducing activities when we need to reset, rejuvenate, or heal. We spend our childhoods

in flow, and easily slip into a flow state whenever we are fully absorbed in doing something we love. Do what you love and you will find flow. When you can't do what you love, love what you're doing. The right mindset and focus is all we really need to instantly and effortlessly slip into a flow state. Learning to flow is more about remembering than learning, and we can all harness the power of flow simply by reclaiming a childlike spirit of enthusiasm, curiosity and playfulness. To fully harness the power of flow though, we need plenty of practice and a thorough understanding of the strange and wonderful world flow states carries us into.

In a light flow state ordinary thinking slows. We lose track of time and space. We feel alive and elated. In deep flow, worry, hunger, and pain disappear into the blissful peace of a timeless moment. The world and our very thoughts pass by in vibrant slow motion.



Feeling as if we have an eternity to process, plan and react, perfection comes with ease, yet hours flash by in the blink of an eye. We perceive ourselves like an objective witness, noticing every relevant nuance in the situation at hand while blocking everything else out. Miraculously wise insights accompanied by wildly creative solutions spontaneously arise in our minds and automatically guide our actions. This is where we connect with our intuition. &

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

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OSTRICHING WILL NOT DELAY THE INEVITABLE

Recently I've had some awakenings to the passing of time, and the reminder that my role of caregiver is only being partially tapped.

It could have been the shock I had when I met a group of women, whom I remember as being vital and energetic. As I approached a sea of wheeled walkers lining the driveway, the 'Walker Brigade' was a bittersweet reminder that getting old is inevitable.

Or perhaps it's watching a friend cope while her parent's abilities and memories deteriorate. The exhaustion and grief experienced by their families as they watch their loved one helplessly fade away is heartbreaking.

Closest to home was a phone call from my mother. Recent conversations regarding ill family and friends, paired with the lingering threat of COVID-19, generated the need to review her personal, medical and financial wishes.

As a new parent, I read the books, scoured the blogs, and gathered knowledge to perfect my skills in my new role as a parent. Of course, I was naïve to believe that I was prepared. Trial and error and advice from my support system were the best tools in my tool kit for parenting.

But what about the flip side of parenting... being the child. We naively think that once we become a parent, we are no longer a child. However, there is a significant role as child that we still must fulfill, the reversal of roles, when your parents need you to take care of them.

I suppose we don't invest the time and energy into preparing for this next stage of life because it's absolutely horrible to comprehend. Ostriching will not delay the inevitable, and it doesn't make it easier when you take on this new caregiver role.

In our family we often make light of death. We joke about the material things we will fight over, like a potato masher. Or tease our mother about spending the inheritance when she makes any purchase. The reality is no joke though. The feeding, dressing and bathing of your parents is a quick lesson in humility. The fear, worry and sleepless nights are the debilitating luggage you will carry throughout the rest of your life. But this is certainly the least we can do in payback for all the feeding, fear and worry our parents did for us as children. 🧐

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.



STARTING HIGH SCHOOL ON A LOW?

You are starting high school this month during a very unique time, so help out our parents of teens out there:

What makes you most excited about starting high school?

Mikael: I am excited to make new friends and learn new subjects.

Ella: I'm excited about meeting new people and getting to have different classes than I did last year.

What are you most worried about?

Mikael: Getting lost in the new school.

Ella: As much as I'm excited to meet new people, I'm also nervous about it. I've been in class with the same people since kindergarten at my school, so it'll be a big change.

What is the subject you're most looking forward to and why?

Mikael: I am looking forward to math as it is one of my favourite subjects.

Ella: I'm really looking forward to tech because it will be a new class for me and I love making things.

What was your favourite activity the summer before high school?

Mikael: My favourite activity was golfing and hanging out with my friends.

Ella: I loved biking and swimming on the hot, sunny days.

Things are quite different this year. How are you dealing with the uncertainty of what school will look like during COVID?

Mikael: I am dealing with the uncertainty by not worrying about it and being good with whatever happens.

Ella: I thought my first year of high school would be pretty straight forward, but obviously everything got mixed up because of COVID. I'll just have to go with whatever they choose to do. 🧐



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

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A different “BACK-to-SCHOOL”

The phrase Back-to-School always sparks many emotions in students, parents, and teachers: excitement, anxiety, relief, a sense of normalcy and a longing for routines. It's a time to prepare and reset, a time to celebrate, and a time for new beginnings. This year however, those feelings are very different. Many of us are confused, fearful, uncertain, worried, and simply sad.

This is NOT the back-to-school we're used to and it royally stinks!

We are looking to our leaders for comfort or a plan to ease our anxieties, yet everywhere we turn we're coming up short. These vague instructions about being prepared for several scenarios offer little relief and yet, there are no better solutions. So how do we cope with such uncertainty? How do we make the right decision to keep our children safe? How do we tackle taming this terrifying beast? I wish I had an answer for you. Instead, let me offer some thoughts about the things we can change and support.

First of all, let's support each other. The choice to send your child to school (or not) is an extremely difficult one and circumstances are different for every family. So instead of imposing your views on other

parents, let's encourage each other and acknowledge how challenging this situation is.

Secondly, connect with your child's teachers. Teachers are being asked to prepare for multiple scenarios and to possibly change how to deliver curriculum at the drop of a “stat”. Stories of teachers contracting and spreading the virus haunt our thoughts as we walk through our classroom doors each day. We fear for ourselves, our families, and especially for your kids so if there was ever a time to be an ally with your child's teacher, that time is now.

Thirdly, talk and listen to your kids. Regular emotional check-ins are very important. Keep conversations candid, limit “scary” information, and focus on things your children can take charge of. Review hand washing and the use of sanitizer. Talk about personal space and how important it is to follow the new school rules. And be sure to share some of the emotionally charged conversations with their teachers so that you can work on solutions together.

Finally, the only thing we can prepare for is change. We

are walking into one of the most unprecedented moments in our lives without a fool-proof plan. The information we are getting is constantly changing so expect the plan to change too – and often! It's important for us to be flexible and for us to teach our kids to adapt to these changes as well. Despite the circumstances, these are truly great skills for our kids to have so let's embrace these life lessons together.

For me, I keep telling myself this is all temporary. Our lives will eventually find a way toward a new normal and in a year or two, we will look back at these turbulent times and realize they made us stronger, more resilient, and kinder to each other. 🙏



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

“YOU CAN HAVE IT ALL” and OTHER MYTHS COVID has BUSTED

It's a sunny July morning as I write this. I am seated at my home desk, which is covered in Lego pieces, from my daughter's trail of destruction that she seems to leave behind her everywhere she goes, and crumbs from eating a sandwich furiously in between clients, all of whom I am seeing on Zoom.

At my feet are both my snoring dog and a basket of laundry that needs to be folded and put away (a punishment far beyond any crime that I have committed). All of my books from my office are stacked on the shelf above my head. My shades are drawn because the sun beaming in makes it hard to see my computer. My home resembles something that feels like a mix between a crime scene, a frat house and the office of the archetypal “absent-minded professor”.

Welcome to the reality of 2020.

Like most parents I know, I am waiting on the edge of my seat to find out if I am going to have some reprieve come September with

school. Like most everyone I know, COVID has impacted my family in ways that illuminate how unsustainable life is when you are trying to work, work in the home and raise children. When you throw in “also become a teacher from home”, the whole thing just falls apart.

The reality is, despite how incredibly resilient and adaptable humans are, we are simply not designed to do and have it all without significant help. COVID has come with its inevitable ups and down for everyone. Most folks I have spoken with or worked with have had varying degrees and periods of depression, anxiety, fear and sorrow over their new and abrupt lifestyle changes. We are giving our children unlimited screen time to compensate for the childcare that we do not have. “Yeah, go ahead, but do it in another room” has become the battle cry of working parents everywhere. There is no anxiety like being on a Zoom conference call and suddenly noticing the eerie quiet of your children in the other room and hoping that they are still alive.

Somewhere, at some stage of this whole thing, many parents have shut down the notion that they are going to transform their homes into activity-based wonderlands full of family time and bonding. They have opted for Uber Eats, muscle ache lotion from sitting in uncomfortable chairs all day, and iPads. Summer has given us some relief from the pressure to also become educators, but there is a sense of terror about what September might look like for those of us balancing careers and children.

I don't think that we really can have it all. Something has to give way, and it hopefully isn't all of the remaining vestiges of our sanity. As the uncertainty of Stage 3 and second waves and school plans dance around each other, I hope we are able to give ourselves grace for being forced to give up some of the ideals and standards that we went into 2020 with.

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.



SAPPHIRES *for* SEPTEMBER

The birthstone for September, sapphires have been linked to royalty and nobility throughout history and are arguably the most widely recognized of all colored gemstones. Capitalizing on their beauty and value, the modern era has seen blue sapphires become America's #1 selling colored gem. The stunning engagement ring and matching emerald-cut pendant Prince Charles gave to Princess Diana featured blue sapphires. Found in a wide range of colors, collectively known as "fancy sapphires", star sapphires can also be found that exhibit beautiful celestial rays of light that glide across the gemstones surface.

COLOR IS THE MOST IMPORTANT FACTOR IN DETERMINING A SAPPHIRE'S VALUE

Sapphires are identical in every attribute to ruby, except for one key component - their color. Found in a kaleidoscopic assortment of colors that range the entire spectrum, sapphires are broadly split into two named groups:

1 Sapphires - Blue sapphires only. Graduating in color from light pastel blues all the way through to the depths of midnight blue, the most beautiful blue sapphire colors and the highest values sit in the middle of the blue color range. While the pale blues and darker midnight blues offer the purchase the best value, the rare and captivating cornflower blues offer the consumer unbeatable color with a captivating beauty - but at a premium.

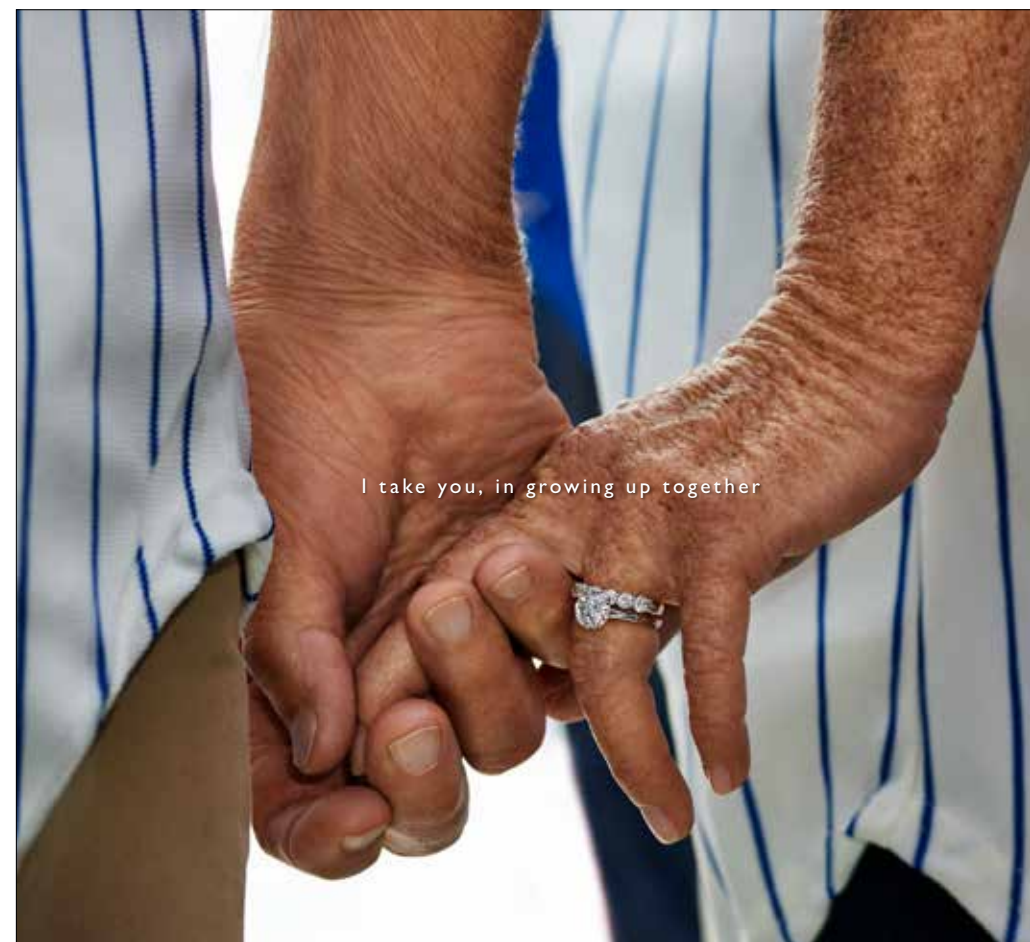
2 Fancy Sapphires - Sapphires of all other colors. The word sapphire, stated without a prefix, implies blue sapphires only. Sapphires of all other colors are assigned a color prefix (e.g. green sapphires, yellow sapphires, purple sapphires) or are collectively termed "Fancy Sapphires". Padparadsha sapphires and pink sapphires are the most highly valued Fancy Sapphires.

CARING FOR SAPPHIRES AND FANCY COLOUR SAPPHIRES

The corundum family including ruby and all colour sapphires are the second hardest gem next to diamond. They are a 9 on Mohs Hardness Scale, as well as being tough and stable, making them an ideal Jewellery Gem. You can use an ultrasonic and steamer on all sapphires and rubies, but be sure that they are secure in the setting before doing so. ⚙️



Colin Nash,
Certified Gemologist Appraiser,
Nash Jewellers



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STRAWBERRY LIME GAZPACHO *with* WILD BASIL *whipped cream*

INGREDIENTS:

- 4 cups fresh strawberries
- 3/4 cup cucumber, peeled and coarsely chopped
- 1 shallot, peeled and coarsely chopped
- 1 clove garlic, minced
- 2 tbsp white balsamic vinegar
- 2 tbsp fresh lime juice
- 1 tsp olive oil
- 1 tsp sea salt
- 1/8 tsp white pepper

BASIL WHIPPED CREAM:

- 1/2 cup cream
- 3 large basil leaves, finely chopped

METHOD:

In a blender add strawberries, cucumber, shallot, garlic, vinegar, lime juice, oil, salt, pepper and blend until smooth. Taste and adjust seasoning if necessary.


In a stainless steel bowl whisk cream until medium peaks, fold in basil and top gazpacho when 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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CHOPPED LEAF

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. &

With a shift in the food industry focusing on integrating more nutritious, wholesome options into a balanced diet, The Chopped Leaf's latest restaurant opening is focused on providing the community with better-for-you options that never sacrifice taste and quality.

Owner Bette Creek is no stranger to London, Ontario, after choosing to leave the GTA and raise her young family in the town where her husband Scott grew up. Bette recognized the need for more nutrient dense foods that are easily accessible, and most importantly, help inspire the community to feel good after they eat.

As a mother raising young children, she truly understands the challenges and efforts that go into motivating a family to make nourishing food choices. Fueling the body has become increasingly important to Bette, and she recognizes the influence she has on her family. "Over the past several years I have taken a very vested interest in the food that I eat and how it affects my health", she says. "I've become very picky!"

While many people are paying closer attention to what they eat, Bette recognized the lack of nutritious food options that can be served quickly, on-the-go. Giving the community an option that combines delicious flavours and fresh ingredients is one of the main reasons she decided to own and operate The Chopped Leaf in London. Her mission is to ensure that each guest feels welcomed and leaves feeling good about the choice they made.

The Chopped Leaf believes that flavour should not be sacrificed when fueling on-the-go, and that food plays a key role in living a balanced and fulfilled life. The brand celebrates people's unique dietary needs and offers something for everyone. From vegan and vegetarian, kid-friendly and gluten-friendly options, to fresh and customizable salads, bowls, wraps and soups.

New, wholesome and delicious flavours are in town. And starting this fall, Bette Creek is ready to fuel the community of London, and inspire people to choose fresh.

THE CHOPPED LEAF
choppedleaf.ca

Bette Creek
Franchise Owner
The Chopped Leaf Southgate Centre
1041 Wellington Road, Unit 2
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MUSCULAR DYSTROPHY AWARENESS MONTH!

It's Muscular Dystrophy (MD) Awareness month, and we're on a mission to help demystify muscular dystrophy and neuromuscular disorders.

MD is a group of diseases that causes progressive weakness and loss of muscle mass. Duchenne Muscular Dystrophy (DMD), the most common, presents in boys around age four as weakness that progresses and affects the heart and respiratory muscles. Preschoolers may seem clumsy, fall often, have difficulty climbing stairs or getting up from the floor. By grade school, kids may walk on their toes or balls of their feet. Being unsteady they stick their belly out and shoulders back for balance. Between the ages of seven and 12, many children lose their ability to walk. By their teenage years, activities involving the arms, legs or trunk may require assistance or support to sit, stand or walk. Every child who has MD will have a different experience, but the disease doesn't affect their intelligence in any way.

Orthotic Management for MD Symptoms

There is currently no cure for MD, however there are various treatment options available to help symptom management, prolong walking ability and encourage independence. Orthotic devices are braces that help support weakened muscles, and are worn to encourage proper alignment, positioning, enhance comfort and help slow the progression of contractures and deformities.

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Your dog suddenly throws up after eating her dinner. “It’s probably nothing,” you think. “Or wait. Didn’t she throw up last week?”

You wonder if it’s related to that lump you’ve been meaning to get checked out. You push the scary C-word out of your mind. Everything’s probably fine and you’re overreacting. Dogs just throw up sometimes, right?

Fortunately, you have an expert in your pocket, so you turn to Dr. Google.

You type in, “My dog is...” and your search engine suggests: shaking, not eating, coughing, and finally, throwing up. You click the latter and get caught in the aptly named “web” of links, sites, and articles.

BAD SOURCES

Many bad sources have professional-looking websites and convincing language. To ensure a site is trustworthy:

- Ensure that the author is a veterinary healthcare professional or that the company has veterinarians overseeing its work
- Avoid broad claims, forums, or anecdotal evidence without supporting studies or data
- Check the date of publication (ideally, in the last few years)

GOOD SOURCES

Once you’ve found a veterinary accredited source, it’s easy to start self-diagnosing. You prepare yourself for the worst possible prognosis, but try to remember that the internet can’t do diagnostic tests or look at your pet’s medical records.

So you go to your veterinarian’s website and head to their database of pet health articles. There, you focus on learning about your pet’s normal body functions and what would be considered an emergency.

Their website says to contact their team with any questions, so you call to ask about the vomiting. In your research, you also came across some claims regarding your dog’s food and medications, so you ask about those, too.

Your veterinary team loves science (almost as much as they love animals!) so they are happy you want to be involved and informed.

They answer all your questions and determine your dog should be fine, but give you a list of symptoms to look out for. Relieved, you book an appointment to finally get that lump examined, too.

It can be helpful to have Dr. Google “on call”, if you know how to use him.

However, don’t forget you have another expert in your pocket, who knows your pets and cares about them personally... your veterinarian! 🐾

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.



Find rules and enter your child’s photo at
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WHAT'S A VEGGIE BUCKET?

As I sit down to write this month's article, it's still unclear as to how going back to school will look like for our kiddies. As frustrating as that can be, I have faith in the system that they will choose an approach that will keep both our kids and our teachers safe in the classroom. With that said, I'm here to talk to you about healthy eating and how it can still play a leading role regardless of the back to school situation this month.

One thing we like to do in our house to make sure we have easy, grab-n-go snacks that are both healthy and effortless is prepare a "veggie bucket" weekly to keep in the fridge. What's a veggie bucket you ask? Great question!

I got this idea from a good friend and fellow RD, Jennifer Broxterman. It's something I share with every one of my clients and I have to say it's one of those healthy habits that most love because it makes their lives a bit easier each week. It will take you about 30-60 min to prepare weekly, but it's time well-invested in setting you up for healthy snacking success for the rest of the week!

How to create your own veggie bucket

STEP 1: Buy all your favorite veggies when out getting groceries. Here are some vegetable ideas: bell peppers (red, orange, yellow or green), broccoli, cauliflower, carrots, cucumber, radishes, red or purple cabbage, snow peas, sugar snap peas, tomatoes – cherry or grape, zucchini.

STEP 2: Clean and cut up your veggies into snack size pieces when you get home from the grocery store.

STEP 3: Arrange veggies into a large Tupperware or container for the fridge. You can also keep them in a large ziplock, or into multiple snack bag servings for when you need a healthy snack on the go. I would suggest waiting to cut the cucumbers as they may not last as long in the fridge (nobody likes slimy cucumber) or buy the mini cukes – that way you don't even need to cut them up – just bite and chew!

STEP 4: Eat your veggies! I like to pair my veggies with a dip – either hummus, tzatziki

or a homemade plain, non-fat Greek yogurt mixed with my favorite spices and a bit of lemon. Sometimes I cheat and use the Club House 'Salads'n Dips' packages (my fave is creamy dill) or I'll throw in a pack of onion soup mix.

I hope this tip helps set you up for veggie-eating success for what can be the crazy, hectic back-to-school life. 🥕



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!

EXECUTIVE SKILLS for LEARNING and LIFE

We are all familiar with the academic demands at school – reading, writing and arithmetic, but did you know that executive skills are linked to overall cognitive functioning? Did you know that these skills develop as your child's brain develops? Executive skills support all of our daily activities at home, at school and in the community. They help us to pay attention and remember information, to solve problems, to plan and organize ideas and belongings, and to manage our emotions. In the Smart but Scattered series of resources, Peg Dawson and Richard Guare identify the following executive skills:

- Response inhibition
- Working memory
- Emotional control
- Sustained attention
- Task initiation
- Planning and prioritization
- Organization
- Time management
- Goal-directed persistence
- Cognitive flexibility
- Metacognition

While children with a diagnosis of a concussion, ADHD or a learning disability may be at a higher risk for executive skills challenges, many students who are typically developing may also struggle with executive skills. These students may become overwhelmed with tasks that have multiple steps for completion, and may appear to lack initiative or

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



be impulsive. They may be inflexible in their thinking, or be disorganized, or have problems planning and prioritizing home-work and studying. It is important that these students learn about their strengths and weaknesses so that they can develop strategies to help in areas where they struggle. For example, a student who has difficulty completing a multi-step homework

assignment may benefit from a checklist to help with breaking the task into manageable parts, and sequencing the steps for completion. Other students might need help organizing their desk or workspace, while others may need help to manage their emotions and to regulate behavior based on the task at hand.

Although executive skills do not fully develop until around the age of 25, our children and teens are often expected to complete complex tasks independently. In order to help them become the most successful students they can be, we need to provide supports and training to foster these emerging executive skills.

If you have concerns about your child's executive skills, contact us about the Excel: Executive Skills for Learning and Life program. Our speech-language pathologists can provide an individualized executive skills program to facilitate improved functioning at home, at school and in the community. 🗨️



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MOVING DURING COVID

September is a busy moving month. Whether you're downsizing, sending kids off to college, or moving for a different reason, please stay safe while you relocate. Below are some helpful tips for protecting your loved ones while moving during these unprecedented times.

1 PERSONAL PROTECTIVE EQUIPMENT (PPE)

If anyone from outside of your household helps you pack, make sure they use PPE. Face masks, gloves, face shields and disposable booties help minimize contamination. Maintaining social distancing while helping lift a heavy appliance or dresser isn't an option.

2 GET A SITTER

If you have young children (or pets) arrange for a babysitter for moving day and possibly the day after so you can unpack. Grandparents, aunts and uncles or close friends would love the opportunity to have some special time with your wee ones.

3 WASH YOUR HANDS

From wiping sweat off your forehead to sweeping hair out of your eyes, it's nearly impossible to avoid touching your face while moving. Your best defense from spreading germs or virus is to clean your hands regularly. Place hand sanitizer and wipes at all entrances and staircases and have hand soap with disposable towels in the kitchen and bathrooms to ensure everyone can clean their hands easily.

4 DO IT YOURSELF

If you are physically able to make the move on your own, now might be a good time to do it. If you're not, you should try packing as much as you can to minimize the number of people coming in and out of your home.

5 DONATE UNWANTED ITEMS

Donating furniture, clothing and non-perishable food you no longer need will both reduce what you have to move and benefit someone who has been negatively impacted by this pandemic. It's a true win-win.

6 VIRTUAL HOUSEWARMING

Giving a live tour of your new place via video chat or social media is a safe and convenient way to put your new place on display while keeping COVID-19 at bay!

Whether you do it yourself or hire a moving company, please be as safe as possible for the health of your loved ones (and everyone else's).

Debbie Braun,
Realtor at Keller Williams



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