

THE MOM & CAREGIVER™

MAY 2021
VOLUME 23 ISSUE 5

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ON THE COVER

Mom was worried and brought a little extra help to the shoot since she was bringing 2 ½ year old **Henry** and dog **Cooper**. But she didn't need to worry at all as Henry just kept saying cheese, and Cooper just kept munching on treats.

Photographer
Photostylists

One-12 Photography
Sabina Manji
Melissa Warkentin



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If you have any comments or suggestions, please contact us at 519.495.7316 or at editor@themomandcaregiver.com. For sales contact sales@themomandcaregiver.com

THE MOM & CAREGIVER is published by Anibas Productions Limited, Publications Mail, Agreement Number 40834037 PO Box 29118, London, ON N6K 4L9 - www.themomandcaregiver.com

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YOU ARE THE EVERYTHING, MOM

It's the night you were born. Your mom is in pain but ecstatic. She is sweating and pushing and smiling. And suddenly you're in this new strange place. But you are in your mother's arms, and you feel safe hearing the voice that's been soothing you for the past nine months.

You are three years old. Mom's taken you to the grocery store and she's chatting with a stranger about where he can find the soup aisle. He has hair growing out of his ears and you're not so sure about him, but Mom's being kind to him, and as long as you can keep this grip around Mom's lower leg, you'll be okay.

You are seven years old and someone at school says you are stupid. You come home in tears and Mom holds you and listens to you and bakes you peanut butter cookies. Life will be alright.

You are 18 years old and someone breaks your heart. Mom agrees with you that he is terrible, and tells you all of the great things about yourself that mean you'll meet someone better for you.

You are 29 years old and have a beautiful, new, colicky baby at home. Mom listens from miles away, over the phone, offering advice (some great, some outdated), and making sense of the crazy words that fall out of your mouth due to lack of sleep. She understands.

No matter where we are in life, we all need our moms. And I miss mine dearly. I am in fact, sad and tearful writing about this now. But I am proud and honoured to be a mom to an amazing teenage son who brings so much happiness to my life.

Our May issue is a love-fest to moms of all kinds. Read a love letter from 10 year old brothers to their awesome mama - get ready to have your heart warmed by My Mom is the Best Mom on page 11. We always believe self-care for parents is important, but now so more than ever! Find great ideas in A Month of Self-Care for Mom on page 18. And even kids can help treat Mommy to yummy and easy Oreo Cookie Truffles (page 20).

Whether you're a mom-to-be, a seasoned mama, or a dog-mom, there's something wonderful for you in this issue. Here's wishing moms of all kinds a wonderful Mother's Day! We appreciate you, we remember you, we love you.



Self care isn't vanity, it's sanity

- ERICA DIAMOND

Editorial photography
by Flavia Zaidan
Make-up by Sanah Zebian



2021EVENTS

May

Experience the London
Children's Museum at home,
Pick Up Play Kits

app.etapestry.com/cart/LondonRegionalChildrensMus/default/index.php

01ST

Snakes in bottles? Mummies
from ancient Egypt? Tour the
Smithsonian from home!

www.naturalhistory.si.edu/visit/virtual-tour

05TH

National Child and Youth
Mental Health Day –
find info and activities here:

www.pearsoncanadaschool.com/index.cfm?locator=PS35MB

07TH

Happy Mothers Day!

Make her a dinner
she won't forget.

www.themomandcaregiver.com/mothers-day-mix-up/

09TH

Eid Mubarak!

13ST

It's time for picnics!

www.delish.com/entertaining/g2398/picnic-recipes/

22RD

The kids will love these!

www.themomandcaregiver.com/banana-yogurt-icicle-pops/

26TH

What's for dinner tonight?

www.themomandcaregiver.com/chicken-fajita-salad/

03ND

Try some simple woodworking
with the kids.

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

06TH

Ontario Family Fishing Event –
try fishing license-free today,

www.ontariofamilyfishing.com/

08TH

Are you a dog or cat Mom?
Feel the love here:

www.themomandcaregiver.com/tribute-to-dog-moms-cat-moms/

10TH

Get outside! Learn how to play
Four Square with your family.

www.youtube.com/watch?v=3snA-57CiX8

17ND

*Happy
Victoria Day!*

24TH

Stop and smell
Van Gogh's flowers.

www.artsandculture.google.com/partner/van-gogh-museum?hl=en

30TH

FASHION FORWARD
THINKING
FOR
TODAY'S WOMAN



TIPS AND TRICKS FOR MIXING PRINTS

- One of the simplest places to start is by choosing black and whites, with different patterns.
- Mixing prints in the same tonal range always look put together and is easy for most women to pull off.
- Break up the look with solids by adding a belt.
- Mix similar prints with different size scales.
- Textured fabrics count as a print.
- Stripes are considered neutrals...this is another one that is easier to do.
- Use accessories to mix prints. Throw on a leopard scarf or bag to complete a print mixing outfit.
- Print mixing isn't as daunting at it seems, so have fun!

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BEING MINDFUL DURING THE PANDEMIC

The COVID-19 pandemic has been challenging on many fronts. Many are describing the toll it has had on mental health as the “fourth wave.” Indeed, it has felt that we are living under siege at times. One of my medical students described our weekly public health unit webinars as “war time radio.”

The barrage of information, the fear and the removal of all things that used to be restorative have been factors that have contributed to anxiety and depression. Many of the things we used to do were, in fact, distractions rather than restorative. If we reframe to consider this time as an opportunity for inner exploration, we may come out of this more resilient, stronger and healthier.

Jon Kabat-Zinn, who is credited with bringing mindful meditation to the main stream of medicine, began a mindfulness-based clinic in Boston. His clinic has helped many people with

chronic illness and mental health find mastery over their illness. There is excellent evidence for the usefulness of a meditation practice on our health and well-being.

There are many ways to begin a meditation practice. One can begin by sitting and focusing on the breath. Avoiding screen time, walking with awareness of one's surroundings, and slowly and thoughtfully focusing on our senses when we are eating, doing any activity and engaging in work are also ways of meditating.

One can find many videos on YouTube that guide the listener through a body scan which is a focused meditation that helps to focus on various parts of the body. A free app called Insight Timer, or others such as Calm and Headspace, can help to bring focus to practice.

As Jon Kabat-Zinn says, “Meditate as if your life depends upon it because, of course, it does.” &



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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IS MY BABY GETTING ENOUGH SLEEP?

Sleep. As a new parent, it seems like a long time since you had any. As your baby grew inside you, getting comfortable at night may have caused you to get less sleep. Now your little bundle has arrived, and sleep is elusive. The worry you felt about not getting sleep for yourself has now shifted to "Is my baby getting enough sleep?" You are not alone in asking that question.

What happens during sleep for babies? There is rapid growth and development of the brain, the body, emotions and new behaviours! For babies, growth hormones are released during sleep. There is an increase in the production of proteins as well that help with cell growth. It is understandable that as a parent you may worry that your baby is not getting enough sleep.

We know babies have a short sleep cycle. They wake to feed every one

to three hours. Their sleep patterns are often irregular in the first four months of life. There are many parenting articles that reference how much sleep is needed. The Canadian Pediatric Society², the American Academy of Pediatrics³ and the American Association of Sleep Medicine³ do not support a prescribed amount of sleep for young babies. There are many fluctuations in their sleep patterns and this is considered normal. They are still able to meet their developmental milestones easily.

Babies over four months of age begin to sleep longer periods, perhaps because they are more active but also because brain development continues at a phenomenal rate. It is normal for babies in this age group to wake several times without harm to their growth or development. Many can self soothe to return to sleep; others require some help to return to sleep.

Try not to be fooled by the baby that moves around a lot in their crib. Movement does not indicate they are awake.

The area of concern is less about the number of hours a baby or child sleeps but more about the behaviour you see in them if lack of sleep is an issue. They may be irritable or fussy, difficult to settle, feed poorly or not be meeting their developmental milestones. Of course, there could be other reasons for this as well. If you are concerned, consult your health care provider.

Try not to worry about how much sleep your baby gets. They will usually get the amount they need. 🌙

REFERENCES:

- 1 Sleep Foundation. (2020, September 24). How Much Sleep Do Kids Need? Retrieved from Sleep Foundation.
- 2 Canadian Pediatric Society. (2017, December). Healthy Sleep For Your Baby and Child. Retrieved from Canadian Pediatric Society Caring For Kids.
- 3 Cleveland Clinic. (2020, March 17). Sleep In Your Baby's First Year. Retrieved from Cleveland Clinic.



Submitted by Shelley Hlymbicky
RN, IBCLC for the
Middlesex-London Community
Early Years Partnership

DO CHEMICAL PEELS SLOW THE AGING PROCESS?

In skincare, doctors use chemical peels as a procedure to remove sun-damaged, pigmented, and wrinkled skin by peeling it with chemicals. As the old skin peels off, new skin appears that is much fresher looking. But chemical peels do not slow the aging process or prevent it. They simply replace old, damaged skin with fresh-looking new skin. After that, it is up to you to take better care of your skin to keep it younger longer by protecting it from sun. The process itself does not affect the internal aging of the skin. If you expose your new skin to the sun again, it will get damaged as it got damaged before.

WHAT DOES A CHEMICAL PEEL DO?

Chemical peels will remove mild skin wrinkles, sun damaged spots, and pigmentation. It will also remove the leathery appearance of skin. A chemical peel will help remove some pre-cancerous spots and facial scars. Mild chemical peels are also used to treat acne in some cases.

CAN CHEMICAL PEELS CAUSE DAMAGE?

In rare cases, a chemical peel procedure can cause damage, infection and scarring. You must talk to your doctor about this. No procedure that changes the body in any way is free from risk. AHA formulations are used to give a light peel, TCA is to give a medium depth peel, and phenol is used to give a deep peel to the skin. You can visualize the process like this - the deeper your skin problem, the deeper a peel may be used. So, for superficial aberrations, a mild peel will be used and for deeper scars a deep peel is needed. Your practitioner will decide after consulting with you what results you desire, the time you want to give, and the care and discomfort you are ready to undergo. Deep peels give more discomfort but produce better results. You will have to discuss these issues with your practitioner.

All practitioners must undergo trainings for different types of chemical peels. YouTubers

(other than estheticians and doctors) do not have training for these procedures. So please DO NOT do chemical peels at home. ☹️

Remember...Relax, Regenerate, Revitalize.



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CHILDREN'S INTUITION

When my eldest was two and a half, he told me a story about when he was big. He told me that he used to live on the beach in a cabin and eat yubbas (his word for lobsters, which by the way, he had never eaten in his two years as my child). Years later, my husband and I watched a documentary featuring big blue Australian crayfish that the aborigines call yubbas. I almost fell out of my chair!


It can be a real shock when your little one talks about the pretty colors they see around people, has a tea party with Nana who passed before their birth, or has an "imaginary" friend. Doing the work I do, I've heard a million stories confirming that these kinds of experiences are perfectly normal,

perfectly healthy, and not imaginary at all. When a child shares their extraordinary perceptions, the only danger is how we react. If we react fearfully, or deny their experience, we teach our children to distrust themselves, quietly telling them that their inner experiences are somehow bad, and sometimes, inadvertently tell them to shut down their intuitive perceptions altogether.

Children are naturally psychic, and as a parent, you can expect a few zingers at your house. Don't be alarmed.

You don't need to do anything to change it, or dissuade it. Just listen. If your little one asks you to set an extra place at the table for Uncle Marty

who passed before they were born, feel free to put out a plate. Don't worry. These types of behaviors tend to fade with age.

Young children, under the age of seven, haven't fully formed their ego or constructed identity yet. They are fully present, connected, and deeply intuitive. They can effortlessly read a room and feel the truth of what's happening with complete accuracy. They know far more than they say, and not all of that knowing comes from what we tell them. Some children are open a little longer than age seven, but usually this level of connection shifts as they create a sense of their own separateness. Children lucky enough to have had parents that accepted their extra-ordinary perceptions often maintain some of their intuitive abilities, and later channel them into their adult pursuits. 

Angie Aristone is a Medium, Flow coach, and Author. angiearistone.com



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VIRTUAL PATIENT CARE DURING A PANDEMIC

We have all been mandated to engage in social distancing and self isolation in order to prevent the further spread of COVID-19, and this includes physicians and other health care providers. Delivering virtual care to patients continues to be an effective way to prevent the transmission of the virus. Many health care providers have adopted virtual care into their practice, where appropriate, to ensure that patients' health care needs are addressed while minimizing the risk of potential exposure to COVID-19.


Physicians and health care providers are required to safeguard the privacy and confidentiality of their patients' personal health information at all times. It is important for the health care provider to evaluate the suitability and safety of the physical setting in which the care is being delivered to patients, and to have a plan in place in order to manage an emergency or adverse incident occurring during the course of the virtual delivery of patient care.

From a privacy perspective, providing care virtually may pose some risk as there is an increased potential for a privacy breach. When providing virtual care, health care providers are required to continue to meet their legal and professional obligations as well as maintain the same standard of care that would apply to an in-person visit. Failure to protect the personal health information of patients and comply with the requirements under the Personal Health Information Protection Act (PHIPA) may result in a host of liability issues, including hefty fines for individuals and institutions.

Health care providers must obtain patient consent to communicate virtually prior to proceeding with the remote delivery of health care services. This consent must be clearly documented in the patient's file.

The delivery of virtual patient care is not always appropriate. Health care providers must use their professional judgment to

evaluate the circumstances of each case and determine whether the administration of virtual care will enable them to meet their legal and professional obligations, as well as the standard of care.

For more information, please feel free to contact the Professionals Practice Group at Siskinds. 



*Katherine Serniwwa,
Business Law Lawyer, Siskinds*

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MY MOM IS THE BEST MOM

Do you have plans to do something for your Mom on Mother's Day?

Charlie: Absolutely! First, breakfast in bed! Coffee, poached eggs with feta cheese and a bagel. She LOVES lemon squares from the Bag Lady in London so we should get some of those. We'll go for a hike somewhere in the woods - that's a thing she likes to do too. And then give her time to do what she wants alone. She deserves a break.

Harrison: First, let her sleep in, then make her breakfast in bed. At some point in the day we watch a movie together that she chooses! Her favourite is the Princess Bride. We will cook all the meals with our dad. She gets to not do any work. She likes to go on hikes and walks so maybe we will go and walk on the beach.

What makes your Mom so special and different from other moms?

Charlie: She is the ultimate snuggler! Especially when we talk about our day right before we go to bed. She takes the time to get to know our friends and why we get along with them. She's a good listener and trusts us. She's a fun mom.



Harrison: She's the best because she listens and loves to spend time with my brother and I. We love to listen to music together. She's introduced to a lot of music she loved growing up. She's our biggest cheerleader when we play sports. We can ALWAYS hear her cheering us on. She doesn't have curly hair but every day she takes time in the morning and night to help us brush and take care of our hair which is great because we love our hair.

What do you think your mom was like when she was your age?

Charlie: Crazy! She seems like the type of person that took a lot of risks when she was little. She broke lots of bones when she was young probably because she played lots of sports and was active. She was great at sports - it's probably why my brother and I love sports too.

Harrison: Our grandma always tells us that our mom never stopped talking when she was little. I can imagine she had a lot of friends because she is very social now so must have been social then. I know she was great at sports because she was fast like my brother and I, and she loves to be active like us. 🌱

Meet 10 year-old twins, Charlie and Harrison, our new Kid Zone writers! Each month, they'll be sharing perspectives on life as a child sees it.



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THE RELIGION DECISION

My husband and I both grew up in European-Catholic households. Our religious upbringing made it somewhat challenging to come out as gay to our families. Feelings of guilt, fear, and potential alienation riddled our thoughts growing up. Luckily, these thoughts were unfounded as our families have always been incredibly supportive and loving. When we decided to get married and have kids, our families and friends were right there with us, cheering from the sidelines.

Without question, our little family was created

and surrounded by love and I couldn't be more proud of my beautiful, caring, affectionate sons.

So you can imagine my disappointment last month, when the leader of one of the biggest religions in the world – the religion I grew up in – goes out of his way to make a formal decree calling my marriage illicit, sinful, and not part of God's plan. A part of me just wants to brush these words off my already thick skin, paying little attention to the ramblings of a mere man. Unfortunately, his words have weight in this world and they weigh heavy in the eyes of other such families as mine. The unnecessary phrasing of this decree fuels the fires of ignorance and hate. They perpetuate crimes and violations of human rights. And the trickle-down effects

could very well reach the likes of our neighbourhoods where bakers and photographers will refuse services based on their client's sexual orientation. This is not right and I cannot be a part of this.

The pope's decree only validates our decision to raise our family without religion – a decision that can be very difficult for many young families. All too often we follow our parents' footsteps without understanding the implications. And many families indoctrinate their kids into religion only to appease their elders.

For us, it made sense to let our children explore the world for what it truly is. They've learned that religions are a collection of stories and traditions that some people believe in. They've learned that being good and kind to others should be intrinsically motivated

– not because you are told to or that your salvation depends on it. And if the day comes where they have a desire for religion, we will happily participate in their journey.

Please don't interpret this column as personal distaste for religious people. In fact, many of our closest loved ones continue to be active in their religious communities. Faith – accompanied by genuine goodwill towards others – can be truly empowering. I embrace religious people around me who understand that our purpose in this life is to be kind to each other and set the stage for people to feel happy and loved. After all, isn't this the world we all want for our children? 🌈

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

IS A BANK REALLY THE BEST PLACE FOR YOUR MONEY?

If what you believed to be true turned out not to be true, when would you like to know about it?

Google and CBC told me today that 46% of Canadians are \$200 or less away from insolvency. In other words...bankrupt! What are we doing to ensure the same thing is not happening to our children?

As a seasoned entrepreneur I have had decades of success finding solutions to problems. As a Christian I take great pride in serving the needs of others. Reading the above stat acted as a calling for me. The cost of missed opportunity for families and children has become too great! Something must be done.

The means by which we are advised to manage and build capital are broken. "Open a bank account, buy a home, pay down

your mortgage and invest into registered or non-registered savings programs" is what we are all told to do. This must however be a broken strategy if half of the families using it are broke and missing out.

The solution came to me when I discovered the Infinite Banking Concept created by the great R. Nelson Nash. The concept is now 30 years old and growing in popularity by the day. Many consider it to be the fastest growing family planning and financial strategy in existence, and for good reason. Finally, there is hope.

The Infinite Banking Concept is built around a financial product that is much older than 30 years. It has existed in Canada since 1847. Offering protection, control, guarantees,

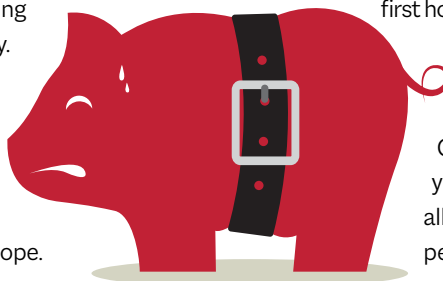
growth, generational wealth and liquidity Nash describes how by taking control of the banking function in our and our children's lives we have a chance to get ahead.

In the coming months I will be designing a series called Child Millionaire where the Infinite Banking Concept comes to life for your kids. I will show milestones from birth, school,

first home, marriage, retirement, and as we leave behind our legacy upon graduation from this earth.

Generational wealth is yours and your families all for the price of a coffee per day. The stats need not apply to any Canadian and especially not a child. &

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SECONDARY INFERTILITY: WHEN EXPANDING YOUR FAMILY ISN'T EASY

Many people think infertility is the inability to become pregnant with a first child. For some couples however, the struggle comes later with difficulty having a child following a previous pregnancy – known as secondary infertility.¹ Secondary infertility is the most common form of female infertility worldwide, although causes vary globally.² Canadians experience secondary infertility for similar reasons as primary infertility, but with the added challenge of advancing age.²

A diagnosis of secondary infertility can be stressful, isolating, and is often a surprise for parents who might have had little difficulty falling pregnant the first time. Regardless, the need for an accurate diagnosis and timely treatment is as important as in primary infertility.

If you think you might be experiencing secondary infertility, talk to your medical provider. Guidelines recommend a comprehensive fertility workup for women under 35 who have

had unprotected vaginal intercourse for 12 months and not become pregnant, or after six months for women 35 and older.³ If you have concerns about risk factors for infertility or don't ovulate regularly, have a discussion with your provider sooner. Meanwhile, consider engaging a team of practitioners – including allied health professionals – for support and guidance as part of your preconception plan. For example, a fertility-focused naturopathic doctor or registered dietitian can provide valuable adjunctive fertility care through evidence-based diet and lifestyle recommendations (for both partners involved). Similarly, a therapist experienced in fertility care can play a key role; recent studies underscore the importance of psychological support for fertility patients during the COVID-19 pandemic.⁴

Telemedicine has made appointments with healthcare professionals accessible for

parents with young children at home. Now, more than ever, it is important to reach out for connection, support and guidance on your journey. &

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Dr. Sarah Tremain-Douglas is a Naturopathic Doctor at Compass Rose Wellness. Dr. Sarah's practice is inspired by her own health challenges and experiences with healthcare. She focuses on women's health, fertility, and pediatric care and is honored to support patients during preconception, pregnancy, birth, and postpartum periods.



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FIND YOUR MAMA GROOVE!

Happy Mother's Day to all and I hope you find time for you. I personally have mixed emotions over this day as I lost my mother years ago. As my children became of age to celebrate Mother's Day, I realized that the day meant different things to different people. I was simply lucky to watch mine grow up and be present every day.

How medical professionals see parenting now is different than 20 years ago, even 10 years ago. This had me thinking? What style of mamahood was I? The book, "Bringing Up Bebe" was a game changer for me eons ago.

I am a consistent, involved parent who is present and available with no phones on when my children are around. My mom didn't have a cell phone, hers was attached by a cord to a wall. So how do we find styles that work for us in this world of

technology? I say try different shoes on and if the shoe doesn't fit, try another shoe. Well, I tried several on. However, I kept coming back to the same few fundamental things. I felt like parenting came pretty naturally to me and I was laid back. I was definitely outdoorsy, athletic and wanted my children to be raised with the same relationship with the environment my parents raised me to love. I wanted


my children to have strong morals and be able to take care of themselves. But if you find ways that work for kids to pick up socks or put their dishes in the dishwasher, I want to know.

I just started to build our own value system and from there I found routines and traditions that worked for our family. I still have to find new strategies for each of my very different children. I have three kids, and all need very different parenting

styles. I learned this when they all were young and started to show their different characteristics.

In this digital age of parenting, psychotherapists and psychologists collectively offer three consistent suggestions for parents:

- 1** Be present, love unconditionally and be attentive without a device.
- 2** Schedule time to bond daily no matter what age
- 3** Tell them you love them and read to them before bed until they kick you out.

After interviewing professionals for over 100 hours, I can safely say with 100% assurance that we need to stay close and connected as a family by unplugging. To raise happy, healthy children that thrive, children need parents who are their landing mats. 

Larissa Mills, B.A., M.Ed. is the founder of parentgen.com. She is a mother of three, a Parent Coach and a 4KIDS Sports & Educational Consultant.



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As a professional copywriter, brand storyteller, and marketing strategist, Susan Regier has helped thousands of entrepreneurs tap into their stories to connect, engage, and convert their audience from prospects to buyers.

Susan has the uncanny ability to find the hidden gems in a business that can ignite sales and profits for her clients. She finds their core essence – that unique piece that sets them apart from others in their industry – and then creates compelling content for various mediums, including websites, press releases, blogs, and professional profiles/bios.

It's no surprise that Susan is an entrepreneur. After all, she came from a long line of independent business owners – and her father was her most significant influencer. An entrepreneur, before she knew what the word meant, she learned his values – his actions spoke louder than words, which made his life successful on so many levels.

Growing up on a farm in rural Ontario with three older brothers, it became clear from the start that she would have to find her own voice. And it was a natural transition into writing.

By 1997, Susan already had a trail of published articles in magazines across North America. She decided it was finally time to break free from the daily grind of an unfulfilling job and live her life her way...and Vantage One Writing was born.

In addition to working with entrepreneurs and small business owners, she has written for national ad agency campaigns for familiar brands such as Scotch Brand Specialty Tapes, Post-it Notes, ED Smith...and even helped introduce the bagel to Japan for Maple Leaf Foods.

Along with her writing services, Susan offers private coaching programs, small group Acceleration Labs, and online courses for ambitious entrepreneurs starting their business, going through a growth phase, or eager to achieve their big vision.

As a former creative writing instructor at her local college, Susan offers virtual creative writing programs and Soulful Writing Retreats for Women (in her private residence) for anyone who desires to develop their writing talents, whether that's short stories or novels, fiction or non-fiction, or writing for children.

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MAY IS STROKE AWARENESS MONTH

Stroke strikes fast and waits for nothing so when it comes to a stroke, every minute counts! Nearly two million brain cells die every minute a stroke remains untreated. The general rule of thumb is, the quicker you seek medical care, the less damage done to the brain resulting in a better prognosis. Some warning signs that a stroke may be occurring include:

- Weakness in the face, arms or legs
- Difficulty speaking
- Vision loss
- Dizziness
- Brief loss of consciousness

Stroke is the leading cause of serious adult disability in Canada. A person who has had a stroke may have the following temporary or permanent symptoms:

- Inability to move/weakness on one side of the body
- Poor coordination and/or difficulty initiating movements
- Problems with thinking, awareness, attention, learning, judgment, and memory

- Problems understanding or forming speech
- Problems with controlling or expressing emotions
- Numbness or strange sensations
- Pain in the hands and feet that worsens with movement and temperature changes

Recovery from a stroke varies from patient to patient and depends on their motor and cognitive impairments. Unfortunately not all stroke survivors will recover to their prior level of functioning. However, there are several treatments, tools and therapies that can help improve one's quality of life and level of functioning. A patient may require physiotherapy, occupational therapy, speech/swallowing therapy or orthotic care.

ORTHOTIC CARE IN STROKE RECOVERY

The majority of stroke patients will use some form of ankle foot orthoses (AFO) for increased stability, safety and efficiency of walking. The design of the

orthotic device depends on the patient's presentation, joint range of motion, muscle strength and ambulatory ability. There are orthoses that:

- Increase ankle stability
- Help pick up the toes if they are dragging
- Limit knee hyperextension
- Reduce the knees from buckling

Orthotic treatment is individualized and the clinician will work with the patient and the rehab team to develop the ideal orthosis for the rehab goals and patient presentation.

If you think you or a loved one is having a stroke, call 911 immediately and note the time when the first symptoms appeared.

If you would like to discuss how orthotic interventions may help with activities of daily living following a stroke, book your complimentary appointment today! 📞

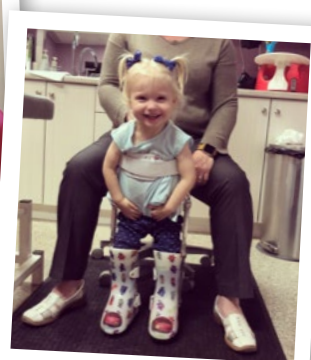
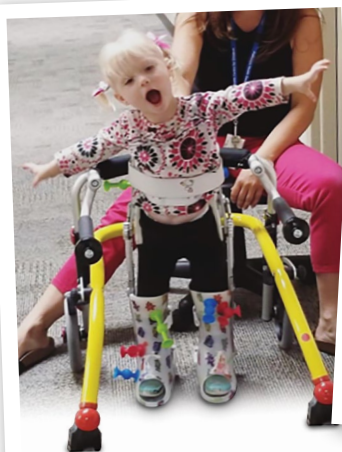


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A MONTH OF SELF-CARE FOR MOM

Mother's Day is a significant day in May, but perhaps we should make May a significant month for mothers. If you've forgotten how to self-care, here are a few suggestions to jump start a month of mom care.

1 SPA DAY SUNDAYS

Pamper yourself at home with a long, hot soak in the tub. Add a bath bomb and imagine it's a hot tub. Exfoliate your entire body, pumice your feet, shave and deep condition. I love trying out new products (I'm a spa slut,) and I can't get enough of JayDancin's Sea Salt Body Scrub, (\$14).

2 MAKEOVER MONDAYS

Do you miss getting all gussied up for a girls night out? Me too. I think I hear my makeup bag crying because of neglect. Other than the basic necessities of lip gloss, mascara and drawing the eyebrows on (that's right, I have no eyebrows - literally born with like 10 eyebrow hairs), I haven't contoured, blended or blotted in what feels like a year. Bring some

normalcy to your life by reminding yourself what you looked like pre-pandemic. Experiment by trying out a makeup tutorial online. Or try something new every day for a week, and see how many comments you get from your colleagues and friends online.

3 FASHION MONTH

I have a clothes problem. Nieman Market Design did a great job with custom closets for our new home to organize my hoards of clothes. So brush off the cobwebs from those hangers and start wearing your clothes. Choose themes for a week and wear them to your online meetings. (Think bridesmaid dresses, blazers and suits, country girl and '80s inspired weeks. Challenge your friends or colleagues to do the same.)

4 WEEKEND HIGH TEA

Pull out the best china, because the Queen (that's you, by the way) is coming for tea. Explore new teas (one of my current favourites is Cinnamon Rooibos Chai Organic by David's Tea \$8.98).

5 MIXOLOGY 101

A good free app like My Cocktail Bar will suggest drinks and garnish with the liquor and mixes you have available (pull out those bottles that have been pushed to the back of the liquor cabinet.)

The options for mom self-care are limitless. With a bit of creativity you can weave your old rituals in with your current routine to discover new balance, and maybe a bit of fun. Happy Mother's Day! 🌿

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.





LESSONS FROM A 15-YEAR-OLD DOG

Whenever I go for walks with my old mutt, Roxy, I usually take the opportunity to listen to a podcast. Recently, though, it was her 15TH birthday, so as we set out on an extra-long birthday stroll, I took the opportunity to quietly reflect on the past decade and a half.

We both grew up on a farm together and she's been with me through many major life events. It got me wondering, what has the world looked like through her mismatched blue-and-brown eyes? What has she learned about life in the past fifteen years, and what advice would she have for us humans?

IF ROXY COULD TALK, I THINK THIS IS WHAT SHE'D SAY:

- 1 Start each morning with a stretch and a big wet kiss.
- 2 Just like tails, some things are meant to be chased, but not caught.
- 3 Always greet your family at the door and tell them how much you missed them. You never know when they might not come back.
- 4 Every car ride or errand can be an adventure with the right attitude.
- 5 If you want something, don't be afraid to ask for it.
- 6 Get outside every day. The only walks you'll regret are the ones you don't take.
- 7 Lead with all your senses and you'll see the world differently. There's always more there than what meets the eye.
- 8 If you love someone, let them know, unapologetically.
- 9 Run every chance that you get. One day, your bones won't be able to move as fast as your mind thinks they can.
- 10 Live in the moment whenever possible; don't worry about what tomorrow may hold.
- 11 The little humans that you watch over now will eventually watch over you, so cherish every adventure and game of dress-up with them. One day, it will be the last time they ever play pretend with you.
- 12 Food is a love language.
- 13 You don't have to always choose forgiveness, but you'll be a lot happier if you do.
- 14 Blood doesn't make someone family, love does.
- 15 Give yourself a chance and you might be surprised what you're capable of! Despite what they say, you're never too old to learn new tricks. 🐾



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.



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OREO COOKIE CHOCOLATE TRUFFLES *for* MOM!

This month's 'Life with Baby Series' is put on hold for a very important update. "Where my mamas at?" This month is for you for being awesome! Whether you're a dog, cat, bird (...the list goes on) or human Mama, it's your time to be spoiled. What better way to do that (in my opinion) than with chocolate!

Calling all Dads, sons and daughters who have a special someone in their life they call Mom. Mother's Day is upon us! Have you made plans yet? If not, I've got you covered. Mom will love these Oreo cookie chocolate truffles. The bonus is they're great to make with your kids.

INGREDIENTS

- 12 Oreo cookies (I like to use the chocolate stuffed Oreos)
- 1/4 cup sweetened condensed milk
- 1 tablespoon chocolate syrup
- 1/2 teaspoon unsalted butter (room temperature)
- 1/2 teaspoon vanilla extract

CHOCOLATE COATING:

- 1 cup semi-sweet or dark chocolate chips
- 1/3 teaspoon vanilla extract
- 1/3 teaspoon vegetable oil

DIRECTIONS

- 1 Pulse whole Oreo cookies in food processor until crumbly. Transfer to a mixing bowl.
- 2 Add sweetened condensed milk, chocolate syrup, vanilla extract and butter. Mix well.
- 3 Roll into bite-sized balls.
- 4 Place on parchment or wax paper and freeze for 30 min.
- 5 In a double boiler, add chocolate, vanilla extract and oil.
- 6 Melt chocolate mixture on low heat until it has reached a runny consistency.
- 7 Dip truffles one at a time until coated.
- 8 Using a fork, place dipped balls on parchment paper.
- 9 Decorate as you like! You can use sprinkles, coloured sugar or drizzle melted white chocolate.
- 10 Refrigerate until chocolate is hard to touch - about 15-20 min.
- 11 Serve once ready or keep in fridge until ready to give to Mom!

Enjoy! 🍪

Jenn Giurgevich is the founder of Spark Nutrition & Health, a virtual nutrition consulting business. Visit www.sparknutritionandhealth.ca for more information



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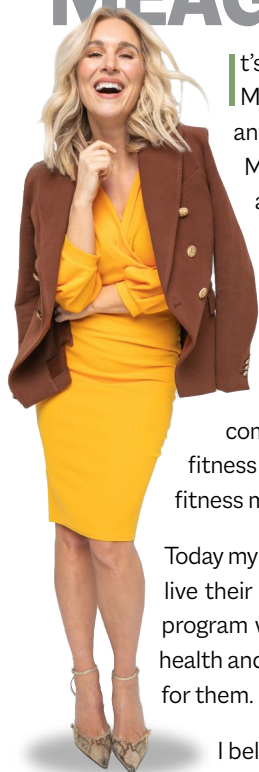
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INTRODUCING MEAGHAN TERZIS



It's such an honour to be a new contributor to the Mom & Caregiver magazine. I'm Meaghan Terzis and I'm a mama, wife, and passionate entrepreneur! My husband Bill and I have two sweet kiddos, Evi and Jack. As a family we love going to the movies, family games night, and getting outdoors.

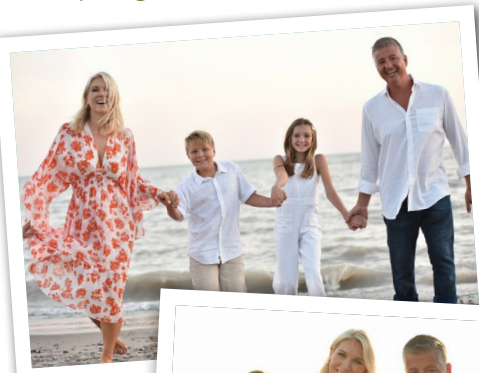
I'm a big advocate for fitness, healthy eating and living our best lives ever and have been in the fitness industry for over 15 years. After the birth of my daughter, I decided to do a fitness competition that led to sponsorships, ad campaigns, fitness modeling and covers with some of the top fitness magazines.

Today my passion for fitness is poured into helping women live their best life through my Own Your Health fitness program where I help people take back control of their health and create simple and effective routines that work for them.

I believe in a well-rounded approach to our health that doesn't only include nutrition and fitness, but also being more intentional about the products we use. It's for that reason that I ditched toxic chemicals and started using doTERRA essential oils over 6 years ago and have since become a Wellness Advocate helping others do the same. Showing moms how easy, fun, and affordable using these natural tools brings me so much joy!

You can count on me to share all my tips on fitness, healthy eating, essential oils, lifestyle hacks and so much more.

meaghanterziswellness.com
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CONFIDENCE ISN'T KEY, IT'S EVERYTHING!

If you don't believe in yourself, no one else will!

Confidence isn't something we're innately born with, it's actually a skill to be learned and improved upon daily. If you struggle with confidence, it's time to get to work! Like, now. If you work on developing and mastering the art of confidence, you'll have fewer issues in business and in life, and you'll feel significantly happier and more fulfilled.

- 1 Don't feel smart enough?
- 2 Don't know what you're doing?
- 3 Do you fear your competition?
- 4 Are you scared of what people might think?
- 5 Are you afraid to fail?
- 6 Are you seeking advice from the wrong people?

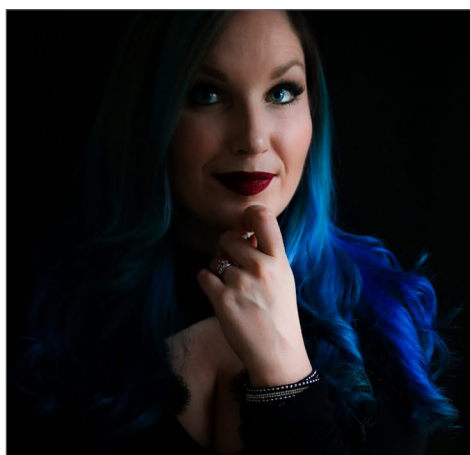
These are signs you're lacking confidence, which will prevent you from achieving great success. To put it simply, confidence is your belief and trust in your own abilities. It does

not mean you have all of the answers for everything, or that you never feel fearful. Instead it is the understanding that if you do not know the answers, you can rely on yourself to figure them out. Being persistent in figuring things out that you didn't know before is the best way to build confidence. The longer you stay in a state of helplessness where you 'don't know' the answers without taking action and figuring them out, the less confident you'll be. I developed significant confidence from relying solely on myself at a very young age when I learned that the only person I could completely trust and rely on was myself. It taught me that if I didn't know what to do, I had to figure it out. Feeling out of control and helpless only wastes time that you could be spending on finding a solution. Wallowing in a state of 'not knowing' strips you of your confidence, so the quicker you transition from a victim mentality to 'I have

the power to figure this out', the more you will build your confidence skills. For my top tips on building confidence, tune into my podcast *Scrap The Sweet Talk, Episode 8* - it's all about confidence-building! &



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HOMEOWNERSHIP: THE GIFT THAT KEEPS GIVING

HOW PARENTS CAN HELP THEIR CHILDREN.

Whether you are a mom, have a mom or know a mom, May is the month to celebrate the amazing women whose hard work is often underrated. The most rewarding role I have ever had in my life is being a mom to my two amazing boys. The only thing that could top that would be the role of grandma and I look forward to that day. It doesn't matter how old I get, I will always help my children in any way that I am able.

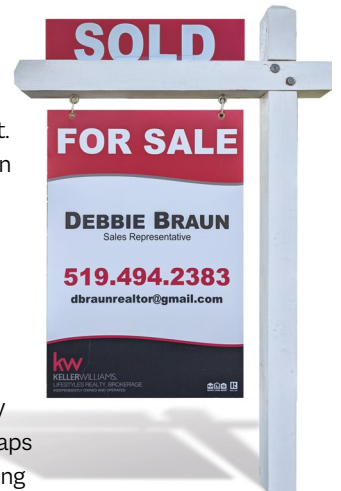
One of the ways I am currently helping my sons is by contributing to their RRSPs regularly so they can use the funds to purchase a home. First-time buyers can borrow \$35,000 tax-free and pay it back over 15 years, either by direct contribution or by paying the tax portion each year on the amount not paid back. In the case of a couple, they can each borrow \$35,000 from their RRSPs for a total of \$70,000. That could mean the difference

between buying an apartment and a single family home.

Because interest rates are at an all time low and many older parents have a large amount of equity in their homes, parents could either refinance their mortgage or take a second mortgage to help with a downpayment for their kids.

Another way parents and grandparents can help their children is by gifting part of their inheritance early. When middle aged parents receive an inheritance from an elderly parent, a great way to help their children would be to gift money from the grandparents' estate to help them get into the housing market now. Even during a global pandemic, prices in the London and surrounding area are projected to continue to rise for the next two years. That means there is no better day than today to get

into the housing market. Not to mention that owning is still less expensive than renting. This past year has brought about so many changes. Perhaps instead of paying for a large, expensive wedding that lasts only one day, parents and grandparents could help their (grand)children with homeownership – a gift of future financial security. 🌱



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Love is far more complicated than a 50/50 split. Being married and getting divorced doesn't mean you're entitled to half of everything your spouse owns. A clean split down the middle sounds good, but it doesn't always work that way; it's a commonly held myth. In fact, when it comes to separation, divorce and custody there are lots of myths. Dispelling some of them will get you one step closer to the outcome you hope for.

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The Myth & The Reality



Common law couples and married couples have the same rights.

Unless you're legally married, you're not entitled to an equalization of net family property in Ontario, one of several differences in rights.



Joint custody means no one pays child support.

Joint custody, even when a child lives with each parent half the time, can still mean financial support will be required of a parent.



DIY divorces save money.

DIY pairs better with Pinterest than it does with divorce. Fixing inevitable errors will cost you more in the long run.



Cheaters get nothing.

Someone strayed? The courts aren't interested and adultery rarely has an impact on divorce proceedings.



Social media is harmless.

If you claim to have no money but post Facebook pictures from a yacht in St. Barts, it won't go unnoticed in court.

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