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MAGAZINE



## PUBLISHER

ART DIRECTOR

EDITOR

SALES EXECUTIVES

CONTRIBUTING WRITERS

Tony Catalano

Jayson Pynn

Jessie Gurniak

Tony Catalano

Jessie Gurniak

Vanessa Steele

Kirsten Kreibich B.H.K.

Jono Macri

Mario Ruggirello

DESIGN & LAYOUT

Jayson Pynn

Adam Patterson

Erwin Parungo

ON THE COVER

The Super Mortgage Team

GENERAL INQUIRIES

519.969.3608

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PUBLISHING



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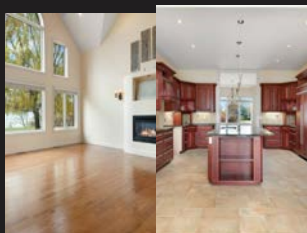




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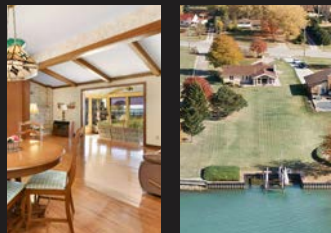
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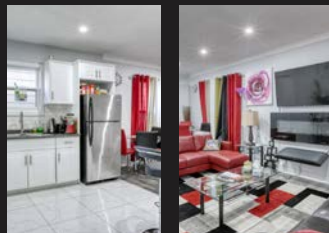


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# MORTGAGE AGENTS: THE PERSONAL TRAINERS OF HOUSING



**Meet the Super Mortgage Team**

Front row: Joelle Altarshah, Lorika Yousif

Middle row: Cindy Lalumiere, Navdeep Sandu, Stefani Stanisic

Back row: Elie Haddad, Ron Bondy, Joe Bondy



# **J**ust like you wouldn't try to run a marathon without a personal trainer, you shouldn't try to tackle your home financing without a mortgage agent.

Mortgage agents are the personal trainers of the housing industry; they help you through the process and make sure you stay on track with your goals. The home-buying, refinancing or mortgage renewal process can be complicated, and there are a lot of things that can go wrong if you don't have someone experienced in your corner. Your mortgage agent will help you understand the process, find the right loan for you, and get you the best interest rate possible.

Regardless of if you're new to property ownership or if you are an experienced investor with excellent credit, Dominion Lending Centres has the best products and rates available in the Canadian real estate market. Joe and Ron Bondy are the founders of Dominion Lending Centres National - Super Mortgage Team, and they stress the similarities of growing a trusted brand to the hard work involved in achieving your fitness goals.

"To see results, you must work hard and be disciplined," Bondy says. This is true for many aspects of life. You can't just sit back, and hope things will happen – you have to make them happen; and that means being willing to put in the extra effort when it's needed, otherwise you'll never reach your full potential. You don't see many people become successful in the gym without putting in the time and effort. The same is true with business. You must be dedicated, consistent, and always looking for new ways to improve.

When you look for a gym membership, you look for the gym that offers you the best price for your needs. Then, when looking for a personal trainer, you want someone who can help you achieve your fitness objectives through coaching and creating the best plan for your goals, keeping you accountable and informing you of realistic expectations. Mortgage agents are the personal trainers of housing. They help you get in shape for a mortgage by teaching you how to budget and save for a down payment, and then finding the best mortgage rate and product for you. They also help you stay on track during the loan process by providing support and advice.

But perhaps the most important role a mortgage agent plays is that of confidant and supporter. Buying a home can be an emotional rollercoaster, and it's not uncommon to second-guess yourself at various points along the way.

But with a mortgage agent in your corner, you always have someone who believes in you – and who will help remind you why buying a home is such an amazing accomplishment.

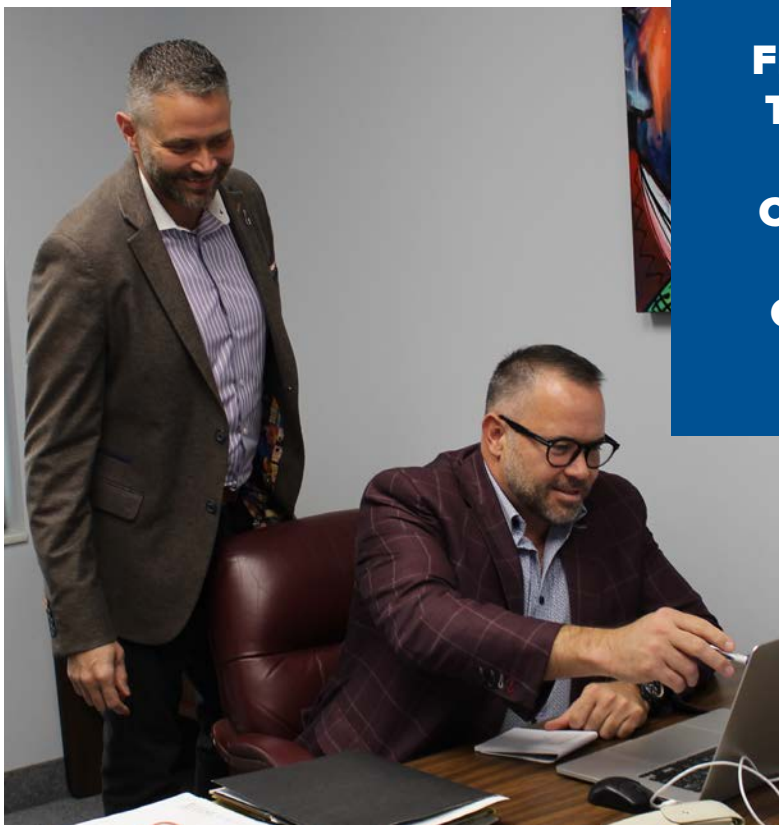
In the same way that everyone has different body types and abilities, mortgage options are different for everyone, and will change throughout different life stages. It's important to consult with a mortgage agent to ensure you are getting the best possible rate and terms for your unique circumstances, and the Super Mortgage Team is always ready to find you those deals.



Joe Bondy



Ron Bondy



**THERE'S NO ONE-SIZE-FITS-ALL WHEN IT COMES TO MORTGAGES, WHICH IS WHY THEY ARE COMMITTED TO FINDING THE BEST POSSIBLE OPTION FOR EACH AND EVERY CLIENT.**

The same goes for business growth. You have to be strategic about it. You must set goals and put in the work, day after day, even when you don't feel like it.

With the tremendous growth that they have seen over the last few years, it's clear that Dominion Lending Centres National - Super Mortgage Team is dedicated to their craft, never wavering from the needs of the business and the needs of the clients.

Super Mortgage Team began when a former colleague of Bondy's called him to invite him to join something new. With banks, you are limited to only the lending options they have, but with a mortgage agency, you have a wider array of options to choose from, and Dominion Lending Centres works with over 38 different lenders!

Now spanning 3 locations, the Super Mortgage Team has offices in Windsor, Brampton, and most recently in Amherstburg. They have goals to expand further, looking to dominate Southwestern Ontario's lending market. Bondy is excessively proud of the success he and his team have seen. When you have fitness goals, you can't expect to go to the gym once or twice and see immediate results, and in the same manner, Bondy credits patience, hard work, and discipline with getting them to where they are now.

The key to success is consistency. If you can be consistent with your efforts, you will slowly but surely see results. It might not happen overnight, but as long as you keep at it, you will get there.

"It's the little things," says Bondy. "You've got to repeat and be consistent to see results."

Just like working out, growing your business takes time, energy, and commitment. You can't just go into the gym and hope to bench press 200 pounds on your first day. It doesn't work like that.

There's no one-size-fits-all when it comes to mortgages, which is why they are committed to finding the best possible option for each and every client. They understand that everyone's financial situation is different, and they will work with you to find a mortgage that fits your unique needs.

Whether you're a first-time homebuyer, looking to upgrade to a bigger home, or needing to refinance your existing mortgage, Joe Bondy and the Super Mortgage Team can help. Contact them today at 519-966-2124 and let them show you how easy getting the mortgage that's right for you can be!



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about my  
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# BRACING FOR AN OA LIFE

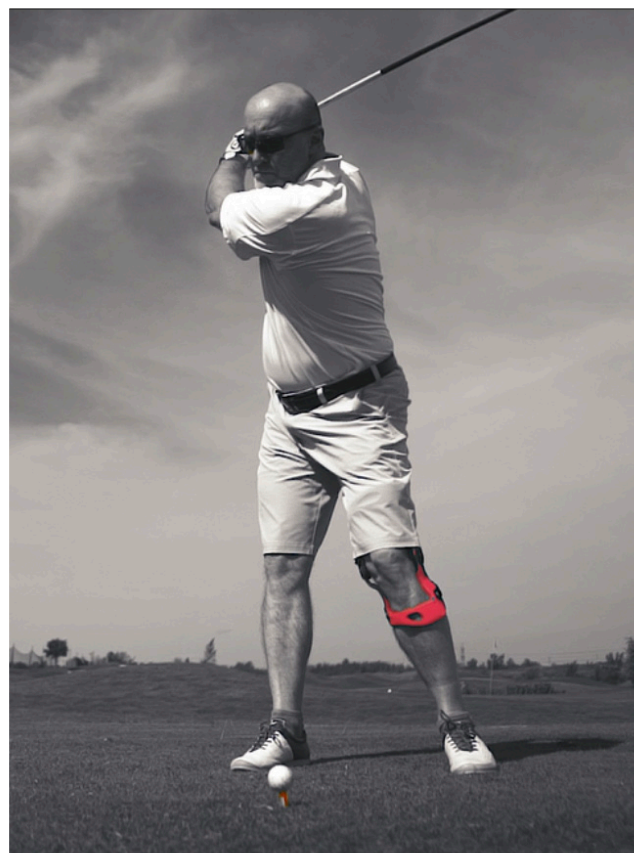
By: Kirsten Kreibich, B.H.K.  
Physician Referral Liaison, Windsor/Tecumseh/LaSalle

*Individuals do not typically go see their doctor in the “beginning” stages of their knee osteoarthritis (KOA). Beginning stages may start with swelling that is more persistent, locking of the knee, more pain on the inside of the knee, you may even feel a little uncertain taking your normal stair route to the office! When the pain starts to affect your concentration at work, begins slowing you down at the gym, or interferes with even your simplest day to day tasks like standing in line at the bank, your KOA at this point has progressed from a mild state to a moderate degenerative state.*

Your pain will most likely begin to get worse after this point. You want your pain to be gone, and you want it gone fast. The only option you can think of is to call your doctor.

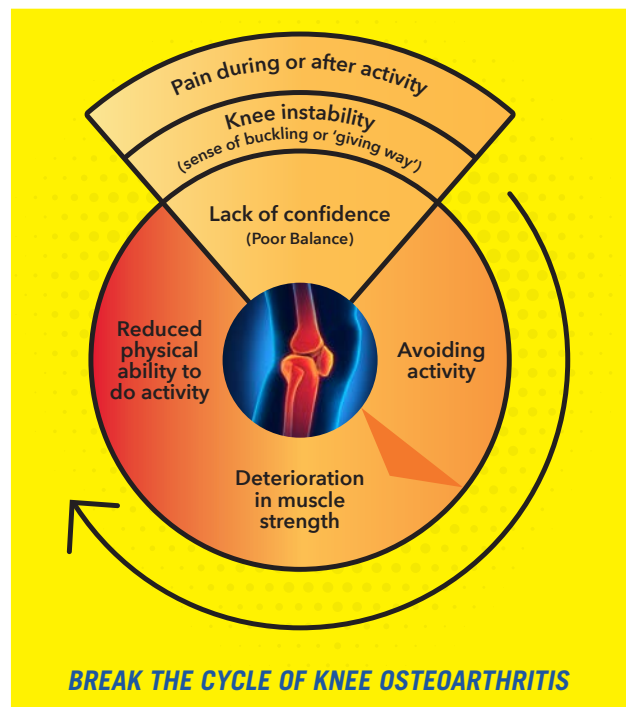
Surgery, injections, and oral medications are popular treatments for KOA, and while it's no secret that there are specialists for these options, you may be waiting for your appointment for weeks, months, or even a year. NSAIDs (Nonsteroidal anti-inflammatory drugs) and gel injections are hyped up to be a “quick-fix” treatment for KOA due to their fast ability to decrease your pain; but the biomechanical elements of the knee remain unchanged, and the effects of long-term use of NSAID's and injections are unclear.

While you are waiting to see a specialist, you don't have to wait to start relieving your pain! Kinetic Konnection is your first line of defense to help with your KOA pain.



We have exclusive bracing options specifically designed to unload the degenerative compartment of the knee. Unloading bracing is safe, non-surgical, and they offer immediate pain-relief. They are also very cost-effective when comparing to some surgical procedures

Technology has come a long way in KOA knee bracing. We all have heard and seen the big bulky metal braces. You will say, “I don’t want a big bulky brace” and I would say, “I wouldn’t either”.







It's not that the older style of bracing was wrong, it's just that the evolving technology of unloading braces keeps getting better and better. They are smaller instead of larger, lighter instead of heavier, and technology has even advanced as much to 3D print a custom unloading brace. Newer technology also provides with a more precise fit, and can be worn by any and all shapes and sizes.

You should always talk with your doctor about their thoughts about bracing options for you. At Kinetic Konnection, you can walk-in, call, or text any of our three locations in Windsor, Tecumseh and LaSalle. It's also very beneficial to our staff if you bring any xray or MRI reports you have available. Because we take KOA seriously, we do request 30-45 minutes of your time. During your appointment we will ask specific questions, and take time to listen to you so we clearly understand what you deal with on a day-to-day basis with your KOA. We have large private consultation rooms, and it is a one-on-one with one of our Human Kinetic graduates.

In a perfect scenario, everyone suffering with KOA would get an unloading knee brace, but we know perfect is just a word. Some individuals will want to think about it, some may need to talk to their spouse about it first, and some are just not ready to accept that they have KOA. All those scenarios are okay. Everyone who comes into Kinetic Konnection gets the same experience.

If you are ready to learn more about your KOA and what bracing options are available that will suit your lifestyle, don't wait – start your KOA pain relief journey with us today!





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**"YOU NEVER REALLY KNOW  
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UNTIL YOU PUSH YOURSELF  
BEYOND YOUR LIMITS."**

- Anthony Rauti -

# THE REWARDS OF HARD WORK

Integrity, honesty, dependability and excellent customer care are what Tony Rauti Luxury Homes was built on, and it's these key words that Anthony Rauti, Tony's son, has built his own career and fitness routine off of.

Anthony began his career with his father's company several years ago, and is now a successful real estate agent with Team Andrew J. Smith Deerbrook Realty. He has always had a drive to better himself, and that passion can be traced back to when he was fueling his love for working out at the young age of 15.

Not only is Rauti a prominent figure in the local real estate market, but he has also been a loyal member of Goodlife Fitness South Windsor for the past 18 years, recognizing the importance of fitness and nutrition in one's daily routine. For him, that means a daily fitness routine of 7:00am High Intensity Interval Running (HIIT), which for him means 45 minutes of alternating between 30 seconds of sprinting and 30 seconds of walking, and then he trains from 8:30am-10:00am at Goodlife.

In October of 2021, Rauti decided to take his training to the next level and train to compete in a local fitness competition. In order to compete in the Canadian Physique Alliance's 2022 Fouad Abiad Natural Championships, he sought guidance from Joey "Flex" Flores, a local award-winning health, fitness, and nutrition coach with extensive knowledge and experience.

If you're into fitness and aesthetics, then you'll love the Canadian Physique Alliance (CPA). Founded in Canada, this global community hosts over 60 competitions nationwide every year. Competing for bodybuilding, fitness, figure and bikini categories, amateur athletes come together to make new friends and showcase their hard work.

With Flores' rigorous coaching, training, and meal planning, Rauti placed 3rd in Men's Physique - Open Class A on July 30th, 2022. This qualified him for the Toronto Pro National Qualifier held on August 5th, 2022.

When you feel good, you perform better. Rauti stresses the importance of fitness in your everyday life along with proper nutrition. He believes that the drive one has to succeed in their career should carry over to maintaining their fitness and health.





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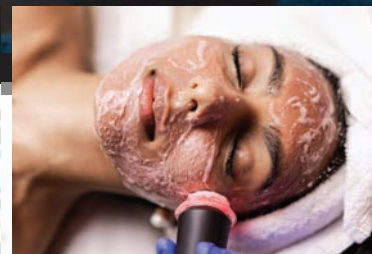
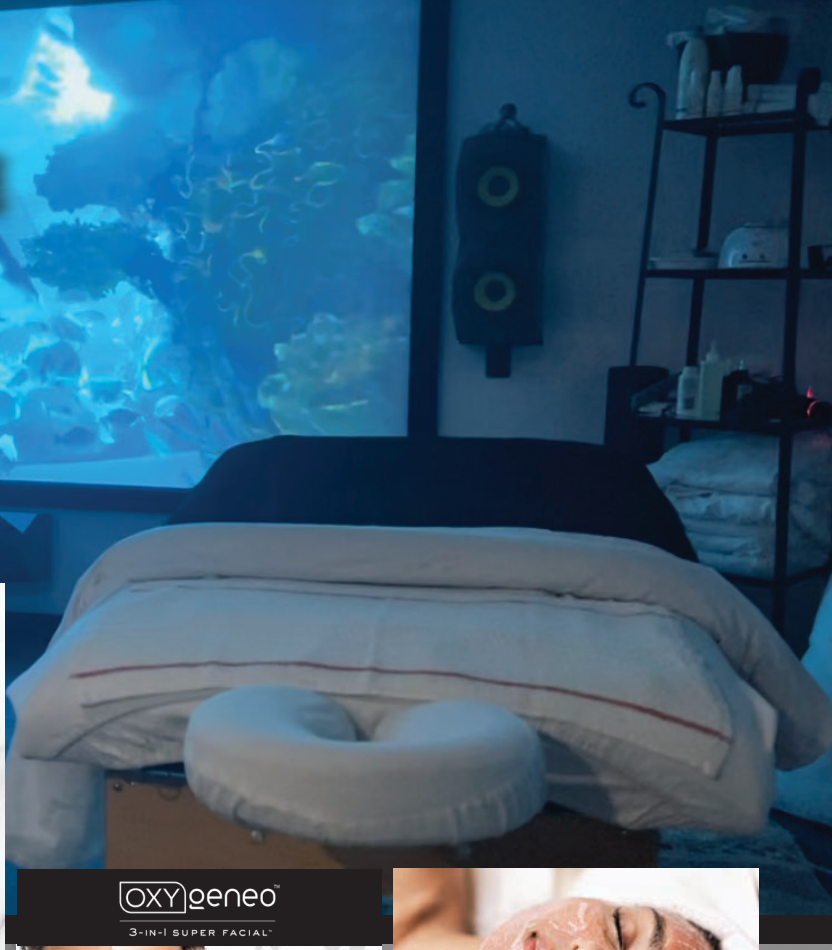
Sheryl is offering Canada's most famous facial: the OxyGeneo™ 3-in-1 facial, among other services including Relaxation Massage, Venus Epilave (painless laser hair removal), and Venus Freeze (anti-aging treatments that work to tighten skin on the face and body). Revive also retails Dermalogica skin care products to maintain your skin between facial appointments.

"I just want my clients to leave relaxed, recharged and help them slow down the aging process," says Reinhart. "Striving to achieve excellence and providing my clients with top quality to achieve the best long-term results."

With the holiday season beginning, Revive has gift certificates available so that you can treat the spa lover in your life to the relaxing treatment they deserve. Additionally, there are 40 Membership VIP customer cards available!

So, what are you waiting for? Text Sheryl Reinhart at 519-919-4484 today to spoil yourself or a loved one!

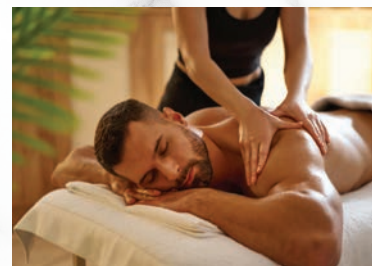
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Growing up watching his parents run their own business, Joe Conlon knew from a young age that he could never work for anyone but himself. Before diving into the Real Estate market, he first tried to fuel his love for music by starting his own entertainment business with an at-home recording studio, which grew into a DJ business and working smaller sales jobs on the side.

After getting the taste of running his own business and gaining an understanding of the sales world, his entrepreneurial spirit manifested all the more and Conlon turned his drive for helping people and making an impact into what is now his greatest accomplishment: Real Estate. Getting his license at the age of 22, Conlon couldn't have asked for a better journey to get to where he is today. He is eternally grateful and looks forward to continuing along this amazing career path.

Diving head first into the real estate industry immediately after graduating from the University of Windsor's Odette School of Business with an Honours Degree in business (B.Comm), Mitchell Deslippe now has 9 years of experience behind him, with the last 3 of those years including obtaining a Broker license. Deslippe credits his success not to just his work ethic, negotiating skills, and passion, but to finding the right mentor early on.

"Being given proper training and years of industry knowledge right from the start, I was better able to navigate the market and sidestep many rookie mistakes," he says. "Quality mentorship has definitely set me apart from many of my competitors." Now, Deslippe is a contributing partner to the Sign of the Experience team in Amherstburg, alongside his mentor Jason Laframboise. He has seen significant growth in his career and takes pride in using his skill sets to help clients find their dream home.

A man of many skills, Mark Eugeni obtained his Juris Doctorate (J.D.) from the University of Detroit Mercy, School of Law, completed an Honors Bachelor of Commerce (Finance/Accounting), attended the University of Windsor, studied abroad at the University of Hawaii and the University of Siena Law School, Italy. With such an extensive educational background, with majors in Marketing/Human Resources for his Masters of Business Administration (MBA), Eugeni is well-versed in every aspect of business and negotiating, which is important when navigating the world of real estate, which is also why he formed 'The Legal Edge Team' to include Tina Pickle and Donna Eugeni. Combined, the Team has enjoyed #1 Sales for 16 years.

When buying, selling, building, or investing, you need someone you can rely on to help you through it. Eugeni has over 20 years of experience, and his legal knowledge and background makes him an expert in the real estate market. He takes pride in exceeding expectations, including his fluency in Italian, and has been in the Top 100 Real Estate Agents of Canada since 2018. When not negotiating the best offer for your real estate needs, you can find him traveling with his family, playing tennis, soccer, squash, biking, and relaxing with yoga.

Taking the real estate market by storm, Paul Germanese began his career as a single agent, eventually moving on to create AW4U - The Real Estate Group, which has proven to be a major success! Prior to his business venture with AW4U, Germanese achieved being Royal LePage Binder Real Estate's #1 producing single agent for 5 years straight, making it to the Top 100 in Canada in 2018.

Germanese did a small amount of real estate the first year, but his business grew from there. By his next year, he became more dedicated to his clients and understood what integrity means in the profession. Now, using the mantra "always working for you" Germanese knows that "a real estate transaction should never be about the realtor. It should always be about the client. When I say, 'always working for you' I sincerely expect you to have that type of experience."

Today, Germanese is experienced with the ever changing real estate market, as evident by his plethora of accolades.

An entrepreneur from day one, Amherstburg native Brady Thrasher has a tremendous amount of experience both in real estate and in business.

With his business venture "The Affected Campaign" landing him an appearance on Dragon's Den and The Ellen Show, among other media features and celebrity endorsements, Thrasher's professional expertise is one to be reckoned with.

Following in his mom's footsteps, Thrasher has become one of the most prolific real estate agents in Canada, placing in the Top 30 Under 30 for RE/MAX Canada for three consecutive years, and then making the Top 40 Under 40 for RE/MAX North America. A diamond award and lifetime achievement award holder as well as earning a place in the RE/MAX Hall of Fame, Thrasher is also licensed in Florida where he has an office in Fort Lauderdale.

Proud to be a father of three with his wife, Jessica, Thrasher has built himself a legacy.



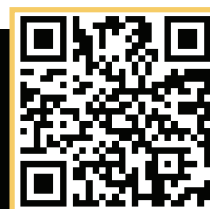
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# WINTER'S SKIN CHECKLIST



By Vanessa Steele  
Medical Aesthetician

## Hello Winter!

As we embrace the transition into a new season, we begin to feel the changes from the colder temperature, the drier air, the change in our skin, and our health as well. There is nothing more satisfying than wanting to maintain the summer-time glow that seems to leave us so quickly with the season changes. As we prepare for the transition, let's take a look at an easy 6 steps to check off this winter's list for your skin.

### 1. LATHER THOSE FAVOURITE LOTIONS

Colder climate means drier skin. Finding your favorite body lotions or skin oils are a fantastic way to keep up with your moisture barrier and protect it as much as possible during the harsh dryness. I always suggest applying your lotions or skin oils right after a shower or bath so it locks in the moisture immediately. Keeping your lotions in key places, such as your bathroom sink, or skin oils even placed right in the shower to remind you to keep consistent daily. While you're at it, having an extra bottle with you in your purse or place of work is a great way to avoid that itchy feeling throughout the day, so lather up!

### 2. EXFOLIATE JUST ENOUGH

Now, when I say exfoliate, do not overdo it. A gentle exfoliation during the week to our body is an excellent way to keep the dry skin, bacteria and dead-skin buildup from forming. Based on each skin type, once a week is a perfect amount, especially

before moisturizing. Finding your go-to could be anything from a loofa sponge, to a dry-brush, or even lathering exfoliants for the shower. Choose what's best for your skin and keep it consistent.

### 3. SKINCARE SWITCH UP

Just as our clothing adjusts with layers, so do our skincare products. The go-to ingredient when layering on your skin is hyaluronic acid. This key ingredient becomes your skin's best friend during these harsher months to avoid skin irritation or flaking. Protecting your skin's moisture barrier by allowing this water molecule to penetrate with any of your other skin care items, will keep your skin feeling that healthy glow all year long. Those that use gel-based lotions during the summer due to oily skin may notice some dryness during the winter. A great option is to switch to a thicker, oil-free lotion to continue to protect the barrier but not clog pores. Those with severely dry skin may opt for skincare, oils, or treat themselves to hydrating masks once or twice a week at night.

### 4. LIPS NEED LOVE TOO

We have all been there trying to lick our lips a thousand times to keep them from that cracked feeling, only to realize we are making it worse until we grab that easy item: lipbalm. There are so many options out there from vaselines, to lipsticks with added moisture, or my favourite for the winter: lip masks before bed. Yes, even our lips enjoy a treatment mask a couple nights a week to stay plump and luscious.





Keep those items stocked and in nearby places, whether a purse, jacket pocket, desk at work, or keeping one available in your car. Lip exfoliators are also an added benefit to prep the lips prior to applying a lip mask or balm to avoid that dead skin when lips feel dry.

#### 5. LOVE FOR YOUR HANDS

While the cold season brings more germs, our hand washing is so important to stay on top of. With that comes the stripping of moisture from our skin. Applying hand lotion as often as you can is so ideal to avoid sensitive, cracking skin from forming. Thicker lotions or ones with added oils are beneficial to lock in moisture. This is another item that is easy to keep on the go with you! Those with sensitive skin, I suggest opting for fragrance free choices to avoid any skin irritation. Don't forget to keep those hands cozy and warm in your favourite winter gloves to protect them even more.

#### 6. SAY YES TO SPF

I am often asked if it is still important to have your sunscreen on during the cloudy winter days. My answer is always YES. Although we feel we are not in the sun as often as summer, the clouds cannot prevent the harmful UV rays from penetrating into our skin when we are exposed outside. Don't want too many skincare steps? Opt for skincare products that have SPF already added to their day cream. A convenient way to keep consistent with your skin protection.

Being prepared with your skin routine, staying on top of a healthy lifestyle with good nutrients and vitamins, while being mindful of any sudden changes with the seasons is a great way to keep you feeling good both inside and out. Those with families, reminding their loved ones to form these healthy habits, or even going through your bathroom and reorganizing a routine is the best way to keep you prepped and ready for any weather! Go ahead and create your winter skin ready check-list with your product favourites, your skin will thank you later.

Stay hydrated, stay warm.  
Happy Holidays



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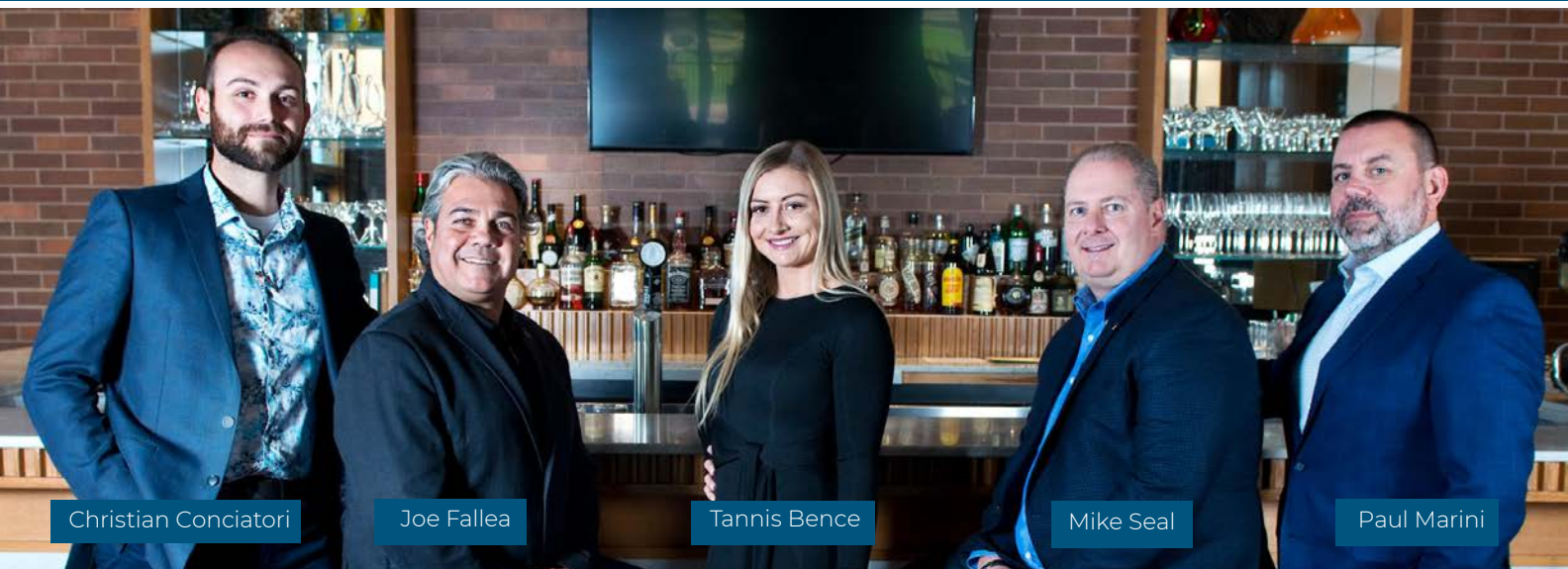
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# Give your body the gift of health

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A close-up photograph of a physiotherapist's hands performing a manual therapy technique on a patient's knee. The patient is lying on a treatment table, and the therapist is using their fingers to apply pressure to the joint. The background is slightly blurred, showing a clinical setting.

# CHOOSE WHERE YOU GO FOR PHYSIO

Story by: Mario Ruggirello

Now in their 23rd year of business in Windsor Essex County and with three locations to serve the community, Pinnacle Physiotherapy continues to strive to be the leader of physiotherapy.

Pinnacle Physiotherapy takes great pride in their knowledgeable team of experienced therapists. The team at Pinnacle is committed to providing individualized treatment, unique to the needs of each patient. "It is never a cookie cutter approach to treatment," says Mario Ruggirello, Registered Kinesiologist and clinic partner. Treatment at Pinnacle is always treated with a fluid approach in mind, meaning that a patient's discomfort or pain may change from one week to the next, this means adapting with different techniques or exercises. Ruggirello points out that this dynamic approach to treatment "is what makes each day unique." Patients are not simply given heat or ice because that's what they needed last time and patients are not put on a machine for pain because they used it the treatment before. More importantly, patients are never given a card with exercises and told to do them at the time of their visit. "That simply does not happen in any of our clinics," says Grant Gagnon, Registered Physiotherapist and clinic partner.

One of the elements that represents the foundation of Pinnacle's philosophy is that the entire team makes patient care their priority. To experience the Hands-on Pinnacle Difference is to experience one-on-one time and care with your primary provider. You won't feel rushed that you are on the clock and need to be out by a certain time. "The highlight of my day is not only helping our patients feel physically better, but being there to listen and talk to them," says Ruggirello.

---

*"It's very much like a family gathering. Our open concept approach allows for patient-to-patient encouragement and a laugh at one of my dad jokes, but mostly it provides a healthy environment to heal."*

---

Mario Ruggirello, R. Kin  
Partner



# FAQ:

## HOW CAN YOU EXPERIENCE THE HANDS-ON PINNACLE DIFFERENCE?

**Q: I got a prescription from my health care provider with the name of a different physiotherapy clinic on it – can I still choose to come to Pinnacle for my treatment?**

A: Absolutely, you can choose any clinic you prefer. Whether it is based on location, convenient clinic hours, or because you had a great prior experience you can choose any clinic you like for your physiotherapy needs.

**Q: I was in a car accident and when I reported it to my insurance, they told me about their preferred provider group. Can I still choose where I go for physiotherapy?**

A: Yes, no one can tell you where you have to go. Often the preferred providers are based on agreements that the insurance companies have made with facilities to provide treatment. Oftentimes, these facilities are national clinics with locations across over Southwestern Ontario. Local clinics are often not chosen to be part of these preferred groups. Your treatment will still be covered if you choose to come to Pinnacle for your post-accident recovery.

**Q: I had my knee/hip replaced. Can I come to Pinnacle for my post-surgical treatment?**

A: Yes! All three Pinnacle locations have a partnership with Windsor-Essex, Chatham, and London Hospitals that fund post surgical knee and hip rehabilitations at no out-of-pocket cost to you, regardless of the clinic named on your prescription. Our team of experienced therapists are up-to-date with post surgical protocols to aid you in recovery.

Experience the Pinnacle Hands-on Difference: always one-on-one care, always under the care of your primary care of your physiotherapist, and where you are more than just a patient, you are part of the Pinnacle family.

## REACH YOUR PINNACLE HEALTH!

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

Reduce the risk of back injury with our

## Snow Shovelling Tips

A common cause of back pain and can worsen a current back issue. Using our simple tips will help alleviate any concern this winter season.



### STRETCH FIRST!

### BUNDLE UP



### DRINK WATER

1. Avoid moving arms excessively
2. Always ensure your back is straight
3. Place your hands appropriately on the shovel to stabilize spine posture
4. Pivot your entire body along the direction of your foot when dumping snow

# THE EXERCISE EFFECT ON MENTAL HEALTH



By Jono Macri

In the world we live in today, most people would rather stare at a screen and scroll than pick up a shoe and walk. We're addicted to the pings, bings, and countless notifications. We invest all this time into technology, but what are the returns? Our health and fitness is suffering, we're not eating properly, mental health cases are on the rise and generally, most people are not very happy.

Exercise is not only for our physical development, it has also been proven to have a positive impact on our mental health and well-being. Let's uncover some of the exciting benefits exercise has on our mental health.

## 1. Helps with Depression

Studies show that exercise can help reduce the symptoms of depression. It provides positive mood effects, and allows our body to produce some feel-good chemicals known as endorphins, which help in enhancing our well-being. The amount of mental energy you give to a situation or event could be better spent exercising and taking care of your body. Put your brain and emotions on mute for an hour, get into a gym, and focus on accomplishing a great workout, and you'll notice you feel lighter and better as a result.



## 2. Exercise Boost Self-Confidence

Some days we just feel and look like we belong under the covers, and that is totally normal and acceptable. But when those some days become most days, we have to do something about it. Sticking to an exercise routine or program keeps us accountable, but when you start seeing the results of hard work, it gets exciting. You love yourself a little more, you notice the difference in how clothes look and feel on you, and it's an incredible feeling. Having those heads turn or random compliments from co-workers or friends means the world, especially when you feel down in the dumps. Developing high self-confidence is a great shield in combatting the negative days or negative thoughts that may come your way.





### 3. Exercise can Boast Better Sleep

For most people, night time is not the right time. We're left lying there thinking of all the problems, issues, deadlines and disappointments of the day. We toss and turn all night and feel exhausted in the morning. The easiest and safest way to get a good night's rest is to exercise. Why? You're too tired to think, your body's needs overrides your brain needs to think and thus you fall asleep faster and deeper, resulting in increased energy in the morning, better mood, recovery and attitude as you start a new day!

### 4. Exercise can be a good source of Social Support

When we're too much in our own head, often times we create realities that aren't necessarily true. We over think, we create false beliefs that don't serve us and we end up digging a deeper hole than we originally had. Being in a positive workout environment with classes, personal training or just a gym with great people and staff can be the difference maker in changing a mood. One mood shift from negative to positive can help save you hours of negative thoughts and feelings.

Understand this, everyone has down days or heartbreaks. It's normal. How long you stay down is completely up to you! Having a game plan to combat those days or situations is not only intelligent but necessary. So, the next time you're feeling upset, don't reach for the remote and ice cream, make the decision to sweat the frustration out by exercising, you'll thank me later.



***DEVELOPING HIGH SELF-CONFIDENCE IS A GREAT SHIELD IN COMBATTING THE NEGATIVE DAYS OR NEGATIVE THOUGHTS THAT MAY COME YOUR WAY.***

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# SIMPLE STRATEGIES FOR A STRONGER IMMUNE SYSTEM

*By Jessie Gurniak*

Your immune system is your body's first line of defense against infection and disease. When it's functioning properly, you're less likely to get sick. But when it's not, you're more susceptible to illness. With the cold and flu season upon us, now is a good time to start thinking about ways to boost your immune system. A strong immune system is your best defense against getting sick. There are a number of things you can do to boost your immune system, including eating a healthy diet, getting enough sleep, and exercising regularly. By taking some simple steps to improve your health, you can help keep yourself healthy all season long.



We all know that vitamins and minerals are essential for good health, but did you know that there are some specific nutrients that can help to boost your immune system? Here are a few of the best supplements to take for a healthy immune system:

**VITAMIN C:** This vitamin is a powerful antioxidant that helps to protect cells from damage. It also helps to stimulate the production of white blood cells, which are vital for fighting infection.

**ZINC:** Zinc is an essential mineral for immunity, as it helps to regulate the activity of many different immune cells. It's also necessary for wound healing, so be sure to get enough zinc if you're recovering from an illness.

**OMEGA-3 FATTY ACIDS:** These healthy fats help to reduce inflammation throughout the body and support the function of the immune system. You can find omega-3s in fish oil supplements or by eating oily fish such as salmon or tuna.

**VITAMIN D:** Vitamin D is important for many aspects of health, including immunity. It helps the body to produce antimicrobial peptides, which destroy harmful bacteria and viruses. You can get vitamin D from exposure to sunlight or from taking a supplement.

**PROBIOTICS:** Probiotics are live microorganisms that offer health benefits when consumed. They can help to restore balance in the gut microbiome, which is important for immunity.

**“A NUTRITIOUS DIET IS ESSENTIAL FOR A STRONG IMMUNE SYSTEM. EATING PLENTY OF FRUITS, VEGETABLES, AND WHOLE GRAINS HELPS YOUR BODY TO FUNCTION AT ITS BEST.”**

There are also a number of foods that contain vitamins and nutrients that can also help boost your immune system, such as garlic, turmeric, green tea, yogurt, and much more! A nutritious diet is essential for a strong immune system. Eating plenty of fruits, vegetables, and whole grains helps your body to function at its best. Avoid processed foods, sugary drinks, and excessive alcohol, as these can all weaken the immune system.

If you have questions or concerns about boosting your immunity, it is always best to speak with a medical professional before making dietary changes or taking supplements. Talk to your doctor for further information on boosting your immune system!







*By Jessie Gurniak*

# INCREASE YOUR ANTIOXIDANT INTAKE



Antioxidants are important for your health. They help to protect your cells from damage and can reduce your risk of chronic diseases. While you can get antioxidants from supplements, it's best to get them from food. This is because food contains other nutrients that work together to promote health. There are many different types of antioxidants, but some are more effective than others.

Increasing your antioxidant intake has been shown to have numerous health benefits. For example, a diet high in antioxidants has been linked to a lower risk of heart disease and stroke. Antioxidants may also help improve cognitive function and may help slow the progression of Alzheimer's disease.

There are many ways to increase your antioxidant intake, but the best way is through diet. While the body produces some antioxidants naturally, we also get them from the food we eat. The best sources of antioxidants are fruits, vegetables, nuts, seeds, and whole grains. Here are some foods that are high in antioxidants:

**Blueberries:** One of the most popular choices for increasing antioxidant intake, blueberries are loaded with antioxidants. A 1-cup serving of blueberries has 9 milligrams of vitamin C and 24 milligrams of flavonoids.

**Kiwi:** This small fruit packs a big antioxidant punch, with 9 milligrams of vitamin C and 16 milligrams of flavonoids per kiwi.

**Dark chocolate:** Chocolate lovers rejoice! Dark chocolate is a good source of antioxidants, with about 12 milligrams of flavonoids per ounce. Just be sure to choose dark chocolate with a cocoa content of 70% or higher.

**Pecans:** Pecans are a good source of phenols, including ellagic acid, which is an effective antioxidant. One ounce of pecans has about 5 milligrams of ellagic acid.



**Brewed green tea:** Green tea is rich in catechins, which are powerful antioxidants. One cup of brewed green tea contains between 200 and 300 milligrams of catechins.

While the body produces some antioxidants naturally, we also get them from the food we eat. The best sources of antioxidants are fruits, vegetables, nuts, seeds, and whole grains, so make sure to load up on antioxidant-rich foods to enjoy all the benefits that come with increased antioxidant intake! Antioxidants are important for maintaining good health, and there are many delicious foods that can help you increase your intake. Incorporate some of these antioxidant-rich foods into your diet to enjoy the health benefits they offer.

In addition to eating more antioxidant-rich foods, you can also take supplements. Before taking any supplements or changing your diet, it is important to speak with a healthcare provider to ensure they are right for you.



## THE NEW STATE-OF-THE-ART WINDSOR SURGICAL CENTRE

A new eye surgical centre has recently opened up in Windsor's east end, introducing the city to more opportunities for cataract surgery and other procedures as well. This state-of-the-art facility has been created by two prominent local doctors, Dr. Fouad Tayfour and Dr. Barry Emara.

This is a unique partnership between Windsor Regional Hospital and Windsor Surgical Centre, a first-of-its-kind in Ontario, which allows the two facilities to work together to provide patients with quicker wait times for their cataract and retina procedures. This partnership provides many benefits. It allows the two facilities to share resources and expertise, which results in better quality care for patients. This partnership is a win-win for both patients and the two organizations involved. It's an example of how working together can improve the delivery of healthcare in our community.

"By having Windsor Surgical Centre complete the hospital cases we were able to increase volumes during the pandemic as opposed to the program be closed for a period of time," says Mark Recine, Chief Operating Officer of Windsor Surgical Centre. "We are fortunate to work with Windsor Regional Hospital to help demonstrate this model can be successful in delivering quality services in an efficient manner and look forward to collaborating with other Health Care Professionals to replicate this model throughout Ontario."



Owners Dr. Barry Emara and Dr. Fouad Tayfour



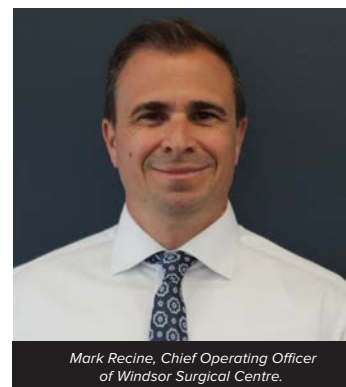
Surgeries have already begun being performed at the new centre, and they held an official grand opening ceremony in October. Dr. Barry Emara, co-owner and lead ophthalmologist, believes that with the procedures that can be done in this facility, it will attract more specialized doctors to the area, expanding the health care in the area all the more.

The eye surgical centre used to be housed in the old Grace Hospital, but then it moved to the basement of what was then called Hôtel-Dieu Grace Hospital in 2004 for what was supposed to be a temporary location. When the pandemic hit in 2020 they were faced with the challenge of being shut down for 3 months, which meant that the slow reopening left them with a backlog of procedures. They reached out to the hospitals to see what could be done, and an agreement was reached to take 1000 procedures and move them from the hospital to the surgical facility that Dr. Emara and Dr. Tayfour have on Walker Road. In January 2021, they began performing out of this facility with only one operating room, eventually taking over all remaining cases that the hospital had. They worked out of this location until July 2022, and then they opened the new facility complete with 4 operating rooms.

This surgical centre will be able to treat a wide variety of conditions, from cataracts and vitreoretinal surgery, to minimally invasive joint operations. It also features the latest technology and equipment available, ensuring that patients receive the highest quality care possible. Plus, the centre is staffed by experienced and knowledgeable doctors who are experts in their field. This means that patients can feel confident that they are receiving the best possible care.

“The reason why this is such a huge win for the region and the hospital is that we can take cataract surgeries and some vitreoretinal surgeries and take them out of the hospital, which frees up operating rooms in the hospital to save them for more complicated procedures,” says Dr. Emara. “We have more operating room time for ophthalmology to attract the best and brightest eye surgeons to our region. We currently only have 5 in the region and we could use 10-15 to serve this population.”

In 1991 Dr. Tayfour became the first surgeon in Canada to perform cataract surgery under topical anesthesia and the same year he introduced clear corneal incision cataract surgery to Canada. He was also the first ophthalmologist to bring retina surgery to Windsor. Meanwhile, Dr. Emara is a talented eye surgeon with 20+ years of experience in the field. He has performed thousands of cataract surgeries as well as Lasik procedures, and held the title of Chief of the Department of Ophthalmology at Hôtel-Dieu Grace Hospital from 2004 to 2011. He was also the lead ophthalmologist for vision care strategy at Erie St. Clair LHIN.



Mark Recine, Chief Operating Officer of Windsor Surgical Centre.



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