

# THE MOM & CAREGIVER™

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LITTLE  
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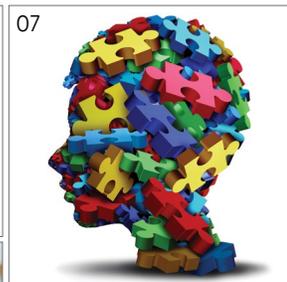
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# ON THE COVER

Darling *Kara* is only one and a half months old and loves waving her little arms around. Mama nursed her just before the shoot so she was content as can be. Mom was just thrilled she was awake!

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# OPENING UP LIKE THE FLOWERS OF SPRING

If you can't find something to celebrate this month, you're not looking hard enough! I'm just so excited that after years of being low-key with celebrations, we are finally able to open up like the flowers of spring, and do some true celebrating.

April brings Ramadan, Passover and Easter, and whether you're observing or celebrating at a mosque, synagogue, church, home or outdoors, we have ideas, information and good wishes for you. Registered dietitian, Jenn, is honoured to be sharing Ramadan with her husband and family in Morocco this year. She shares tips for choosing nurturing foods to keep you healthy and full during fasting (page 18).

Looking for a fun and festive way to get the kids involved this Easter? Try our Pretty Easter Pull Apart Bread on page 5. It's easy to make, and the kids will be licking the yumminess off their fingers all day long!

April also brings Earth Day and we've turned to our experts for advice. Mairi Shewfelt explains "greenwashing". Don't let those claims on product labels fool you - "all-natural" and "green" might just be marketing ploys. Find out how to identify truly eco-friendly products on page 15.

Unfortunately, the last months have brought an onslaught of devastating news. From a world-wide pandemic to border-blocking protests to wars between nations, it can be hard to take it all in as an adult. But what about the kids in our lives? How are they absorbing, understanding and feeling about this? Frankly Fatherhood offers ways to "Talk To Your Kids About the News" (page 12).

Lastly, I'll share something from our copy editor, Melissa. She describes herself as "not really a dog person". They stick to fish at their house due to allergies. But she was absolutely moved to tears by this month's Pet Friendly article. Grab a Kleenex and get ready to feel emotional with the beautifully-written "Joining the Pet Grief Club" on page 22.

The thirty days of April are chock-full (or should I say chick-full - heehee, that's an Easter joke!) So take a moment to breath in the fresh spring air of April and all it has to offer!

Sabina



*"Let her sleep, for when she wakes,  
she will shake the world."*  
- Napoleon Bonaparte

Editorial photography  
by Flavia Zaidan  
Make-up by Sanah Zebian



# 2022 EVENTS

# April

Pull a fun prank today!

[www.goodhousekeeping.com/holidays/g31094996/best-april-fools-pranks/](http://www.goodhousekeeping.com/holidays/g31094996/best-april-fools-pranks/)

01<sup>ST</sup>

Learn something new on World Autism Awareness Day,

[www.autismspeaks.org/world-autism-awareness-day](http://www.autismspeaks.org/world-autism-awareness-day)

02<sup>ND</sup>

Ramadan Mubarak!

03<sup>RD</sup>

Make a beautiful Henna ceramic dish,

[www.mypoppet.com.au/makes/kids-craft-mid-century-ceramic-hand-dish/](http://www.mypoppet.com.au/makes/kids-craft-mid-century-ceramic-hand-dish/)

04<sup>TH</sup>

London Lightning vs. KW Titans, Budweiser Gardens,

[www.budweisergardens.com](http://www.budweisergardens.com)

06<sup>TH</sup>

Wake up to breakfast already ready!

[www.simplyorganic.com/recipes-by-collection/spring/spring-breakfast-and-brunch/chocolate-banana-overnight-oats](http://www.simplyorganic.com/recipes-by-collection/spring/spring-breakfast-and-brunch/chocolate-banana-overnight-oats)

09<sup>TH</sup>

Easter egg truffles - yummy!

[www.delish.com/cooking/recipe-ideas/a26975763/easter-egg-oreo-truffles-recipe/](http://www.delish.com/cooking/recipe-ideas/a26975763/easter-egg-oreo-truffles-recipe/)

12<sup>TH</sup>

Find a new way to dye your eggs,

[www.themomandcaregiver.com/dying-eggs/](http://www.themomandcaregiver.com/dying-eggs/)

14<sup>TH</sup>

Build a Matzah house,

[www.kveller.com/passover-activity-build-a-matzah-house/](http://www.kveller.com/passover-activity-build-a-matzah-house/)

15<sup>TH</sup>

Happy Passover!

16<sup>TH</sup>

Have a Hoppy Easter!

17<sup>TH</sup>

It's Earth Day! Save the earth with recycled crafts,

[www.themomandcaregiver.com/recycled-materials-crafts/](http://www.themomandcaregiver.com/recycled-materials-crafts/)

22<sup>TH</sup>

Imagine Dragons, Budweiser Gardens,

[www.budweisergardens.com](http://www.budweisergardens.com)

24<sup>TH</sup>

This recipe screams spring!

[www.feastingathome.com/lemory-asparagus-risotto/](http://www.feastingathome.com/lemory-asparagus-risotto/)

28<sup>TH</sup>

## PRETTY EASTER PULL-APART BREAD

### INGREDIENTS

- ROUND LOAF OF SOURDOUGH BREAD
- ½ CUP MELTED BUTTER
- ½ CUP BROWN SUGAR
- ½ CUP YELLOW CAKE MIX (JUST DRY, NOT PREPARED)
- ¼ TSP. CINNAMON
- ¼ CUP SPRINKLES
- 1 CUP ICING SUGAR
- 2 OZ. SOFTENED CREAM CHEESE
- 1 TSP. VANILLA EXTRACT
- 2-3 TBSP. MILK

### INSTRUCTIONS:

1. SLICE YOUR ROUND OF BREAD EVERY 1", SLICING ALMOST ALL THE WAY TO THE BOTTOM, MAKING A CHECKER BOARD PATTERN. PLACE LOAF ON A COOKIE SHEET LINED WITH TINFOIL.
2. POUR MELTED BUTTER BETWEEN EACH OF THE CUT BREAD SECTIONS.
3. IN A SMALL BOWL, COMBINE BROWN SUGAR, YELLOW CAKE MIX AND CINNAMON. EVENLY SPRINKLE BETWEEN EACH OF THE SECTIONS.
4. BAKE AT 350 FOR 25 MINUTES.
5. COMBINE ICING SUGAR, CREAM CHEESE, VANILLA AND MILK IN A MEDIUM BOWL AND BEAT UNTIL SMOOTH. DRIZZLE AS MUCH AS DESIRED OVER WARM BREAD. SPRINKLE WITH SPRINKLES. SERVE WARM AND ALLOW GUESTS TO PULL OFF DELICIOUS SECTIONS WITH THEIR FINGERS.



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# BREASTFEEDING AND ITS BENEFITS

**B**reastfeeding (also referred to as “nursing”) is the process of feeding your child breast milk.

Deciding to breastfeed is a personal decision. The Baby-Friendly Initiative helps you make informed decisions about breastfeeding<sup>(1)</sup>.

The World Health Organization and The Public Health Agency of Canada highly recommend that mothers breastfeed their newborns, as breastmilk is the best nutrient source for a baby<sup>(2)(3)</sup>. Health Canada also encourages mothers to feed their newborns only breast milk exclusively for the first six months and sustained for up to two years or longer with complementary feeding to support nutritional needs<sup>(2)</sup>.

To experience the full benefits of breastfeeding, it is important that you start breastfeeding immediately after childbirth so baby can have the “first milk” that your body produces<sup>(4)</sup>. The first milk, called colostrum, is very rich in nutrients, and contains antibodies to help your

baby fight off germs<sup>(4)</sup>. It also protects baby’s intestines and allows them to pass meconium, which is the baby’s first poop<sup>(4)</sup>. Afterwards, your body learns to make enough milk by frequent breastfeeding, and your baby learns to nurse well<sup>(4)</sup>.

The early days after childbirth are very important as this is the time when you and your baby get to know each other by spending quality time together, having skin-to-skin contact, understanding cues and bonding<sup>(5)</sup>. Breastfeeding helps reduce hospital visits by preventing common childhood infections and illnesses such as ear infections, allergies and upset stomach<sup>(3)</sup>. It also helps your baby’s brain development<sup>(3)</sup>.

Mothers are not left out of the benefits. Breastfeeding can lower the risk of breast and ovarian cancer, bone disease and diabetes<sup>(6)</sup>. It also assists in losing pregnancy weight as you burn extra calories during breastfeeding<sup>(6)</sup>. Breastfeeding saves time and money as it is readily available anywhere on demand. The milk is always warm and clean so no need to clean bottles and warm milk. It also protects the environment, as there is no wastage<sup>(6)</sup>.

Breastfeeding is such a wonderful and beneficial experience for mother and baby and is highly recommended from birth to six months and beyond. If you have questions about breastfeeding, call **519-663-5317 #3** to speak to a public health nurse or consult [www.healthunit.com/breastfeeding](http://www.healthunit.com/breastfeeding). 📞

## REFERENCES

- 1 The Baby-Friendly Hospital Initiative. (2021). UNICEF Canada: For Every Child. Retrieved from [www.unicef.ca/en/article/the-baby-friendly-hospital-initiative](http://www.unicef.ca/en/article/the-baby-friendly-hospital-initiative)
- 2 Public Health Agency of Canada. (2021-11-16). Breastfeeding your baby. Retrieved from [www.publichealth.gc.ca/breastfeeding](http://www.publichealth.gc.ca/breastfeeding)
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- 5 Public Health Agency of Canada. (2019). Breastfeeding. Government of Canada. Retrieved from [www.canada.ca/en/public-health/services/publications/healthy-living/maternity-newborn-care-guidelines-chapter-6.html](http://www.canada.ca/en/public-health/services/publications/healthy-living/maternity-newborn-care-guidelines-chapter-6.html)
- 6 INFACT Canada. (2006). The risks of formula feeding. Retrieved from [www.infactcanada.ca/RisksofFormulaFeeding.pdf](http://www.infactcanada.ca/RisksofFormulaFeeding.pdf)

*Submitted by Edna Asamaka  
WCTF-5 For the Middlesex-  
London Community  
Early Years Partnership*

# AUTISM SPECTRUM DISORDER

Part of being a parent or caregiver is vigilance for any signs that your child's development might veer from the majority. It can lead to a lot of anxiety to consider the possibility of a developmental delay or a condition such as autism spectrum disorder. Autism is a condition that impacts how a person perceives and socializes with others and may impact interaction and socialization with others. As the name suggests, there is a spectrum of the condition from very mild to more severe.

Some forms of very mild autism may not become evident till adulthood. Most forms may be diagnosed in toddlerhood – a lack of interest in play with others, and repetitive behaviours such as stacking and spinning. The 18 month visit to your primary care provider is a pivotal time to consider this diagnosis.

Early diagnosis will allow for a variety of supports to be put in place to help children with ASD reach their potential. Indeed, a team of psychologists, primary care practitioners, pediatricians and educational workers is needed to implement a strategy to help children achieve their maximal ability.

If you suspect that your child may have ASD, the first step is to contact your primary care provider. In preparation for the visit, you can download the MCHAT, or modified autism checklist. Completing it ahead of time will allow you to take stock of symptoms before the visit. The link to the checklist is below.

If your child has been diagnosed, consider contacting Ontario Autism. There are delays in referral and the system is difficult to navigate.

---

*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!*

## RESOURCES

- 1 [Autismontario.com](http://Autismontario.com)
- 2 The MCHAT - [www.childpsychiatrywustl.edu/wp-content/uploads/2016/03/Mchat.pdf](http://www.childpsychiatrywustl.edu/wp-content/uploads/2016/03/Mchat.pdf)

This organization can help you to understand the resources as well as help with advocacy and support.

Finally, Elon Musk has famously spoken of his diagnosis of Asperger's which is "on the spectrum" of ASD. We have shifted from calling ASD a disorder to a condition.

We are all differently abled and learning to navigate the world with our abilities helps us all to achieve and live fully. 



# PRO PILLOW HELP

Previously, we provided a brief introduction into choosing the right sleeping pillow for you. Here's a further explanation of what to look for:

## LOFT

The loft of a pillow refers to how thick the pillow is without anything on top of it. Back sleepers tend to prefer medium-loft pillows, which are those that measure 3-5" thick. With a medium-loft pillow, most back sleepers will maintain spinal alignment.

## SUPPORT

A supportive pillow will hold your head and neck in place, rather than allow them to sink all the way down to the mattress. Support generally results from a combination of a pillow's loft, firmness level, and materials.

## FIRMNESS LEVEL

Most back sleepers prefer medium-firm pillows. The firmness level of a pillow determines how it feels and how much it flattens in response to weight. Pillows of

all material types can be firm or soft. Often, the density of the pillow's materials is what determines firmness.

## PRESSURE RELIEF

A pillow provides pressure relief by evenly distributing weight. Pressure relief is closely tied to a pillow's loft and firmness level. When a pillow is too thick or firm for a sleeper, they tend to develop pressure points in their neck. Pressure points can lead to discomfort or even pain over time.

## SHAPE

Most bed pillows are rectangular, though their loft and shape can vary. Down and down alternative pillows tend to look more rounded. A gusset, or a fabric panel surrounding the edge of a pillow, can give the top of these pillows a flatter look and feel. Molded memory foam and latex pillows tend to be flat and rectangular. Specialty orthopedic pillows feature irregular shapes designed for particular sleep positions.



## PRICE

Pillows sell for anywhere from ten to hundreds of dollars. Price is largely determined by the costs associated with the pillow's materials and construction. Down, latex and organic pillows tend to cost more than down alternative and memory foam pillows.

## QUALITY MATERIALS

Within each type of pillow material, there are varying qualities available. Higher density memory foam is usually higher quality than low-density foam. Down pillows with a higher percentage of down are higher quality than those with a lower percentage of down. 🧡

Janice Brock,  
Owner, Custom Covers and Custom Shades

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# SPRING INTO FITNESS

We have just spent the winter indoors and cooped up in our homes. A lot of us have put our fitness and health on the back burner but it's time to change that as we head into spring.

*Here are some tips on how you can introduce fitness in to your spring lifestyle:*

## DAILY WALKS

Walking can be one of the most powerful ways to incorporate fitness into your life. Research shows that walking promotes better mental health and alleviates symptoms of stress, anxiety and seasonal depression. Set a goal to walk a few times a week for 30 minutes at a time.

## HEAD TO THE PARK

Parks are a great place to go to in the spring with your family. Bring your bikes and hit the trails for a bike ride. Pack your yoga mat or find a spot under a tree to get some stretching and movement in. Bring a soccer ball or Frisbee and get active on the field. I personally love running when the weather is nicer so finding a nice running path is always great.

There is nothing better than getting outside and enjoying that fresh spring air. 🌿



Meaghan Terzis - Lifestyle Coach and Biz Mentor, empowering women through fitness, essential oils and healthy living. [meaghanterziswellness.com](http://meaghanterziswellness.com)

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# THPRINGING BACK!

**B**ecause it's so easy to list the bad things that occupy our minds these days, we can miss some of the good. And one of the most joyous things we sense coming is normalcy. Oops...normalcy!

That's right, normalcy is coming...slowly. With it, comes a renewed urge to appreciate and DO things that the pandemic held us back from doing. One of those things is paying attention to the nuances in our children's speech, especially given they've been masked for so long.

It isn't just how we hear kids that's been affected, but it's also how they've heard and seen others. You see, the way we develop our speech pronunciation is highly dependent on how we hear and see others speak (this is how reading develops, too, but we'll get into that another time). We have no reliable proof that the pandemic has had any broad impact on speech and language development in kids (yet), but it's reasonable to think that it has

impacted those who already have delays or are prone to being delayed.

So how would those already at risk be more impacted? It could be the delay in getting these kids identified and helped. Virtual therapy can be helpful, but it doesn't work for all kids, and doesn't provide the naturalistic environment in which our brains are programmed to learn and thrive. Kids that can't participate to their full potential through

a screen risk further delay (and let's not forget young kids' distractibility). Combined with the wait times made worse by the pandemic, we could be missing key age windows during which maximum success can be achieved. The thing is, we don't want our kids with speech difficulties to get to the age when their peers start to notice. And we all know why that is.

But hold up! Spring is here, remember? And as always, so is your Friendly Neighbourhood

Speech Pathologist. Our locations across southern Ontario help our clients avoid the wait and the screens, and help kids' brains develop the way they were meant to develop. 🗣️

*Mohamed (Mo) Oshalla, MHSc.,  
Speech-Language Pathologist &  
Executive Director,  
Ontario Speech & Language  
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# A LETTER TO MY FUTURE SELF

*This month we asked each of our Kid Zone authors to choose an age and write a letter to their future selves. Encourage your kids to do the same - how much fun will it be to look back at the letter once they reach that age! Find out more at [www.wikihow.com/Write-a-Letter-to-Your-Future-Self](http://www.wikihow.com/Write-a-Letter-to-Your-Future-Self).*

Dear 20 year old Harrison,

I am 11 years old, currently in grade six at my French Immersion school. I hope you find this interesting because I wonder what it will be like when I'm 20. I hope when I reach your age I still have my long curly hair because I love it! I can't manage taking care of my hair without my mom's help, but I hope I will have mastered it by then. Are you in college or university? I imagine myself in University at Western because I love everything about Western. Right now some of my favourite things to do are playing video games - my favourites are Fortnite and Shell Shockers. I love playing online with my friends. I love to play hockey with my neighbourhood friends and I'm getting pretty good at it. I love soccer and my teammates, because I love to run and I am getting really good at it now. I hope you love sports too - it keeps you healthy and fit in so many ways. I look forward to becoming you.



Dear 40 year old Charlie,

I hope you are happy and healthy. I am in grade six and I do actually like school. Some of my favourite subjects are gym, math and science. I wonder if you still like these things and if you chose a job that uses these skills. Are you married, have kids? I don't even have a girlfriend yet - mom won't let me date until I'm 17 (we will see about that). I wonder what the world will be like when I am your age. Will the earth be polluted more than it is now? Will we be living on Mars? I am currently filming a movie. I hope when I am your age that I continue to act because it's so much fun and you get to meet great people! I hope there will still be polar bears when I am your age and global warming hasn't put them into extinction. I just saw some polar bears last week. I hope our kids will be able to see them when they are young because they are pretty awesome. 

*Meet 11 year-old twins, Charlie and Harrison, our Kid Zone writers! Each month, they'll be sharing perspectives on life as a child sees it.*



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# TALKING TO KIDS ABOUT THE NEWS

It seems the world is becoming a scarier place each time we tune into the news. There are days I wish I could just look the other way and I know I'm not alone in having trouble processing it all. When it comes to my kids, my immediate instinct is to shelter them from the horrors of humanity, but I remind myself that it's my job to help them understand their surroundings – no matter how difficult and confusing they may be.

Recently, I wondered what they knew about the hostile Ukraine invasion, and I was surprised about how misinformed my eight year old was. So first, we needed to clear up the facts. I think it's important our kids understand who the players are and what each side believes. I found it quite difficult to explain the situation in an unbiased way, but I tried my best to allow my son to come to his own conclusion. The types of facts our kids need to know depend on their age. Going into gory detail about war or violent protests is unnecessary with young kids but talking about the realities of death can be done with care.

The next thing I assured my kids is that we are safe. They need to know that this war is happening far away, and it will not affect our hometown. There is no need to be worried but in case they do feel anxious, we reviewed some adults that are safe to talk to.

I also limit their exposure to the news. During the height of the pandemic, I used to keep the news on in the background of our lock down. I noticed a dramatic increase in overall stress in the kids (and myself), so news only needs to be digested in small chunks and on personal devices in our home.

And finally, I am taking a page out of Mr. Rogers' famous quote "Look for the helpers. You will always find people who are helping". And he's right. Humanity really does come together in a crisis and there are enough helpers and examples of kindness to heal your heartache. Turn your (and your kids') attention to the helpers in this world and focus on the power of compassion and love for one another.

It's times like these that I am grateful for the freedoms we take for granted every day. 🙏





---

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



# Gen Z Mental Fitness: Practicing Gratitude



## PARENTING TEENS & TWEENS

That parenting tweens and teens is challenging is an understatement. We give so much to our kids, but they don't always appreciate what they have.

The good news is that there is an antidote. Gratitude. Cultivating a gratitude practice can do wonders. This is especially true as they approach and enter their teen years.

***“Gratitude is a powerful catalyst for happiness. It’s the spark that lights a fire of joy in your soul.” ~Amy Collette***

The advantages of a gratitude practice are impressive. Many studies have shown gratitude to be strongly associated with a long list of benefits:

- greater happiness,
- more positive emotions,
- less anxiety and depression,
- better sleep,
- increased optimism,
- strong relationships, and
- improved health and well-being.

If you want your kids to tap into gratitude, make it more fun to do so. Trade something they want for adopting a gratitude practice for one week. Positive incentives have been shown to help teens focus and stay motivated. (Palminteri et al., 2016)

The whole family can get involved. Studies have shown that when parents express more gratitude, kids express more gratitude as well. (Rothenberg et al., 2016; Hussong et al., 2018)

Here's a simple daily gratitude practice. Each person identifies 3 things they are grateful for, on a daily basis for one week. They record their thoughts in a notebook or journal. At the end of the week, get together as a family. Go around and, one-by-one, share your insights. Each person shares the top 3 things they were grateful for over the week, and why.

If each kid completes the challenge, provide the agreed upon reward. This can be something as simple as quality time with dad or as tangible as that new album they want to download.

***Everyone benefits from sharing gratitude. Plus, it brings the family closer together. WinWin!***

If you're interested in more fun “life challenges,” check out the dripdrop app. The Mental Fitness App for Gen Z makes it fun for kids to take small steps towards improved well-being. 

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Jason Brown is a proud father of a teenage son and the co-founder of [dripdrop.gg](https://dripdrop.gg)



# WHAT IS GREENWASHING? (AND WHAT CAN YOU DO ABOUT IT)



If you are trying to live a more sustainable lifestyle, you may have noticed that it can be difficult to identify products that are truly eco-friendly. Supermarket and pharmacy shelves are crowded with products claiming to be 'green', 'all-natural' and 'chemical-free.' Unfortunately, too much of this is little more than greenwashing.

## WHAT IS GREENWASHING?

Greenwashing is a form of marketing designed to make consumers think that a company is doing more to protect the environment than it really is. At best, it's a symbolic effort that makes little environmental impact. At worst, it's a cynical PR ploy designed to boost sales.

But you don't have to be taken in. Here are four simple things you can do to avoid being a victim of greenwashing.

- 1** Read the product label or visit the website. Be wary of products that make vague claims of being 'green', 'non-toxic' or 'eco-friendly.' Instead, check the label for more details and/or visit the company website to look for specifics.
- 2** Look for transparency. Companies that take sustainability seriously are happy to share detailed information about the steps they take to minimize their environmental impact.
- 3** Look for certifications from established, third-party organizations. A simple way to avoid green-washed products is to look for certifications from organizations like Leaping Bunny, Vegecert, or the Environmental Working Group (EWG).

## 4 Buy better, and buy less.

Even the most sustainably-made product has an impact on the environment. The best way to help our planet is to buy better, and to buy less.

At Yatta, we vet each product to make sure everything we carry is non-toxic, vegan and cruelty-free. And if you have questions about something we carry, we're always happy to help.

Visit us at the corner of Adelaide and Princess, Tuesday to Friday (10 am - 5 pm) and Saturday (10 am - 4 pm), or online at [www.yattabrand.com](http://www.yattabrand.com). 

Mairi Shewfelt  
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# KIMBERLEY'S FASHIONS




## KIMBERLEY'S FASHIONS



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. &

Kimberley's Fashions has been a staple in the Lambeth community since 1985, with three locations along Main St. and two owners. This quaint, small business continues to be a staple to the community. The current owners, Danielle and Chris Annable, have expanded the store in order to continue to bring the same quality you have come to expect at Kimberley's Fashions. Danielle and Chris currently reside in London, but Chris grew up in Lambeth, just a couple blocks from Main Street. They are thrilled with the new expansion and the opportunities it will allow them to develop the store. It is very important to them to continue providing high quality fashions with great service that the community has come to love and expect.

Chris, who has worked his entire career in retail, and Danielle, who has experience in small business, found that Kimberley's Fashions was the perfect fit for them. When the opportunity presented itself, they jumped at it. Becoming first time business owners during a pandemic has been a challenge, but a challenge that they were both up for. The recent expansion of the store has allowed them to add to their brand selection. Size inclusivity is important to them, so they have also expanded their sizes to be more inclusive.

"Our hope for Kimberley's is that we widen our customer base - something for everyone." As Coco Chanel says "Fashion changes but style endures."

Spring 2022 is here and Kimberley's Fashions is excited to share their new Spring collections. There are new colours, brands and styles for spring that will appeal to ladies of all ages. They just finished buying the Fall 2022 lines and are very excited for you to see it when it arrives. Danielle and Chris' favorite part of Kimberley's Fashions is meeting and getting to know their customers. "We have the best customers and enjoy all of our conversations and laughs with them."

You can follow Kimberley's Fashions on Facebook or check out the website at [kimberleyps.fashions.ca](http://kimberleyps.fashions.ca).

**Danielle Annable**  
Owner

☎ 519-652-3681

📍 2485 Main St. Lambeth.  
London, ON. N6P 1P9

@ shop@kimberleyps.fashions.ca

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# MAKE THE MOST OF EXTRA MONEY

**T**ax refund? Or perhaps a bonus? Should you spend it... save it... share it? A financial planner can help you balance your priorities, set realistic goals and understand your options.

If you find yourself with either a bit of a windfall or if you have extra funds sitting in a bank account and not earmarked for a specific purpose, it can be difficult deciding how to use that extra cash.

Five Questions to Consider To Assist You:

### 1 Do You Have an Emergency Fund?

Consider keeping three to six months of living expenses in an account that's easy to access. You can contribute up to \$6,000 per year in a Tax-Free Savings Account (TFSA), where growth and income is tax-free, and you can withdraw your money at any time.

**2 Are you Carrying High Interest Debt?** If you have outstanding balances on a credit card, line of credit or loan, reducing or paying

off this debt could free up cash to reach other goals.

### 3 Are You Taking Full Advantage of Registered Plans Like RRSP and TFSA?

Think about topping up your Registered Retirement Savings Plan (RRSP) or TFSA contributions to make your savings work as hard as possible for you. It is also worth noting that you have all investment options available to you in both your RRSP and TFSA. A big misconception of the TFSA is that it is just for cash savings. In fact you can hold mutual funds, stocks, etc.

### 4 Have You Set Up an RESP for Your Children or Grandchildren?

Consider contributing to a Registered Education Savings Plan (RESP). With built-in tax benefits and government grant programs, it's the best way to save for a child's education.

### 5 Do You Have an Estate Plan in Place?

If not, consider using your extra cash to create a Will and Power of Attorney(s) (Mandate in Quebec) and to make sure you have sufficient life and disability insurance coverage. 



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36425 (01/2020)

# CHOOSING NOURISHING FOODS DURING RAMADAN

Starting on April 2<sup>ND</sup>, millions of Muslims around the world will observe the month of Ramadan. For the first time in my life, I will have the honour of sharing this sacred time of year with my husband and family in Morocco. I look forward to sharing with you my experiences (and all the delicious foods!!) visiting our second home in the coming months!

Ramadan is a time for self- and spiritual-reflection, growth, and for communities and families to come together. For a full month, many Muslims will dedicate themselves to fasting from sunrise to sunset. Fasting symbolizes the cleansing of the soul, and it inspires self-discipline and empathy for those in need. This special time of year also encourages Muslims to carry out acts of generosity. As a registered dietitian, I also see Ramadan as a time to honour our bodies, our health and as an opportunity to eat healthy to feel our best.

For many Muslims in Canada, Ramadan in the spring means longer days and more sunlight. This means that the fast could last for up to 14 hours! Many will continue their daily routine, going to work or to school, and showing up for their daily commitments. This can absolutely influence energy levels, physical performance, and mood, so following a healthy and balanced diet and choosing nurturing foods during Ramadan is key!

## WHAT CAN YOU DO?

Choose foods that contain complex carbohydrates, protein, and healthy fats – they release energy slowly, keeping you feeling full longer during those hours of fasting.

**COMPLEX CARBOHYDRATES** can be found in plant-based food. For example:

- Whole grains: quinoa, whole grain pasta, whole grain bread, whole oats or oatmeal, whole grain brown or wild rice
- Vegetables and fruits

- Legumes (which are also a source of protein!)
  - brown, green or red lentils
  - chickpeas and split peas
  - dried beans such as black beans and kidney beans

**PROTEIN** can be found in plant and animal sources. Including protein foods not only keeps you full for longer but also helps prevent muscle loss. For example:

- eggs
- lean meats and poultry
  - lean cuts of beef, pork and wild game
  - turkey
  - chicken
- fish and shellfish
  - trout
  - shrimp
  - salmon
  - scallops
  - sardines

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



- mackerel
- nuts and seeds, like peanuts, almonds, cashews, nut butters and sunflower seeds
- lower fat dairy products, like milk, yogurt and lower sodium cheeses
- fortified soy beverages, tofu, soybeans and other soy products

**HEALTHY FATS** come from plant-based sources and fatty fish. Including some healthy fats as part of your meals can help keep you feeling satisfied. For example:

- nuts and seeds
- avocado
- fatty fish like trout, salmon, herring, and mackerel
- vegetable oils
- soft margarine

Ramadan Mubarak! 🌸



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# MAKING MEMORIES THROUGH TRAVEL



If you had asked me two years ago if I believed our lives would still be on hold as we waited for the pandemic to pass, I would have been in disbelief. It's been two years without birthdays, family gatherings and wedding celebrations, and two years of not vacationing in warmer climates. I've always viewed these events as opportunities to make memories.

After watching life slowly slip by for far too long, while putting life on hold waiting for restrictions to lift, we have made the unpopular decision to travel abroad once again. This is our brave next step to realizing the new normal.

I was privileged enough to have many vacations with my family growing up. We pulled our trailer across the continent, visiting tourist attractions and cities I had learned about in school. As I reflect on those experiences, they created opportunities for connection. Connection:

- to the new knowledge I was learning in my studies.
- with distant relatives that I otherwise never would have met in person.
- to different cultures through experiencing their people, language, food, and traditions.
- with my family through the memories we created which we still reminisce about.

Travel can provide so many opportunities for children. The exposure to new cultures can breakdown stereotypes and enlighten about global lifestyle variables. Travel can build compassion and awareness, while uncovering that poverty and wealth can look very different globally. Further enlightenment can come through identifying that cultural differences can vary significantly domestically and internationally. These experiences will contribute to building characteristics like empathy, curiosity, imagination, and a sense of adventure.

Travelling today also brings many new challenges and worries, like health risks, refusal at customs, human trafficking, and threats of war. Instead of fretting about these challenges, I am taking the opportunity to level-up our stranger danger conversations, reinforce the pandemic protocols, explore and respect different cultures while engaging in travel etiquette.

The headaches of travelling abroad in a pandemic are worth the risk. I know the experiences will create memories which will enrich our relationships for the rest of our lives. 🌍

*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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# OUCH! MY BACK HURTS

Our bodies are well designed machines consisting of many components that help us move daily. With the complexity of our bodies, there is always the risk of injury.

Our lower back supports the weight of the upper body and trunk, allowing common motions and movements such as bending and rotating. With activities such as child-caring, exercise and cleaning, our lower back can be subjected to overuse or traumatic injuries leading to pain. Lower back pain can be mild and annoying, or severe and debilitating. Depending on the cause, the pain can vary and present as:

- dull, achy and contained to the lower back region
- numbness, tingling down the lower legs radiating to other body parts
- muscle spasms, tightness in the back and pelvis
- difficulty with sitting, standing or walking

With any type of pain, it is always best to determine the root cause and consult with your physician to determine the best course of action. Treatments that help reduce pain include but are not limited to, stretching, NSAIDs, physical therapy, chiropractic, orthotic bracing (back brace), foot orthotics or sometimes surgery.

Orthotic bracing is a very good method to help eliminate or reduce pain. As a short-term solution, orthoses help by providing stability to lower back pain, injury or weakened spinal structures. The brace immobilizes the lower back region from unnecessary movements to allow muscles to heal and reduce swelling. In addition, the orthosis can help unload the weight placed on the lower back decreasing the muscle tension and forces going through the joints and discs thus reducing the pain. But relying on this type of treatment long term can be detrimental as it may reduce the amount the core and spinal muscles work.

Foot orthotics will realign your body mechanics reducing the stress on your spinal structures and posture. Remember the old tune “the foot bone is connected to the knee bone”? Starting with healthy foot mechanics will translate to a healthy spine alignment and posture.

Every individual's pain presents differently and requires a personalized treatment plan. If you have any questions about your low back pain, orthotic intervention or would like a complimentary consultation with our clinicians, reach out to our office. 📞



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# JOINING THE PET GRIEF CLUB

No one tells you that when a loved one passes away, you become a part of a club. A secret door opens to another world only shared by people living in the wake of a similar loss. While all the people living in this shared universe all know better than to say, "I know what you're going through," in many ways, they're the only ones who can come close to it.

I've been a part of many other "clubs" before, but after nearly 16 years of my membership pending approval, I recently joined the Dead Dogs club.

Upon my induction, I found a first responder who confided that losing his dog caused him more anguish than anything he'd seen on the job. I found a grieving senior couple who were lost in the sudden emptiness of their home, which had previously been filled by the love of dogs for more than fifty consecutive years. I found a lifelong cynic who confessed to using a pet medium to try to feel their dog's presence one more time.

If losing a loved one is a club, then losing a pet is a speakeasy. When you lose a family member, there are bereavement days, obituaries, and funerals that advertise your grief like a Las Vegas club promoter, shamelessly inviting everyone on the street to get a piece of your tragedy. When a dog or cat dies, there is no announcement. Just an unassuming door on a quiet street, where a password (which is "Rainbow Bridge," obviously) grants you exclusive access to a sea of hurting people who showed up at work the next day and kept going.

Following my dog's death, I received flowers from a friend who had lost her own dog many years prior. At the time of her dog's passing, I'd offered some condolences

that I thought were heartfelt, but in hindsight, were careless and cliché. Now, I find myself holding the flowers I wish I'd sent her. In a few weeks, I'll take a dried bloom from that bouquet and put it in the box marked Roxy, along with tokens from other "members" and kind people who loved my sweet girl. This box will always remind me to help the next person in line.

Like all grief, you cannot know it until you go through it. In the end, loving - and losing - a dog made me better at being human. 🐾

*Dr. I. Wonder is here to answer your questions regarding your furry family members. If you have a question, email it to us at [danielle@NeighbourhoodPetClinic.com](mailto:danielle@NeighbourhoodPetClinic.com). Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your various questions.*





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