

YOUR LOCAL HEALTH, FITNESS & WELLNESS MAGAZINE

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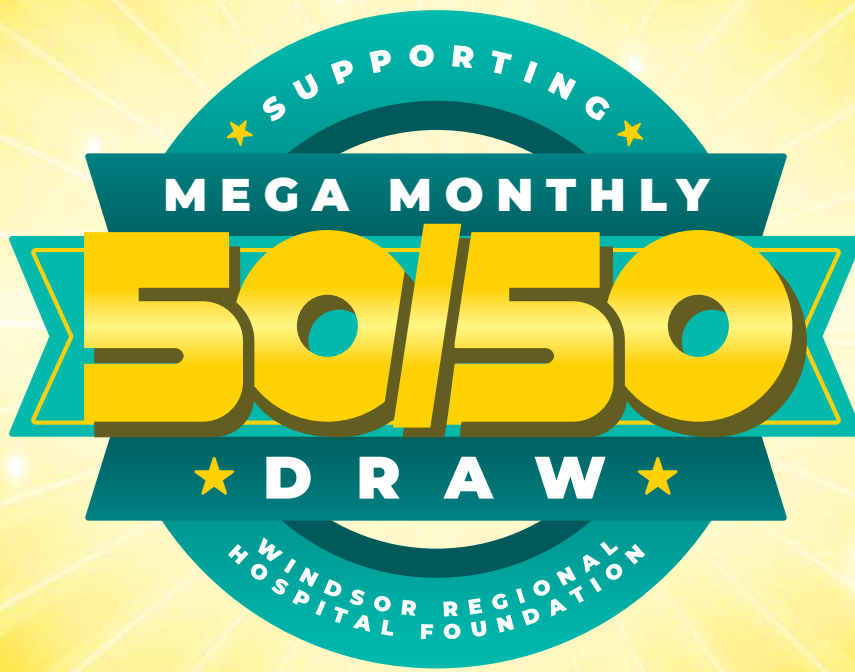
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Wishing you had your old smile back? Then look no further! Bardgett Smile Center, located at 600 Tecumseh Rd. E. in Windsor, will not only give you back your smile but your confidence as well. Awarded the #1 Denture Clinic in Windsor, they have everything you need for your one-stop dental needs with their state-of-the-art technology and unique partnership with 600 Tecumseh Dental. With several dental providers providing many procedures under one roof, the patients truly win when they come to Bardgett Smile Center.

We sat down with Founder, Denturist and Dental Technician Thomas Bardgett (DD, RDT) of Bardgett Denture and Dr. Jaz Takhar (B.Sc. Hons, D.D.S.), owner of 600 Tecumseh Dental, to learn more about Bardgett Smile Center and what makes their facility so distinctive.



From L to R: Anilia, Luiza, Paula, Monica & Hala

Q. What makes the Bardgett Smile Center stand out from other denture and dental offices?

Tom Bardgett: The Bardgett Smile Center is such a unique place. Not only in Windsor but in all of Ontario as there is no other facility like this. We focus on denture and dental implant treatment and can do so all under one roof. We are able to take my 40 plus years of experience as a denturist and dental technician and combine it with on-site dentistry through 600 Tecumseh Dental to ensure patients have access to all of the services they need to optimize their oral health.

To deliver the best dental care possible, I had to ensure we had multiple providers with multidisciplinary skill sets working together, and I feel that we have assembled a phenomenal team that accomplishes this goal.

We have had the privilege to work with Charles Lim (DD) for the past 10 years. He is a skilled denturist and is very experienced in offering complete dentures, immediate and partial dentures, as well as implant denture options. Charles has an incredible eye for detail and will ensure the aesthetics match a patient's facial characteristics to have a natural-looking smile.

We have an in-house lab with talented assistants and technicians that allows us to complete same-day denture repairs, faster turnaround time and, ultimately, a more hands-on approach for all of our cases. This allows Charles and I to be involved in each step of the process, with great attention to detail without sacrificing efficiency for our patients.

Through our partnership with Dr. Takhar and Dr. Sherghin, owners of 600 Tecumseh Dental, we are able to offer our patients consultations for oral health assessment and all of the services provided by a general family dental office in addition to sedation and implant dentistry.

Dr. Takhar, originally from Windsor, graduated with distinction from the University of Western Ontario and received additional training in implant and sedation dentistry at the Ohio State University. He is extremely passionate about the procedures he performs and the care that he delivers to his patients.

We are fortunate to have Dr. Byron Larsen as a member of our team as well. He is an experienced clinician with 20 years of experience who has received advanced education in full mouth rehabilitation. In addition, he has postdoctoral master's degrees in orofacial pain and oral medicine from the University of Southern California and a fellowship in implantology. He was also the official team dentist of the Arizona Coyotes of the NHL, Arizona Cardinals of the NFL and the Arizona Diamondbacks of MLB — how cool is that?

Combining these very capable dental providers with our outstanding team of office managers, front desk staff, assistants, lab technicians, and hygienists allows us to educate our patients and deliver an unmatched experience from start to finish. This is what I feel truly makes Bardgett Smile Center a one-of-a-kind treatment facility.

Dr. Takhar: We are privileged to partner with Tom Bardgett and be a part of his vision of one-stop dental care. As dentists, having access to experienced denturists such as Tom and Charles, who are well versed in denture-implant solutions combined with an on-site laboratory, is truly priceless. After a thorough consultation, we can offer our patients a variety of teeth replacement options, all without them having to leave our office. Whether it is removable implant dentures or permanently fixed solutions, having this experience down the hall allows us to collaborate and develop patient-specific treatment options based on the patient's needs and goals.



From L to R: Linah, Katelyn, Melissa, Vivian, Angie & Komal

In addition to this, 600 Tecumseh Dental is a full-service family dental clinic offering our patients everything from hygiene, restorative, crowns, veneers, zoom whitening, dental implant, wisdom teeth removal and sedation dentistry. We are always accepting new patients and offer same-day treatment for dental emergencies.

Q. From dentures to dental, now an all-in-one centre, what inspired this decision?

Tom Bardgett: Honestly, it was putting myself in our patients' shoes and realizing how inconvenient the whole process was for them. They would have to go to another dental office to have dental surgeries, such as extractions or implants completed under sedation, and then would have to wake up and leave to come over to my office. They would arrive still groggy from having sedation and would need someone to drive them to me. I felt that this was an unpleasant experience for patients and knew there had to be a way to improve it.

So, when I was ready to expand just over five years ago, I decided that I would build an office that would allow me to partner with a dental clinic and design a one-of-a-kind facility that would provide the ultimate patient experience. I started with a beautifully laid out 5,000 sq. foot (450 sq. metre) facility that incorporates a full lab, eight operatories in individual wings, a large surgical suite, recovery room, consultation room, state of the art sterilization center, two separate entrances and a waiting room with ample space.

Now, when we perform implant and denture treatment, as soon as the surgical procedure is done, the patient can stay in the same room, and either Charles or I can come in and deliver their new teeth, all without them having to move!

Q. You mentioned you offer sedation dentistry earlier. What are the benefits of it?

Dr. Takhar: Our entire team has a passion for providing our patients with a stress-free dental experience. We understand that for many people, past negative dental experiences have led to anxiety or even a "dental-phobia" when visiting the dentist. This can prevent patients from receiving the necessary routine dental care, which can compromise their oral health.

Sedation dentistry is used to provide a relaxing and anxiety-free dental experience for our patients. We offer different forms of conscious sedation that include nitrous oxide, also known as laughing gas, oral sedation, and IV sedation. After a detailed consultation addressing a patient's specific concerns, we can determine the best form of sedation for them. Whether it is a single filling or having wisdom teeth removed, we ensure the comfort of our patients.

Sedation is not the only way we make sure our patients are relaxed during their visit.

We offer a comfort menu where you can pick your favourite show to watch on Netflix, a pillow and a weighted blanket, to name a few of the offerings. We take having an anxiety-free environment very seriously.

Q. What is the latest technology you've introduced here at Bardgett Smile Center?

Tom Bardgett: Recently, we started implementing digital technology to ensure our patients receive state-of-the-art care as new technologies become available. We started with a digital scanner and a 3D printer to gear towards going digital, which we feel is the very near future of denturism. Combining the traditional analog approach with the digital gives patients the best of both worlds.

“We started implementing digital technology to ensure our patients receive state-of-the-art care as new technologies become available”.

Dr. Takhar: In addition to the digital scanner and 3D printer, we added a 3D Cone Beam Computed Tomography (CBCT) machine to our facility. Compared to traditional two-dimensional pictures, we can use this new technology to construct an extremely accurate three-dimensional image of a patient's teeth and jaws. This allows us to better diagnose and treatment-plan dental implants, wisdom teeth removal and assess cracked teeth — just to name a few of its uses. Combining the digital scanner, 3D CBCT and the 3D printer, we virtually plan all our cases, thus improving the safety, efficiency and quality of care we provide to our patients. The future is here!

Q. Can you walk us through the process of a patient getting new teeth?

Tom Bardgett: First, we make sure they have had a recent oral health assessment from their dental provider and then collaborate to come up with the best denture solution for a patient. Once we have a plan in place, we encourage patients to bring pictures of themselves from when they got married or images of someone in a magazine whose smile they love. And we'll tell them yes, we can try and duplicate that smile for you. Next, we design the custom dentures they will wear, and the patient can see what they will look like with their new teeth. We can even show them how their teeth will come together and how they will bite. When they see it, they usually say,

“Wow, that's it. I want it just like that.” Or they may say, “Can you move this little tooth here and move that?” or “I always look at my picture of me when I was younger, and I had a tooth that was a little like this.” In the final stage, the patient comes in to get their new smile, and we make sure everything fits and functions correctly before they leave. We then follow up with aftercare.

Q. What else would you like people to know about the Bardgett Smile Center?

Tom Bardgett: One of our main goals is to educate patients and provide potential treatment solutions that will allow patients to not only improve their smile but also their health, confidence, and quality of life. We take a lot of pride in offering patient-focused treatment that aligns with their goals. We always go above and beyond to ensure everyone who comes to the Bardgett Smile Center has the best care and experience possible from the moment they enter the door. When you receive treatment with us, you become a member of our family. This is why our patients voted for us as the number one denture clinic in Windsor.

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A woman in a pink shirt and blue leggings is running on a treadmill in the foreground, smiling and wearing white earbuds. Her hair is in a ponytail and is blowing in the wind. In the background, a man in a white and blue shirt is also running on a treadmill, wearing glasses and earbuds. The gym has large windows in the background.

IT'S TIME TO GET BACK TO YOUR FITNESS ROUTINE

Have you given up on working out over the past year? Don't worry; you're not alone. Thanks to COVID-19, many have admitted to taking an extended break from exercising. Gyms were closed, we had stay-at-home orders, and people transitioned to working from home and increased family responsibilities.

Many reported heightened stress levels and negative feelings of isolation due to social distancing and the pandemic, causing people's mental health to plummet. It's no wonder many people have put their exercise routines on the back burner.

You may be thinking about trying to get back into your old routine. But, if you're not sure where to start, here are some mindful tips and tricks to help you get back into the rhythm.

Easing Safely Back Into Your Workout Routine

Don't expect to be able to jump back into doing everything you used to immediately. If you've spent several months exercising less, or not at all, your body will not be used to that kind of movement anymore. Therefore, it's important to manage your expectations and gradually work back up to your prior workout intensity. Try beginning at 50 percent of where you were before, then gradually increase each week. Spend some time rebuilding the basics with cardio, mobility work and compound movements. These guidelines will help you to avoid injuries and frustration from doing too much too soon.

If you find you need to start even more gradually, starting with something easy can be beneficial. For example, try following the "five-minute rule" — committing to just five minutes. More often than not, once you're up and moving, you will feel better and want to continue. If not, then you can be done for the day.

Rebuilding Those Healthy Habits

It's important for you to prioritize your rest and recovery. The last thing you want is to risk an injury that will delay reviving your post-lockdown routine even further.



First, focus on your sleep. Getting enough sleep is essential for your body to grow stronger from your training. You'll want to aim for 8-9 hours of quality sleep as you increase your workout. Keeping a regular sleep schedule can also improve your health and quality of life.



Next, your diet. Eating a well-balanced diet will provide the fuel you need for getting back into shape. It's time to ditch the fried and fatty foods we've let ourselves enjoy a bit too much this past year and eat more lean proteins, fibre, healthy fats and plenty of fruits and vegetables. Also, don't forget plenty of hydration. Before your workout, be sure to fuel up on the right balance of healthy carbohydrates and protein.



If all else fails, find yourself a workout buddy where you can hold each other accountable. A study published in 2009 in the *European Journal of Social Psychology* found it takes 18 days to eight months to form a habit. So, keep this in mind as you get back into things. Trying to keep up with your post-pandemic routine may be difficult at first, but as long as you keep at it, you will discover how quickly it becomes easier to manage and, eventually, part of your permanent lifestyle again.

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Finding Your Inner Peace

Story by: Alyssa Leonard Photos by: Sierra Parr



Yoga with Carly Owner Carly Deslippe is a dedicated yoga student and teacher located in Windsor, Ont. She loves being out in nature, spending time with her husband and going for walks with their rescue dog, Phoebe. Carly currently teaches yoga at Movati Athletic Windsor on Division Road. She is also a reiki healer and reflexologist. In addition, she offers private yoga classes, which are available to book through her website: www.carlydeslippe.com.

After being named the 2021 platinum winner for Yoga and Meditation by Community Votes Windsor, we sat down with Carly to learn about her yoga journey and how it felt to be voted number one by her community.

How did your yoga journey begin?

My journey began around ten years ago while I was an undergraduate at the University of Waterloo. Like most people in North America, I started going for exercise to help alleviate chronic back pain that I had been experiencing for years. Each time I finished a session, my back and body felt so much better, but I was more intrigued by the subtle changes I started to notice in my mind and heart. I felt like I was walking on a cloud of pure joy and love. After a few years, I knew I needed to dive deeper into this practice.

After university, I travelled to India to meet my teacher, Yogi Sivadas, at the Kailash Tribal School of Yoga and Holistic Healing in the Himalayas. I wanted to go to the source and learn yoga in a way that honours its Indian origins. It's hard to put into words how transformative this experience was. I owe so much to my teacher in India for helping me understand these ancient teachings and granting me the privilege to share them with others. My goal is to continue the tradition of passing this ancient knowledge from teacher to student to help others on their path towards well-being and peace. I've been teaching for approximately seven years now. I've been fortunate enough to continue studying with many more great teachers since my time in India.

"Finding peace within yourself allows you to be at peace with others." - Carly Lynn Deslippe



From part-time to full-time yoga teacher, what made you decide to take the leap?

I always thought being a yoga teacher would be a side job, and, for a time, it was. However, after a few years, I realized that connecting with others through yoga was my true passion and decided to leave my full-time job behind. I can say with utmost certainty that I've never regretted it for a second. Every day I wake up excited to go to work. I love that I can provide a safe space for people to release stress from their life and invite in gratitude and love. I try to make my classes accessible to all (thanks to my yoga training with local yoga teacher Dianne Bondy) and in a way that incorporates all limbs of yoga, not just asana (postures/poses). Now, more than ever, people are under so much stress. So, if they can let go of some of that for just one hour, I feel it is making a positive impact.

How did you feel when Community Votes Windsor named Yoga with Carly as the 2021 platinum winner for Yoga and Meditation?

I was shocked and honoured. There are so many wonderful yoga teachers in our city that I look up to, so to see my name next to theirs and some of these popular studios was a really great feeling. Teaching yoga is an honour and privilege that I don't take lightly. It is really important to me that people feel welcomed and empowered every time they come to one of my yoga classes.

What's next for Carly Deslippe?

My husband and I are in the process of building an eco-yoga retreat centre in Costa Rica! Nature appreciation is a big part of my life and something I try to share with others. We are facing a major climate crisis. I believe if people took more time to appreciate nature and understand how we are all connected, they would have more of a desire to protect our environment. If you or someone you know may be interested in wellness retreats, please follow my Instagram @yoginishanti for updates and further details on our up-and-coming retreat centre.

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The Team at Pinnacle Physiotherapy is committed to ensuring that individualized patient care is our top priority. Offering numerous services, Pinnacle Physiotherapy is able to customize a treatment plan to suit your individual needs. This isn't a "one-size-fits-all" approach to physiotherapy. Instead, the Team at Pinnacle performs an assessment on each and every person that walks through the door at any of their three locations. This assessment is the basis for developing a plan that is tailored to suit your own personal needs. And considering that things may change from day to day, their experienced Team of therapists is poised to respond to those changes with your treatment.

What you may not know is that Pinnacle Physiotherapy actually began in 1991, focusing on ergonomics and injury prevention in the automotive industry. What founding partner Ritch Coughlin found is that there was a need for first-rate physiotherapy services in Windsor-Essex County. In response to this need, he launched Pinnacle Physiotherapy in 1999. The goal of the team of therapists at Pinnacle was and still is to help patients return to their previous activity levels for work and athletics. Ritch was later joined by partners Grant Gagnon, Registered Physiotherapist, and Mario Ruggirello, Registered Kinesiologist. Since that time, Pinnacle has added locations in both LaSalle and Lakeshore to better serve the local community.

Appointments are scheduled based on your unique needs to ensure ample time for quality treatment and also to ensure that you do not feel rushed. Regardless of whether you have extended health benefits, are receiving WSIB benefits, were involved in a motor vehicle accident, or have no coverage at all, you can rest assured that you will receive the same top-notch care. Because Pinnacle

Physiotherapy is not an OHIP clinic, they offer reduced rates for the uninsured. Ruggirello notes that while you do not require a doctor's note to begin physiotherapy treatment, your extended health benefits may require one under the terms of your coverage. What's more, it is your choice where you go for treatment, regardless of the clinic named on your doctor's referral.

Pinnacle Physiotherapy is proud to announce its collaboration with Windsor, Leamington, Chatham and London hospitals to bring patients a hospital-funded program. What this means is that if you undergo a hip or knee replacement at an affiliated hospital, you are eligible for post-operative treatment at any of our locations with no out-of-pocket cost to you.

Something that patients may want to consider, highlights Ruggirello, is that, "We also offer pre-operative treatment for those scheduled for surgery. Going into surgery the strongest you can possibly be is known to greatly enhance surgical outcomes. Some local physicians go so far as to prescribe this pre-surgical treatment, while other

TEAM MEMBERS

Grant
Gagnon, RPT
Registered
Physiotherapist

Mitchell
Van Teeling, RPT
Registered
Physiotherapist

Zikra
Nilam, BHK
Physiotherapy
Assistant

Jessica
Firman, RPT
Registered
Physiotherapist

Megan
Byrne, RPT
Registered
Physiotherapist

Devon
Younan, RPT
Registered
Physiotherapist

Cristina
Morasset, RPT
Registered
Physiotherapist



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individuals may make the decision for themselves. This is definitely an area in which we are well-versed and able to offer our assistance.”

As for the most common injuries they see at the clinic, Ruggirello says it's based on the season. Through the winter, they often see back injuries from sports such as hockey or weekend ski trips or even from shovelling during the snowy months. In the summer, they treat many ankle, knee, and back injuries that come with the opportunity to be more active outdoors. In the 50+ population, it's primarily hips and knees. Since the beginning of the COVID-19 pandemic, Ruggirello says they've seen a significant increase in posture-related injuries from people working at home at desks or tables that are not set up ergonomically.

“Here at Pinnacle, everyone is treated like family. That's the Pinnacle difference,” says Mario Ruggirello. “I like to think of us like the *Cheers* of physiotherapy, where ‘everybody knows your name.’”

If you have ever walked through the doors of any of the Pinnacle Physiotherapy locations, you have likely heard the sounds of jovial conversation and laughter. What Pinnacle isn't is a sombre, quiet medical clinic. Instead, that social element carries into the treatment area, which results in a positive, upbeat atmosphere. Ruggirello notes that, “Laughter is always the best medicine. It helps patients who are putting in the hard work towards recovery to have something to which they can look forward. At Pinnacle, we recognize that we are treating a whole person, not just an injury.”

In response to the pandemic, Pinnacle Physiotherapy has adjusted its physical layout to ensure the health and safety of both its team and anyone who enters the clinic.

The clinics are now converted into individual zones with equipment in each zone for the exclusive use of the patient. The team brings thoroughly sanitized weights and any other required equipment to the patient to ensure that they remain safely within the zone. Pinnacle has also invested in virtual treatment software to assist patients who prefer to remain in the comfort of their own homes while still reaping the benefits of physiotherapy treatment.



Experience the Pinnacle hands-on difference today! With three locations around Windsor-Essex, Pinnacle is ready to help the community stay active and healthy.

Visit www.pinnaclephysiotherapy.com to find a clinic near you and book your appointment.



Jennifer
Chimienti
Administrator

Laura
Foot, PTA
Physiotherapy
Assistant, Office Manager

Mario
Ruggirello, R. Kin
Registered
Kinesiologist

“I would like to acknowledge and thank the frontline workers for all of their dedication and hard work during the last year and a half. I know that it is not easy being behind a mask and shield all day long, and I commend you for your commitment to keeping us all safe and healthy. I would also like to thank our community for their support throughout the pandemic. We had to make adjustments to the way we deliver our services, and we greatly appreciate everyone's patience and support.” - Mario Ruggirello

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LaSalle 5935 Malden Rd. (Sprucewood Ave.) 519.250.1106
Lakeshore 1303 County Rd. 22 (Renaud Line) 226.363.0663

pinnaclephysiotherapy.com





*By Vanessa Steele
Manager & Medical Aesthetician
at Image Clinic*

Let the change begin...

Fall is truly one of my favourite seasons of the year. While everything around us begins to prepare for this change of season, our skin is also ready to prepare for a new regime and product choices. This article will guide you with some of my own personal recommendations that I educate my clients with on a day-to-day basis at Image Clinic located in South Windsor while transitioning into our next season. The most rewarding part of my work is guiding clients of all skin types and concerns with their own customized regime from treatments to maintenance and even at-home care.

First and foremost - hydration. There is nothing more important while taking care of your skin during the summer to fall transition than keeping the moisture barrier hydrated. As each skin type is, of course, different for each individual, it is good to know the level of hydration required for your own skin's needs. When the heaters begin to turn on and the sudden cool autumn breeze hits our skin, one of my go-to products that helps my skin feel nourished during the dry, indoors months is Vivier's Lexxel Lotion. Its thicker consistency and oil-free formula allows all skin types to stay hydrated and protect against chapped, rough texture.



Some may want to add even more of a boost of hydration. If you feel your day or night cream is not always enough, try adding a hyaluronic acid gel-based formula first before your cream of choice. While the skin on our face requires that need of protection, so does the skin on our bodies. Adding thicker body lotions or oil-based formulas (such as almond or coconut oils) are great ways to keep our skin looking and feeling healthy through the colder and dryer effects of the seasons to come.

Next step — exfoliate less. Yes, our faces need some exfoliation as part of our regimen with a gentle scrub or a loofa sponge for our bodies while showering. However, just trying not to over-exfoliate is key to protecting our skin's barrier while less humidity is in the air to keep it naturally moist and soothed. Even while using products such as retinoids, I most often suggest the same. An essential item I recommend at Image Clinic for all skin types wanting to continue refining pores and softening fine lines is Vivier's 1% Retinol Night Complex. It's an excellent anti-ageing product through the fall and winter months, and you only need to use it 2-3 nights a week at most (during warmer months, you may train the skin for daily use). Vivier's formula balances the active refining ingredients with its shea butter soothing properties and time-released formula, so you may still maintain flawless skin without overdoing it. There are many ways to continue to allow your skin to slough off any dead skin cell build-up while not feeling dried out. Discovering that perfect balance during the fall/winter is ideal.

With less sunshine in our days to feel a healthy glow, opt for a Vitamin C serum. The easiest, most satisfying step in my own regime is my Radiance Serum by Vivier. Two to three droplets a day make such an impact on my and many clients' skin with its purest form of L-ascorbic acid that penetrates deeply to nourish, brighten and soften the signs of ageing. While you are at it, why not treat your neck, décolleté and add some droplets to the back of your hands. I continue to guide many with the best-customized treatment options and skincare items for post-summer pigmentation (a popular concern) as the fall and winter months are truly the best time to rid those sunspots and brighten the overall complexion.

Another area to ensure gets more self-care - our lips. The most requested treatment is how to keep the lips looking more youthful and hydrated while trying to soften the lines around the mouth. Aside from enjoying our favourite lip balms and glosses, it is great to know options for treatments are available. For example, companies such as Juvederm, known for their highest-quality dermal fillers, have designed a product meant entirely just to add a boost of hydration and only a subtle bit of volume to the lips as the product itself is very thin.



This is an excellent choice of pure hyaluronic acid (one of my own personal favourites) for the fall/winter months to avoid chapped, dry-looking lips. Women of any age who contemplate dermal fillers to rejuvenate their lips are always satisfied with this product as it is such a natural-looking finish. Who does not want to look as if they have hydrated, rejuvenated lips all of the time? Sign me up! Another great treat for your lips is finding a favourite lip mask for night-time to maintain the hydration our lips need while sleeping. Your lips will thank you in the morning!

Lastly, never stop wearing your SPF. As the weather transitions, it is still an important part of your skin routine all year round. From the drives in our cars to our walks outside, we still are exposed to UV rays. After spending so much time on treatments or skincare routines at home, make sure you protect your skin from any harsh damage later. It is our small habits that can make such a big difference!

I hope reading this, you have picked up a skincare tip or two or are excited to try new products to add to your skin regime. After the journey we have all been on through this last year, I cannot express enough how important it is to maintain our mental health and well-being with a little self-love and care. It is always a pleasure to share my own personal favourites, and I hope you continue to take care of the skin you are in, one season at a time.

Big virtual hugs & self-care,

Vanessa Steele



DID YOU KNOW THAT ONLY 4% OF FINANCIAL ADVISORS REVIEW THEIR CLIENTS' TAX RETURNS?

I found it shocking. Yet, it is very common.

I have been a Financial Advisor for 18 years. I know investments and how to limit the taxes you pay. Each year as we prepare over 700 tax returns. We ensure clients are using all tax advantages available to them and suggest additional plans to effectively reduce tax now and when they pass away.

I have been scratching my head wondering why people in their 70s and 80s have so much money in their Registered Retirement Income Funds (RRIFs)? It doesn't make sense to me.

CASE STUDY:

A client brought her parents in to see me a few months ago to review their portfolio currently with a major bank. The parents were looking for a 2nd opinion on their investments and how to reduce taxes now and in the future. They mentioned the new bank advisor was leaving after less than a year (who was the fourth advisor in the past three years) and found service challenging.

I reviewed their tax returns and different sources of income, realizing the wife was only withdrawing \$8000 per year out

of her RRIF but could be withdrawing up to \$24,000 without reaching the next tax bracket.

We discussed how she could better use her money and ultimately decided to increase her withdrawal, placing the additional funds in her Tax-Free Savings Account for tax-free growth and future income.

I reviewed their portfolio, providing her with some suggestions to help with more predictable returns, and they decided to move their funds to me to manage.

Both husband and wife were appreciative to learn how easy it was to be more efficient with their current funds.

They were shocked to learn how much tax the government collects upon the death of the last spouse when leaving registered assets (e.g. RRSPs, RRIFs) to loved ones. Did you know it could be as high as 53.53% of the RRSP balance if you live in Ontario?

We have an appointment to discuss how to reduce taxes owing on their estate to maximize gifts to their loved ones. If your advisor hasn't reviewed your tax return to help make suggestions with your financial plan, then call our office to book an appointment for a no-obligation second opinion of your current financial situation.

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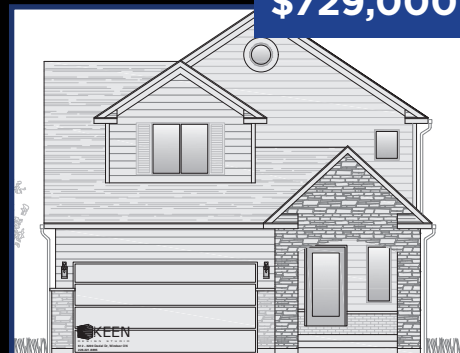
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Shaping Your Child's Eating Habits

As a parent or guardian, you play an important role in teaching your child about the importance of healthy eating and shaping your child's eating habits and behaviours. Good nutrition and a balanced diet are essential for a child's health, development and even academic performance. According to the Canadian Pediatric Society, many observational studies have shown a link between low overall diet quality and poor academic performance. Since children spend a large portion of their day in school, it's important to ensure they receive the nutrition they need to keep them going all day long.

As we've all been told, breakfast is the most important meal of the day. When children eat breakfast every day, it increases their mental capacity and improves their mood, behaviour and memory. It also gives them the fuel they need to stay alert, learn and participate in school. Therefore, it's vital that children eat a nutritious breakfast at home each morning.

Breakfast should include all three groups from Canada's updated food guide: vegetables and fruits, whole grains, and protein. Here are some breakfast ideas:

- **A bowl of whole grain cereal with milk and fresh berries or banana slices**
- **An egg, whole grain toast and an orange or apple**
- **Yogurt with fresh fruit and low-sugar granola**

Tip: If your mornings are hectic, try planning breakfast the night before and preparing ahead what you can. Include your children in the process by teaching them about healthy food choices and having them contribute ideas.

When children are at school, it can be challenging to ensure they're eating healthy. The best way to combat this is to pack healthy options in their lunch. It should include food and snacks that provide them with the energy they need throughout the day, as well as a refillable water bottle to keep them hydrated. Some lunch ideas could be:

- **Hard boiled eggs, cubes of cheese, whole grain crackers, berries and sliced vegetables**
- **Turkey, cheddar and lettuce wrapped in whole grain tortillas, yogurt, orange slices and trail mix**
- **Hummus, pita bread, granola bar, an apple and baby carrots**

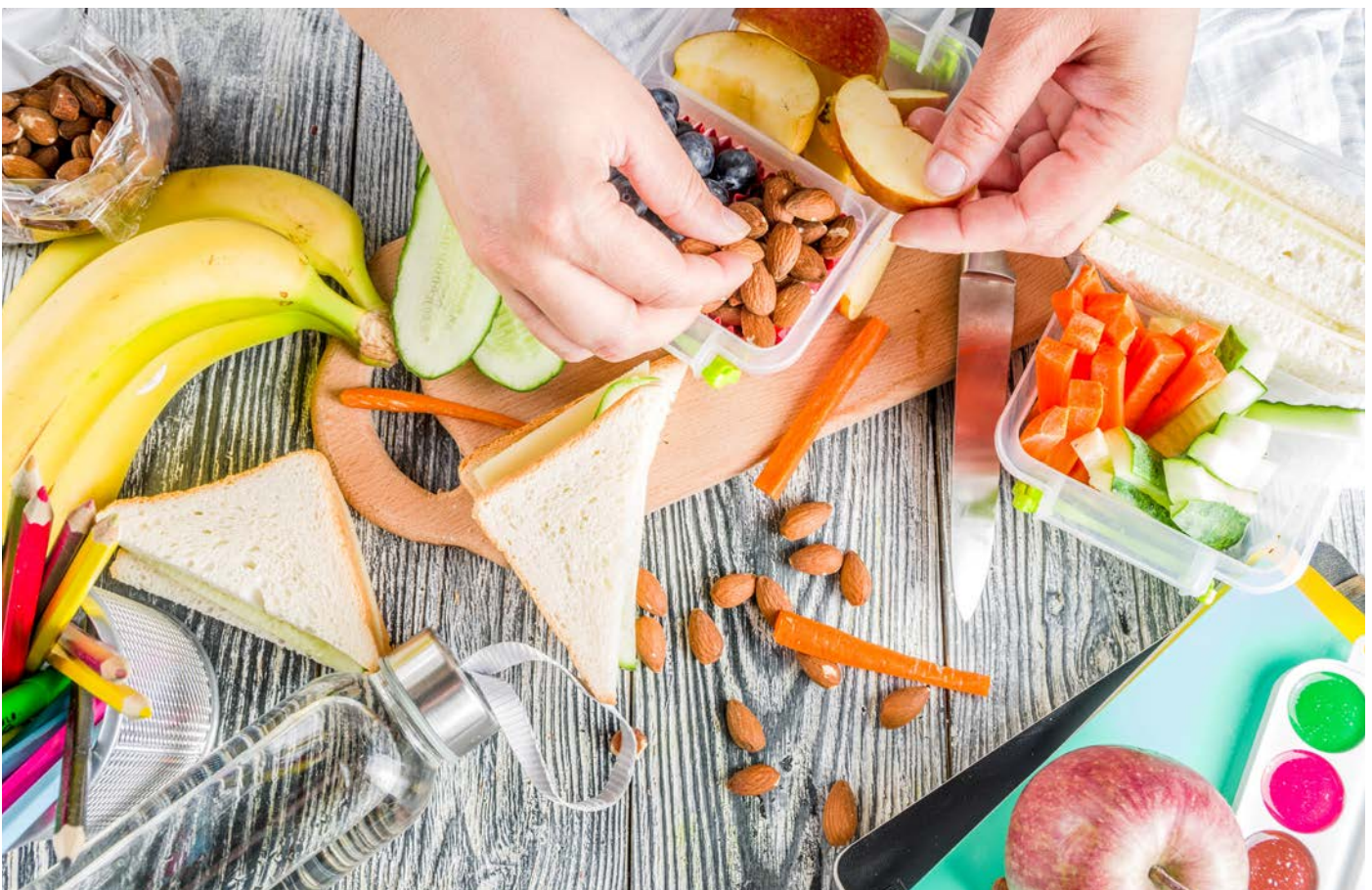
Tip: Over the weekend, plan school lunches for the week with your children to save time. Get their input on foods they like to help reduce wasted food and let them help you prepare their lunch the night before. Also, leftovers from last night's dinner can be a great option if you need to put a lunch together quickly.

Between different work schedules, appointments, and afterschool activities, dinner time can be a challenge. However, research shows that family-style meals not only improve a child's long-term mental health and

wellbeing — they improve their eating habits as well. For example, a 2018 study carried out by researchers at the University of Guelph shows that families who eat together have better dietary habits, such as eating more fruits and vegetables and less junk food or takeout. Therefore, if you can, families should try to schedule as much as they can around mealtimes.

Tip: The Canada Food Guide recommends dividing your plate as follows: half fruits and veggies, one-quarter protein and one-quarter whole grains. Again, meal planning on the weekend can help you save time during your already busy weekday schedules and reduce the likelihood of picking up fast food on your way home.

Your choice and preparation of food will shape your family's attitude, skills and eating behaviours. Involving your children in planning and preparing meals will teach them essential food skills and help them develop a healthy eating pattern that will follow them throughout their lifetime. Children will also learn other important life skills by helping, such as cooking, grocery shopping, organizing and budgeting. In addition, it can provide priceless moments for you to teach them about their culture and family traditions. It may even encourage picky eaters to try foods they helped prepare.





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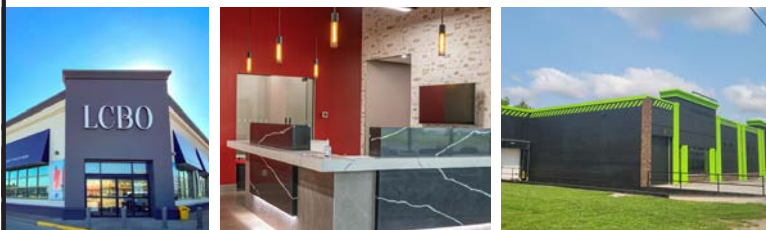
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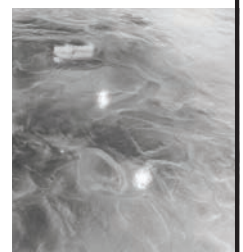
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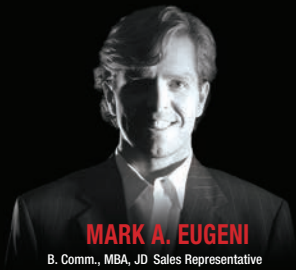
It was no wonder why Tina came so highly recommended four years ago when we were looking for our first home. From our initial meeting, she took the time to get to know us, trying to understand our needs and requests, and put in a great effort to achieve our goal of securing a wonderful home in LaSalle. During the entire process, she guided us through the stressful real estate market, addressing many questions and concerns, while making us feel relaxed and at ease. About four years later, when our family grew and we were ready to take the leap towards acquiring our new home, we knew that Tina would be the person that would have our best interests at heart and work tirelessly to get us the best deal possible in order to have a smooth transition to our dream home.

Tina's incredible knowledge and professionalism have consistently guided us through to excellent outcomes. You can always trust her opinion, both big and small, bringing peace of mind in any real estate transaction. She is always very responsive to any questions or concerns and is tremendously flexible to our specific needs and schedules. It is evident that Tina truly loves and enjoys her profession and works tirelessly to get the best deal for her clients.

Michael and Elena



TINA PICKLE
Sales Representative



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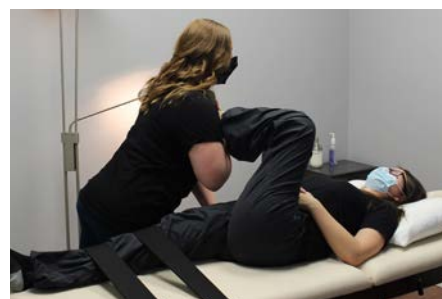
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From L to R: Taylor Fitzgerald, Lisa Eugeni and Nicole Goetheyn



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ASK THE EXPERT

THE INS AND OUTS OF DENTAL IMPLANTS WITH DR. GENNARO COSCARELLA, COSCARELLA FAMILY DENTAL & ASSOCIATES

Do you have missing teeth or teeth that need to be removed? Your first thought may be bridges or dentures, but there is another option — dental implants.

Dental implants offer many advantages that other tooth replacement options just can't. Windsor Body sat down with local dentist Dr. Gennaro Coscarella to discuss this innovative option and the benefits they have to offer.

WB: What are dental implants?

Dr. Coscarella: Dental implants are artificial tooth roots. It's a surgical fixture made of titanium metal that is placed into the jawbone and acts as a replacement for the root of a missing tooth. An artificial tooth, or crown, is then attached to the implant.

There are three dental implant stages that patients will go through when receiving implants. First, they have their pre-surgical appointments to develop a dental plan. Next is the surgery itself, which takes place in three stages: implant placement, attaching the abutment (the metal connector that screws into the implant to hold the crown securely), and then fitting the crown. Lastly, there's the recovery period and essential follow-up appointments.

WB: Why might people need them?

Dr. Coscarella: Dental implants are used to replace a missing tooth, multiple teeth or all of them. In addition to their many aesthetic benefits, they play an important role in the overall function of the mouth.

For example, they support a healthy bite by keeping each tooth properly in place. They also support a healthy jawbone and prevent bone deterioration. When a tooth is pulled and not replaced, the jawbone can begin to deteriorate.

Dental implants can also help boost a person's self-esteem and self-confidence. Social gatherings can be uncomfortable when someone is embarrassed by their smile. Being able to eat comfortably, smile and laugh without pain is important to a person's wellbeing.

WB: What are the advantages of dental implants?

Dr. Coscarella: As mentioned earlier, they can significantly help improve a person's overall self-esteem and act as your natural tooth would. They look and feel like real teeth; they're durable, convenient and support your overall oral health.

Your teeth support your facial structure, and when you lose teeth, you lose that support. It can lead to your face eventually changing shape. Dental implants provide that support for your face, preventing it from changing and making you appear older. They also prevent your teeth from shifting by filling in the gap from a missing tooth, allowing you to maintain a straight, even smile.

Sometimes, gaps in your teeth and even dentures can impact your ability to pronounce words correctly. Therefore, dental implants help improve your speech and make it easier to eat while avoiding the possibility of your teeth slipping, such as with improperly fitted dentures. As the titanium in dental implants is designed to fuse with your jawbone, they become permanent, removing the risk of shifting or sliding that dentures may have.

Dental implants are also easier to care for. They don't require you to buy special products to clean or care for them — you just brush and floss as you would with your natural teeth.

“Coscarella Family Dentistry is dedicated to providing you with an exceptional dental experience from a friendly team that is highly skilled and compassionate. They provide general dental care, including implant and cosmetic dentistry, tooth whitening, crowns, veneers and professional cleanings. Their passion is to keep you smiling with confidence!”

DENTAL IMPLANTS ARE ALSO EASIER TO CARE FOR. THEY DON'T REQUIRE YOU TO BUY SPECIAL PRODUCTS TO CLEAN OR CARE FOR THEM — YOU JUST BRUSH AND FLOSS AS YOU WOULD WITH YOUR NATURAL TEETH.





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Imperial Gifts and Decor is Windsor's family-owned home decor and gift store. Founded in 2016, we recently moved to our new location at 12000 Tecumseh Rd. E., nestled cozily between Oven 360 and Frank Brewing Co.

You know how you like to shop? Well, we do, too. We're addicted, just like you! We provide over 7,200 different quality-sourced products, and we continue to add more daily. Inspired by many of the charming little shops our family discovered during our trips in Northern Ontario, our home decor and gift shop is full of all sorts of unique and whimsical items a person would only expect to find in those small-town stores.

We have a wide range of products, from wax warmers, clocks and nautical items, to glassware, pillows, Edison light bulbs, inspirational quotes, pride items, and thousands of other products waiting for you to enjoy.

Support local this season by requesting items through Imperial Gifts and Decor! If you see something online that you want, let us try to procure it for you first. Not only will it save you on shipping, but you will also be helping to support our family-owned business.

Our online store is now available. We offer free shipping in Windsor and Tecumseh and an \$8 flat-rate shipping fee across Canada. We also provide curbside pickup.

Imperial Gifts and Decor has the perfect gift for that perfect someone or yourself. Everything you need to make your house feel like home!



Testimonials:

"I absolutely love this chic little shop. They have such unique gift ideas and home decor! I found the staff very friendly and helpful. I went in with an idea in mind of what I was looking for, and they were able to help me find exactly what I wanted. This is definitely the place to go if you're looking for that special item for your home or a friend."

- Samantha R.

"I had a great experience shopping at Imperial Gifts and Decor. The store had a very friendly atmosphere, and they had a huge variety of neat items I've never seen anywhere else. It's a great place to shop for one-of-a-kind home decorations."

- Jen S.



THE POWER OF POMEGRANATES

Do you know how powerful pomegranates are? Pomegranates are a rich source of vitamin C, vitamin E, vitamin K, antioxidants, folate, potassium, fiber, and have anti-inflammatory properties. More than that, studies show eating pomegranates or drinking the juice, can help protect against many diseases (even cancer).

Pomegranates: Antioxidant-Rich Superfood

Pomegranates are packed with antioxidants. Filled with their juicy seed sacs called arils, pomegranates contain three times the antioxidant polyphenols, including tannins, anthocyanins, and ellagic acid. These polyphenols are what give pomegranate seeds their vibrant red colour. When it comes to juice in particular, pomegranate juice contains the highest level of antioxidants than most fruit juices and has three times more antioxidants than red wine and green tea. The antioxidants in pomegranate juice can help

remove free radicals and protect cells from damage. The antioxidants in the juice and their high concentration are also believed to stall the progress of Alzheimer's disease and protect memory.

Benefits:

- **Pomegranates help with infections, depression and menopausal symptoms.**
- **Pomegranates help with aging as they provide youthful, glowing skin.**
- **Pomegranates have antibacterial and antiviral properties which reduce the effects of dental plaque and protect against oral diseases.**
- **According to several studies, drinking eight ounces of pomegranate juice daily can improve learning and memory.**
- **The juice of a single pomegranate has more than 40 percent of the daily requirement of vitamin C.**
- **Pomegranates reduce inflammation in the gut and improve digestion.**
- **Pomegranates supply iron to the blood and reduce symptoms of anemia like exhaustion, dizziness, weakness and hearing loss.**
- **Eating pomegranates reduces the possibility of having premature babies and avoiding low birth weight in infants.**

The Power of Research

Infections: According to a study cited in the National Institutes of Health, patients who were given pomegranate juice three times a week for a year had fewer hospitalizations for infections and fewer signs of inflammation, compared with patients who got the placebo.

Memory: A study conducted by Dr. Susan Bookheimer et al., University of California, Los Angeles, suggested a role of pomegranate in enhancing memory function in middle-aged and older adults with mild memory complaints. Pomegranates also reduce the possibility of developing Alzheimer's disease among older generations.

Diabetes: A Technion-Israel Institute of Technology study showed that the antioxidants found in pomegranate juice may be especially beneficial to diabetes patients. Researchers found that drinking pomegranate juice reduced the uptake of oxidized "bad" LDL cholesterol by immune cells, which is a major contributing factor to atherosclerosis.

Heart Problems: The antioxidants in pomegranates benefit the heart in many ways, including lowering systolic blood pressure, slowing (and even reversing) the growth of plaque formation in the arteries, improving blood flow, and keeping arteries from becoming thick and stiff. According to a study published in the Proceedings of the National Academy of Sciences, mice that drank pomegranate juice reduced the progression of atherosclerosis by at least 30 percent.

Heart Health: According to research published in the American Journal of Clinical Nutrition, pomegranates prevent the oxidization of "bad" LDL cholesterol in the body. Regular intake of pomegranate juice maintains a good flow of blood in the body and decreases the risk of heart attack and stroke. The antioxidant components in this fruit help keep bad cholesterol from accumulating, and thus, keep the arteries clear of any clots. These clots are clear because pomegranates have the ability to make blood thinner.

Osteoarthritis: A study by Dr. Syed Ahmed, Division of Rheumatic Diseases, Case Western University, Cleveland, USA, revealed that the anti-inflammatory effects of pomegranate may inhibit cartilage degradation in osteoarthritis. Pomegranates help reduce many illnesses, including atherosclerosis and osteoarthritis, so the damage caused due to thickening and hardening of the arterial walls, the cartilage and joints, can be cured by eating these fruits. Also, pomegranates are capable of preventing the creation of enzymes that are responsible for the breakdown of connective tissues within the body.

Cancer: According to the American Cancer Society, through research, regular consumption of pomegranates can reduce the PSA levels in the body and aid in the fight against existing cancer cells.

Studies suggest the anticancer properties of pomegranate may help prevent the spread of cancer and also induce apoptosis. A separate study suggests that pomegranate seed oil is rich in compounds that have antioxidant and anti-inflammatory potential and may inhibit viability of breast cancer cells. According to the University of Maryland Medical Center, pomegranates antioxidant activity is known to inhibit cell proliferation, invasion, and promote apoptosis (cell death) in various cancer cells. In one study, pomegranate extract was found to inhibit the growth of human breast cancer cells by inducing cell death.

Erectile Dysfunction: Research led by Kazem Azadzo of Boston Veterans Affairs Medical Center, Massachusetts (Journal of Urology), stated that pomegranate juice can be very helpful in curing erectile dysfunctions based on animal studies. Researchers from the University of California and Beverly Hills also found that pomegranate juice improved erectile dysfunctions in a sample test conducted on 61 men.

To see immense health benefits, add pomegranates to your daily diet. If you'd like to sip on pomegranate juice, make sure you look at the label to ensure that it is 100 percent pure pomegranate juice without added sugar (or juice it fresh).

Quick Recipes

Overnight Breakfast

Mix a half cup of old-fashioned oats with one cup of vanilla almond milk in a large bowl; cover and chill overnight. In the morning top with a quarter cup of pomegranates and other fruit you like.

Simple Salad

Start with a base of raw spinach (or arugula) and add pomegranates and walnuts. Drizzle some oil and lemon juice (or a vinaigrette of choice), and voila, nutritional superstar.



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