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ISSUE 78 | JULY 2019
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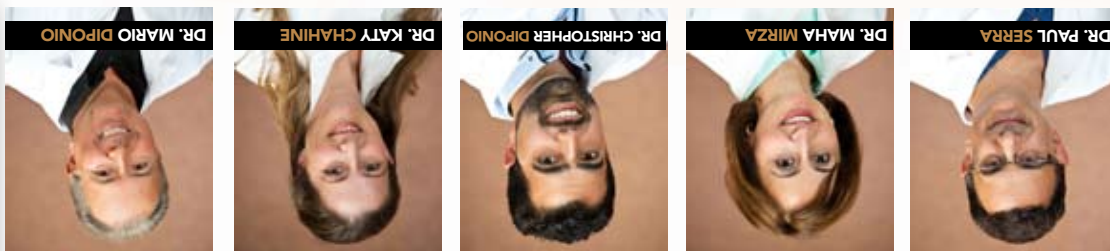


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HAVE YOU BEEN TO PURE NATURE?

By Lina Stoyanova, Editor-in-Chief

Pure Nature offers a huge selection of nutritional supplements, organic products, all-natural snacks, and environmentally friendly skincare and body care products. Carrying extensive lines of natural and/or organic supplements, herbal, homeopathic, and ayurvedic medicines, as well as natural weight loss, diet and athletic performance products, to name a few, dedication to educating customers has always been fundamental to the development of Pure Nature. Serving locals with honour and providing knowledge-based information, I sat down with pharmacists/pharmacy owners, Jeanine Nakhle and Dennis Koren, to learn more.

Q: What Does Pure Nature Specialize In?

Jeanine: We specialize in preventative measures and adjunct therapy when it comes to healthcare. We not only focus on treatment but also like to take an overall look at nutritional status like the vitamins, minerals and supplements a patient is taking or should be taking. Our specialty is functional medicine which is a personalized, systems-oriented model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.

Dennis: We have a well-educated staff. Our employees have a nutritional background, so they are able to provide valuable information to our clients who come in needing help or advice. We make sure to hire people who have a lot of knowledge in the industry so they can pass it along to the consumer.

Q: What Are Some Specialty Items That Pure Nature Carries?

Jeanine: We carry a wide assortment of hard-to-find items. If you are having trouble finding a specific item, feel free to ask any of our friendly team members. If we don't have the item in the store, we are able to do a special order right away. We deal with many suppliers and many brands so there's a lot of variety. To name a few, Garden of Life, Natural Factors, Naka, CanPrev, PVL, NOW, Great North, Flavor Gods, Genestra, and much, much more.

Q: Do You Offer Any Services?

Jeanine: We have a variety of services available. We offer all of the Rocky Mountain Analytical tests such as food sensitivity and food reactions, Gut-Well, Female and Male Hormone Panels, Candida, Nutrigenomix, and more. These tests can be found on the website at rmlab.com for information about each specific test. We also do medication reviews, vitamin and mineral interaction checks, nutrition counselling and much more. In the upcoming months we will have genetic testing available which is done to see how you react to certain prescription medications so your regimen can be tailored to your specific genetic make-up.

Q: What Are Some Popular Products?

Jeanine & Dennis: Some popular products are Bragg apple cider vinegar, coconut oil, probiotics, fibre, Lorna Vanderhaeghe products, collagen, omega fatty acids, vitamin D, and Medi-C.

Q: What Other Items Are At Pure Nature?

Jeanine: Aside vitamins and supplements, we carry essential oils, all-natural beeswax candles, compression socks, organic food products, snacks, spices and seasonings, Himalayan salt lamps, and we also have pharmaceutical products as well.

Q: What Inspired The New Location?

Jeanine: Our vision was inspired after I attended the annual American Academy of Anti-Aging Medicine (A4M) conference, which educated me on functional medicine as the future of healthcare. We decided to combine a nutrition store and pharmacy to achieve this integrated avenue of ensuring we are treating the underlying cause of any disease state and utilizing preventative measures through counselling, diet, and supplements in



order to achieve the optimal health status of our patients. Our pharmacy is not just a pharmacy, we also specialize in compounding which allows us to tailor prescription medications as well as over the counter therapies to personalize treatment for each individual, unique patient. This allows us the flexibility to create treatment options for patients that are not commercially available. Our compounding guru, Sue Kotevski, also makes our in-house line of products such as lip balms, muscle rubs, shower melts, lip scrubs, charcoal toothpaste, anti-aging creams and more! She is constantly coming up with new products for our Pharmhouse brand.

Dennis: We're local and we're both from this area. We care about the community and supporting local business owners in addition to supporting local functions that take place. A lot of people go to the big box stores but don't realize that they aren't getting a quality or pure product. A lot of products are sourced from overseas whereas our products are for the most part Canadian or USA made. There's quality assurance so our clients know what they are ingesting and that it'll work for them. We promote natural and raw ingredients so our community can be healthy. We also do consultations, medication reviews in conjunction with vitamin and supplement interaction checks. We also do nutrition depletion checks and our physician Dr. Thomas specializes in nutritional counselling.

Q: What's Unique About Pure Nature?

Dennis: To us, customer service really is number one. We also make sure the knowledge base of our staff exceeds expectations because we want to make sure that proper information is always given to the customer. Our staff takes time with the customer and doesn't rush them if they're trying to make a decision. We believe in taking a multi-faceted approach to functional medicine and bridging the gap between western medicine and holistic approaches to give patients the best healthcare options. There's not only one way to solve a problem and there's more than one way to treat a disease state; we try to bring all the different ways together, like diet, exercise, medication, supplementation, holistic approaches, and so on, to resolve the patient's problem.

Pure Nature provides the widest range of healthy, natural and organic products. With two locations in both Windsor and Amherstburg, there's never been a better time to check them out. Visit their brand new Banwell location, located at 11400 Tecumseh Road East, Suite 3, or go to their website for more information: www.pure-nature-health-nutrition-centre.business.site.

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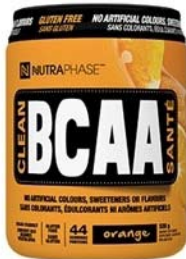
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body WINDSOR

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Windsor Body Magazine is published four times annually by Myndlogic Publishing Inc. and distributed in Windsor and Essex County. Subscriptions are available for \$19.99 plus HST. A \$25.00 charge is required for mail delivery anywhere outside of Canada. Send a cheque along with address information to Windsor Body Magazine, 3337 Walker Road, Suite 200, Windsor, ON, N8W 3R9 or call 519-969-3608. Myndlogic Publishing Inc. holds full rights to original ads and photography, and accepts no responsibility for graphic images used in ads. Nothing that appears in Windsor Body Magazine may be reproduced either wholly or in part without the permission of the publisher. Opinions expressed in Windsor Body Magazine are not necessarily those of the publisher.

MYNDLOGIC
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Publications Mail Agreement # 42937522. Return undeliverable addresses to 3337 Walker Road, Suite 200, Windsor, ON., N8W 3R9

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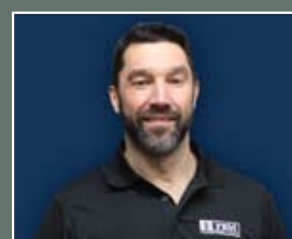
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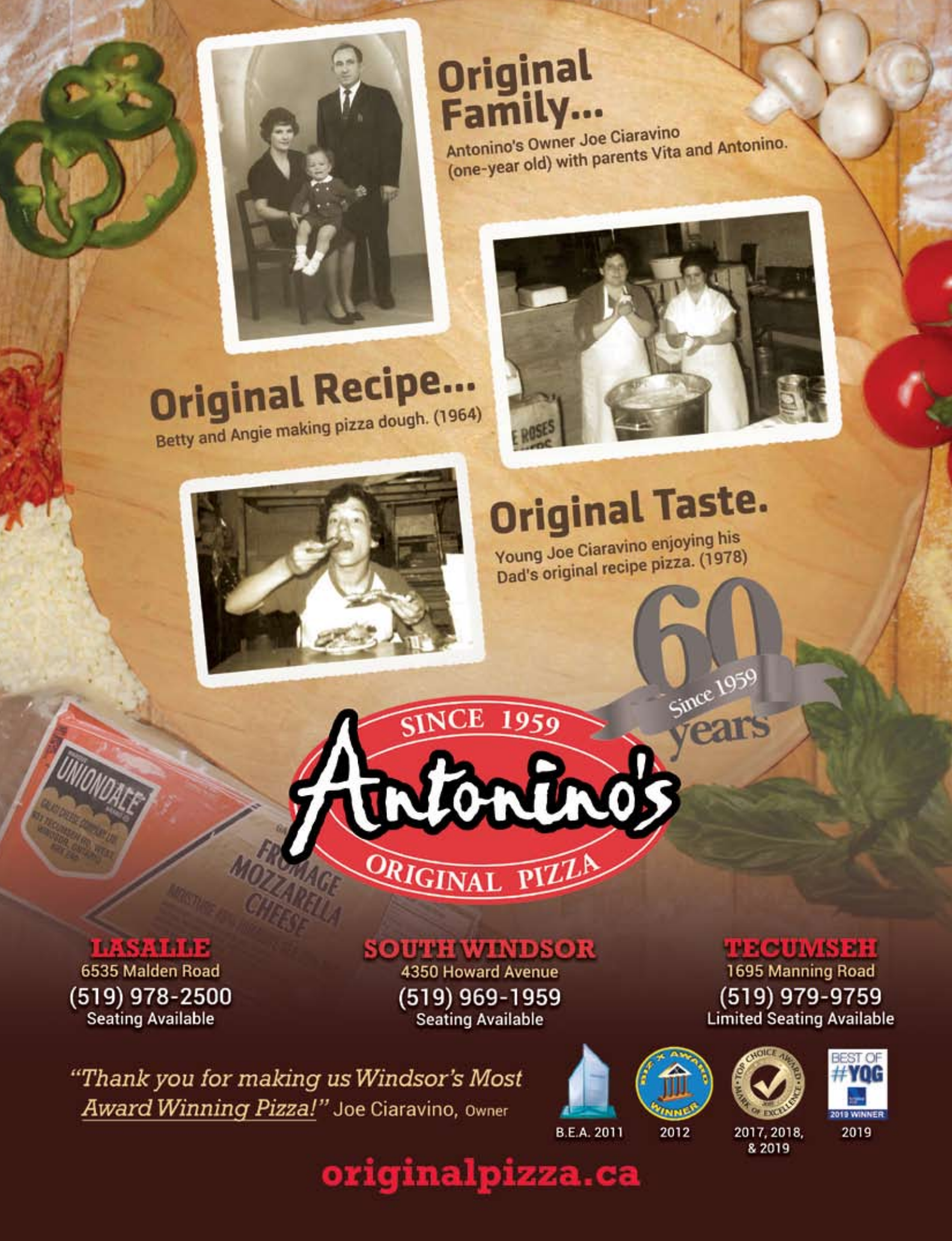
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LEARN LEAD AND SUCCEED

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Instead of promoting outside of the box thinking, Lakeview Montessori believes there should be no box.

"There are many reasons children are set up to flourish and succeed at Lakeview," says Professor Maureen Harris, the guiding force behind this gem of a school.

Lakeview is fortunate to have a faculty of committed and experienced teachers who passionately provide a learning culture that celebrates the differences and similarities that make each and every one of us unique. They continuously inspire their love of learning in a warm and nurturing environment. That's why each student who enters Lakeview has a personalized curriculum in addition to enjoying a 1-12 ratio throughout the whole school (pre-school to grade eight); it's not an average school and your child won't be forced to fit into a mould. In fact, your child is encouraged to excel at his/her own level without limits.

For 40 years Lakeview has cared about every child and staff member, which is why the new expansion will allow for a gymnasium, healing garden, and even more exciting perks. As the Ontario government cuts back on extra-curricular activities, Lakeview is actually expanding their music, art, and technology programs, to keep in tune with hands-on, individualized learning. As a non-for-profit school, Lakeview cares about giving back to the community. With many reasons to enroll your child, there's never been a better reason to check them out.

INFANT

(AGES 6 WEEKS TO 18 MONTHS)

The NEW infant program focuses deeply on being a home away from home. There are bright and spacious classrooms for endless stimulating activities, a great child-teacher ratio, and a fully fenced playground. Each parent can feel at ease; their child is in great hands. *There are two, three, or five-day toddler programs for children ages 6 weeks to 18 months.*



photo provided by Heather Taylor Photography



TODDLER & PRESCHOOL

(AGES 18 MONTHS TO 3 YEARS & AGES 3 YEARS TO 5 YEARS)

Each child can enjoy the Montessori philosophy of supporting independence and confidence in the stimulating and engaging learning environment. French, Mandarin, coding, music and art are also introduced because at Lakeview learning and fun go hand in hand. *There are two, three, or five-day toddler programs for children ages 18 months to 3 years. There are also five full or five half days for ages 3 to five years old.*



ATHLETICS PROGRAM

Physical activity and wellness are at the cornerstone of the athletics programs; encouraging a positive attitude, team building and positive self-esteem. Lakeview also offers an exceptional after school *athletic program* and joins with local private schools for sports events and competitions. There's a lot of fun to be had.

ARTS PROGRAMS

Art: Like music, *art* students acquire mastery at their own pace, supported by passionate, highly trained and talented professionals. *Visual arts* is led by the incomparable *Heather Taylor* who is a talented artist and professional photographer who demonstrates skill, passion and dedication to her craft.

Music: The *music program* is led by professional musician, choral conductor and pianist, *Iosif Mateiu*. The general program includes band, composition, drumming circles, singing, and other music fundamentals, while the *Montessori Mozarts program* offers private lessons in piano, guitar, Yousician and voice. Lakeview is committed to inspirational learning through innovation and the arts. The enthusiasm is infectious.



TECHNOLOGY

As a 21st century progressive school, *tech* starts early – little ones are coding in preparation for robotics, design and STEM. The new tech facility works in collaboration with local businesses that specialize in robotics and design giving students hands-on real-world experience. Before moving on to high school, Lakeview students successfully compete in University of Windsor STEM and First Lego events and competitions. Innovative and creative problem solving is the norm at Lakeview.

THE HUMAN FACTOR

Lakeview also supports the faculty and staff to help nurture a culture of wellness. The new *healing garden* offers an escape from the daily busyness and a time to recharge and be mindful. Happy, healthy and engaged teachers translates into amazing students.



Don't just think outside the box, think no box when you think of Lakeview. Tailoring individualized, hands-on education, your child gets the best with Montessori. For more information, please visit www.lakeviewmontessori.ca/admissions.

With renovations taking place and lots of exciting things to come, we strongly encourage everyone to keep checking back on the website for more information. The online inquiry process is now open, and everyone is encouraged to book a tour! Call (519) 735-5005 or email admissions@lakeviewmontessori.ca.

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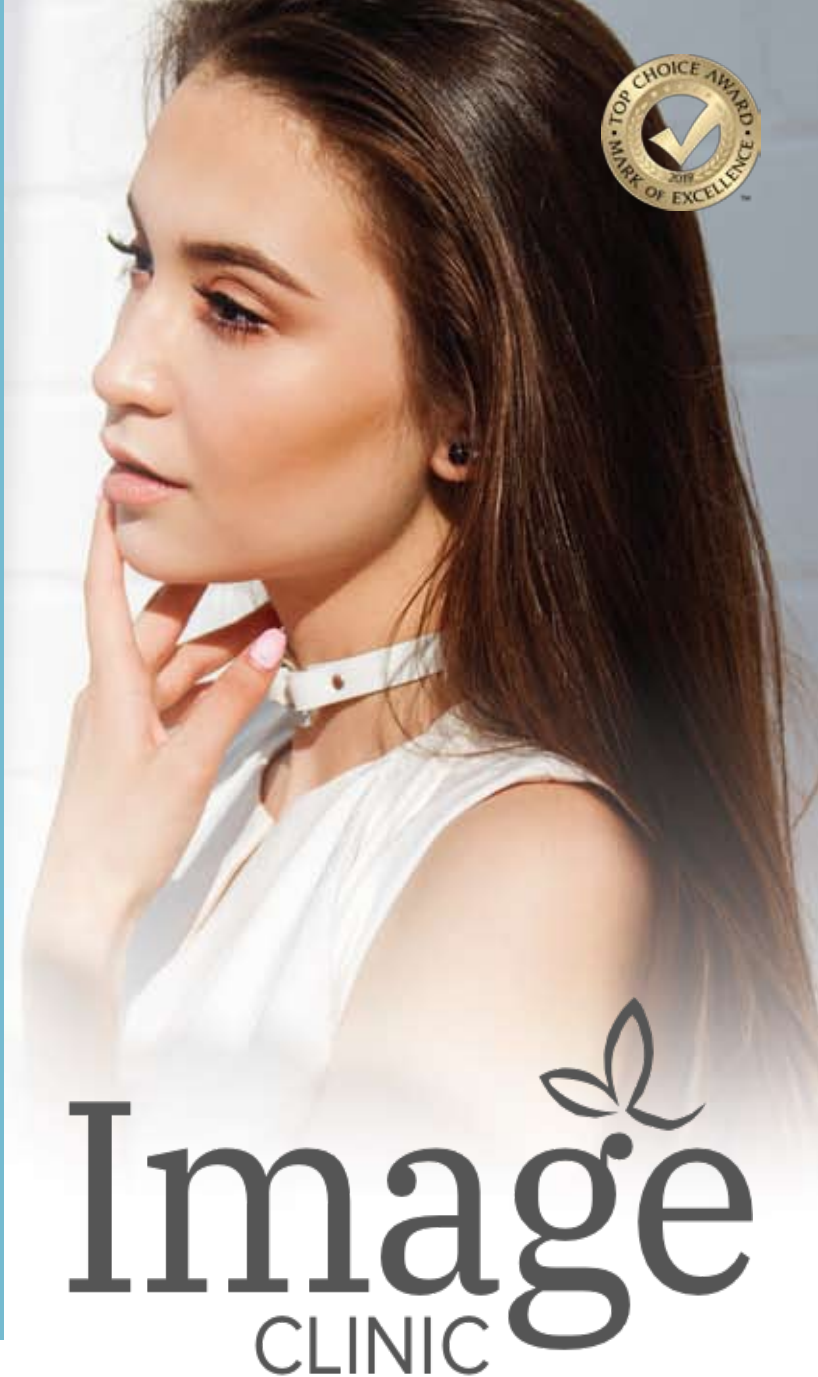
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TONE UP ANYWHERE

By Lina Stoyanova, Editor-in-Chief

Whether it's the floor in the comfort of your own home, a park bench, or the grass, here are five moves you can do anywhere to tone up.

1. Bulgarian Split Squats

What kind of Bulgarian would I be if I didn't include this? To start, find a bench (or anything else you might be able to rest your foot on that's knee height), and get into a forward lunge position as you keep your torso upright. Brace your core and square your hips to your body as you elevate your back foot on the bench (your leading leg should be half a meter or so in front of the bench). Lower until your front thigh is almost horizontal as you keep your knee in line with your foot—do not let your front knee travel beyond your toes. Drive up through your front heel back to the starting position as you keep your movements measured. Switch legs when you finish the reps. **Do three sets of 12 reps.**

2. Russian Twists

Sit on the floor (or grass) and bring your legs out straight. Lean back slightly so your torso and legs form a V-like shape, bracing your abdominal wall and engaging your core.

As you balance, twist your torso from side to side without moving your legs. Ensure to breathe slowly and engage your core. **Do three sets of 12 reps.**

3. High Plank

Let's bring some hype to high planks. They're a great way to break a sweat and if you move your feet closer together, the exercise packs quite the challenge. Start on the floor with your hands and knees shoulder-width apart (hands under shoulders and knees under hips).

Lift your knees off the ground and step your feet back as your body fully extends. Aim to create a long line that connects your shoulders, hips and ankles. Reach back through your heels and forward through the crown of your head as you keep your neck and spine in a neutral position. Try to have your chin about six inches in front of your body as you keep your core tight.

Tighten your quads, engage your abdominals and push through your palms. Keep those hips lifted as you breathe and try to hold this for 20-30 seconds (longer if you want more of a challenge). **Do three sets of 30 seconds to a minute.**

4. Arm Rotations

This move is great for your arms and shoulders. Get a sweat going by doing these arm rotations like so: take both arms, stretch them out to the side of your body and rotate them forward in very small circles. Do this for about 30 seconds then reverse for another 30 seconds. **Do three sets of 12 reps.**

5. Broad Jump to Fast Feet

Stand with your feet hip-width apart. Bend your knees and send your hips back as you keep your chest lifted. Engage your glutes and core as you jump forward with both feet, ensuring to land softly. Lift onto your toes and keep a soft bend in your knees as you take small, quick steps backwards to your starting position. **Do three sets of 12 reps.**

Full Workout Option

For a complete workout, start by doing some of your favourite stretches. Once complete, do a five to ten-minute run, and do all five exercises that are mentioned above. Do two or three sets of 12 reps. Once finished, cool down with a five-minute jog and end your session with some stretches.

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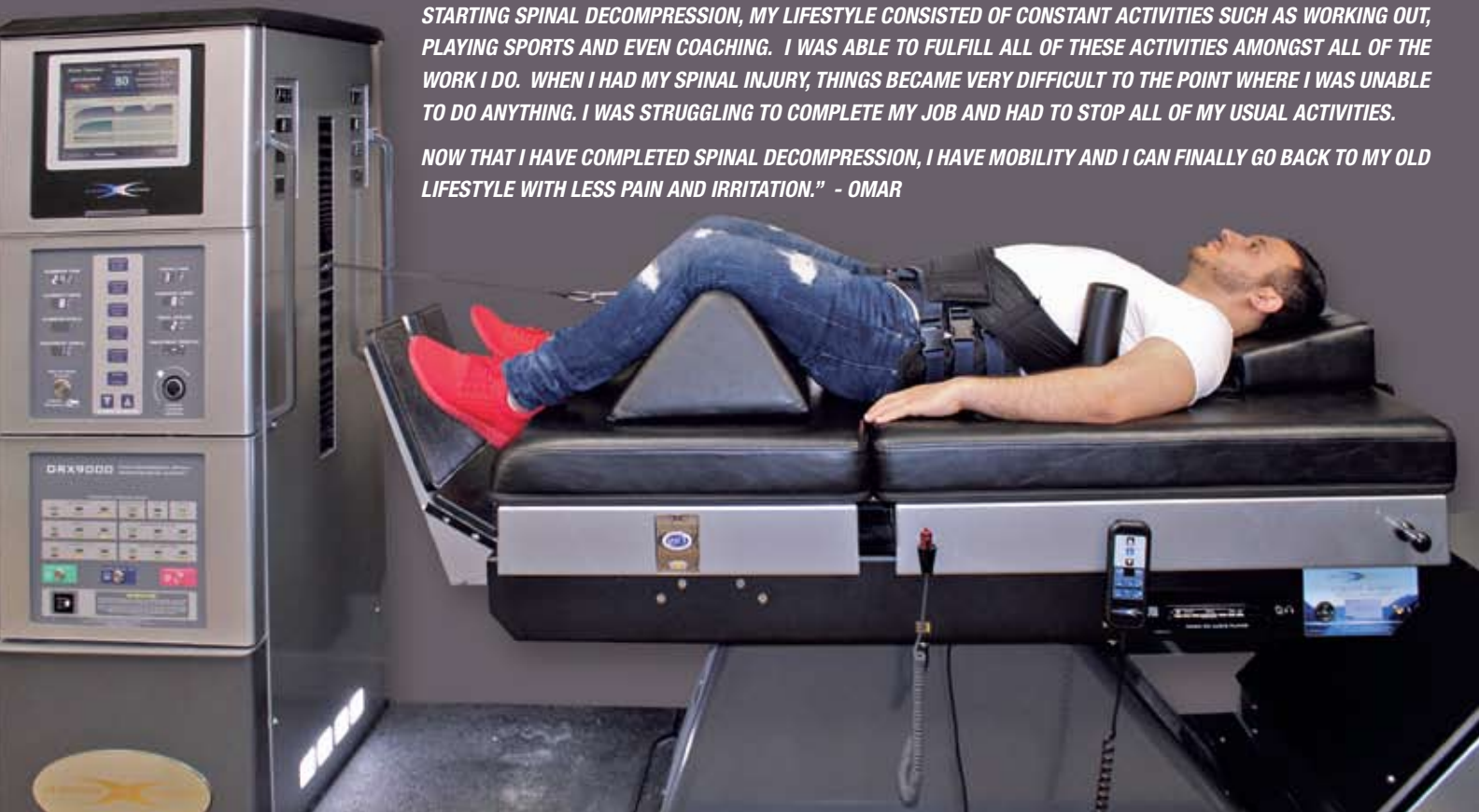
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THANKS TO SPINAL DECOMPRESSION, YOU COULD HAVE RELIEF FROM PAIN

If you suffer with low back pain or neck pain, even if it's been years and you've tried all available "conventional" treatments, you may find relief from your pain with non-surgical Spinal Decompression. Since 2010, Dr. Sarah Dale and Dr. Todd Small at Community Chiropractic Centre, have helped countless individuals decrease their pain and get back to a more active lifestyle that may have been interrupted by pain.

What is Spinal Decompression?

Spinal decompression is a non-invasive, non-surgical, drug-free approach to healing low back pain and neck pain caused by injured or damaged spinal discs. The innovative technology at the core of the treatment allows the chiropractor to target the specific disc requiring care, and design patient-specific decompression forces to act upon the disc. Gentle pressure creates an environment within the body so the disc can begin to heal. Treatment is safe. There are practically no side effects.

How Non-Surgical Decompression Works

Specifically calculated decompression forces act on the two vertebrae on either side of the disc requiring care. As the vertebrae are gently and safely pulled in opposing directions, negative pressure is created in the disc. This allows water and nutrients to draw back into the disc. The disc can regain its height and simultaneously retract and heal disc bulges and herniations.

As the rehydration and disc healing take place, pressure on adjacent nerves is reduced and nerve healing begins.

Each spinal decompression session is programmed to target the specific spinal disc requiring care. Decompression force is calculated specifically for each patient. The on-board computer monitors the decompression forces continuously and adjusts them as needed based on the body's response to treatment. This ensures accurate and pain-free sessions while healing takes place.

Patients undergoing spinal decompression care lie fully clothed on a comfortable padded bed. During their session they can close their eyes and relax.

I have been dealing with chronic to severe lower back pain for over 20 years, and was diagnosed with Degenerative Disc Disease (DDD). I have been receiving Chiropractic care over the years with varying degrees of relief. Most recently, I was advised of "Decompression Therapy" as a possible alternative to assist. With that said, and after a consultation with the Chiropractic team at the Community Chiropractic Center (CCC), in Tecumseh, I have thus far received only five - half hour sessions with much success. My back has not felt this good in over 20 years. I personally recommend this therapy as a possible alternative. Hoping that this is my long-term solution, adjacent with altering a healthier lifestyle. And, should one day I still require surgery? At least I have prolonged it." - R.P.



How much does Spinal Decompression cost?

At Community Chiropractic the patient is always in the driver's seat. Patients considering care for disc related problems have their consultation and examination fee waived. The costs for care (as recommended by Dr. Dale or Dr. Small), are determined by what specific care patients need and how many treatments are necessary. Patients are always in control regarding which choices they make for care and how they pay.

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Conditions Treated by Spinal Decompression

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- Degenerative Disc Disease
- Degenerative Joint Disease
- Sciatica
- Spinal Arthritis
- Spinal Stenosis
- Facet Syndrome

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MEMBERSHIP RATES:

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EXPIRY DATE: September 2, 2019

401 Pitt Street West, Windsor, Ontario 519-974-AQUA (2782)



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Adventure Bay Family Water Park Presented by WFCU Credit Union offers a little slice of “summer” all year long, but when the real summer season arrives, the family fun kicks into high gear at the popular Windsor attraction.

For starters, the park is open to vacationers and staycationers alike with extended hours, 10 a.m. to 8 p.m. every day from June 29 to September 1. It's open for a daytime shift, 10 a.m. to 4 p.m. on Labour Day too, giving adventurers one last chance to make a splash before the school year returns.

Fans have really responded to the special pricing and convenient format.

For guests making individual visits, there is also an option to “buy online and skip the line” with the Splash Pass from www.adventurebay.ca. With increased attendance during the summer months, the splash pass is a great way to ensure priority boarding, and it is especially helpful if you're planning a visit from abroad and want to make sure your spot is secure before you arrive. Adventure Bay estimates it receives 500 to 700 visitors per day during the busy summer vacation,



The park is a popular choice for camp groups and organizations looking for a fun spot for a field trip too, and Windsorites hosting friends and family from out of town frequently make Adventure Bay their local attraction of choice. Nestled as it is within our vibrant downtown cultural district, it pairs perfectly with trips to the neighbouring Art Gallery of Windsor; the historical Chimczuk Museum; and a host of restaurants, shops and hotels. When the weather is nice, visitors often pack a picnic lunch to enjoy in the nearby Vision Corridor or along the riverfront in our renowned “museum without walls,” the Windsor Sculpture Park.

The park is also a favourite throughout the year for pool parties, birthday gatherings, meetings and more. Guests can choose from a variety of rooms for rent at affordable prices, complemented by a trip into the water park. Your party can be a truly unforgettable experience! Guests are welcome to bring their own food and beverages to enjoy outside or in the facility's atrium space, or they can take advantage of in-house concession operator, Rico's Food and Catering to supply food and drink inside their rental space.

It's “always summer” at Adventure Bay, but when the real summer heat fires up, and those lazy days of summer vacation settle in, Windsor's downtown water park is an excellent place to splash and play, or just chill out and float away, right here in our own backyard.

Learn more about Adventure Bay online at www.adventurebay.ca or give them a call at 519-974-AQUA(2782).



Back by popular demand, visitors can also enjoy those extended hours to the fullest with a convenient and affordable summer membership. For one low price, you can visit as often as you like from June 29 to Labour Day. Guests 42 inches or taller pay \$52; guests under 42 inches pay \$40; and as always, children 2 years old and under get in for free! To take advantage of the program, just drop by the park at 401 Pitt Street West in Windsor and inquire with the friendly front desk staff to get started. Originally a customer driven concept, the short-term memberships were introduced as an alternative to the full year term for events like March Break, winter holidays and – of course – summer vacation, and they have been a huge hit ever since. “Our short term memberships were well received right from the start,” says Manager of Adventure Bay and WIATC Jen Knights, “and we've seen continuous growth with them year over year.”

so the Splash Pass offers peace of mind with your admission, which means one less thing to worry about in your travel planning!

What makes Adventure Bay such a great destination for summer recreation seekers? “It's a great option to get out of the heat and sun,” says Knights, “and there's really something for people of all ages.” Adventurous kids and grown-ups alike love the big and thrilling slides, while parents especially enjoy chilling in the Lazy River. The interactive, colourful features in the Splash Zone strike a chord with the little ones, while the FlowRider surf simulator is a perennial hit with young adults from home and abroad.

Adventurous guests under the age of 12 are also encouraged to check out Cannon Cove, a three-level indoor dry play area that can be enjoyed on its own with separate admission or at a reduced rate if combined with a water park admission.

By Lina Stoyanova, Editor-in-Chief



FOSTERING: GIVING CHILDREN A BETTER TOMORROW

This article features Kim and Ken Dennison's foster story with the help of the Windsor-Essex Children's Aid Society.

Love has no boundaries when it comes to foster parents Kim and Ken Dennison. Happily married for over seven years, in addition to having two of their own children (ages 8 and 10), the pair have taken in five kids over the last two years. Just like running Onyx Fitness Solutions together, fostering is a team effort that this duo looks forward to doing for years to come. Debunking the misconceptions and encouraging everyone to foster, this is what they had to say.

Q: What Made You Decide To Become A Foster Parent?

Kim: When I was fairly young, I remember noticing people who were on the streets and coming to the realization that's where they lived and it bothered me. I would ask my parents if we could bring them home with us and became really upset when they wouldn't allow it. Maybe the thoughts started around that time since I was learning about how some things in the world were, I'm not quite sure. When I think back, I know I've wanted to be a foster parent since I was a teenager. I've just always wanted to help people. Fostering is one of those things that's been on my mind and in my heart for a long time.

Ken: The thought didn't really cross my mind until I met Kim. We came to a point in our relationship where we started questioning whether we wanted to have more kids of our own. We had a number of conversations basically asking, "What are we going to do now?" since we weren't sure where we'd be as a family in terms of finances or location. At the time I was landscaping, and we were on a very different plane. The opportunity to bring a child into our home, help them, and have an influence on them to be an active part of the community has always driven me. I really care about the kids and about my community. In general, I love helping people and guiding them. We are proud to be advocates and highly encourage parents, even single parents, to reach out and ask us questions because if you don't ask, you won't know. Having a child in our home, especially more long-term, gives us a chance to connect with that child, develop trust, build the relationship and understand what they're going through.

Q: What's The Best Part Of Being A Foster Parent?

Kim: A few things come to mind for me. For instance when we look at our kids, Zachary and Nathaniel, we see how much joy it brings them. For the most part, they enjoy having an extra friend around. That extra friend becomes a brother to them, and that's how they view it. It's nice for them to interact, learn about another's life experiences, and it creates a lot of teachable moments for everyone. I think we all take pride in the aspect of being able to help children dig through and problem solve issues that arise. That part is rewarding for sure. There are times when you're taken off guard by the things the kids say about themselves, how they view themselves, or situations they've experienced, but



Kim and Ken Dennison

that's when you have the opportunity to speak truth to them or into that situation. You're able to help the child see things in a different light, to build them up and encourage them. Seeing positive changes in the foster kids we've taken in is the best part for me.

Ken: For me it goes two ways, individually, and as a family. As a family I think the first word that comes to mind when we foster a child is *thankful*. It gives our family a chance to learn about another person and their situation. When a child leaves, we notice how they carry themselves with more confidence, or they're prouder, because of the tools we've given them and were able to assist in helping them during their time with us. Watching them progress and come out of their shell is amazing to us. Individually, the best part is learning from them; when they are able to look at you and see you're human too, that you want to understand and connect with them. It makes everything stronger between the pair of you, so when a situation arises, whether big or small, you can both handle it better and you have a higher level of respect for doing so.

Q: What's A Challenge And How Do You Overcome It?

A: We would say the number one thing is patience. Find patience and make sure you utilize problem solving skills because a lot of the time you have to take on the role of a detective to find the root of an issue and figure out what's really bothering them. Some people might think just because they're young that they don't have big-world problems. We all have bad days, we all have to do things we don't want to do, and children are no different. Treating the kids that come into our home with that mentality has really helped us connect and make a difference in their lives and our interactions with them. In terms of tips, the agency has a lot of resources in general. They've given us extra material when we've requested it, and we've also taken part in available training that's helped us along the way. There's a lot of information that you can review, and even workers who have assisted us by offering different strategies and approaches to the situations we've faced. In a nutshell, you want to set yourself on the same playing field with the kids, have patience, ask for help when needed, communicate well, and of course, use the resources that are available.

Q: Why Do You Think People Are Hesitant To Become A Foster Parent?

A: Based on comments we hear, and the questions people ask us, we feel there are a lot of misconceptions out there that cause hesitation when it comes to fostering. For example, people think if the agency calls for a placement, you have to take that particular child, which isn't true. You have a say and are allowed to decline, there's no obligation. There's also a lot of paperwork from the time you start the pre-foster training process right through to the log notes. That may be a turn-off to some people but it makes sense for success on both ends. The agency needs to look at what the child needs, and at the same time what the home can provide. On the flip side, they are looking at what the foster family can handle based on the dynamics of the home. Again, there are a lot of misconceptions and if you don't ask, you won't know. You are able to parent them, and are actually co-parenting them with the help of the agency. You can instill good values into a child without compromising your house rules. No child wants to come into your house and cause chaos, they just want to be happy, they're kids.

Q: If Someone Hasn't Fostered Before, What's Something You'd Like To Tell Them?

A: We would say do your homework ahead of time. Meet up with other foster parents to hear all of the good and the bad, and weigh it out. You don't have to be afraid, there's a lot of information and help available. We found that all of our best brainstorming and experiences happened when we connected with our resource worker, other foster parents, and realized we weren't alone; we were able to communicate with people who understood exactly what we were experiencing. Everyone will have their opinion about C.A.S., but the fact of the matter is kids need help, and if we're able to reach just one child, it's been a good day. Always try to focus on the kids instead of the opinions.

There's also a lot of trainings, seminars, sessions, community meetings, really a lot of support that you can be a part of. People may say it's not the right time, or just not right now, in which case there may never be a right time. If you start the process and take it slow, that's okay. The agency is flexible and understands that life happens, and they're ready to help. Seek out the information and know that you can start at any time. Weigh out all of the pros and cons and let your heart lead the way.

Q: What Are Some Key Steps Worth Mentioning?

A: First and most importantly, go online, call, or find out the dates and attend one of the information sessions. We would say give yourself about one to two years to go through the whole process from start to

finish. After you have some general information and are ready, you'll move on to the P.R.I.D.E training (Parent Resources for Information Development and Education Training), that's done through the agency. For this, there are two options, you can choose to complete a 9-week training that takes place on a set weeknight, or the second option, which worked better for us, the two back-to-back weekend courses that run Saturday and Sunday (four days total). Depending on schedules, there may be a waiting time before appointments can be set-up to move on to the next step, which is the home study part. Every foster family is connected with a home study worker who comes to the house multiple times for a series of interviews. It's quite extensive. You're talking about things like your personal, work, and medical history, immediate and extended family relationships, friends, beliefs, opinions, references, and so on—there's a lot. After the home study visits and safety checks are complete, the worker compiles all the information and writes everything up. We were sent a copy of the document to proofread to make sure the information was communicated accurately and make any corrections if needed. Once we gave the go-ahead, that brought things to the final step where the completed home study document was sent to the supervisor for approval. Upon approval, you get matched up with a resource worker who is your representation and help along the way. It's all very detailed and in-depth which is why it's important to give yourself time because it can't be rushed. So to sum it up, you inquire, attend the P.R.I.D.E. training, complete the home study, get the approval, and are then ready to open your home. Keep in mind that as an approved and active foster family, you are required to complete at least 20 training hours per year. Throughout the whole process, you have the agency's support and we encourage everyone to always ask questions and reach out to other foster parents.

The Windsor-Essex Children's Aid Society is dedicated to the well-being and safety of every child by advocating for, and partnering with, our children, families and communities. YOU can make a difference in the life of a child. To apply or request more information, contact (519) 252-1171 ext. 3774.

YOU CAN MAKE A DIFFERENCE IN THE LIFE OF A CHILD!

Come and take part in one of our information sessions taking place at The Windsor-Essex Children's Aid Society (1671 Riverside Dr East, Windsor), on the following dates:



Thursday, June 27: 1 p.m. and 6 p.m.
Thursday, July 25: 1 p.m. and 6 p.m.
Thursday, August 15: 1 p.m. and 6 p.m.
Thursday, September 17: 1 p.m. and 6 p.m.
Tuesday, October 17: 1 p.m. and 6 p.m.
Tuesday, November 19: 1 p.m. and 6 p.m.
Thursday, December 12: 1 p.m. and 6 p.m.

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KEEP YOUR SKIN LOOKING YOUTHFUL



By Vanessa Steele
Manager & Medical Aesthetician
At Image Clinic

As we continue to enjoy this season full of sunshine, warm weather and the outdoors, there always comes that moment when we realize, “How much of the sun is too much for my skin?” and question, “What do I need to do to keep it youthful?” Summer is particularly a time where most of us feel less is more on our skin, at least that is what I recommend to my clients as a Manager and Medical Aesthetician at Image Clinic, one of South Windsor’s Top Choice Cosmetic Clinics of 2018 and 2019. I have always believed, and mentioned in previous articles, that our skincare regime should alternate as the seasons change, as well as our anti-aging treatments.

Thicker creams and more hydration in the winter (anti-aging treatments can be done deeper since there’s more downtime to heal without sun exposure), and lighter lotions and serums for summer (lighter treatments to maintain in the summer since they have less or no downtime at all).

In this article, I decided to share with you how I personally guide my clients to maintain themselves at whichever age they are, and what treatments I recommend the most for anyone looking to keep a youthful complexion during, and after the summer months.

Now, I always give my first recommendation that is the most important before any skin journey begins: water intake, and even more importantly, a healthy diet. The most successful results from any skin treatment or skincare bottle comes from keeping our insides just as cared for. I continuously stress that a happy gut leads to a happy and healthy glow. Whenever we notice our skin changing, whether it be a breakout, dullness, or pigmentation forming, always take action by paying attention if any skin routine or eating habits altered, or a change in hair products (ex. washes, leave-in treatments, etc.), or even being outdoors in the sun more than usual without protection. An example of a small change I suggest for most of my clients with long hair, that tend to develop a lot of jawline congestion (and has nothing to do with their skincare), is to start sleeping with their hair tied loosely on the top of their head instead of down and around their face during a night’s sleep. Sleeping with your hair down provides easier access for hair oils or products to congest our pores while sleeping, therefore, causing continuous congestion no matter how much one tries to stay on top of a good skincare regime, especially during hot summer months, when for most, produce more oils, naturally.

As for having a good skincare routine and staying on top of any skin changes, the most important step of all is to protect the investment of yourself and the skin you are in by using sunscreen. Summer is the time we must pay the most attention to sunscreen use and continuously maintain the habit all year round. My favorite go-to-products at Image Clinic that leave my skin (and all my clients that use it), feeling light, breathable and fully sun protected, is our mineral Colorescience line. This entire line provides a fully physical sun block in each of their products and has something suited for almost everyone from a brush-on SPF 50 sunscreen stick, to a full-coverage foundation powder; you never need to question if your skin is being compromised and can enjoy any day-to-day activities all throughout the year with healthy, breathable, protected skin.

Now, let's discuss a few of my all time, go-to treatments for any woman or man looking to not only keep their skin rejuvenated and youthful (aside from skincare that is), but to also prevent or maintain their skin after any post summer damage. My ultimate go-to treatment, especially after the summer months, is a laser resurfacing peel done with our exclusive Fotona laser. This treatment is perfect for absolutely anyone looking to refine their skin from pigmentation, texture, fine lines, tighten laxity, as well as shrink pore size right down as we shed through tiny micron-thin layers of skin, safely. Another favourite of mine, along with many clients we treat at Image Clinic, is our Microneedling with PRP (Platelet Rich Plasma), aka "The Vampire Facial," which is one of the latest anti-aging beauty treatments trending; the results are remarkable. Anyone looking for a treatment that does it all, PRP is the one for you. There is nothing more incredible than your own body providing you with all the nutrients and growth factors it needs to infuse back into the skin with a microneedling pen. Providing your skin with any type of microneedling treatment for full face, neck, and even décolleté, helps remodel collagen and build volume back naturally over time.

Another option for those opposed to, or not eligible for plasma (anemia, auto-immune disorders, etc.), is microneedling with a Beauty Booster that is created to add vitamins, antioxidants, peptides, and more into

the skin, leaving it with a beautiful healthy glow post treatment as it feeds the skin everything it needs to restore. Also, always remember that chemical peels are a fantastic option for those that want minimal to no downtime and allow an internal exfoliation to the skin as it breaks down pigmentation, melasma, acne scars, as well as, any active congestion.

As I hope this article leaves you with more of an open mind about options for your skin at any age, remember it is never too late to build the confidence in the skin you are in. Always be mindful of the time of year you are doing treatments and allow your professional aesthetician to guide you safely through what your own skin needs. I continuously remind my clients to train the skin they are in by giving it a few treatments yearly to maintain themselves through the aging process, and keep a youthful appearance at any age.

The process of aging is inevitable, how we work against slowing down the process is entirely up to us.





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By Lina Stoyanova
Editor-in-Chief

Welcome to Enzo's



In the heart of a traditional Italian osteria as a casual, local gathering place for food, friends and wine, Enzo's Trattoria reflects a unique, classic approach of Italian country food inspired by local and fresh ingredients. Carefully sourced ingredients from local artisans and growers are featured prominently among the menu's selection of small plates, pastas and large platters designed for sharing. So grab a friend, take a seat and welcome to Enzo's.



Chef Enzo Mancuso is one of the most acclaimed and influential chefs in the community; beyond his technical skills and his unparalleled knowledge of Italian food, he understands proportion and contrast in his food. Mancuso's natural talent for hospitality, along with his life long career of expertise and collaboration with some of the most prominent chefs and restaurant operators in the country, are the driving forces behind his strong leadership and operational skills that propel the restaurant.

With over 20 years of experience in the world of gastronomy, and a member of the Canadian Culinary Federation, Mancuso's passion and commitment to excellence is exemplified in every dish he presents. Working through the ranks in the challenging restaurant industry, Mancuso's celebrity appeal, hard work and refined palate awarded him his first restaurant, Tutto Ristorante, at the age of 26. In 2005, Mancuso unveiled his second restaurant, Mancuso's Trattoria, and was busy running both restaurants. The two restaurants provided the community with innovative Italian cuisine and served the most discerning restaurant patrons. Due to Mancuso's Trattoria's overwhelming success and demand, and his commitment to bringing a taste of Tutto back, the newest restaurant opened on February 3, 2011, using only the finest ingredients. Located on 1063 Erie Street East, Enzo's reflects a great pride in the quality of food, ingredients, and service that is given to all guests; everyone should stop by for a delicious bite.

"Our most popular dishes have to be the Penne Vodka and Sacchetti, but we have a lot of variety to make sure our guests are pleased. We also have a lot of healthy seafood options and we always make sure all of our suppliers are local which is very important to us," explains Enzo Mancuso. "We make sure all of our dishes are delicious and that we cater to all clients. We have options for our gluten-free, vegan, and vegetarian guests. We have gluten-free pastas in addition to gluten-free proteins, and we have a vast list of vegetarian and vegan options since custom dishes can be created at any point."

Enzo's celebrates local, fresh ingredients and scrumptious dining. This one-of-a-kind, family-friendly restaurant also has a 42-person patio that opens up during the summer, so whether you grab friends, family, or want to throw a party, you'll have great ambiance, and most of all, delicious food. The food at Enzo's is complemented by an eclectic wine list showcasing lesser-known varietals and hard-to-find wines from small producers in addition to rotating a selection of well-known wines from the U.S., Italy, and other prominent areas in Europe.

Reawaken your taste buds because whatever you're in the mood for, Enzo's has a bite for you. Stop by today or check them out online at www.enzos.ca.





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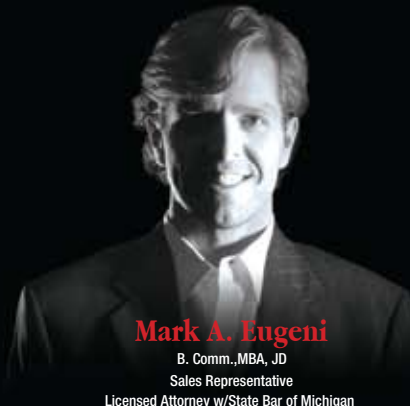
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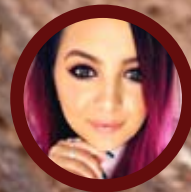


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Not intended to solicit any properties currently for sale and all buyers and sellers are advised to obtain independent advice before relying on any information herein.





By Lina Stoyanova
Editor-in-Chief

Ashwagandha, what?

Well, say that five times fast. What is ashwagandha? Simply put, ashwagandha is a plant and the root and berry are used to make medicine. It's used to reduce levels of fat and sugar in the blood and it's also used as an adaptogen to help the body cope with daily stress. Ashwagandha (*Withania somnifera*) is an herb used in Ayurveda, the traditional medicine of India. Its root has a horsey smell (in Sanskrit, *ashva* means "horse" and *gandha* means "smell") and is said to confer the strength and virility of a horse. Various parts of the plant are used, but the most common in supplements is an extract of its roots.

If you're like me, you probably haven't heard of ashwagandha until recently. Though I certainly can't read through every piece of research ever published, it's clear ashwagandha has immense health benefits. Historically, the roots of ashwagandha have been used to treat the following: arthritis, constipation, skin conditions, insomnia, stress, gastrointestinal issues, diabetes, nervous breakdowns, fevers, snake bites and memory loss.

Benefits

Here are 12 benefits of ashwagandha that are supported by science (feel free to conduct research to learn more about the studies and their outcomes):

- 1. It's an ancient medicinal herb that helps with healing (relieves stress, increases energy and improves concentration).**
- 2. It reduces blood sugar levels through its effects on insulin secretion and sensitivity.**
- 3. It has anti-cancer properties; animal and test-tube studies have shown that ashwagandha promotes the death of tumour cells and may be effective against several types of cancer.**
- 4. It can reduce cortisol levels.**
- 5. Helps reduce stress and anxiety (shown in both animal and human studies).**
- 6. Reduces symptoms of depression.**
- 7. It can boost testosterone and increase fertility in men.**
- 8. It increases muscle mass and strength in men.**
- 9. Reduces inflammation.**
- 10. Lowers cholesterol and triglycerides.**
- 11. Improves brain function and memory.**
- 12. Safe (and available).**

Things to Note

Ashwagandha is safe, but due to its relaxing agents, it may cause mild drowsiness and sedation for some people. Certain individuals should also not take it, including pregnant and breastfeeding women. As always, please conduct your own research before starting any new health regimen; know I can only fit so much on these pages. Dosages vary depending on your needs, but 250–500 mg per day for at least one month seems effective. There are also different forms available like capsules or ashwagandha powder.

Smoothie Recipe

Here's one of my favourite smoothie recipes, and if you're a peanut butter fiend like me, you'll enjoy it. If not, swap the ingredients to your liking.

Ingredients:

- 2 frozen bananas (ripe) • 2 tablespoons peanut butter
- 2 teaspoons cacao • 1 ½ cup almond milk
- 1 teaspoon ashwagandha powder

Method: Throw in the blender, and blend, baby blend.

Note: If you try out the powder, know it has a bitter taste, so you'll have to play around with recipes.

In summation, for most people, one to two teaspoons per day of the powder are enough to reap the benefits (which can be felt after 30 days). Ashwagandha has a lot of health benefits, but always consult a healthcare professional before beginning something new.



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Hello. PERSONAL TRAINING!



By Lina Stoyanova
Editor-in-Chief

Xanadu Health Club has handpicked the best personal trainers in the Windsor-Essex County in order to help everyone meet their health and fitness goals. Whether you are just starting out or looking to hit the next level of training, Xanadu trainers are there every step of the way. Utilizing expertise to help people reach their goals, I sat down with Chief Operations Officer, Mike McMahon, to discuss how a personal trainer can help you get one step closer to crushing your goals.

Q: Why Should People Get A Personal Trainer?

A: Choosing to work with one of Xanadu's personal trainers is at its core, a commitment to choosing a better life. I think it's important to understand that the individual must choose that path and their trainer will guide them after that. There's still definitely the misunderstanding that trainers just tell people to pick weights up and put them down, but the industry has changed over the past few years. Great trainers have either a two-year diploma, or a four-year degree under their belt, plus numerous specialty certifications on top of that. It's important to work with a certified fitness professional as there is a lot of conflicting information out there especially regarding nutrition. Choosing an educated trainer at Xanadu takes the guesswork out of choosing the correct nutritional plan. Great trainers will take a holistic approach to working with their clients and to ensure that they are well taken care of. Overall, a trainer will get to the root of your issues, perhaps uncover the solution to a pain you've had for a long time but have learned to live with. Trainers have all the skills needed to alleviate pain, improve posture, improve fitness and show their clients the best version of themselves.

Q: What Are Some Benefits Of Personal Training?

A: I've worked in the fitness industry for over a decade and I've seen time and time again the positive results that trainers get with their clients and it's because good personal trainers are educated to look at the whole person. With all due respect to other medical and health professions, no other relationship is as close as a trainer and their coach. We look after our clients while they are at Xanadu but also while they are away from us. Nutrition, lifestyle choices, behaviour modification, stress management, and of course, physical fitness, all fall under the umbrella of what a trainer will do with their client.

People need to understand that personal training is an investment in themselves. Great facilities should provide multiple levels of support so that members have the ability to choose what fits best with their budget and their schedule. Xanadu's Speciality Group Training Programs allow members to access the help of a trainer in a small group setting for a fraction of the cost.

Q: Why Is Personal Training With Xanadu "The Best"?

A: Our facility has had a total refurbishment; the new owners have made substantial investments in new equipment. This includes upgrades to our cardio equipment, lifting platforms, assault bikes and a totally revamped indoor and outdoor functional training area. Our training staff is well educated, and we have all the systems in place to support each member along their health and wellness journey. In addition to great new equipment we have some unique services that members will find very beneficial. Ask any fitness professional what the most important component of a good workout is, and they will all tell you that it's a good diet and finding a facility in the city that has services included in the membership that address nutritional concerns (which is very rare). Xanadu has custom nutrition planning in addition to on-going support and is included with all of our training packages. This allows our staff to get the best results in the most efficient time-frame.

Q: What's A Key Takeaway For Someone On The Fence About Personal Training?

A: We regret the things we haven't done in life more than the things we do. My advice for someone considering personal training is to take the leap of faith and trust that our staff will dive right in with you. For busy professionals who know that their time is the most valuable commodity, working with a personal trainer is a massive time saver and helps you keep your workouts scheduled. Fitness can be yet another thing in your life that falls off the list of things to do, or with a trainer's help it can become an integral part of your day that helps boost performance and improve all aspects of your lifestyle. We like to show our clients that being proactive about your health is the first step towards a healthier long life.

Q: What Does A Personal Training Session Look Like?

A: There is no easy way to answer this question as all sessions are different. We really get to talk about where you have been, where you are now and where you'd like to be and give you the best possible chance for success with our team having your back the whole way. Our custom programs not only motivate the client to achieve their best, but we also support our clients by educating them along the way about specific areas of interest. We would address nutrition, lifestyle habits that may need to be changed and take any relevant measurements. This is a clear difference between a good trainer and a great trainer. An experienced trainer knows what gets measured, gets managed and will be 10 times more effective with their client in terms of tracking results but also holding the client accountable.

Q: How Do You Debunk The Claim That It's Too Expensive?

A: We all know the expression that you must make time for health now or make time for sickness later. If someone is considering personal training, they must consider the implications of not training with someone. Getting results at a slower pace, potentially falling off track, or even worse, getting injured, are all risk factors. The price is worth it and if you're someone who appreciates value for the service that you're receiving then Xanadu can help you out. All our training sessions are carried out with the highest integrity and only the individual's needs are kept in mind. We need to show you value, if we haven't, we aren't doing our job. At Xanadu, we'll show you the value, and if it's not doable, we create other forms of accountability and support that cost less. It's an investment. Our PTD Andrew Judson always says, "It's comparable to tuition, but we are getting your Master's in YOU."

Xanadu trainers will customize a program for you and be there every step of the way so you can get to a healthier, better, and fitter you! With many customizable options available, interested parties are encouraged to go online or stop by the health club. For more information, please visit www.xanaduhealthclub.com/personal-training.

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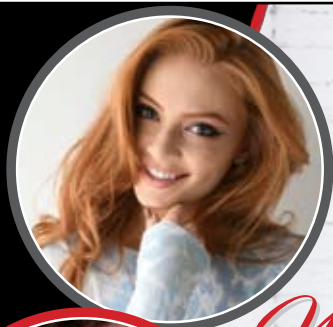
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