

# THE MOM & CAREGIVER™

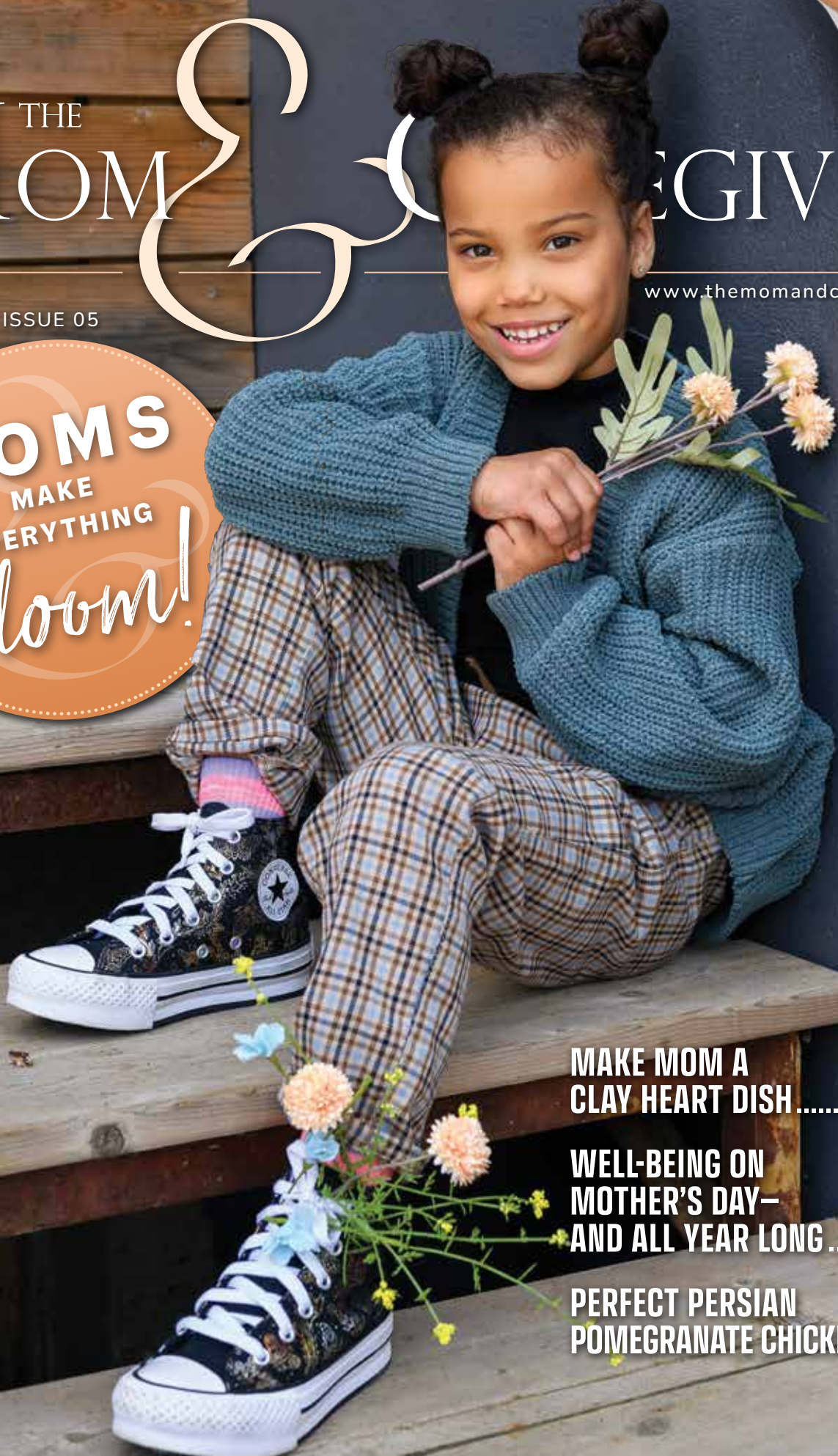
A FREE MAGAZINE

MAY 2025  
VOLUME 27 ISSUE 05

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

**MOMS**  
MAKE  
EVERYTHING  
*bloom!*

FOLLOW US



**MAKE MOM A  
CLAY HEART DISH..... 05**

**WELL-BEING ON  
MOTHER'S DAY—  
AND ALL YEAR LONG ..... 09**

**PERFECT PERSIAN  
POMEGRANATE CHICKEN .... 13**

PREGNANCY - BABY - TODDLER



PRESCHOOL - SCHOOL AGE - FAMILY

# Make This Summer One to Dance About!

## THE ULTIMATE SUMMER ACTIVITY FOR KIDS IN 2025

Looking for a fun, active, and creative way to keep your child engaged this summer? Dance camps are the perfect blend of movement, imagination, and memory-making!

Summer dance camps offer more than just learning a few new steps. They give children the chance to stay active, build friendships, and express themselves in a safe and encouraging environment. Each day is filled with music, movement, themed activities, and plenty of laughter—all designed to boost confidence, coordination, and creativity.

Whether your child is new to dance or already twirling through life, camp is a great place to try new styles, meet new friends, and discover new passions. From high-energy hip hop to whimsical fairy-tale ballet, each camp week brings something

different and exciting to the studio.

Parents love dance camps, too! You can feel confident knowing your child is not only having fun but also developing life skills like teamwork, discipline, and resilience. For many campers, dance becomes the highlight of their summer—a joyful, screen-free space where they can move, create, and just be themselves.

No matter your child's age or experience level, there's a dance camp that's just right for them. Camps often fill quickly, so don't miss the chance to give your child a summer full of rhythm, laughter, and unforgettable memories.

This summer, let them leap into something wonderful!

**REGISTER NOW AT DANCE EXTREME**

*Let's Dance!*



**Dance extreme**

725 Notre Dame Dr #1, London, ON  
519.657.3262



# CONTENTS

## EDITORIAL

An ABC Tribute to Moms!!

04

## EVENTS CALENDAR

May

05

## NEXT STAGE

World No Tobacco Day

06

## AS THEY GROW

Spilling the Tea on Spit-Up

08

## SUPPORT FOR PARENTS

Well-Being on Mother's Day—  
and All Year Long

09

## BIPOLAR ON THE BRAIN

Journal Entry #16

10

## KID ZONE

The Merry, Merry Month of May

11

## OUR MENTAL HEALTH

Attachment Disorders

12

## FOR THE JOY OF FOOD

Persian Pomegranate Chicken

13

## BIZ SHOWCASE

*Windermere on the Mount*

14

## SPECIAL FEATURE

*Our Mother's Day Featured Business*

16

## MAKING MAGICAL MEMORIES

3 Reasons You Should Travel  
Even If They Won't Remember It

17

## DAD-ITUDE

Permanently Curing your  
Election Hangover

18

## THE HOT FLASH REPORT

May You Honour All That You Need ...

19

## TMI

Piercing Opinions

20

## ONE STEP AT A TIME

Compression Socks Are a  
Traveller's Best Friend

21

## FOOD FOR THOUGHT

What's the New Symbol  
on Food Products?

22

## ON THE COVER

*Nyella* simply exudes coolness and her pro attitude made it super easy on our photographer, Cynthia. Thank you for your calmness, kindness, smiles and fun on photo shoot day, Nyella - we all enjoyed spending time with you and your mom!

Photographer  
Photostylists

One-12 Photography  
Sabina Manji  
Melissa Warkentin



Publisher/Chief Editor Sabina Manji  
Assistant & Copy Editor Melissa Warkentin  
Graphic Designer Vlado Bali

If you have any comments or suggestions,  
please contact us at 519.495.7316 or at  
[editor@themomandcaregiver.com](mailto:editor@themomandcaregiver.com).  
For sales contact [sales@themomandcaregiver.com](mailto: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](http://www.themomandcaregiver.com)

THE MOM & CAREGIVER is distributed FREE of charge.  
Anibas Productions Limited welcomes unsolicited  
contributions. Such material, if published, may be  
edited. Although Anibas Productions Limited cannot pay  
contributors, recognition will be given to the contributor.  
Anibas Productions Limited reserves the right to refuse  
any contributions or ads. Anibas Productions Limited  
cannot accept responsibility, in any way, for dissatisfaction  
or damages incurred by advertisers or their clients.  
Advertising rates and circulation information is available  
on request.  
All rights reserved. Copyright 2025 ©

THE  
MOM & CAREGIVER

FOLLOW US



MOM & CAREGIVER

# AN ABC TRIBUTE TO MOMS!

Mother's Day always makes me think of those charming elementary school crafts - making cards and writing poems for the amazing women in our lives. So we've sharpened our HB pencils and penned this ABC tribute to Mom as a way of saying thanks from us kids (whether we're young children or grown adults)! Thank you for...

- |  |  |   |  |
|--|--|---|--|
| <b>A</b> sking me questions and waiting for me to answer | <b>I</b> nsisting that I eat my veggies        | <b>Q</b> uiet time together, for cuddling         | <b>W</b> ishing the best for me            |
| <b>B</b> eing patient when I'm learning something new    | <b>J</b> oking with me                         | <b>R</b> eadng to me                              | <b>X</b> XX and OOO-ing me everyday        |
| <b>C</b> elebrating the little things                    | <b>K</b> icking a ball in the backyard with me | <b>S</b> milng, even when I'm not at my best      | <b>Y</b> elling less                       |
| <b>D</b> iscovering something new together               | <b>L</b> istening                              | <b>T</b> aking me to the doctor                   | <b>Z</b> eroing in on what makes me unique |
| <b>E</b> ncouraging me when I'm feeling low              | <b>M</b> aking memories together               | <b>U</b> nderstanding my words, when others don't |  |
| <b>F</b> orgiving my mistakes                            | <b>N</b> oticing when I make good choices      | <b>V</b> aluing our family                        |  |
| <b>G</b> rowing with me                                  | <b>O</b> verflowing my bucket with happiness   |   |  |
| <b>H</b> elping me when I need it                        | <b>P</b> laying with me, down on the floor     |   |  |

We celebrate Moms, Grandmas, Step-Moms, Aunties, Wives, Partners and Mothering Figures this month in these special ways as well:

- Nothing says I love you like a homemade gem - make Mommy a *Clay Heart Dish* on page 5.
- Make the perfect Mother's Day dinner for your Mama with *Persian Pomegranate Chicken* on page 13.
- Learn how to speak up about what you need with *Well-Being on Mother's Day—and All Year Long* (page 9).
- Have a laugh with a Mom who has *Piercing Opinions* on page 20.

Wishing you the most joyful of celebrations - may you be pampered, spoiled, and most of all, loved. You deserve it so very much, Mamas!

With love,

*Sabrina*

PUBLISHER/CHIEF EDITOR



For More Details and Events Visit

THE MOM & CAREGIVER .COM  
Your Online Parenting Resource

# EVENTS

MAY 2025

Spring Weekend Market,  
Covent Garden Market,  
[www.coventmarket.com](http://www.coventmarket.com)

03<sup>RD</sup>

Books for Babies,  
Masonville Library,  
[www.lpl.ca](http://www.lpl.ca)

07<sup>TH</sup>

Happy Mother's Day!

11<sup>TH</sup>

Drop-in Storytime,  
Jalna Library,  
[www.lpl.ca](http://www.lpl.ca)

15<sup>TH</sup>

The 25<sup>th</sup> Annual Putnam County  
Spelling Bee, Grand Theatre,  
[www.grandtheatre.com](http://www.grandtheatre.com)

22<sup>ND</sup>

Monster Madness,  
Canada Life Place,  
[www.canadalifeplace.com](http://www.canadalifeplace.com)

24<sup>TH</sup>

Montessori Academy of London's Annual  
Artisan Market, Colborne St. Church Gym,  
[www.montessori.on.ca/artisan-market/](http://www.montessori.on.ca/artisan-market/)

30<sup>TH</sup>

Stars on Ice,  
Canada Life Place,  
[www.canadalifeplace.com](http://www.canadalifeplace.com)

04<sup>TH</sup>

Mother's Day Market,  
Covent Garden Market,  
[www.themommarketco.com/london](http://www.themommarketco.com/london)

10<sup>TH</sup>

Creative Workshop: Woodcut  
Flowers, Covent Garden Market,  
[www.coventmarket.com](http://www.coventmarket.com)

11<sup>TH</sup>

Happy Long Weekend!

19<sup>TH</sup>

Jessi Cruickshank: Now That's What I Call  
Live Tour, London Music Hall,  
[www.londonmusichall.com](http://www.londonmusichall.com)

23<sup>RD</sup>

Mean Girls,  
Canada Life Place,  
[www.canadalifeplace.com](http://www.canadalifeplace.com)

27<sup>TH</sup>



Montessori  
ACADEMY OF LONDON

Creative craft

## Clay heart dish

These little handmade Clay Heart Dishes are perfect for Mother's Day or for anyone we love! For this project, we used Air-Dry Clay.

First, roll out a ball of clay using a rolling pin, or you can flatten it out with your hands. Next, cut your shape using a large heart-shaped cookie cutter or a heart-shaped paper template. Cut around the edges with a child-safe knife. Show your child how to "pinch" up the sides of the heart to form a little edge or lip of the dish. You can now decorate the middle with some dried, pressed flowers.

May is the perfect time to collect some little flowers from your garden! Press them in a book, and dry them for a few days before decorating your heart. ...

Or, you can paint some flowers on your heart once the clay is completely dry.



Place your heart in a safe place to dry for 24-48 hours. Once completely dry, you can seal it with Modge Podge. This will protect the pressed flowers and help them stay secure.

Your beautiful heart is perfect for jewellery, coins or other small trinkets.

**Happy Mother's Day!**



[montessori.on.ca](http://montessori.on.ca)



[info@montessori.on.ca](mailto:info@montessori.on.ca)

“What good mothers and fathers instinctively feel like doing for their babies is usually best, after all.”

- Dr. Benjamin Spock

FOLLOW US



MOM & CAREGIVER

# WORLD NO TOBACCO DAY: UNMASKING THE APPEAL OF TOBACCO AND NICOTINE PRODUCTS

On May 31, public health agencies celebrate World No Tobacco Day (WNTD), drawing attention to the commercial tobacco industry's use of deceptive practices to market their products, especially to young people and non-smokers. This year's theme, "Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products," shines a light on how the industry conceals information about the dangerous, addictive nature of their products.

For decades, the commercial tobacco industry has focused its efforts on making its products appealing to youth. They use sweet flavors, sleek product and packaging designs, and clever marketing to draw in the next generation of individuals addicted to nicotine. From fruity e-liquids to colourful cigarette packaging, these tricks make these products seem harmless—or even trendy—when instead they come with serious health risks. Social media plays a big role in their marketing strategy. From influencers to celebrity endorsements, tobacco companies know how to reach young audiences. The result? Youth are more likely to try these products. And for young, developing brains, a single puff is enough to create addiction pathways.

The Not An Experiment website takes a closer look at how the tobacco industry adapted its marketing strategies to lure youth. E-cigarettes (or vapes) don't burn tobacco, which creates the illusion that they are "safer." With a range of flavours and a modern tech design, vapes are part of a bigger strategy to introduce youth to nicotine addiction. Behind the flashy packaging and tasty flavours, vapes contain nicotine, heavy metals, volatile organic compounds, formaldehyde and acetaldehyde. Vaping is highly addictive and has both short- and long-term health effects. The Not

An Experiment website is a great resource for learning about the industry's marketing tactics, understanding the risks associated with vaping, accessing resources for quitting, and discovering ways to start the conversation with youth.

By promoting nicotine addiction, the tobacco industry affects the health of entire generations.

World No Tobacco Day is an opportunity for all of us to learn about these tactics and call for stronger product regulations. As caregivers and parents, we play a crucial role in protecting our kids from these dangerous products. Together, we can expose the tobacco industry's tricks and work toward a future where these harmful products no longer hold power over our youth.

For more information, visit [www.who.int/campaigns/world-no-tobacco-day](http://www.who.int/campaigns/world-no-tobacco-day) and [www.NotAnExperiment.ca](http://www.NotAnExperiment.ca).

Submitted by Janet Shaule, RN, BScN  
and Tanya Verhaeghe, MPH for the  
Middlesex-London Health Unit

# BIG TOBACCO COVERS THIS UP



**WE'RE  
EXPOSING  
THEM**

**#TOBACCO EXPOSED**



World Health  
Organization

**ML** BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
HEALTH UNIT  
[www.healthunit.com](http://www.healthunit.com)



**FCTC**  
WHO FRAMEWORK CONVENTION  
ON TOBACCO CONTROL

# SPILLING THE TEA ON SPIT-UP

Any parent of an infant will tell you that spit-up or regurgitation is a common phenomenon. It is responsible for an industry that produces burp cloths, wipes and bibs. Recently, much attention has been paid to the diagnosis of gastroesophageal reflux disease. I often get asked by parents about the advisability of using medications for regurgitation. Protein pump inhibitors (PPIs) are a category of medications that are used in adults for gastroesophageal reflux disease (GERD). They are one of the most prescribed categories of medications in adults.

Infants are also often prescribed PPI medications when the regurgitation is beyond a

normal level. Most often they are prescribed when the amount of milk regurgitated is impacting growth by compromising nutritional intake. Growth of your child is perhaps the most important indicator of whether treatment is needed. If their growth is optimal, it is likely that the spit-up is more likely garden variety regurgitation rather than GERD.

Parents often worry that regurgitation might affect the food pipe or cause heartburn in the way that adult GERD does. Fortunately, the acidity of regurgitation in infants is much less than that of adults so there is no harm of the regurgitation to the food pipe.

PPI medications have side effects impacting absorption of nutrients and bone health. They have a role when needed, but should be otherwise avoided.

There may be non-medication ways of lessening regurgitation. Burping infants after a feed and having baby stay upright for 20 minutes in an infant carrier or seat might lessen regurgitation. In the meantime let's keep the burp cloth industry alive!

*Dr. Bhooma Bhayana is a family physician in London and the mother of two young men and proud grandmother of three! She continues to find wonder and enjoyment in family practice despite more than 30 years on the job!*







# WELL-BEING ON MOTHER'S DAY AND ALL YEAR LONG

Hi, I'm Heather, a therapist and mom of two. Mother's Day is a great reminder to take care of yourself and have fun. Prioritizing your well-being can happen all year long. As a mom, it's easy to put others first, but your mental health is just as important. The key is knowing what you need, asking for it clearly, and doing so without guilt.

## KNOW WHAT YOU NEED AND SPEAK UP

Before Mother's Day, or any day, take a moment to think about what would make you feel celebrated and cared for. When you recognize your needs, it's easier to ask for exactly what you want—whether it's fun, time to yourself, help with childcare or household tasks. Don't expect your family to guess what you need; clear communication makes everyone's expectations easier to manage.

*Heather Norrie, BA, BSW, MSW, RSW, Social Worker/Therapist, Key Counselling Services*

## SHARE THE LOAD: Equal Parenting and Household Responsibilities

Mothers often carry most of the household and parenting duties. While Mother's Day should be about honouring you, this is an important topic on a regular basis. Encourage open discussions about how responsibilities are shared every day. When both parents contribute to child and house responsibilities, it creates a healthier, more balanced family dynamic.

## SELF-CARE IS ESSENTIAL, NOT SELFISH

Taking care of yourself is not selfish—it's essential for mental health. When you communicate your needs, you show your family that your well-being matters. Whether it's Mother's Day or any other day, carving out time for yourself and increasing joyful activities allows you to recharge and be present for yourself and the people you love.



## SIGNS YOU SHOULD SEEK HELP

If you find it hard to communicate your needs or share responsibilities, it may be time to seek support. *Some signs include:*

- Feeling like your needs are often ignored.
- Carrying more than your share of household or childcare duties.
- Constantly feeling overwhelmed or exhausted.
- Struggling to set boundaries or ask for help.

Seeking support can help you communicate more effectively and create healthier, more balanced relationships, benefiting everyone in your family. Wishing you a wonderful Mother's Day!

Struggling To  
Juggle  
Everything?



Let us help you  
find balance

Key Counselling Services

Our services are covered by most work benefit packages



# ENTRY #16: ARE YOUR DREAMS TAKING TOO LONG TO COME TRUE?

**D**o you have a big dream that you're thinking of walking away from because you have been working on it for years with zero signs that it is coming true? Below are some tough questions - take the time to do this exercise, and you may see your dreams come true.

**1** Buy a journal. If you can't afford one, try second hand stores. Many people give them away because they had good intentions to make their dreams come true but didn't follow through. (There's a lesson in that itself.)

**2** Everyone gets excited when they have a dream. The problem is that we get so excited at the beginning, but when we start to do the hard work that can take years, that excitement can dry up quickly. Include in your first journal entry the date, what your dream is, and tell yourself why it is so important to you. Journal whatever

it takes to reignite that fire in you again to keep going.

**3** In your first journal entry, be honest with yourself. What are your motives? Do you want to help people? If you just want to be the most important person in the room, then the truth is that you need therapy to discover the beauty of your worth. Once you know your worth, then you can find your purpose. This step is THE most important one because without pure motives for why you do what you do, you can hurt a lot of people.



**4** Do you feel like your dream is taking too long? I have a scenario that will help you. We own a Wendy's. What if I hired you with no training and put you in charge of the fryer? Without training, the risk of you getting burns or burning other workers is dangerous and reckless. You are in training in the school of life to be equipped for your dream!

Journal every day to keep yourself engaged in your dream. Remember that we all love the mountain tops, but flowers grow in the valleys of life!

*Stephanie Preston creates videos on managing bipolar disorder. She is a Social Service Worker, Health Care Aide and suffers from severe bipolar depression herself. She loves being a grandma and is Crossfit obsessed. Follow her at [www.tiktok.com/@bipolaronthebrain](http://www.tiktok.com/@bipolaronthebrain) and [www.facebook.com/bipolaronthebrain](http://www.facebook.com/bipolaronthebrain).*

**FOREST CITY COMMUNITY CHURCH**

A Special Place...

- For people looking to **discover or rediscover faith** in their lives.
- For people seeking a growing experience of **community, purpose, and hope.**
- For families wanting to give their kids a **faith foundation.**

SUNDAY SERVICE TIMES:

Central Campus | 3725 Bostwick Rd. | 9+11 am  
 East Campus | 716 Classic Dr. | 9:30+11 am

[fccc.ca](http://fccc.ca)

# THE MERRY, MERRY MONTH OF MAY

**April showers bring May flowers.  
Do you like to garden or grow things?**

*We love to grow things!*

**You have an amazing mom!**

**What are the things that make her so special?**


*She is a good mommy and she is kind.*

**How do you celebrate Mother's Day at your house?**

*We make Mom breakfast and we make a gift at school  
and we usually get her something she really wants.*

**The Victoria Day long weekend marks the beginning  
of "summer" for many people. Does your family do  
anything special to start off the season?**

*We have a BBQ with family and friends!*



Meet our Kid Zone  
writers, 11 and 7 year  
old siblings, **Lander** and **Adi!**  
Each month, they'll be sharing  
perspectives on life as  
a child sees it.

Photography provided by  
Sophie from Raw Footage Photography

# ATTACHMENT DISORDERS

After working in the field of mental health and addictions for almost 20 years, I learned that if we do not heal the wounded inner child, we cannot create and sustain a happy and fulfilling adulthood. One of the most common conditions is attachment disorder. Children develop various types of attachment disorder due to a lack of consistent, responsive and nurturing caregiving, often stemming from abuse, neglect, frequent changes in caregivers or institutional settings such as orphanages, which disrupts the formation of secure emotional bonds.

I remember when we brought our little Hani home from an orphanage in India. He needed constant holding, affection, love. He would fall asleep only while resting on my chest each night. Hani struggled with an **Anxious Attachment Disorder** as he craved closeness and intimacy, but worried about abandonment and rejection. Children may become overly dependent on their partners and struggle with trust as an adult.

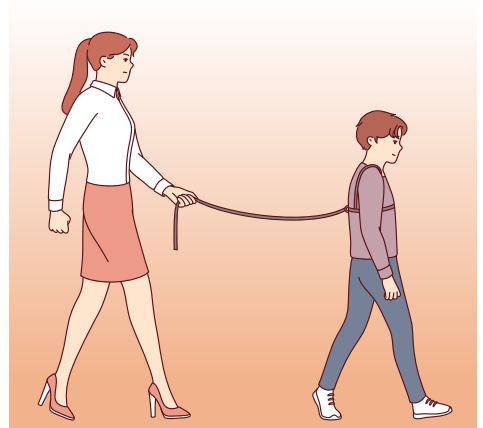
**Avoidant Attachment Disorder** is another type. A child would be uncomfortable with intimacy and physical touch, and prefer independence and being alone. They may push away parents, and then partners in adulthood, and struggle with emotional vulnerability.

The most common type of attachment is individuals with a **Secure Attachment Style**. The child would feel comfortable with intimacy and autonomy, trusting their parents and then partners and themselves in adulthood. They have a sense of safety and can form strong, healthy relationships as they grow.

There are various treatment options for those who have struggled with attachment disorder. Typically, it involves a multifaceted approach, including therapy like play and family therapy, counselling, parenting skills

classes, and in some cases, medication to address co-occurring conditions which can be short-term.

Despite the negative nurture and nature that shaped us as children, there are numerous therapies that can treat those old wounds and heal the inner child so that we can be happy and foster mental wellness as an adult.



*Becky Morrison is a Nurse Practitioner based out of Calgary who has specialized in mental health for over a decade. She is finally, after years of infertility, a mother of two busy little boys, and doting fur mom of her gentle giant, Stella. She is, and always will be, a strong advocate for mental wellness at all ages.*

THE SISKINDS LLP STAGE AT CANADA LIFE PLACE • MAY 31 & JUNE 1

TICKETMASTER.CA

SISKINDS The law firm — STAGE —

canada life place

# PERSIAN POMEGRANATE CHICKEN

## Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup coconut milk
- 2 tbsp pomegranate molasses
- 2 tsp honey
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- 1/2 tsp ground cumin
- 1/4 tsp ground allspice
- 1/4 tsp ground black pepper
- 1/2 tsp salt
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/4 cup pomegranate seeds and fresh parsley (for garnish)

## Instructions:

1. Preheat your oven to 350°F (175°C).
2. In a small bowl, whisk together the coconut milk, pomegranate molasses, honey, turmeric, cinnamon, cumin, allspice, black pepper and salt until well combined.
3. In a large oven-safe dish, heat olive oil over medium-high heat. Add the chicken breasts and sear them on each side for 2-3 minutes, just until golden brown.
4. Pour the coconut milk mixture over the seared chicken, ensuring the chicken is well-coated. Drizzle with fresh lemon juice.
5. Cover the dish tightly with foil and bake in the preheated oven for 30-35 minutes, or until the chicken is cooked through and tender.
6. Garnish with fresh pomegranate seeds and parsley just before serving.

## TIME-SAVING TIP: SAFFRON RICE IN THE RICE COOKER

Add 2 cups of basmati rice, 1/4 tsp. saffron threads (soaked in 2 tbsp. warm water), 2 tbsp. olive oil and 4 cups water or chicken broth to your rice cooker. Press the cook button and let it do the work for you. The saffron rice will cook perfectly while your chicken is in the oven, and you'll have a fragrant, beautiful side dish to pair with your chicken.



**Roza Phox** is a powerhouse in the culinary world — a chef, healer and curator of unforgettable food experiences. With over two decades of expertise, she blends her Persian heritage with a deep understanding of food's power to nourish, connect and heal.

## NUTRITIONAL FUN FACTS:

- Packed with Protein: Chicken breasts provide lean protein to help keep you feel full and energized throughout the day.
- Good Fats: Coconut milk adds a creamy texture and provides healthy fats that are good for your body and brain.
- Antioxidant-Rich: Pomegranate molasses is rich in antioxidants, helping to support your immune system and improve heart health.
- Aromatic Spices: Turmeric, cinnamon and cumin not only add warmth and depth to the dish, but are packed with health benefits like anti-inflammatory properties.





**Lice Squad**  
.com  
*Parent & Teacher trusted!*

Canada's leader in head lice removal products & services.

For appointments or products go to [www.licessquad.com](http://www.licessquad.com)  
Stay tuned for current events on [www.youtube.com/@licessquad](https://www.youtube.com/@licessquad)

SERVING LONDON, WOODSTOCK, ST. THOMAS, SARNIA & SURROUNDING AREA • 519-473-4078





One-12 Photography  
[www.one12photo.ca](http://www.one12photo.ca)  
519-777-1699

# WINDERMERE ON THE MOUNT



## Experience Retirement Elevated


Discover a retirement lifestyle where historic charm meets modern elegance. Access personalized services, engaging activities, and nine acres of serene greenspace at your finger-tips. Your stunning city view in a vibrant community awaits you!

**Call 519-432-9863 to book your tour today**

**VENVY WINDERMERE ON THE MOUNT**  
— Retirement Living —

1486 Richmond Street, London

[venviliving.com](http://venviliving.com)

*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.* 

## A Legacy of Care, History and Community in London

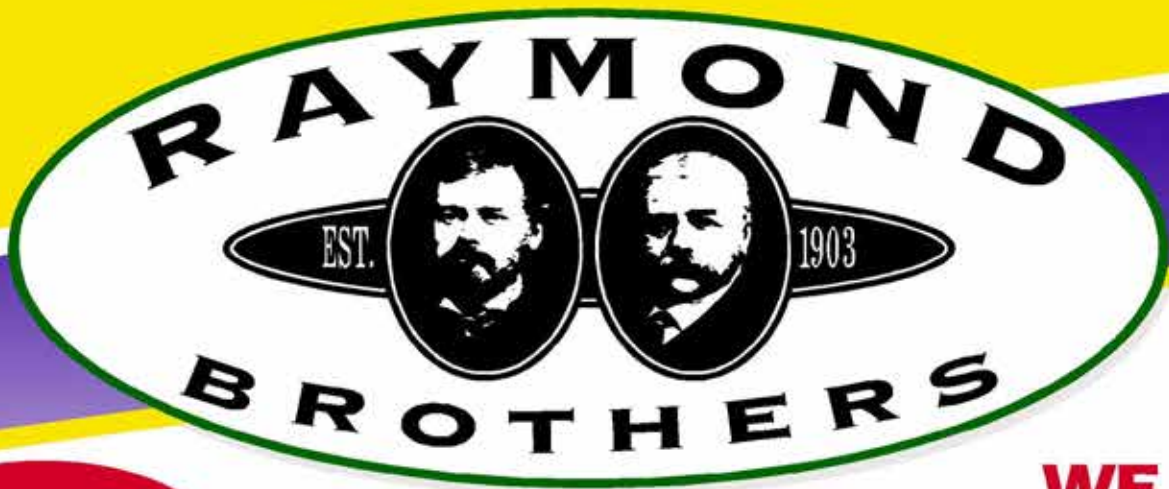
Nestled in the heart of North London, Windermere on the Mount boasts a rich history that spans generations. Originally the home of the Sisters of St. Joseph, the building first opened its doors as a place of community and service. Over time, it became known as the Mount St. Joseph's Girls' School, shaping the lives of countless young women for many years. Today, Windermere on the Mount continues that legacy of care, offering a unique blend of historical charm and modern comfort for senior living.

The story of Windermere on the Mount is intertwined with the history of London itself. For decades, the iconic building has stood proudly atop a picturesque hill, where children once enjoyed tobogganing down the infamous slopes. Now, this hill and its surroundings offer breathtaking views and a peaceful environment that is both tranquil and nostalgic for many longtime London residents. The historical significance of the building is infused into every corner, offering a truly unique, home-like feel for seniors who choose to call Windermere their home.

Windermere on the Mount offers spacious, thoughtfully-designed living spaces. From senior apartments to independent supportive living, suites come in unique spacious floor plans, each offering the perfect balance of comfort and accessibility. Whether you're looking for a private apartment or a suite with additional care and support, the residence is designed with both independence and assistance in mind. With large windows, beautiful views, and an inviting community atmosphere, residents enjoy a comfortable and warm environment that has become their home.

Windermere is more than just a retirement residence; it is a living history. From its inception by the Sisters of St. Joseph, to its present-day legacy of outstanding senior care, the residence has maintained a commitment to providing exceptional service and compassionate support. Its reputation for excellence in customer service and care speaks for itself, making it the premier choice for families in London. Come visit Windermere on the Mount to experience how our rich history and exceptional care combine to create a truly unique place for seniors, and their families, to call home.





**DID YOU KNOW?**

**WE DO  
MOTORIZED AWNINGS**



**2050 Oxford Street East, London  
519-455-2660**

[www.raymondbrothers.ca](http://www.raymondbrothers.ca)

*"The Shadiest Guys in Town"*

# TOMMY SUDS




**Mom, you take care of everyone. We'll take care of the laundry.**

A small way to say thank you for the **big things** you do every day.

CODE: MOM25  
**10% OFF**  
PICK-UP & DELIVERY

*(The graphic also features a Tommy Suds logo, a washing machine, and balloons spelling 'MOM' next to a gift box.)*

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. 

## More than laundry, it's care!

At Tommy Suds, they believe laundry is more than a chore—it's an everyday act of care. Since 1995, their family-run shop has served the London community with one simple goal: **to make life a little lighter.**

“We started with a small laundromat, built on trust and neighborhood connection. Over the years, we've grown into a full-service laundry company, **offering dry cleaning, wash & fold, and free pickup and delivery** across the city. Still, at our core, we're the same. We care deeply about the people we serve.”

“With Mother's Day around the corner, we've been thinking a lot about the women who carry so much—quietly, constantly, and with love. The moms who come through our doors aren't just customers. They're holding up households, raising kids, running businesses, and doing it all. This month, we honor them.”

The Tommy Suds team is made up of real people—many of them moms, too—who know how full and fast life can feel. That's why they're proud to offer services that make things just a little easier. Because when someone handles your laundry, you get back time. And that time matters.

They're not just in the laundry business—they're here to support lives in motion. A new baby in the house, a packed workweek, or a quiet moment to breathe. It all counts. And they want to help make space for it.

To say thank you this Mother's Day, they're offering 10% off all pickup and delivery orders during May. Use code **MOM25** to redeem your discount. It's a small gesture for the moms who keep so much going and still find a way to show up, day after day.

“From all of us at Tommy Suds, thank you for trusting us with life's little things.”



**Skip the Trip!**  
Let us pick up and deliver your laundry

WASH AND FOLD | FREE DELIVERY

Scan the QR code to **schedule online**, or go to **www.tommysuds.com**

  
  
SCAN ME



# 3 REASONS YOU SHOULD TRAVEL EVEN IF THEY WON'T REMEMBER IT

**"We really want to go but are waiting until they will remember it!"**

This is something I hear all the time as a family travel agent. I absolutely understand wanting your children to have a childhood



full of special travel memories, but reconsider putting your family travel on hold:

*We all need a break sometimes* (especially in the really early years). Don't underestimate the power of getting out of your day-to-day and experiencing something new together as a family. Yes, there might need to be some prep and it won't be easy every second. But parenting often feels easier in the sunshine and when focus is on having fun as a family (not thinking of what to make for dinner).

*They're only this little for so long.* There are some experiences that just won't be the same at two years old as at ten years old. Whether it's the way the splash pad makes them shriek for joy, hugging their favourite princess or building

sandcastles all day - there are special parts of travel for every age group that change as your children age. I want families to experience the unique beauty of travel in different seasons of raising children.

*Your memories matter too.* Some of my core memories are travel with my baby and young toddler. She won't remember, but I will. I'll remember the way we started our day at the empty beach playing in the ocean together (partly because we were up anyway). I'll remember her running up to Captain Mickey, almost shaking with excitement. I'll remember her trying a waterslide for the first time. I'll definitely remember her and her cousin dancing together after getting their faces painted. I wouldn't trade those memories for the world.

.....  
*Jenna Mitchell is a travel advisor with Pure Magic Vacations specializing in family travel and Disney Destinations. You can connect on Instagram @puremagic.jenna or through email at [jmitchell@puremagicvacations.ca](mailto:jmitchell@puremagicvacations.ca).*

## SMILE! YOUR CHILD IS IN GOOD HANDS



**ARI PEDIATRIC**  
**DENTISTRY & ORTHODONTICS**  
[www.pediatricdentistry.ca](http://www.pediatricdentistry.ca)

577 OXFORD ST  
 TEL 519-679-6822  
 LONDON

389 HYDE PARK RD.  
 519-679-9860  
 LONDON

215 FANSHAWE PK. RD. W.  
 226-663-8748  
 LONDON

1323 EXMOUTH ST.  
 519-679-9860  
 SARNIA

# PERMANENTLY CURING YOUR ELECTION HANGOVER

This column this month isn't about politics (if you've read the headline and are about to skip over it).

At the end of last month, Ontario residents voted in their fifth election since the beginning of the pandemic - two federal, two provincial and one municipal. Between the ads from those five elections, and the ones from the two elections down south, we are all pretty burnt out. Social media doesn't have the thirty second lifecycle of a TV political attack ad either. If you're done with it all like I am, welcome to the club.

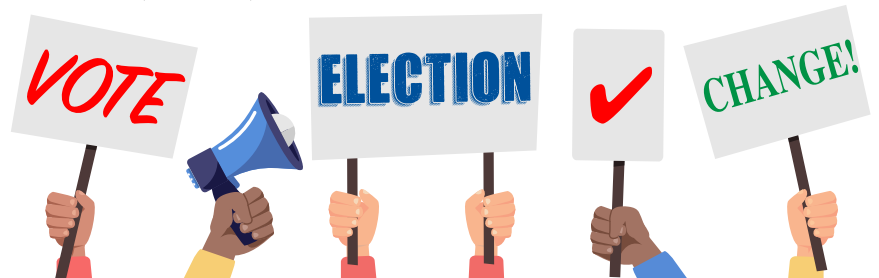
Anytime we start exercising our democratic fundamental right to pick those who represent us, some people can make the process really ugly. Finger pointing. Labelling. Accusations. Tribalism.

None of that stuff helps us as people, professionals, parents or partners. A 2024 survey by Time Magazine in fact found that 73% of US adults experienced heightened stress related to the presidential race, with many reporting feelings of exhaustion and anger.

Feel however you want politically, I support your right to do so. I even support your choice to not feel anything at all if you've made that one too. As parents, we have to realize and believe that we are all in this together, regardless of who wins and loses elections. Your kids don't understand or care as to who voted for whom, or why they did it. They want to feel safe, feel loved, and be

supported in their journey of learning how the world works and finding their place in it.

Who your neighbour across the street voted for doesn't matter nearly as much as them slowing right down on their drive home from work when your kids are playing outside, or them complimenting your child's costume they worked so hard on with you. We can build the London, Ontario, and Canada we all want and need when we find reasons to work together and cheer each other on. Elections happen. Someone wins. Someone loses. Our kids still need love, happiness, and hope for a better future.



*Jeremy McCall is a married father of 3, a social service case manager, and known as "The Dadfather", being the founder and Past President of Dad Club London.*

**YOUR LAWN. OUR CARE.**

**FREE** Liquid Aeration with any lawn care program.

- ✓ Fertilization & Weed Control
- ✓ Lawn Aeration & Overseeding
- ✓ Mowing & Trimming
- ✓ Pest & Grub Control

[www.brodies.on.ca](http://www.brodies.on.ca)  
519-245-6122

**BPS**  
BRODIES PROPERTY SERVICES  
\* SINCE 1952 \*

*Proudly Canadian,  
Locally Rooted &  
Independently Owned*

**D Dearness**  
FAMILY DENTISTRY

*Dedicated to healthy smiles for all ages*

974 Dearness Drive | 519-681-1905  
bookings@dearnessfamilydentistry.com  
[www.dearnessfamilydentistry.com](http://www.dearnessfamilydentistry.com)



# MAY YOU HONOUR ALL THAT YOU NEED

Our society isn't set up to honour all that Mothers need. They carry the emotional load, the physical load of so much, and are expected to operate as the hub of the family - all while working and caring for others.

In midlife, our over-functioning can come crashing down around us. If we have been over-achievers, this transition to post menopause absolutely can shine a light on all that has been so heavy to carry.

As a Menopause Coaching Specialist I get asked literally every day "Can you recommend a supplement that will help me feel better?" My answer is always "A supplement won't help you feel better if you haven't nailed the basics." No pill, powder, detox or plan will help alleviate all that you are experiencing in perimenopause and menopause if you haven't:

*\*Nailed down your nutrition.* You need 25g of fibre and 0.8-1.2 g of protein per pound of ideal body weight.

*\*You need to move. Every day.* 10,000 steps a day is an arbitrary number. You need to move more than you are right now.

*\*Sleep!* Look, I know it can be so hard with hormonal disruption of sleep, but you need to prioritize a healthy sleep routine (more to come in another article).

*\*Destress.* You have to find ways to manage stress. Stress that we put upon ourselves needs a deep inquiry dive. You can't do it all. You have to delegate, streamline and let some things go. You need downtime, rest and scheduled breaks. You will struggle if you don't manage stress.

*\*Nurturing friendships* actually cause us to feel energized. When we have right-brain to right-brain connections with others, our health benefits.

When you honour all that you need - emotionally, physically and psychologically - and really work at nailing these things, perimenopause symptoms and life post-menopause do improve. We really have to honour our own roles in preventing ourselves from feeling our best. No supplement can give you what you are looking for - you have it within you to do what you need.



Carol Peat is a woman's health advocate, Mum of three, wife to one, Nana of two and dog Mum to Piper, a golden retriever. She is passionate about you feeling your best and brave in your body.



**DONALDSON**  
HOME SERVICES

**Trades You Can Trust!**

## LOCAL TO LONDON & FAMILY OWNED

**Heating, Air Conditioning  
Plumbing & Renovations**



**Donaldson proudly supports our local community!**








# PIERCING OPINIONS

There I was, just trying to survive another U15 girls' hockey game, doing my best to look like I understand the game... when a teammate's dad leans over the railing like a guy about to sell knock-off purses from the trunk of his car and says, just loud enough for every mom to tune in, "Would you let a 15-year-old girl get a belly button ring?"

*Now listen.* You never know what you're walking into with a setup like that. And to be honest, I figured it was going to be some smart-a\$\$ joke—well, because Murphy has my number.

Nope. He was serious. All eyes were on me. I could feel sweat beading on my brow. I thought he was gonna ask if the ref was blind. Not hit me with a full-blown parenting ethics tribunal before the first period even ended. But hey—I've got thoughts. I'm not anti-piercing.

*Facial rings?* Artistic expression.  
*Eyebrow bar?* Punk rock poetry.



Janet Smith is a proud mom of one daughter and a marketing professional who is grateful for her rural roots in the London area. Follow Janet's funny and honest journey at IG & TT | @re.marketable.janet or FB | @janetsiddallsmith

But a belly button ring? That's not "I'm finding myself." That's "Meet me behind the food court at 7?"

And yes—before anyone @s me—I fully believe women should dress how they want, express themselves however they choose, and never be shamed for it

Now, full disclosure: this is a classic "Do as I say, not as I do" situation. Teenage me would've been all in on a belly ring. But now? I'm the sheriff of this hormonal town, and if I can keep my kid's navel jewelry-free until she can pay for it herself and drive herself to regret it—I will.


He nodded... then handed me a five-dollar bill. Apparently, I'd just won a parenting debate he was losing at home. I was the tie-breaker. The neutral third party. I was the rinkside Judge Judy.

Naturally, I tucked the fiver into my bra (because I'm classy like that), turned to the bleachers, and declared, "Any other domestics need settling? Piercings, curfews, TikTok policies? I'm open for business."


In the end, the rest of the game was a wash as the parents debated amongst ourselves. What do you think?

JOIN US THIS SUMMER FOR

## Dance Classes



**Dance Xtreme**  
725 Notre Dame Dr #1, London, ON  
519.657.3262




THE MOM & CAREGIVER

**NEW TO PARENTING?**  
JOIN THE CONVERSATION

FOLLOW US




IT Services & Support  
Software Development  
Cybersecurity  
VoIP Phone Services

**LET'S CHAT**

(844) 914-1706 | INFO@MANAGEPOINT.CA



# A TRAVELLER'S BEST FRIEND

Travelling is an adventure, but long periods of sitting on planes, trains or cars can put your legs at risk. Extended immobility can slow blood circulation, causing discomfort, swelling or even more serious conditions like deep vein thrombosis (DVT). Thankfully, compression socks can help keep your legs healthy and energized during your journey.

Compression socks are specially designed garments that apply gentle, graduated pressure to your legs. This helps maintain proper blood flow, reduce swelling, and prevent complications like blood clots.

## THE RISKS OF PROLONGED SITTING

When you sit for long periods, gravity causes blood to pool in your lower legs. This can lead to:

- Swelling (edema)
- Leg discomfort or heaviness
- Increased risk of DVT, a potentially life-threatening blood clot condition



Pregnant travelers, individuals with a history of blood clots or those with varicose veins are especially at risk and should consider compression socks as a precautionary measure.

## HOW COMPRESSION SOCKS WORK

Compression socks gently squeeze your legs, encouraging blood to flow back to your heart.

The pressure is strongest at the ankles and gradually decreases up the leg, preventing blood from pooling and reducing the risk of swelling or clot formation.

Compression socks come in various styles, lengths and pressure levels. To get the best fit for your needs, consult a certified orthotist or healthcare professional. They can recommend the appropriate compression level and ensure the socks are comfortable and effective.

## ADDITIONAL BENEFITS

- **Enhanced Comfort:** Compression socks alleviate leg fatigue and improve overall comfort during travel.
- **Versatility:** They are suitable for various activities beyond travel, including work, exercise and recovery.
- **Insurance Coverage:** Many supplemental insurance plans cover a portion of the cost of compression socks, making them an affordable investment in your health.

## STAY HEALTHY ON THE GO

In addition to wearing compression socks, remember to:

- Stretch your legs and move around every hour during travel.
- Stay hydrated to maintain circulation.
- Avoid crossing your legs for extended periods.

Don't let leg discomfort hold you back from enjoying your journey. Contact our clinic to book an appointment for custom-fitted compression socks and make your next trip a breeze.

The Custom Orthotics team (519) 850-4721 | [office@customorthoticsoflondon.com](mailto:office@customorthoticsoflondon.com) | [@cool\\_bracing](https://www.instagram.com/cool_bracing)



## CUSTOM ORTHOTICS OF LONDON INC.

**Keeping You Ahead, One Step at a Time since 1987**



At Custom Orthotics of London Inc. we are dedicated to providing our patients with an opportunity to return to their highest level of functionality by developing a treatment plan that meets their unique need.

We believe in earning the trust of our patients, not only by providing the highest quality and leading edge orthotic care, but also by treating each patient and their family with sincere compassion.

☎ (519) 850-4721 [www.customorthoticsoflondon.com](http://www.customorthoticsoflondon.com)

# WHAT'S THE NEW SYMBOL ON FOOD PRODUCTS?

Life is busy. Between daycare drop-offs, meal planning, and trying to remember what's in the fridge, grocery shopping can feel like just another thing on the to-do list! We don't always have time to read every nutrition label, and that's okay.

That's why a new front-of-package nutrition symbol is starting to show up on some food and drink products across Canada. It's designed to make those shopping decisions just a little easier.

The symbol features a black-and-white magnifying glass icon and is hard to miss. Its job? To flag products that are high in saturated fat, sugars or sodium... nutrients that, when eaten in excess, can increase your risk of chronic diseases like heart disease, type 2 diabetes and high blood pressure. While food companies have until 2026

to add the symbol to products that meet the criteria, some packages already display it today. You might spot it on things like crackers, snacks or frozen meals.

Use it as a quick-check tool when comparing items, like choosing between two cereals or soups. The symbol helps take the guesswork

out of shopping, giving you an extra nudge toward more informed choices for you and your family.

Because when it comes to feeding our families, every little bit of help counts! Learn more at [canada.ca/frontpackagelabelling](http://canada.ca/frontpackagelabelling).



*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*





**ONGOING  
REGISTRATION**



**MyFrenchSchool.ca**

- Full French-language education
- More than French immersion
- High-level bilingualism
- Best French-language staff

## OUR FRENCH CATHOLIC SCHOOLS:

**Frère-André**  
400 Base Line West  
London  
519-471-6680

**Sainte-Jeanne-d'Arc**  
35 Fallons Lane  
London  
519-457-3141

**Saint-Jean-de-Brébeuf**  
270 Chelton  
London  
519-963-1219

**Sainte-Marguerite-Bourgeoys**  
700 Bristol  
Woodstock  
519-539-2911



## **BUY DIRECT FROM OUR LONDON LOCATION**

Serving Canada Nationwide

### **Specializing in bespoke products all made on-site**

Do you have a logo you want on a pin or a medallion?  
on a Yeti or Stanley?  
on the front of an acrylic or glass award?



Canadian made with competitive and fair pricing

## **519-686-1891**

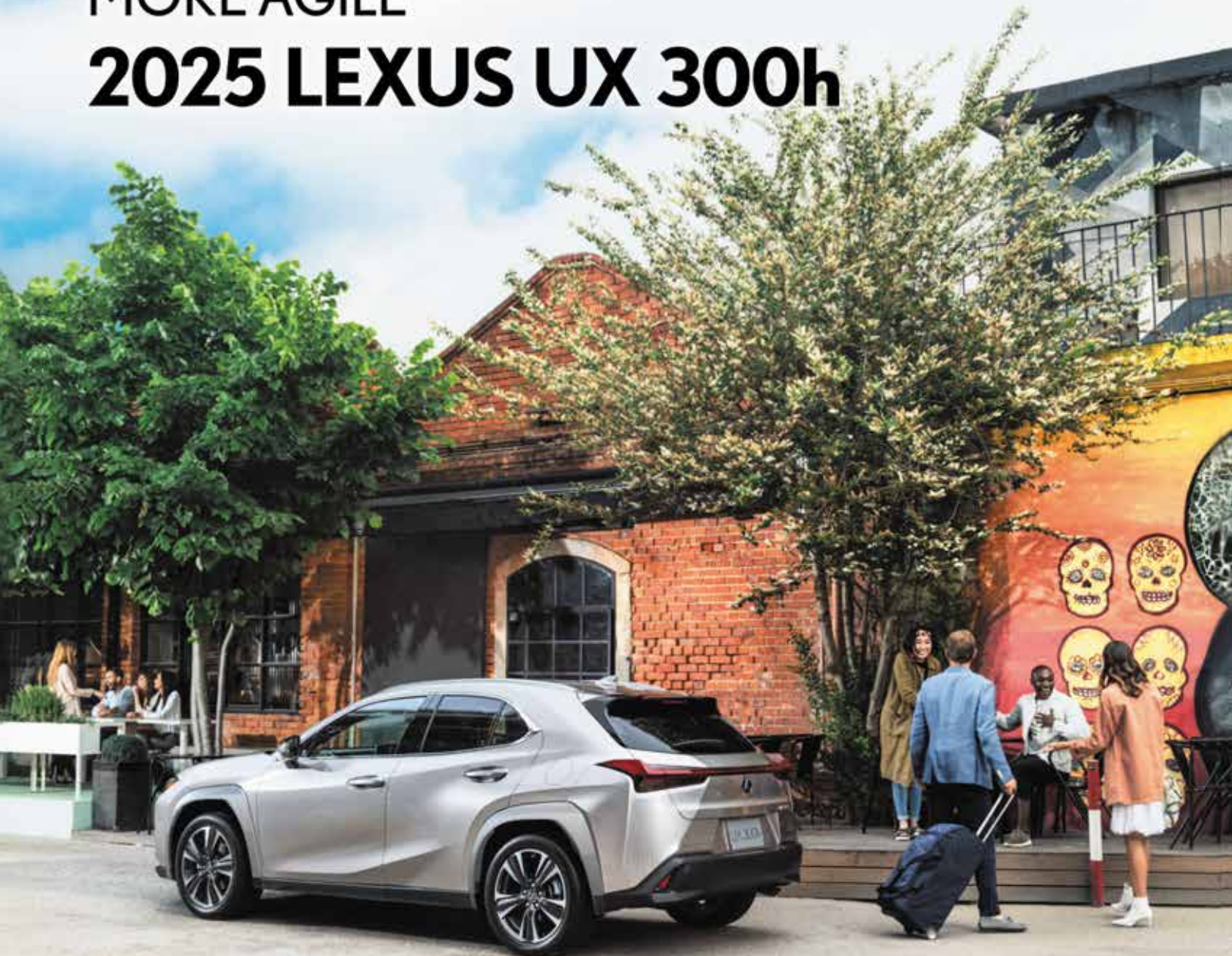
Ask for Dave or Mike.  
Reference the Mom and Caregiver  
for a discount on your first order

 [info@strathcraft.com](mailto:info@strathcraft.com)

 [@strathcraftawards](https://www.instagram.com/strathcraftawards)

MORE CONNECTED  
MORE AGILE

# 2025 LEXUS UX 300h



**Starting from \$46,659**  
Plus HST & Licensing Fee.

Powered exclusively by a dynamic yet fuel-efficient Self-Charging Hybrid Electric with AWD, the 2025 Lexus UXh is ready to enable your active lifestyle. Fusing SUV versatility with the agility of a hatchback, and now loaded with more intelligent technology than ever, Lexus UXh is available with a series of packages to truly make it your own.



**LEXUS OF LONDON**

1065 Wharncliffe Rd S 519-680-1900 [lexusoflondon.com](http://lexusoflondon.com)