

THE MOM CAREGIVER™

OCTOBER 2021
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FALLING FOR YOU, BOO!!





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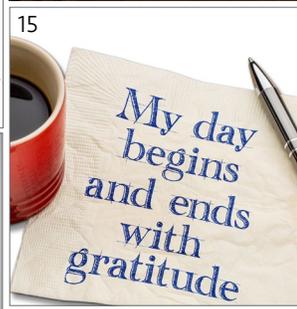
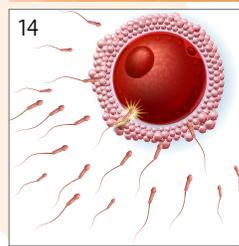
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ON THE COVER

We often say that the first photo shoot of the day sets the tone for the rest of the day. Well *Mikayla*, you spoiled us by being an amazing, patient girl! Lay in the leaves - no problem! Add pumpkins beside your head - no problem! Have a kitty crawl across your belly - no problem!

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IT'S TIME TO WRITE A THANK YOU NOTE

We should show gratefulness every day, but Thanksgiving gives us a friendly reminder to sit down and think about what we're thankful for. Here is my most important thank-you note (to an unexpected recipient) for 2021.

Dear Pandemic Restrictions,

Thank you for showing me that slowing down can be a very healthy way to live life.

Thank you for teaching me that time spent alone can be very rewarding, and that I can be my own best friend, biggest fan and strongest asset.

Thank you for reminding me that eating out at a restaurant on a night I'm too tired to cook is a treat to be thoroughly enjoyed.

Thank you for giving The Mom & Caregiver the ability to feed 3000 families who really needed it during the pandemic. It was an honour.

Thank you for pointing out that every second of a hug or embrace with family should be cherished.

Thank you for making me realize that some of the best times are get-togethers with friends where we all reach into the same chip bowl with salty/cheesy fingers and share stories until we cry with laughter.

Thank you for pointing out that grocery shopping is a luxury I should enjoy - that picking up a piece of fruit to feel if it is ripe is a pleasure.

Thank you for showing me that I really do love getting dressed up, putting on lipstick and smiling at other people when I go to meetings, concerts and events.

Thank you for making me realize that even though it can be difficult, visiting a sick friend in the hospital or at home is one of the best ways to help another human when they need it most.

Thank you for reminding me that travel is an honour - that so many people work very hard to ensure a bus ride, train trip, airplane flight or hotel stay is a safe and memorable experience for a guest.

Thank you for allowing me to live in a country that values health and safety, where masks, hand sanitizer and vaccines are available to us.

Thank you for teaching us about how valuable our health professionals are - these heroes have sometimes been forgotten and we shouldn't let that happen again.

Thank you for our readers and advertisers that have kept The Mom & Caregiver going strong through a pandemic. We are forever grateful.

Love

Sabina



*Gratitude can transform common days
into thanksgivings, and change ordinary
opportunities into blessings.*

- William Arthur Ward



Editorial photography
by Flavia Zaidan
Make-up by Sanah Zebian



2021EVENTS

October

Get Ready for Gratefulness,

www.themomandcaregiver.com/six-ways-to-use-apples-this-thanksgiving/

01ST

“Hear the Beep, Get on your Feet!”

It's Fire Prevention Week,
www.nfpa.org/Public-Education/Staying-safe/Preparedness/Fire-Prevention-Week

03RD

Get Out Your Sneakers -
It's International
Walk to School Day

07TH

Aeolian Hall (online)
presents Harvest Moon,
www.aeolianhall.ca/events/harvest-moon/

08TH

Need Some Help with The Bird?

www.themomandcaregiver.com/herb-brined-turkey-serves-10-12/

10TH

Happy
Thanksgiving!

11TH

MmmmMeatballs
for Dinner Tonight!

www.themomandcaregiver.com/home-cooking-the-only-meatball-recipe-you-will-ever-need/

13TH

London's Self-Guided
Tree Trunk Tour,

www.londontourism.ca/treetrunktour/

17TH

Get Ready for a Spooktacular
Night with Halloween
Decorations You Can Make!

www.themomandcaregiver.com/happy-spooking/

21ST

These are a Fun Treat!

www.themomandcaregiver.com/catherines-chewy-bars/

25TH

No-Carve Pumpkin Ideas
to Keep the Kiddos Safe,

www.countryliving.com/diy-crafts/g1363/painted-pumpkins/

28TH

Keep Your Goblins Busy with
Virtual Pumpkin Carving,

www.abcya.com/games/pumpkin_carving

30TH

Happy
Halloween!

31ST



Excited about getting out again but dreading the thought of trading in your lounge-wear for hard pants? Start by getting back to the basics.

*A great pair of denim (straight leg/flares, button-fly, light to dark washes are ALL in)

*Classic white blouses are back with a vengeance in all styles and silhouettes

*A fantastic belt (snakeskin is the print of the season!)

All things 90s are also here so embrace the variety of fashion options this season and



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For More Details and Events Visit

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WORLD BREASTFEEDING WEEK 2021 IS OCTOBER 1-7

We have much to celebrate globally: mothers that breastfeed/chestfeed their babies, partners and other support people who make things easier and communities that protect and support breastfeeding. The theme for World Breastfeeding Week 2021 is breastfeeding/chestfeeding is a 'shared responsibility'. Not just mom and baby, but everyone has a role to play to make sure that families who wish to breastfeed have everything they need to succeed. It's a public health issue requiring child and family-friendly policies, financial investment, and ongoing commitment at all levels of government as well as the private sector.

When the COVID-19 pandemic arrived over 18 months ago, there was increased concern and anxiety in our community about newborns and families. Many important services were initially shut down. Who could new parents call and where could they go when they had questions and needed help with breastfeeding their baby?

Fortunately, many community partners stepped up and enhanced their breastfeeding services. Hospitals, public health, other healthcare providers (doctors, nurse practitioners, midwives, dentists) and private businesses (lactation support/education) rallied to support breastfeeding families by providing extra monitoring and early intervention. Professionals worked together by trying to make a seamless transition from hospital to home to the community, ensuring families would have the care and information they needed (warm chain). The Middlesex-London

Health Unit continued to prioritize breastfeeding.

Skilled breastfeeding nurses were encouraged to increase telephone support to families, provide telemedicine (video) calls to 'see' what baby was doing at breast and offer home visits when parents were willing and video calls were not enough. Partners and other support people could be actively involved in both in-person and telemedicine visits.

Reflecting on the pandemic during World Breastfeeding Week 2021, we can see how the community worked together to ensure the health, development and wellbeing of infants, children and families were not negatively affected. Now we need to sustain these improvements with meaningful public policies and continuous funding! 🌟

If you have questions about you or your child, call one of the phone nurses at the Middlesex-London Health Unit - 519-663-5317 (Monday to Friday, 8:30AM to 4:30PM).

www.healthunit.com/vector-borne-diseases

- i World Alliance for Breastfeeding Action. (2021, August). World Breastfeeding Week (WBW). Retrieved from WABA.
- ii Pan American Health Organization. (2021, August). World Breastfeeding Week 2021. Retrieved from World Breastfeeding Week 2021.
- iii Brown A. Breastfeeding as a public health responsibility: a review of the evidence. *J Hum Nutr Diet.* (2017, December) 30(6):759-770. doi: 10.1111/jhn.12496. Epub 2017 Jul 26. PMID: 28744924. Retrieved from PubMed.
- iv World Alliance for Breastfeeding Action. (2021, August). Warm Chain of Support for Breastfeeding. Retrieved from WABA.
- v World Alliance for Breastfeeding Action. (2017, August). World Breastfeeding Week, Sustaining Breastfeeding Together. Retrieved from WABA.



Submitted by Shelley Hlymbicky RN PHN
IBCLC on behalf of the Middlesex-London
Community Early Years Partnership

CAN BEING GRATEFUL MAKE US HEALTHY?

Gratitude is the fairest blossom which springs from the soul.”
- Henry Ward Beecher

October brings a time of Thanksgiving. We can be grateful for many things and sometimes gratitude just means that whatever we have seems enough. We can be grateful for good health even when we have health challenges. Can the converse be true? Can being grateful make us healthy?

There are limited studies on the relationship between gratitude and good health. It is difficult to know whether people who are in good health are simply grateful or whether their grateful attitude helps them achieve good health. There have been some interesting studies however. A study in 2003 by Emmons and McCullough found that students who kept a 10 week diary of things they were grateful for reported fewer headaches, stomach symptoms and aches and pains in comparison with students

who simply journaled about the hassles they were facing in daily life.

Other studies have shown that people with heart failure and chronic pain who scored higher on a scale assessing gratefulness reported fewer symptoms even when their markers of disease had not actually changed.

It is possible that people who are grateful also begin to become more mindful of their lifestyles. They may be more likely to engage in self-care, avoid self-injurious behaviors such as smoking, and be more cautious with diet and exercise. In addition, gratitude may increase happiness and act as a buffer against stress hormones.

It is not easy or simply automatic to cultivate an attitude of gratitude. Like most things it takes discipline and work. One of the best ways to adapt a more grateful stance is to keep a gratitude journal. It does not need to be an



intense journalistic exercise. Simply jotting down one or two things at the end of a day that one is grateful for can go a long way towards becoming more grateful. In a month where we give thanks by coming together as family, sharing a meal and enjoying the richness of fall, let us take some time to be inwardly grateful. It is good for our health. 

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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THE BENEFITS OF MICRODERMABRASION

Microdermabrasion treatments used to be known as the lunchtime peel. This short but effective anti-aging skin procedure involved a visit to a dermatologist or spa.

Professional microdermabrasion treatments involve the use of a tool with chipped diamonds around the hand piece to get rid of old exfoliated skin cells and encourage new skin cells to grow. The stimulation to the smaller blood vessels in the facial skin is often immediately obvious because it brings a fresh baby pink glow to the face.

Microdermabrasion involves removing the superficial damaged layers in a non-invasive way. These skin layers look healthier, and the thickness of the skin is improved. However, microdermabrasion works best if you attend a series of treatments so that the cells have the constant opportunity to renew and rejuvenate themselves. If you have acne scars or severe damage, microdermabrasion won't

be able to repair them because the skin tissue was damaged. But microdermabrasion can help with healthier skin texture.

Whether you are getting microdermabrasion in a spa or using a home microdermabrasion kit, it is quite common and normal for the skin to suffer from some irritation and redness immediately after the treatment. This is due



to the exfoliation of the skin, but it eventually leads to the birth of new skin cells. These new skin cells will cause wrinkled skin to look plumper, dull skin to look more vibrant and skin with acne scars to appear less pitted.

For maximum results, you should avoid wearing makeup for a few days after a treatment so that you don't hamper the renewal and healing of your newly abraded skin in any way. As microdermabrasion only removes the top superficial layers of the skin it is considered to be quite safe. The skin's growth cycle is 28 days, therefore visiting the spa once per month for treatment is recommended.

Please feel free to contact me at lily.seed@gmail.com if you have any questions about skin care or anti-aging.

Remember- Relax, Regenerate, Revitalize yourself. &

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Owner/Spa Director
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HOW TO THRIVE IN THE FALL MONTHS

From what I've noticed with the fall months upon us there are two different ways people are showing up right now:

- 1 You're using this time to really focus on your routines and habits: trying new recipes, getting workouts in, and taking your wellness to the next level.
- 2 Adjusting isn't easy and you're not paying attention to healthy habits. Maybe juggling new routines can feel overwhelming.

There's no "right" way to show up, but over the past several years, I've learned what works for me and I want to share with you.

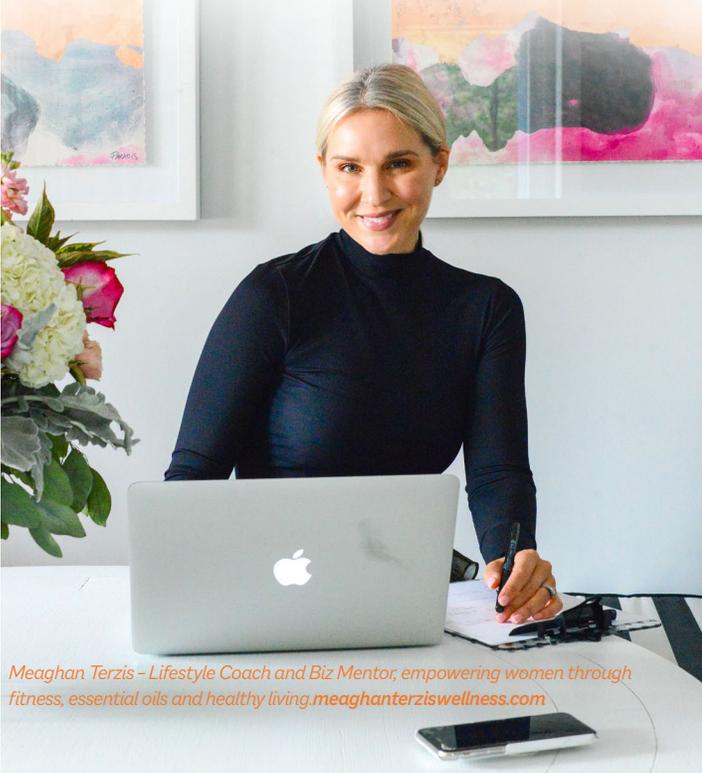
MY TOP TWO TIPS TO THRIVE THIS FALL:

1 SHIFT YOUR MINDSET

Wake up and decide that today you're a woman of action. Open up your closet and dress like the leader that you are. Wear the brightest colours on the gloomy days. Make it fun, make it playful, make it feel really, really good.

2 PRIORITIZE HEALTHY HABITS

When you think about "healthy habits", what comes to mind? There are the ones we all know: nutrition, exercise, sleep. Then the one we tend to ignore: managing our stress. So, create a schedule. Write down when you will move your body and meal plan for the week on a Sunday. Create a bedtime routine and avoid social media at night. Use your tools (essential oils) to help support you and your family. 



Meaghan Terzis - Lifestyle Coach and Biz Mentor, empowering women through fitness, essential oils and healthy living. meaghanterziswellness.com



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BUYER BEWARE: IS YOUR NEW HOUSE HAUNTED?

You've finally found your dream home. It's a high-ceilinged, century home with original mouldings and mature trees. Sure, it's been a little neglected, but all you see is a canvas for your Pinterest-inspired renovations.

But when you move in, an eerie feeling wakes you in the middle of the night. You open your eyes, and a Victorian-era woman is silently standing over you. All your terrified mind can think of is, "can I sue the sellers?"

CAVEAT EMPTOR

The basic legal principle in real estate is *caveat emptor* (Latin: "let the buyer beware"). It denotes that buyers have to satisfy themselves that the house is fit for their purpose.

The seller is only required to disclose "latent defects", which are defined as known, physical defects that are not discoverable upon inspection. Failure to disclose a latent defect allows a purchaser to get out of the deal or

to sue for damages. But is a haunting a latent defect?

STIGMATIZED REAL ESTATE

In a 2014 Kitchener court case, a seller was sued when he was quoted in the newspaper stating that a property he had sold was haunted.

While the trial court held that there is no obligation to disclose a rumoured haunting, the court of appeal suggested that direct evidence of economic loss as a result of the "stigma" of a haunted property might have been sufficient.

The Real Estate Council of Ontario defines a "stigma" as a non-physical, intangible attribute of a property that may elicit a psychological or emotional response on the part of a potential buyer.

Death, suicide, or murder are all examples of events that can lead to devaluation of a stigmatized home, so it's not unthinkable



that rumours of hauntings could too. The law is that a stigma is not a defect that must be voluntarily disclosed and "buyer beware" applies.

If you're worried about ghosts, the best advice is to ask the seller. If the seller knows this is material to the buyer's decision, they may be held legally responsible for a false or misleading answer. 

*Michael Connell,
Real Estate Lawyer, Siskinds*



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HEY TEACH! I GOT SOME TIPS!

You're in grade six now! What are some of the best things a teacher can do to teach kids your age?

Charlie: It will take some time for all of us (teachers too) to get adjusted to being back at school in a classroom again. The most important thing for the teacher to be is patient. Even though we know the routines, I think it will take longer for everyone to get used to things again.

Harrison: The most important thing our teacher can do at the beginning of this year is to listen to his/her students. The pandemic has been difficult on everyone (teachers too) and it will be a big adjustment this year. I'm going to bring in some past editions of *The Mom & Caregiver* and she can read them and get a better understanding of me and my brother! LOL!

What are some of the things you think teachers don't know about you that they should?

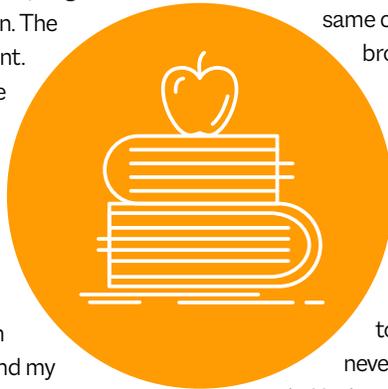
Charlie: This year my brother and I will be in the same class. We look so much alike when we wear masks it's more difficult for our teachers and students to tell us apart. It's harder for my brother and me to be seen individually. Once you get to know us you see just how different we are. One thing our new teacher should know is that both my brother and I have A LOT of energy.

Harrison: One thing that our teacher should know is that we are actually fraternal twins and not identical twins. It will be hard to tell us apart when we have our masks on. One good thing about being in the same class is when we have homework or prepare for tests, my brother and I help each other by studying together.

Have you ever been underestimated as a young person? How did that feel and how did you show your strength?

Charlie: When I was in grade 2, we were heading back inside after recess when another student kept hitting people. It wasn't right. I was really nervous but I told him to stop before someone got hurt. I'm pretty shy and had never stood up to anyone before. He stopped - I couldn't believe it. Having the confidence to speak up to help others really works.

Harrison: Last year our mom was concerned we wouldn't do well when we had to switch to online learning. We had a great teacher who was so patient. It took a while to get into it (learning through a computer is not fun) but Charlie and I both proved our mom wrong and did really well our last term. 



Meet 11 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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A NIGHTMARE ON

With Halloween peeking its head around the corner, many households are abuzz with the upcoming beastly bash! Who doesn't enjoy dressing up, tacky decorations, yummy treats, themed parties, and scary movies?

Each year, our eager mini "Halloweeners" dive deeper into the frightful feast, and it makes these traditions so much more exciting! From the costumes, decorations, pumpkin carvings, and trick-or-treating, we relish in all the festivities together.

I can't wait to start incorporating scary movies into the mix. Our seven and five year olds aren't quite ready yet, so I'll be happy to wait it out and enjoy another round of the Addams Family or Monsters, Inc. or maybe introduce them to the original Ghostbusters this year. I was casually sharing my Halloween theatrical lineup in a parent group when I came across several (very vocal) parents with little to no child restrictions on movie watching. I was quite shocked to hear fathers out there

watching movies like Friday the 13th, Joker, and IT with their young kids!

We've all seen how parents get very defensive (especially online) when parenting advice is shared. But some of the more intelligible discussions I read were around how kids should learn that movie violence isn't real and that they all develop at different rates.

Yes, I agree that we must teach kids about the magic behind movies and that what they



FILM STREET

see on screens is fake. But perhaps we can teach these lessons with screen violence that is a little less extreme...for example, Spiderman cartoons. I don't think I'm alone in thinking that we should be more vigilant and restricting access to what our children are watching, especially when media has become so unfiltered and easily accessible. Exposure to screen violence at young ages is directly connected to lack of empathy for others, nightmares, anxiety, and behaviour problems. And while some kids "can handle it", simply

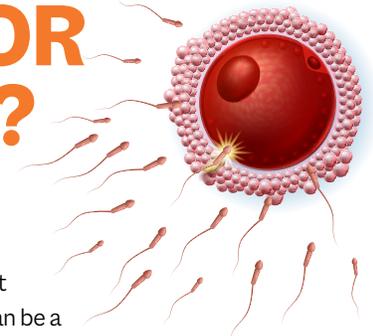
telling kids that the images they see aren't real doesn't change the fact that many young children are still working on differentiating between fantasy and reality. We might be creating confusion, fueling desensitization, and exposing our kids to developmentally inappropriate content (such as aggressive behaviours) which kids often mimic and accept as normal in their limited world views.

Besides, when it comes to watching scary or violent movies with our kids, what's the rush?

I fully expect that my boys will enter a stage in the near future where they'll beg to binge-watch horror flicks. When the time comes and they're ready, I'll be right there watching with them! 🤔

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

CAN A NATUROPATHIC DOCTOR HELP WITH FERTILITY ISSUES?



It can be difficult to know where to turn when you are having difficulty having a child. A naturopathic doctor who focuses on fertility can play a key role in your journey.

Knowledge is key. Education on menstrual cycle tracking, identifying your fertile window, and timing of intercourse can greatly improve your chances of conceiving. A laboratory assessment (bloodwork) that provides you with a "fertility snapshot" is also vital. In patients who have not been to a fertility clinic, we are often the first place they have a more comprehensive assessment completed. We understand when you should be referred to a fertility clinic for further assessment and are proud to support patients that undergo fertility treatment at clinics in London and Toronto.

We'll help to clarify which dietary changes and supplements have good evidence and should be used as adjunct treatments in your fertility journey. We understand which diet

and lifestyle factors may increase your risk of miscarriage, and work to address these early on. We know that you don't want to wait until you've had three miscarriages to be assessed.

We also advocate for early assessment of sperm health, given that male factor infertility is common. If sperm health is a concern, we can educate you or your partner on lifestyle and supplement interventions.

There is research showing that acupuncture may have benefits improving fertility as well. While the research is still being done around acupuncture and assisted reproductive technology (ART), there are several studies which show statistically significant increases in pregnancy rates with couples who undergo acupuncture. A study has even compared acupuncture treatment to a commonly used egg producing medication, and pregnancy rates at three months were equal in both groups. For best results, it is ideal to start

acupuncture several weeks before trying to conceive, but acupuncture can be a beneficial addition to your fertility journey.

Anyone investing in a fertility journey involving artificial reproductive techniques (e.g. IUI and IVF) should also invest in naturopathic care. We can provide solid recommendations backed by studies that show improved outcomes. Plus, we are trauma-informed and understand how difficult this journey can be. We can help to support your mental health and other factors such as sleep and stress management.

We'd love to be part of your fertility team. 🌸

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GRATITUDE DETERMINES ATTITUDE

Does gratitude help shape our mindsets and moods? 100% it does.

The more we teach our children to talk to themselves in a healthy manner, the more socially equipped they are going to be. Being SELF-AWARE is one of the five components of Emotional Intelligence which our children need now more than any other time in history.

Children spending hours per day on a device instead of playing outside or hanging with friends is actually starting to show negative effects in developmental standards. Kids are behind in speech, social skills, and are having a difficult time with the 5 Cs: Cooperation, Communication, Concentration, Coordination, and the ability to Compromise. If we want our children to be happy and healthy, we need to teach them mental skills early and thoroughly.

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.

HOW CAN WE USE GRATITUDE TO SHAPE ATTITUDE?

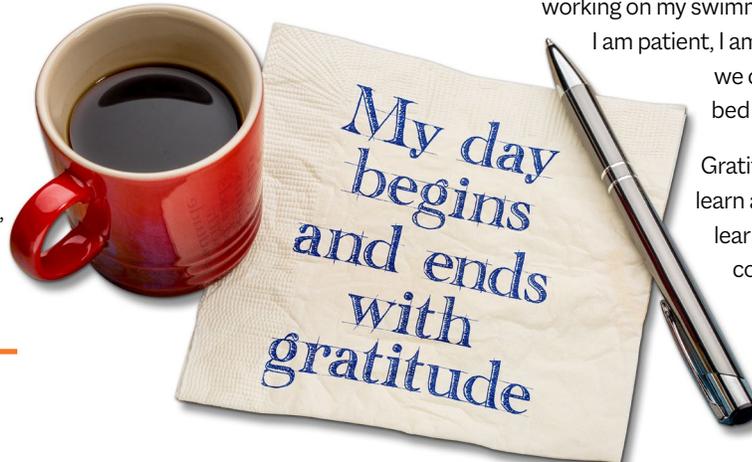
- 1** Start with role modelling gratitude by talking this way to your kids.
- 2** Teach them how to self-talk and how to manage negative self-talk.
- 3** Express to your children the importance of thank-yous. In a society where most of us have running water, AC, and food every day, we forget to be thankful for all of the small things.

4 Teaching gratitude can look like this: “Oh wow, you had dinner at your friend’s house. That is a special time. Did you have fun?” Don’t ask what they ate; ask what did you do?”

5 Talk about gratitude at dinner and before bed. Making lists of what they are grateful for focuses on what is valuable and precious. I recall my then 7 year old daughter telling me “my Barbies had a good tea party and all of them have their heads still.”

6 Mantras before bed are very effective. Age determines which ones they wish to say: I am fast, I am like a cheetah or Superman or Wonder Woman, I am a problem solver, I am working on my swimming, I am progressing, I am patient, I am organized. Parents, we can say them before bed at night too!

Gratitude takes time to learn and teach; it is not learned overnight. Being consistent with gratitude recognition will help determine a healthy attitude for children to succeed. 





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DANCE EXTREME

JOIN US FOR OUR
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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. 🍷

We're celebrating 25 years of dance at Dance Extreme!

In 1997, Rebecca Brettingham-Filice, a young 21 year old and recent Western university graduate, decided to offer dance classes at a local community centre and library branch under the name Dance Extreme. The following year, Miss Rebecca opened a permanent home for Dance Extreme, bringing a new and bright light to dance in the London community. She had a vision to create a space where dedicated teachers would not only teach dance, but would also help awaken the greatness that is within each child.

A quarter century later, Miss Rebecca and her team remain dedicated to building self-esteem in dancers, teaching life skills and experimenting with artistry.

Dance Extreme now offers 16,000 square feet of studio space and over 150 classes each week for dancers 18 months to adult, making it more convenient for families to coordinate dance classes around their busy schedules. Their gorgeous facility includes three large change rooms, a party/craft room, homework room and kitchen with a water bottle filling station, microwave, and fridge, two lobbies, closed-circuit televisions with a live feed into each of the studios, a snack bar and an on-site store to better serve dance families.

A wide range of programs for all ages and skill levels are available at Dance Extreme, including performance team, triple threat program, pre-competitive and competitive programs. Whether dancers take one class a week or join a program, they are all a part of the welcoming and supportive Dance Extreme family.

In 2020, as one of the founders of Dance Safe Ontario, Miss Rebecca helped over 800 dance studios across Ontario navigate the pandemic. This makes Dance Extreme a leader in creating a safe environment to welcome dancers and their families.

This year Dance Extreme kicks off their 25TH season of dance and Miss Rebecca and her team can't wait to celebrate with new and returning dancers and the entire Dance Extreme family.

Registration for fall and winter classes is now open. Visit www.danceextreme.com or [@danceextremeinc](https://www.facebook.com/danceextremeinc) on Facebook and Instagram for details.

Rebecca Brettingham
Artistic Director

725 Notre Dame Dr #1,
London, Ontario
ON N6J 3V5
519.657.DANCE (3262)
info@danceextreme.com
danceextreme.com



WHAT CAN A **FINANCIAL PLANNER** DO FOR YOU?

Often get asked what a financial planner can do for their clients. I love this question because more than investment and retirement planning, financial planning covers all areas of the “whole you” — your financial life (what you have and what you owe) and your personal life (your values, goals and needs).

8 WAYS A FINANCIAL PLANNER CAN HELP YOU

- 1** Balance competing priorities: Get cash flow strategies to help you save for the future while balancing life’s financial demands. i.e., Pay down my mortgage or invest? Save for retirement or the kids education?
- 2** Reach your investing goals: Build an investment plan based on sound principles and your personal priorities. i.e., How can I be a smart investor? How can I get more from my RRSP and/or TFSA?
- 3** Prepare for retirement: Get ready to retire, when and how you want, with a solid retirement plan. i.e., Can I retire early? How will I fill my time in retirement?
- 4** Protect your wealth: Preserve your wealth for yourself and your loved ones with smart strategies. i.e., Estate planning is more than just having a Will.
- 5** Borrow smarter: Discover borrowing and credit strategies that give you a better return on your money.
- 6** Get tax-savings strategies: Identify strategies to help reduce the taxes you and your family pay.
- 7** Enjoy retirement: Create a plan for how you want to spend your retirement and know how to make your money last. i.e., What financial steps do I take at 65? At 71? How do I take income from my RRSPs?
- 8** Define your legacy: Provide a secure future for the people and causes you care about. i.e., passing along the family cottage, business succession planning.



Studies show that professional financial advice has the potential to help you double—or even triple—your net worth! 

SOURCE: Ipsos Reid Canadian Financial Monitor

Jennifer Taylor, CFP®, PFP, Financial Planner, RBC Royal Bank

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Jennifer Taylor

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HIGH-FIVE 101

I flipped over my handle bars riding my bike. FIVE times. In front of an audience each time. That's five times I endured embarrassment, bruises, raspberries, sprains and a ruptured ego.

You know what else? People laughed. Like really laughed. Tears running down their cheeks, can't catch their breath, ripping at the seams laughing. Don't worry, they always asked me "if I was okay" once they caught their breath. I have good friends ;D. You would think I was a cast member of Jackass, there for their entertainment. Or at the very least, that I would swear off bikes for life. More likely I was a glutton for punishment.

The fifth time this happened, I was in Toronto riding on the boardwalk in the Beaches in the spring. We're talking big audience, folks. When I shared that it was the fifth

time I had flipped over my handlebars, one of my friends joked that, "I should stop using only my front brake."

EUREKA! It only took 30 years of me riding a bike to learn this. My friends thought it was hilarious that I didn't know that. How did I ride a bike for thirty years and not learn to apply either both brakes or only the back brakes when cycling?



That situation reminded me of another one that I was absolutely amazed I hadn't learned until I was middle-aged - how to high-five without missing. I was always taught to keep your eye on the ball. So I naturally assumed the same rationale would apply to high-fives. NOPE. Not true. I can't tell you how many times I went to high-five someone and completely missed their hand. I always assumed it was my weird prescription that screwed up my perspective, but one of my colleagues taught me a trick when I missed the high-five three times in a row.

High-Five 101. Look at the person's elbow to whom you are high-fiving. What!?!? I know right? It was literally a life changing hack. I proudly high-five all the time now. 

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



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MAKING THE MOST OF YOUR CAT'S GOLDEN YEARS

Those lucky enough to have a cat in their lives get to have a family member with whom to share, hopefully, a decade or two of memories. But because cats age faster than we do, their golden years approach much faster than ours.

Here are some ways you can give back to your senior cat:

A SENIOR FOOD

As pets age, their nutritional needs change and they should transition to a food for senior cats. A diet formulated for their life stage may also help mitigate the risk of developing certain diseases and chronic conditions, helping your cat live a longer, healthier, happier life.

ENRICHMENT

Although our cats' bodies may slow down in their senior years, their minds should still stay sharp! Invite your furry family member to explore new boxes, solve new food puzzles, or watch birds out the window. Try to see the world through your cat's eyes and give them new activities and challenges that make use of their natural instincts.

WATCH FOR SUBTLE SIGNS OF PAIN

Cats are masters at hiding pain. As an evolutionary instinct, they will very rarely limp or cry for help. Body language cues indicating pain will often be extremely subtle, such as the position of their whiskers or the shape of their eyes. Regular check-ups with your veterinarian at least twice per year are important for diagnosing and treating illness that may otherwise go unnoticed.

MONITOR THE SMALL CHANGES

Weight loss, urinating outside of the litter box, decreased appetite, or not enjoying the activities they used to can all be signs that something is not quite right with your kitty. These symptoms are often mistaken for regular signs of aging, but they can also be signs of disease. Age is not a disease in itself. With early intervention, many ailments are treatable...and worth treating!

A LITTLE EXTRA LOVE

As our furry family members slow down, a little extra thought goes a long way. Consider putting water dishes on every level of the home, using lower-lipped litter

boxes, and setting aside some time each day to help them groom any hard-to-reach areas.

Often, our senior cats have been a constant for us throughout so much change over the years. Whether you've had your little one since a kitten or adopted them later in life, these tips can help you reward their loyalty with the best "retirement" possible! 🐾

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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YOUR GOBLIN WILL GOBBLE UP GREEN PEA PANCAKES!

Looking for a fun and super healthy recipe for your littles this Halloween? Look no further! This one passes the test for babies, toddlers and children of all ages - make lots because these are great for the whole family!

These pancakes are super easy and packed with all the green goodness from frozen peas. If you're like me and are in the super fun (and messy) stage of feeding your little one food, this one is great to have on your list to batch cook and freeze for easy meals in the future.

Frozen peas are one of my favourite ingredients. They are packed full of vitamin C and iron, an important combination for

babies as vitamin C helps our bodies absorb iron from plants. They are also very affordable and can be easily added to meals from the freezer. If you are like me and going the baby-led weaning route of feeding babe, and they don't quite have the pincer grasp nailed down yet to pick up peas, this is a great way to get all the nutritional goodness in them!

Bonus is these pancakes are green, so they double as a fun meal idea around Halloween this year!



INGREDIENTS:

- 1 cup frozen peas, cooked as per instructions on bag
- 2 eggs
- ½ cup cottage cheese
- ½ cup rolled oats

DIRECTIONS:

- 1 Blend all ingredients in a food processor until smooth.
- 2 Heat a pan on a medium to low heat, lightly greased with vegetable oil.
- 3 Drop spoonfuls of mixture into pan.
- 4 Wait for bubbles to appear on the surface before flipping and cook until golden on both sides.
- 5 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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DO THE SHOES I WEAR REALLY MATTER?

If you are experiencing foot pain, you are not alone! 75% of Canadians will experience foot pain at some point in their lives! Your feet are the building blocks of the human body. Improper footwear can lead to malalignment of the foot and ankle affecting the rest of the body.

Poor Alignment -->

Stress & Strain on Muscles & Ligaments -->
Aches & Pains

Buying a new pair of shoes can be quite challenging. Here are some helpful tips when buying.

WIDE TOE BOX: The shoe should be wide enough for the ball of your foot. Avoid pointy toes which force the toes into an unnatural position, leading to bunions and pain.

PROPER LENGTH: Ensure there is one thumb width between the end of the toes and the shoe. While walking, your foot spreads out, lengthening approximately 1 cm in all directions.

PROPER HEEL HEIGHT: A lower heel height increases comfort. Higher heel heights increase pressure on the ankles and balls of the feet, causing injuries, calluses and bunions over time.

REMOVABLE FOOTBED AND SUFFICIENT DEPTH: As the day progresses, feet swell and there needs to be sufficient room without causing pain or discomfort. This is also very important if you wear an orthotic device as they take up space in the shoe.

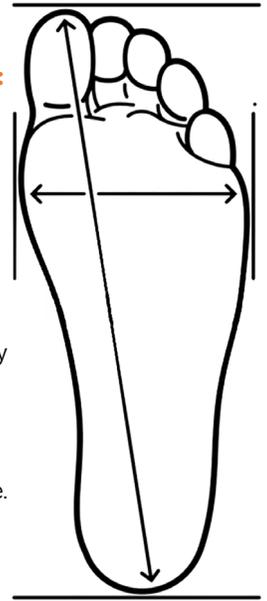
FIRM DENSITY MIDSOLE: The midsole plays a crucial role in reinforcing proper foot support and alignment.

RIGID HEEL COUNTER: This keeps the ankle in the correct position, preventing the ball of your heel from rolling/slipping away from the shoe when running or walking.

MINIMAL TORSION/TWIST: Shoes that twist easily do not provide arch or base support.

TRYING ON SHOES:

- End of the day when your feet are tired and swollen.
- Always try on both shoes.
- When measuring your foot, stand up! Feet and arches splay when standing.
- Walk around in the shoes to be sure they are comfortable.
- Don't rely on shoe sizes - each brand makes their shoes on different lasts.
- Have each foot measured regularly - feet get larger with age.
- Purchase shoes that are comfortable when you first try them on. Do not expect shoes to stretch or "break-in." 🙅



www.ontariochiropodist.com/Public/foot-facts.html

<https://my.clevelandclinic.org/health/treatments/17391-proper-footwear>

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HOW TO ELEVATE YOUR BUSINESS INSTANTLY

As an entrepreneur, it's easy to get caught up in the daily operations of your business. After all, you wear many different hats in order to stay afloat. I know this feeling all too well. Before I grew my bakery into a million-dollar business, I got stuck in the day-to-day operations of merely "getting by". The problem with this cycle is that your business will never grow into the things most entrepreneurs dream of - a flexible work schedule, the ability to focus on your preferred area of expertise, unlimited vacation, financial freedom, etc. All those perks only come after you've figured out how to elevate your business and look at the bigger picture. Here are my top four tips for elevating your business instantly:

1 Hire staff. Remove yourself from as much of the daily operations as possible. You'll never be able to grow and scale your business if you're constantly

answering the phones, responding to emails or preparing everyone's orders.

2 Set sales goals. If you plan on elevating, know where you currently sit. Spend some time analyzing your current sales and set higher monthly goals to ensure you're growing. Sales are the number one most important part of your business. If you do not have sales, you do not have a business.

3 Branding and marketing will take you to the top. While sales are certainly number one, branding and marketing are a close second. If no one

knows about your business, then guess what? No one will be buying your products! It's imperative that you develop a killer strategy to keep bringing in new customers, stay top of mind and let the world know who you are and what you do.

4 Revamp your customer experience. This is critical to keeping customers coming back. Keep exploring innovative ways to engage your customers (ask them for feedback, give them extra perks, treat them to exclusive deals) and above all else, make sure they feel valued.

I've built a business from the ground up with zero experience or education. I'm extremely passionate about sharing my knowledge with fellow entrepreneurs so that they can achieve their dreams too. If you're looking for more ways to elevate your business, connect with me on my website www.rebeccahamiltonco.com!

Rebecca Hamilton,
Owner, Chick Boss Cake



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Rebecca Hamilton

Founder + CEO of Chick Boss Cake

A story of pursuing your passion & creating the life of your dreams.
How I turned my hobby into a million dollar business & how you can too!



THE STORY OF RADON GAS

If you are reading this and don't know what Radon Gas is, don't be alarmed! While Radon Gas has been around for a long time, awareness of the health implications from Radon Gas is relatively new.

Radon Gas is a naturally occurring radioactive gas that is the by-product of uranium decay. You can't taste, see or smell Radon Gas, giving it its nickname "the Silent Killer". Uranium is everywhere. All houses will have some level of Radon Gas. The problem is when that level is too high!

When Radon Gas is formed in the ground, it rises to the surface. When released outside, the concentration of Radon Gas is quickly dispersed by the wind. Unfortunately, the same can't be said about our homes.

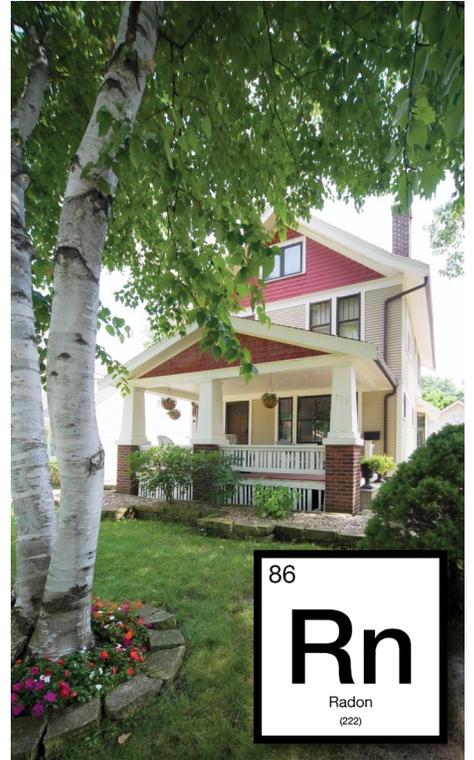
Think of it this way. Imagine standing outside and you strike a match. The sulfur and smoke are quickly dispersed. Now strike that same match underneath a cup. All that smoke is now trapped. Our homes are that cup.

WHAT ARE THE HEALTH IMPLICATIONS?

Radon Gas is responsible for the deaths of over 3200 people a year in Canada and is the number one cause of Lung Cancer among non-smokers. Most of us have known someone in their life, whether it was family, friend, or neighbour, who never smoked a day in their life but still got lung cancer. It used to be blamed on second-hand smoke. It wasn't until the last 20 years that we realized how dangerous Radon Gas truly is. The odds of you having too much Radon Gas will shock you. Studies show that in the Southwestern Ontario area 1 in 5 to 1 in 15 homes have elevated levels of radioactive gas.

WHAT CAN YOU DO?

Testing for Radon Gas is both easy and inexpensive. Whether you opt for a DIY kit or have a C-NRPP certified professional come into your home, you will know if you have an issue. If you do have an issue, don't despair, mitigation is affordable and will reduce the Radon Gas in your home to acceptable levels.



Mike Jarvis, RadonFX

RadonFX

There are a lot of factors that can determine the level of Radon Gas in your home. While the most important is the source of Radon Gas, it is also the thing you have no control over. Radon is in the soil beneath your home. Many other factors can be detrimental or helpful to the concentration level inside your home.



Do it Yourself - 91 day test kits.

DIY Kits from RadonFX include:
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