Health Tax Tips Guide
Credits and deductions on health-related expenses

Health Hotlines & Helplines

Local Experts

Healthy Facts

Health Matters
FREE!
WINTER 2020

Trying To Find A Safe Place
The path from addiction and abuse to applying to college

Gifting Assets
Winter Blues
Weight Loss
Cancer Coaching
Child Health
Technology
Well At Work
Funeral Services
AND SO MUCH MORE INFO!

Canada’s Agriculture Day

Health Matters, The Ottawa Valley’s Health Magazine

Matters

WINTER 2020

FREE!

Health Matters

Matters

WINTER 2020

FREE!
DO YOU PROVIDE ANY OF THESE SERVICES? IF SO, YOU SHOULD BE IN OUR NEXT ISSUE!

Healthcare Services
Air Purifying + Air Quality
Beauty & Spas
Residential Repair/Maintenance
Transportation
Wellness Events
Housing Options
Healthy Municipalities
Outdoor Activities/Gear
Fitness Centres + Gyms
Pet/Animal Health
Food + Cooking
Spiritual Services
Workout Options

Dental Care + Related Services
Denturists + Denture Work
Hearing Care
Vision Care, Lasik, Glasses
Public Health Organization
Health Products
Hot Tubs
Massage Therapy
Sport Activities
Health Education
Kids + Children’s Health
Healthy Municipalities
Financial + Investment Health
Health, Life and Care Insurance

Home Improvements
“Green” Initiatives
Emergency Services
Nutrition + Dietician Services
Coaching Services
Prenatal and Pregnancy
Women’s Health
Men’s Health
Healthcare Advocacy
Wills & Estate Planning
Volunteerism
Physical Activities
Fundraising Events
Eco-Friendly Products

Not sure if you’re the right fit for Health Matters? Talk to us!

2020 Publishing Schedule
Winter Edition: You’re reading it!
Spring Edition: April 9, 2020
Summer Edition: July 10, 2020
Fall Edition: October 9, 2020

Follow us on Facebook for updates on events, news and information:
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Phone: 613-732-7774
behealthy@ovhealth.ca
www.ovhealth.ca
Wishing You A Happy And Healthy 2020

It is an exciting time for this magazine to be adding another edition of Health Matters to the publishing schedule. Moving from three issues to four may not seem like a huge move, but it is something readers have been asking for, especially in the last year, and it’s truly thrilling to be able to meet that request.

Another request that has been mentioned a few times is around editing the content. Specifically, that some topics should be permitted while others should not. I accept there is a responsibility that comes with producing this magazine, and I believe part of that responsibility is allowing for a variety of topics to be discussed. I also believe that the decision-making authority on how those topics are acted upon, or not acted upon, is in the hands of the readers. Having spoken to several groups about this magazine, I am confident that discussion is alive and well and the appreciation of all topics is welcomed.

Also in this issue is an interview with a young woman who tells her story of abuse and peer pressure that led her down a difficult path; a path she is working to change. It is a real-time, real-life interview and she is a brave person for telling it.

Part of her story included a suggestion of how schools could provide more help for students who are facing struggles as she did. Her suggestion for a meeting group is one I have decided to pursue a little further than writing this article. I will be asking local schools to consider having this group available to students. I don’t know what is involved in offering this type of meeting - things have certainly changed from when I was in high school - but I’m hoping that it will spark creative idea on how to facilitate something that could help a student move away from a difficult situation and towards a more positive direction. I hope some schools will find a way to achieve that and that they will share those achievements with Health Matters.

As we embark on 2020, may it be your best year ever. I wish you all a very Happy New Year filled with health and happiness.

Jennifer Layman, Publisher
Health Hotlines & Helplines

GOVERNMENT SERVICES

Telehealth Ontario
1-866-797-0000
Free, confidential health information advice from a Registered Nurse. 24 hours.

Health Canada
www.healthcanada.gc.ca | 1-866-225-0709

Seniors Info Line
1-888-910-1999

Ontario Ministry of Health and Long Term Care
www.health.gov.on.ca | 1-800-268-1154

OHIP Information Line
www.health.gov.on.ca | 1-800-664-8988

Ontario Drug Benefit Program
www.health.gov.on.ca | 1-866-811-9893

Ontario Provincial Police
www.opp.ca | 1-888-310-1122 | 9-1-1
Drug related or non-emergency calls. 24 hours. For emergencies call 911.

Veterans Affairs Canada Assistance
www.veterans.gc.ca | 1-800-268-7708
For military, veterans, spouses and children and some public servants. 24 hours.

HELPLINES & HOTLINES

Robbie Dean Family Counselling Centre
www.robbiedeancentre.com
613-629-4243
For kids, teens, adults and seniors. 24 hours.

Regional Assault Care Program
www.renfrewhosp.com | 1-800-363-7222
Renfrew County service to report assault and abuse. 24 hours.

Ontario Problem Gambling Helpline
www扮演游戏gamblinghelpline.ca
1-888-230-3505
For help with gambling issues. 24 hours.

Kids Help Phone
www.kidshelpphone.ca | 1-800-668-6868
For youth up to age 21. 24 hours.

AIDS/HIV Hotlines
www.cdnaids.ca | 1-800-668-2437
Information, counselling and safer sex

Child, Youth and Family Crisis Line
1-877-377-7775
Anyone can call. 24 hours.

Ontario Drug & Alcohol Helpline
www.drugandalcoholhelpline.ca
1-800-565-8603

Mental Health Crisis Line
www.crisisline.ca
1-866-996-0991
For individuals aged 16 years or older who are experiencing a mental health crisis. 24 hours.

Seniors Safety Line
1-866-299-1011
www.elderabuseontario.com

ADDITIONAL INFO

Ontario Poison Centre
www.ontariopoisoncentre.ca
1-800-268-9017
Information about poisoning exposures, ingestion and inhalation, etc. 24 hours.

Quebec Poison Centre
www.santemontreal.qc.ca
1-800-463-5060
Information about poisoning exposures, ingestion and inhalation, etc. 24 hours.

Canadian Anti-Fraud Centre
Phone: 1-888-495-8501
www.antifraudcentre.ca

Recalls and Advisories
www.consumerinformation.ca
Canadian recalls and safety alerts database.

As your Member of Provincial Parliament, please let me know your healthcare concerns. We can be a resource for you for OHIP issues, the Ontario Drug Benefit Program and other provincially-mandated healthcare issues. We can also refer you to agencies that may be a more direct point of contact. Reach out to my office.

JOHN YAKABUSKI, MPP
Renfrew - Nipissing - Pembroke

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Phone: 613-735-6627 | Toll Free: 1-800-267-2515 | john.yakabuskico@pc.ola.org
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613-432-7171

ARNPRIOR
102 John St N
613-369-5628

www.davidsonhearingaids.com
### Health Facts

#### Various Sources

<table>
<thead>
<tr>
<th>When purchasing food what do you consult most often?</th>
<th>How often Canadians consult nutritional information</th>
</tr>
</thead>
<tbody>
<tr>
<td>56% nutrition facts table</td>
<td>38% 42% 49%</td>
</tr>
<tr>
<td>6% front of package info (ie: no added sugar)</td>
<td>ages 15-24 ages 25-34 ages 35-44</td>
</tr>
<tr>
<td>37% list of ingredients</td>
<td>51% 54% 56% 46%</td>
</tr>
<tr>
<td></td>
<td>ages 45-54 ages 55-64 ages 65-74 ages 75+</td>
</tr>
</tbody>
</table>

A Dalhousie University study in 2019 identified 93.7% of Canadians had strong personal motivation to reduce consumption of single-use plastic packaging; however, they were less inclined to pay more for alternative packaging solutions.

#### What meals do Canadians eat out most often?

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>10%</td>
<td>33%</td>
<td>49%</td>
</tr>
<tr>
<td>breakfast</td>
<td>lunch</td>
<td>supper</td>
</tr>
</tbody>
</table>

60% of Canadians sometimes eat while doing another activity:

<p>| | | | |</p>
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</thead>
<tbody>
<tr>
<td>53%</td>
<td>33%</td>
<td>19%</td>
<td>15%</td>
</tr>
<tr>
<td>using technology</td>
<td>watching television</td>
<td>preparing meals</td>
<td>listening to radio/reading</td>
</tr>
<tr>
<td>14%</td>
<td>working or studying</td>
<td></td>
<td></td>
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</tbody>
</table>

#### How often do you visit a store where you purchase food?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>3.8%</td>
<td>once a month</td>
</tr>
<tr>
<td>9.4%</td>
<td>twice a month</td>
</tr>
<tr>
<td>10.8%</td>
<td>three times a month</td>
</tr>
<tr>
<td>62.3%</td>
<td>weekly</td>
</tr>
<tr>
<td>12.3%</td>
<td>every other day</td>
</tr>
<tr>
<td>1.4%</td>
<td>daily</td>
</tr>
</tbody>
</table>

China is the largest importer of Canadian canola oil and approximately 40% of all production is exported.

### NINETY ONE

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>30%</td>
<td>30%</td>
</tr>
<tr>
<td>Canadians who eat all of their daily meals alone</td>
<td>Canadians who do not eat any meals with their partner</td>
</tr>
</tbody>
</table>

TWICE Canadians eat an average of twice a day (and each meal takes 44 minutes).

<p>| | | |</p>
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<thead>
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<th></th>
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</thead>
<tbody>
<tr>
<td>2.7%</td>
<td>23.7%</td>
<td>3.8%</td>
</tr>
<tr>
<td>5-10 minutes</td>
<td>10-20 minutes</td>
<td>once a month</td>
</tr>
<tr>
<td>38.1%</td>
<td>62.3%</td>
<td>9.4%</td>
</tr>
<tr>
<td>20-30 minutes</td>
<td>30-60 minutes</td>
<td>twice a month</td>
</tr>
<tr>
<td>31.0%</td>
<td>12.3%</td>
<td>10.8%</td>
</tr>
<tr>
<td>4.5%</td>
<td>1.4%</td>
<td>three times a month</td>
</tr>
</tbody>
</table>

How often do you visit a store where you purchase food?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>34%</td>
<td>39%</td>
</tr>
<tr>
<td>0 meals</td>
<td>1 meal</td>
</tr>
<tr>
<td>19%</td>
<td>8%</td>
</tr>
<tr>
<td>2 meals</td>
<td>3+ meals</td>
</tr>
</tbody>
</table>

### Hospital Employees Plan

**home & auto insurance**

If you currently work for the Pembroke Regional Hospital or the Deep River and District Hospital, or you are retired from working there, you qualify for this home and auto insurance group plan. Any employee, in any hospital department is eligible.

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In 2015, the average DAILY total sugars intake from food and beverages among all children aged 2 to 8 was 101 grams (24 teaspoons). For children aged 9 to 18, these number were 115 grams (27 teaspoons).

If sugary beverages were combined into one category (regular soft drinks, juice, fruit drinks, drinks containing free sugars, tea and coffee), they would be the #1 SOURCE of sugars for all age groups in the entire Canadian population.

How often do Canadians eat out?
- 54% once a week or more
- 39% less than once a week
- 11% did not eat out in the past month

Why Canadians do not consult nutritional information
- 45% do not care
- 20% do not need to
- 6% do not know how to interpret the nutritional information
- 5% do not know what to believe or trust
- 2% nutritional information was not available
- 11% other reason

How often have you purchased groceries online
- 49.4% not yet and not planning to
- 34.3% not yet but thinking about it
- 14.4% occasionally (once a month)
- 1.9% regularly (weekly)

Canadians’ Food Expenses
- $8,529 household spend on food
- $5,934 food purchased from stores
- $563 bakery product purchases
- $321 cereal grains and cereal
- $731 fruit, fruit preparations, nuts
- $702 vegetables and vegetable preparations
- $839 dairy products and eggs
- $1,109 meat
- $219 fish and seafood
- $1,451 non-alcoholic beverages and other food products
- $2,593 food purchased from restaurants
- $2,272 restaurant meals
- $321 restaurant snacks/drinks

Canadians’ main reason for eating out being a treat, special occasion celebration or to socialize: 52%
Canadians’ main reason for eating out is because of convenience, no time to cook or can’t cook: 48%
Canadians who always or often change their order based on nutrition information on the menu: 57%

How often do men and women consult nutritional information?
- Women: 55% Men: 40%
- Women: 25% Men: 26%
- Women: 19% Men: 34%

February 7-9, 2020
Watch our website and Facebook page to see the list of participating rinks and fun events planned for this year’s Festival. New for 2020! No rink? No problem. Add your winter fun event to the festival!

www.festivalofoutdoorrinks.com | www.facebook.com/outdoorrinks
Many people choose to gift assets while they are still alive as a valuable estate planning technique for passing wealth on to their adult children. A gift can be defined as a voluntary transfer of property to another made without an expectation of anything in return. One of the most important benefits of making a gift is that the act could reduce the overall tax burden of your estate.

The Tax Benefits
On the day you die, the government deems all of your assets to have been sold at fair market value, assuming you are not leaving them to your spouse or common-law partner. As a result, you could have substantial capital gains in that one year, pushing you into a higher tax bracket on your final return. If the assets are gifted over a number of years, capital gains taxation may still be applicable, but it could occur within a lower tax bracket, meaning you may pay less tax. Gifts of cash do not give rise to taxes at the time of the gift. In addition, gifting your assets to your adult children can help minimize the size of your estate. This could potentially lower probate, executor and legal fees.

But perhaps the most important advantage is that you get the satisfaction of seeing your gift help your children while you are still alive.

Making A Gift
To make a gift legally enforceable, there must be evidence of the gift giver’s intention to make a gift, as well as a physical act to demonstrate that intention.

For example, if you would like to give a coin collection to your son, you could make it legally binding by making an oral declaration that it is being given as a gift. You would then physically hand it to him. However, to avoid any legal disputes about intention after you die, it is wisest to create a legal document to accompany the act of gifting, such as a gift deed or declaration. A gift is presumed to be final, with all rights of ownership transferred to the beneficiary.

If you wish to retain some form of control over the gift, the creation of a trust is an option you may consider. You could ensure that when you die, full ownership rights would pass to your child by way of the trust document.

There is much to consider in transferring wealth to your adult children - and estate planning in general - so make sure you consult with your financial advisor, along with a tax or legal professional, to determine what’s best for you.

Note: Edward Jones, its employees and financial advisors are not estate planners and cannot provide legal or tax advice. Please consult your lawyer or qualified tax advisor for further discussion about what planning is most beneficial for you.

ASK THE EXPERT:
John Branecki, CFP® CIM®
Financial Advisor, Member, CIPF
Edward Jones
640 Pembroke Street East,
Pembroke, Ontario
Phone: 613-732-1925
john.branecki@edwardjones.com
www.edwardjones.com

Gifting Assets Through Your Estate Plan
By: John Branecki
Financial Advisor

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16 Edward Street, Arnprior

Rose McHale
Certified Master Coach, Speaker

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Phone 613.584.1717

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Seasonal affective disorder (SAD) is a form of depression that coincides with the seasons. In the classical version, the patient starts to have depressive symptoms in the fall and can intensify in the winter. People usually begin to feel better in the spring and summer months. Despite often being called the “winter blues,” there are those who experience SAD over the summer months. As always, it is important to see your doctor to have any condition diagnosed.

Treatment Option: Medication

Once diagnosed, there are many different families of anti-depressant medications that can be used to treat SAD. The choices are numerous and each of them may have different advantages and possible side effects. A discussion with your doctor and pharmacist can help walk you through the different options and clarify what to expect from each.

Treatment Option: Lifestyle Changes

If experiencing SAD in the winter, it is helpful to make your environment as bright as possible. Keep your blinds open and try to sit close to your windows. Avoid long periods of time in the basement and try to maximize your light time by taking walks and spending more time outside. Get more exercise, and most effectively, take your walk within the first two hours of waking up each day.

Light Therapy

Light boxes or lamps, are available and are considered a first-line treatment for winter SAD. When looking for light boxes make sure that you purchase a high-quality lamp. The light should have a rating of 10,000 LUX. The light should be able to enter your eyes indirectly – do not look directly at the light, but your eyes must remain open. The best time for treatment is first thing in the morning and for a 10,000 LUX light, the treatment time is usually 20-30 minutes a day at a distance of 16-24 inches from your face. Lower rated lamps, and larger distances, require longer treatment times. At Rowan’s, we carry Canadian-made, Northern Light Technologies lamps in a variety of shapes and sizes. There are large counter models, travel versions and even ones that clip to the rim of your baseball cap! Light therapy is not a cure for SAD. It can be effective in treating milder cases of the disorder or used in conjunction with other therapies to help ease both SAD symptoms and other depression-related conditions that are worse in the winter months.

Your pharmacist is the most accessible health care provider. If you have any questions, feel free to ask.

-----

ASK THE EXPERT:
Jason Shreenan, Owner
Rowan’s Pharmasave
Located in Downtown Pembroke since 1924
115 Pembroke Street West,
Pembroke, Ontario
Phone: 613-732-2522
jason@rowanspharmasave.ca
www.rowanspharmasave.ca

By: Jason Shreenan, Pharmacist

Are The Winter Blues Making You SAD?

Walden Farms: calorie, sugar, gluten and lactose free selection of dips, dressings, jams and spreads, Smart Baking low carb buns/pitas, Zeroodles low carb, high protein pasta

Northern Lights dealer for SAD light therapy lamps, Bamboo Naturals, roll-ons, foot, room and sport deodorizers, DoTerra Essential Oils dealer and scent-free products

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HEALTH MATTERS MAGAZINE

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Meet your weight loss goals with us!

Are The Winter Blues Making You SAD?

By: Jason Shreenan, Pharmacist

Are The Winter Blues Making You SAD?

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Are The Winter Blues Making You SAD?

By: Jason Shreenan, Pharmacist
Over the past few years, a focus on patient-centred care within our healthcare system has become more commonplace, encouraged and practised. This includes what is commonly referred to as a “circle of care” for patients, which can involve family doctors, oncologists, caregivers, specialists and now cancer coaches.

**About Cancer Coaching**

If you are unfamiliar with cancer coaching in general, you may wonder what it is about and how it could be beneficial. Cancer coaching is about helping patients and their caregivers navigate the many needs and challenges of the cancer journey. Coaches work with clients starting at diagnosis. They remain with the client through treatment, post-treatment, remission and recovery. They also remain with the client to assist with their needs surrounding end-of-life planning. Cancer coaching is an example of person-centred healthcare. It involves the patient and the coach working together to address whatever is most important to the patient along their journey.

Cancer coaching is not therapy, nor is it prescriptive. The patient and the coach work together to empower a patient’s life as they live with a diagnosis of cancer. In doing so, it can help with such things as:
- developing the skills, knowledge and confidence to better understand and take charge of the cancer diagnosis;
- improving overall health and well-being;
- managing common treatment side effects and reducing additional stress;
- connecting with others who share similar experiences;
- addressing the needs of the caregiver; and
- creating a greater feeling of control.

**Now Available in Arnprior**

Thanks to the generosity of local donors, cancer coaching has now been made available in Arnprior, Ontario. It is offered without the need for a medical referral and each client can access up to five hours of one-on-one cancer coaching at no cost.

I am pleased and honoured to have been selected and trained as the cancer coach for the Arnprior area. Cancer coaching is a complimentary service to the work I already do as a life coach and grief recovery specialist. This additional training allows me to expand my ability to support those in need of help with the many challenges life can throw our way.

**Access Cancer Coaching Services**

To access a cancer coach, contacting the Ottawa Regional Cancer Foundation at 613-247-3527. More information is available at [www.ottawacancer.ca/register](http://www.ottawacancer.ca/register) as well.

If you are a person living with cancer, or you support a loved one who is facing cancer and you need help, please feel free to reach out to see if cancer coaching is for you.

**ASK THE EXPERT:**

Gina Pilon
Advanced Grief Recovery Specialist, Life Coach and Cancer Coach
50 John Street North, Arnprior, Ontario Phone: 613-622-5873
[ginapilon.com](http://ginapilon.com)

---

**Consider Being A Donor**

One donor can save up to 8 lives through organ donation and enhance the lives of up to 75 more through the gift of tissue.

The oldest organ donor was over 90 and the oldest tissue donor was over 100.

There’s always potential to be a donor.

Today, in Ontario, there are over 1,500 people waiting for a lifesaving organ transplant. This is their only treatment option, and every 3 days someone will die because they did not get their transplant in time. But you can help.

When you register your consent for organ and tissue donation, you let those waiting know that you would help them if you could.

For more information: [www.beadonor.ca](http://www.beadonor.ca) or [www.giftoflife.on.ca](http://www.giftoflife.on.ca)

---

Missing spirituality from your life? Reconnect on any Sunday with us.

Our doors are open. Attend a Sunday service, participate in our congregation groups and meet other people who are looking for some spirituality in their daily lives. All are welcome.

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St. John’s Evangelical Lutheran Church
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[www.facebook.com/stjohnspetawawa](http://www.facebook.com/stjohnspetawawa)

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There’s always potential to be a donor.

Today, in Ontario, there are over 1,500 people waiting for a lifesaving organ transplant. This is their only treatment option, and every 3 days someone will die because they did not get their transplant in time. But you can help.

When you register your consent for organ and tissue donation, you let those waiting know that you would help them if you could.

For more information: [www.beadonor.ca](http://www.beadonor.ca) or [www.giftoflife.on.ca](http://www.giftoflife.on.ca)

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Missing spirituality from your life? Reconnect on any Sunday with us.

Our doors are open. Attend a Sunday service, participate in our congregation groups and meet other people who are looking for some spirituality in their daily lives. All are welcome.

Pastor Albert Romkema
St. John’s Evangelical Lutheran Church
605 Black Bay Road in Petawawa
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[www.facebook.com/stjohnspetawawa](http://www.facebook.com/stjohnspetawawa)
Choose A Healthy Lifestyle and Weight Loss Will Follow

By: Dr. Nik Bair-Patel, B.Sc., D.C.
Clinical Director

Have you been stepping on the scale recently and thinking to yourself, “I need to lose a few pounds?” If so, you are probably also tired of hearing about all these “fad” diets and wondering if they are worth the effort. The internet and celebrities like Dr. Oz, are never at a loss to talk about the latest diet fad. Well, here’s something to consider that has 25 years of my personal use behind it.

The Foundation Of Losing Weight

I have been using nutraceutical supplements in my practice for more than 25 years. In all that time, I have always also believed that there is never just a one-pill solution to weight loss. Making a healthy and permanent weight change requires a healthy and permanent lifestyle change. Recently, four of our staff attended a training session in Toronto about making that healthy lifestyle change. The training is geared to help people make big changes in simple ways that allow for new habits to be formed and goals to be achieved. This operating system was developed by Metagenics, a nutraceutical company we have been working with at Integrated Health Centre for many years, and one that has a strong commitment to research and pharmaceutical-grade production.

As more people seem to struggle with weight issues, all of us here are excited to re-introduce this program to the public as another service we can offer to help get your health back on track.

Smart Weight Loss

The concept of the First Line Therapy program is to meet you where you are and to take those changes that take place don’t feel too overwhelming. First Line Therapy is based on three pillars: healthy eating, healthy living and physical activity. Emphasizing these three pillars allows you to make small changes that will impact the bigger goals of changing your lifestyle.

The role of our trained lifestyle educators is to hold you accountable on this program. Accountability allows you to be successful by ensuring you create smarter goals and easily manage your meal plans. It also means that you are not on this journey alone. The program is 12-weeks long, during which you meet every second week with the lifestyle educator to discuss progress, challenges and what needs to be changed. Practical advice for creating and sticking to meal plans will empower your commitment and make it easier to follow the program. There is ample research to support that meal planning, with real ideas and choice, is critical to achieving sustainable weight loss. Lifestyle educators are essential coaches along the road you take to success.

Also, I highly recommend that you take the time to view a video called “In Defense of Food: An Eater’s Manifesto.” This award-winning documentary has a clear message: eat food, not too much, and mostly plants. In other words, eat unprocessed foods.

The best way to direct yourself to unprocessed foods is to think about the layout of the grocery store. Keep to the outside aisles, moving from produce, through the bakery, the deli and the dairy section. This limits exposure to processed foods that should be minimized or avoided. It has been shown that our brains choose sweet or salty tastes over healthy choices within less than a second, so following a plan of how and where to shop is essential to not fall back on pre-programmed reflexes.

People often look at weight loss as a goal. I suggest to you that weight loss is an extension of getting healthy and should not be the sole target. It should be a side effect of choosing a sustainable healthy lifestyle. That path is not easy but can be achievable with the gentle guidance and support and this is what First Line Therapy offers.

Best of the new year to all of you. All of us at Integrated Health wish you a successful journey to good health in 2020.

ASK THE EXPERT:
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FirstLineTherapy
Lifestyle Medicine Programs by Metagenics

Healthy Living begins with Firstline Therapy
Talk with us about it today!
There are three major types of diabetes: type 1 diabetes, type 2 diabetes (the most common) and gestational diabetes. Type 1 diabetes is an autoimmune disease and is also known as insulin-dependent diabetes. Safe and effective ways to prevent type 1 diabetes have not yet been identified. Gestational diabetes is a temporary form of diabetes that occurs during pregnancy.

About Type 2 Diabetes

People with type 2 diabetes can’t properly use the insulin made by their bodies, or their bodies aren’t able to produce enough insulin. Roughly 90 per cent of people living with diabetes have type 2 which is most commonly developed in adulthood, although it can also occur in childhood. Type 2 diabetes can sometimes be managed with healthy eating and regular exercise alone, but may also require medications or insulin therapy.

Preventing Diabetes

Type 2 diabetes can be prevented or delayed for many people, which is great news if you think being diagnosed with type 2 diabetes is inevitable for you.

Even if you’ve already been told that you have pre-diabetes (a diagnosis that indicates an elevated risk of developing diabetes) or that you have a high risk of developing type 2 diabetes, you still have the chance to make changes that can delay or prevent type 2 diabetes.

Eat Healthily

Start by looking at your food choices. Diet is the most important part of lifestyle change. A good first step is to cut out highly processed foods, refined grains such as white bread, sugary food and sugary drinks. Plan your meals around vegetables, more plant-based proteins, whole grains, dairy, lean meats, oily fish, nuts and healthy oils such as olive oil.

Move More

Moving more will help you prevent diabetes. Start with limiting the amount of time spent sitting. Interrupt your sitting time by standing up and moving around briefly every 20 to 30 minutes. Another goal should be to get at least 150 minutes of aerobic exercise per week (like walking, bicycling or jogging). Smaller amounts of activity can still have some health benefits.

Lose Weight

If you have pre-diabetes, an eating and exercise plan that helps you lose just 5 per cent of your initial body weight can delay or prevent type 2 diabetes from developing.

Get Support

You don’t need to do it alone. Talk to your healthcare team or contact Diabetes Canada for information about services and support available in your community.

If you have prediabetes or are at high risk for developing type 2 diabetes, you may be eligible for the Canadian Diabetes Prevention Program at no cost to you.

ASK THE EXPERT:

Diabetes Canada
Phone: 1-800-226-8464
www.facebook.com/DiabetesCanada
www.diabetes.ca
Canadians are encouraged to make an “all Canadian” meal and share their love of Canadian agriculture by tagging #cdnagday.

**Healthy Gourmet Food Basket**

One home delivery per month for four months. Basket contains 5 sausage rolls, 1 doz. potato cheddar perogies, 1 doz. beef goulash perogies and 5 mini apple turnovers. Made with local and naturally grown or certified organic ingredients.

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www.wefixfeet.ca | jane@wefixfeet.ca
When you buy locally, this is what you make possible.
Line 208 – RRSP and PRPP deduction
A retirement savings plan where deductible contributions can be used to reduce your tax. Any income you earn in the RRSP is usually exempt from tax.

Line 214 - Child care expenses
Amounts paid to have someone look after a child so you could be employed, carry on a business, attend school or carry on grant-supported research. You can claim expenses for caregivers providing child care, day nursery schools, daycare centres, educational institutions, day camps, day sports schools, boarding schools, overnight sports schools or camps with lodging.

Line 215 – Disability support deduction
Individuals who have a physical or mental impairment and have paid for certain medical expenses can, under certain conditions, claim the disability support deduction. You may be able to deduct the expenses you paid so you could work, go to school or do grant-supported research.

Line 219 – Moving expenses
You can claim moving expenses if a) you moved to work, run a business or study as a full-time student, and b) you moved at least 40kms closer to new work or school.

Line 231 - Clergy residence deduction
Members of the clergy can claim a deduction for your residence.

Line 236 – Disability amount for self
If you are eligible for the disability tax credit, you may be able to claim the disability amount.

Line 237 – Disability amount transferred from a dependant
If your dependant is eligible for the disability tax credit (DTC), you may be able to claim all or part of their disability amount on your tax return. You can split the unused part of this amount with another supporting person.

Line 239 - Interest on student loans
You may be eligible to claim an amount for the interest paid on your student loan if you received it under the Canada Student Loans Act, the Canada Student Financial Assistance Act, the Apprentice Loans Act or similar provincial acts. You cannot claim interest paid on any other kind of loan or on a student loan that has been combined with another kind of loan.

Line 301 - Age amount
If you were 65 years of age or older on December 31 and your net income is less than $85,863 (2018) you have a claim here.

Line 304 - Canada caregiver amount for spouse or common-law partner, or eligible dependant age 18 or older
Must be eligible for the Canada caregiver amount for your spouse, partner or dependant age 18 and over. CRA may ask for a signed statement from a medical practitioner showing when the impairment began and what duration is expected.

For children aged 0-17, the statement should show the child, because of the impairment, is, and will likely continue to be, dependent on others indefinitely and need much more help for their personal needs and care when compared to children of the same age. You do not need a statement if the CRA already has an approved Disability Tax Credit Certificate.

Line 307 - Canada caregiver amount for other infirm dependants age 18 or older
Amount for dependent children or grandchildren (you, spouse or common-law partner) if that person was age 18+ and was dependent on you because of an impairment in physical or mental functions.

Line 311 – Adoption expenses
Amount for eligible expenses related to the adoption of a child under age 18. Eligible expenses are: a) fees paid to an adoption agency, b) court costs and legal and administrative fees, c) reasonable and necessary travel and living expenses (child and adoptive parents), d) document translation fees, e) fees paid to a foreign institution, f) mandatory expenses paid for the child's immigration and g) any other reasonable expenses related to adoption.

Line 313 - Adoption expenses
Primary or secondary level education, or certain other forms of training.
allow the individual to gain access to, or be mobile/functional within, the dwelling, or it must reduce the risk of harm to the individual within the dwelling. Items that are not a permanent part of your dwelling are generally not eligible.

If you do the work yourself, the eligible expenses include building materials, fixtures, equipment rentals, building plans and permits. Your labour or tools cannot be claimed as eligible expenses.

Generally, paid work done by professionals (ie: electricians, carpenters) qualifies as eligible expenses.

Line 362 – Volunteer firefighters’ amount and Line 395 – Search and rescue volunteers’ amount
$3,000 for the volunteer firefighters’ or the search and rescue volunteers’ amount if a) you were a volunteer firefighter or search and rescue volunteer during the year and b) you completed at least 200 hours of eligible volunteer services in the year.

Line 367 – Canada caregiver amount for infirm children under age 18
An amount for each of your children who are under 18 years of age by December 31, live with you throughout the year and are dependent on others because of an impairment in physical or mental functions and will likely continue to be dependent on others for an indefinite duration. Note: dependent on others means the child needs significantly more assistance in attending to his or her personal needs and care when compared to children of the same age.

Line 369 – Home buyers’ amount
You can claim $5,000 for the purchase of a qualifying home in the year if a) you acquired a qualifying home and b) you did not live in another home owned by you or your spouse or common-law partner in the year of acquisition or in any of the four preceding years (first-time home buyer). You do not have to be a first-time home buyer if a) you are eligible for the disability tax credit or b) you acquired the home for the benefit of a related person who is eligible for the disability tax credit.

Note: The purchase must be made to allow the person with the disability to live in a home that is more accessible or better suited to their needs.

Line 398 – Home accessibility expenses
An amount for the eligible expenses for a qualifying home renovation if you are eligible for the disability tax credit, aged 65 or older, or you are making a claim for a qualifying individual.

A qualifying renovation is of an enduring nature and is integral to the dwelling (including the land that forms part of the eligible dwelling). The renovation must

Line 449 – Climate action incentive
Consists of a basic amount and a 10% supplement for residents of small and rural communities. Only one person per family (you or your spouse or common-law partner) can claim the CAI payment. Only for residents of Saskatchewan, Manitoba, Ontario and New Brunswick.

Line 452 - Refundable medical expense supplement
Available to working individuals with low income and high medical expenses.

Line 453 - Working income tax benefit (WITB)
A basic amount and a disability supplement for low-income individuals and families who have earned income from employment or business.

Line 479 – Provincial or territorial credits
Ontario offers credits for apprenticeship training, co-operative education and seniors’ public transit. Ontario offers grants for the energy and property tax credit and the senior homeowners’ property tax grant.

If you have questions about your income tax return, call 1-800-959-8281.

Quebec administers its own tax laws and policies. If you live in Quebec, you may need to file a separate provincial income tax return. For more information, visit www.revenuquebec.ca/en or call 1-800-667-9625

Additional CRA Credits To Consider

Disability-related employment benefits
If you provide benefits or allowances to an employee with a disability, (ie: transportation costs or attendant services), the benefit may not be taxable. For employees with severe and prolonged mental or physical impairments, if you provide reasonable benefits for attendants to help these employees perform their duties of employment, these benefits are not taxable to the employee.

The benefits can include readers for persons who are blind, signers for persons who are deaf, and coaches for persons who are intellectually impaired. Includes any GST/HST that applies to this benefit.

Child disability benefit
A tax-free monthly payment to families who care for a child under age 18 with a severe and prolonged impairment in physical or mental functions. You must be eligible for the Canada child benefit and your child must be eligible for the disability tax credit. If you already receive the Canada child benefit for a child eligible for the disability tax credit, you automatically get the child disability benefit.
consider opening an RDSP if you have a long-term disability and are eligible for the Disability Tax Credit; if you are under the age of 60; if you are a Canadian resident with a social insurance number and looking for a long-term savings plan. You may contribute any amount each year up to the lifetime contribution limit of $200,000. With written permission from the RDSP holder, anyone may contribute.

GST/HST information
There are goods and services used by persons with disabilities that are exempt supplies or zero-rated supplies for purposes of the goods and services tax/harmonized sales tax (GST/HST).

Attendant Care or Care in a Facility
Attendant care is care given by someone who does personal tasks which a person cannot do for themselves. This includes care in certain facilities. You can claim medical expenses the amounts you paid for attendant care or care in a facility. An attendant hired privately will probably be considered an employee.

Generally, you can claim the entire amount paid for care at nursing homes (full-time) or schools, institutions, or other places such as an out-patient clinic, such as a detoxification clinic.

You usually cannot claim the entire amount you paid for a retirement or seniors’ home. However, you can claim salaries and wages for care in such facilities. All regular fees are eligible medical expenses, including food, accommodation, nursing care, administration fees, maintenance fees, social programming and activities fees. Extra personal expenses (ie: hairdresser fees) are not eligible.

You can claim salaries and wages for part-time attendant care or supervision in your home, retirement homes, homes for seniors or group homes in Canada. You can also claim the same for all employees who do the following: food preparation, housekeeping, laundry, health care, activities, salon services (ie: hairdresser) if included in the monthly fee, security and transportation. If you are receiving attendant care at home, you can only claim for the period you are at home and need care or help. For the expense to be eligible as a medical expense, you must either be eligible for the disability tax credit or have a written certification from a medical practitioner that states the services are necessary.

Eligible Medical Expenses

Lines 330 and 331 - Eligible medical expenses you can claim

The medical expense tax credit provides tax relief for individuals who have sustained significant medical expenses for themselves or certain of their dependants. Eligible medical expenses are not restricted to those paid in Canada or for medical services provided in Canada.

* PN = prescription needed

**Acoustic coupler (PN)**

**Air conditioner** for a person with a severe chronic ailment, disease, or disorder (PN)

**Air filter, cleaner, or purifier** used by a person to cope with or overcome a severe chronic respiratory ailment or a severe chronic immune system disorder (PN)

**Altered auditory feedback devices** for treating a speech disorder (PN)

**Ambulance service** to or from a public or licensed private hospital.

**Artificial eye or limb**

**Assisted breathing devices** such as a continuous positive airway pressure (CPAP) machine or mechanical ventilator.

**Attendant care expenses**

**Audible signal devices** including large bells, loud bells, single stroke bells, vibrating bells, horns, and visible signals (PN)

**Baby breathing monitor** – A medical practitioner must certify that the infant is at risk of sudden infant death syndrome (PN)

**Bathrooms or aids** to help a person in/out of a bathtub/shower or on/off a toilet (PN)

**Bliss symbol boards** or similar devices used by a person who has a speech impairment to help them communicate by choosing symbols or spelling words (PN)

**Blood coagulation monitors** – including disposable peripherals such as pricking devices, lancets and test strips for a person who needs anti-coagulation therapy (PN)

**Bone marrow transplant** – reasonable amounts to find a compatible donor, arrange the transplant including legal fees and insurance premiums, travel, board and lodging for the patient, the donor, and their respective attendants.

**Bone conduction receiver**

**Braces** for a limb including woven or elasticized stockings. Boots or shoes that have braces built into them to allow a person to walk are also eligible.

**Braille note-taker devices** to allow a blind person to take notes with a keyboard (PN)

**Braille printers, speech systems, large print-on-screen devices, and other devices** designed to help a person who is blind to use a computer (PN)
Breast prosthesis for a mastectomy (PN)
Cancer treatment in or outside Canada
Catheters, catheter trays, tubing, or other products needed for incontinence caused by illness, injury, or affliction.
Certificates – the amount paid to a medical practitioner for filling out and providing certificates
Chair – power-operated chair to be used in a stairway, including installation (PN)
Cochlear implant
Computer peripherals to help a person who is blind to use a computer (PN)
Cosmetic surgery will to qualify as a medical expense only if it is necessary for medical or reconstructive purposes (ie: deformity, personal injury or disfigurement)
Crutches
Deaf-blind intervening services used by a deaf-blind person when paid to someone in the business of providing these services.
Dental services. Expenses for purely cosmetic procedures are not eligible.

Environmental control system including a basic computer for a person with severe or prolonged mobility impairment (PN)
Extremity pump for a person diagnosed with chronic lymphedema (PN)
Fertility-related procedures to conceive a child
Furnace – for an electric or sealed combustion furnace where the replacement is necessary because of a person’s severe chronic respiratory ailment or immune system disorder (PN)

Gluten-free products – persons with celiac disease (gluten intolerance) can claim the incremental costs associated with buying gluten-free products as a medical expense.
Hearing aids or personal assistive listening devices including repairs and batteries.
Heart monitoring devices including repairs and batteries (PN)
Hospital bed including attachments (PN)
Hospital services public or private, that are licensed as hospitals by jurisdiction where they are located
Ileostomy and colostomy pads including pouches and adhesives
Infusion pump including disposable peripherals used in treating diabetes (PN)
Injection pens to give an injection, such as an insulin pen (PN)
Insulin or substitutes (PN)
In vitro fertility program
Kidney machine – the cost of the machine and related expenses (PN)
Laboratory procedures or services including necessary interpretations (PN)
Laryngeal speaking aids
Laser eye surgery
Lift or transportation equipment (power-operated) used by a person with a disability to help them access different areas (PN)
Liver extract injections for a person with pernicious anaemia (PN)

Medical cannabis – must be purchased in accordance with the Access to Cannabis for Medical Purposes Regulations or section 56 of the Controlled Drugs and Substances Act.
Medical services outside of Canada – the amounts you paid to a medical practitioner and a public or licensed private hospital.
Moving expenses to move a person who has a severe/prolonged mobility impairment, or who lacks normal physical development, to more accessible housing
Needles and syringes (PN)
Note-taking services for a person with an impairment in physical or mental functions
Organ transplant – to find a compatible donor, arrange the transplant including legal fees and insurance premiums, travel, board and lodging expenses
Orthodontic work including braces. Cosmetic procedures are not eligible.

Orthopaedic shoes, boots, inserts (PN)
Osteogenesis stimulator for treating non-union of fractures or bone fusion (PN)
Oxygen, oxygen tent or other equipment necessary to administer oxygen (PN)
Oxygen concentrator – amounts to buy, use and maintain an oxygen concentrator including electricity.
Pacemakers (PN)
Page turner devices to help turn the pages of a book when a person has a severe and prolonged impairment that restricts their ability to use their arms or hands (PN)
Personalized therapy plan – salaries and wages paid for designing a personalized therapy plan for a person who is eligible for the disability tax credit (DTC) and paid to someone who is in the business of providing such services.
Phototherapy equipment for treating psoriasis or other skin disorders.
Prepaims paid to private health services plans including medical, dental, and hospitalization plans.

Dentures and dental implants
Devices or software for a person who is blind person or has a severe learning disability to read print (PN)
Diapers or disposable briefs for a person who is incontinent because of an illness.
Driveway access to alter the residential driveway of a person with severe/prolonged mobility impairment, to ease access to a bus.
Drugs and medical devices bought under Health Canada’s Special Access Program.
Elastic support hose to relieve swelling caused by chronic lymphedema (PN)
Electrolysis by a medical practitioner. Cosmetic procedures are not eligible.
Electronic bone healing device (PN)
Electronic speech synthesizers that allow a reason who is unable to speak to talk using a portable keyboard (PN)
Electrotherapy devices for a medical condition/severe mobility impairment (PN)
Pre-natal and post-natal treatments
Prescription drugs and medications that can lawfully be obtained for use by the person only if prescribed by a medical practitioner. Drugs or medications must be recorded by a pharmacist.

Pressure pulse therapy devices for treating a balance disorder (PN)

Reading services used by a person who is blind or has a severe learning disability

Real-time captioning used by a person with a speech or hearing impairment

Rehabilitative therapy to adjust to a person’s hearing or speech loss.

Renovation or construction expenses – for changes that give a person access to or greater mobility within their home.

Respite care expenses
School for persons with a mental or physical impairment
Scooter – used instead of a wheelchair
Service animals – the cost of a specially trained animal to assist in coping with an impairment.

Sign language interpretation services used by a person with a speech or hearing impairment.

Spinal brace
Standing devices for therapy to treat a severe mobility impairment (PN)
Talking textbooks related to enrolment at a secondary school in Canada or a designated educational institution for a person who has a perceptual disability.

Teletypewriters or similar devices to allow a person who is deaf or unable to speak to make and receive phone calls (PN)

Television closed caption decoders for a person who is deaf (PN)

Tests – the cost of medical tests and any related interpretation or diagnosis (PN)

Therapy – the salary and wages paid for the therapy given to a person who is eligible for the disability tax credit (DTC).

Training – reasonable amounts for you or a relative to learn to care for a relative with a mental or physical impairment who lives with you or depends on you for support.

Travel expenses (at least 40 km) – the cost of transportation expenses (ie: taxi, bus) when a person needs to travel at least 40 km (one way), but less than 80 km, from their home for medical services. If a medical practitioner certifies in writing that you were not able to travel alone, you can also claim the travel and transportation expenses of an attendant.

Travel expenses (at least 80 km) – the cost of the travel expenses, including accommodations, meals, and parking, when a person needs to travel at least 80 kilometres (one way) from their home to get medical services. (Same conditions as above).

Travel expenses (outside of Canada) – same as above for services outside of Canada. To determine if the treatment received outside of Canada is an eligible medical expense, see Medical services provided outside of Canada.

Treatment centres for a person addicted to drugs, alcohol, or gambling.

Truss for hernia

Tutoring services that are additional to the primary education of a person with a learning disability or an impairment in mental functions.

Vaccines (PN)
Van – 20% of the amount paid for a van adapted to transport a person who needs to use a wheelchair, to a limit of $5,000 (for Ontarians, the limit is $7,159).

Vehicle device designed only to allow a person with mobility impairment to drive the vehicle (PN)

Vision devices including eyeglasses and contact lenses to correct eyesight (PN)

Visual or vibratory signalling device used by a person with a hearing impairment (PN)

Vitamin B12 therapy for a person with pernicious anaemia by injection, pills or other methods (PN)

Voice recognition software used by a person who has an impairment in physical functions.

Volume control feature used by a person who has a hearing impairment (PN)

Walking aids for devices designed to help a person with a mobility impairment (PN)

Water filter, cleaner, or purifier for a person coping with a severe chronic respiratory ailment, or a severe chronic immune system disorder (PN)

Wheelchairs and wheelchair carriers
Whirlpool bath treatments
Wigs (PN)

Note: This tax information was provided by Canada Revenue Agency and edited to fit Health Matters magazine. We recommend that you consult your tax professional for services in filing your income tax returns.

Authorized medical practitioners for the purposes of the medical expense tax credit. Unless otherwise noted, all listed are for Ontario and Quebec. If only for one province, that is noted.

Acupuncturist
Audiotherapist
Chiropractor (ON)
Chiropactor
Criminologist (QC)
Dental Hygienist
Dental Technician or Technologist
Dentist
Denturist
Dietician
Hearing Aid Practitioner (QC)
Homeopath (ON)
Kinesiologist (ON)
Marriage and Family Therapist (QC)
Medical Laboratory Technician
Medicare Technician
Medical Radiation Technologist
Midwife
Naturopath
Occtopational Therapist
Optician
Optometrist
Orthoses/Prostheses Technologist (QC)
Pharmacist
Physiotherapist or Physical Therapist
Podiatrist
Psychological Associate (ON)
Psychologist
Psychoeducator (QC)
Registered Massage Therapist (ON)
Registered Nurse and Nurse Practitioner
Registered Nursing Assistant (QC)
Registered Nutitioner (QC)
Registered Practical Nurse
Registered Respiratory Therapist
Respiratory Therapist
Sexologist (QC)
Social Worker
Speech Language Pathologist
Surgeon
Traditional Chinese Medicine Practitioner (ON)

Ineligible Expenses
Ineligible expenses include: athletic or fitness club fees, birth control devices, blood pressure monitors, diaper services, health plan premiums paid by an employer and not included in your income, organic food, over-the-counter medications, personal response systems such as Lifeline and Health Line Services, supplements and vitamins.
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and you will be added to the confidential subscriber list.

Issues will be emailed in February, April, June, August, October and December. List is in a PDF document for easy download, printing and sharing. Or, visit our website and download the lasted edition there: www.travelourbackyard.com

Are there really that many things to do in the area?
You bet there is! Every issue is a guaranteed list of 101 things you can do in 60 days!

Can I add my event to the list?
Yes! The cost to list with us is $25 plus HST. That includes a 50-word listing (no graphics) and two points of contact information. You can also have five listings in the issue for $100 plus HST.

When are the deadlines?
March-April Edition
Publishes: February 13th
Deadline: February 10th

May-June Edition
Publishes: April 16th
Deadline: April 13th

July-August Edition
Publishes: June 11th
Deadline: June 8th

September-October Edition
Publishes: August 13th
Deadline: August 10th

November-December Edition
Publishes: October 15th
Deadline: October 12th

Email your listing to
101things@travelourbackyard.com
A Dentist Could Be The Key To A Child’s Good Night’s Sleep

By: Dr. Annie Larouche, D.M.D.

When we talk about sleep disorders, most of the conversation focuses on adults and how a lack of sleep impacts adult lives. Children can also develop sleep disorders, and help may be in the dentist’s chair.

Sleep disordered breathing is a fancy way of saying that a breathing difficulty disrupts sleep. Sleep interruptions, called micro-arousals, occur when the brain tells the body to wake up due to a lack of oxygen. This can happen with snoring (a partial airway obstruction) and sleep apnea (a complete airway obstruction). In children, snoring and sleep apnea reduce oxygen in the blood, damaging developing brains and growing bodies.

The Negative Impact of Micro-Arousals

A normal sleep cycle lasts 90 minutes and includes four stages of sleep - two light sleep stages and two deep sleep stages. Micro-arousals disrupt the normal sleep cycle, only allowing for light sleep (stages one and two). When a child misses the deep sleep stages, they miss the stages where the body secretes hormones to promote growth and healing of the body, and rapid eye movement (REM) sleep which contributes to brain development.

The consequences of micro-arousals on growing children are destructive and include:
- daytime tiredness
- inability to sit still or concentrate in school
- kids looking tired
- being diagnosed with an attention deficit disorder (ADD or ADHD)
- a child who seems to get sick easily
- sleeping frequently but are never rested
- kids with sleep-disordered breathing move a lot in their sleep and can adopt unusual sleeping positions, such as sleeping with their bum up.

How Dentists Can Help

Dental professionals have a unique opportunity to assess airway quality. During a regular dental examination, the dentist looks at the back of the mouth with a bright light and a mirror to retract the tongue. Signs that a child may be experiencing sleep-disordered breathing such as enlarged tonsils can be seen in this examination. Another clue is a strong gag reflex. Kids with large tonsils will have strong resistance to letting anyone work in their mouth as it further restricts their ability to breathe which causes them distress. When large tonsils are associated with snoring or sleep apnea, it is often necessary that they be removed. Tongue tie, deep dental bite, mouth breathing and a deficient lower jaw can also lead to or impact sleep-disordered breathing. Your dentist can help with these conditions.

How Parents Can Help

While medical professionals are the only professionals qualified to diagnose sleep disorders, parents can play an active role in identifying sleep problems with their child by documenting their sleep patterns. Doing so provides a record of snoring or apnea that they can show a physician during a child’s regular exam. Apps such as SnoreLab can be used to monitor sleep. The more information the physician has, the more thorough their assessment can be.

Snooring and sleep apnea in children is a serious issue with severe consequences. Your dentist is a healthcare professional who can be part of the solution for children who are having difficulty getting a good night’s sleep.
Walk into any funeral home in North America and ask to make arrangements for your future. Once your coffee or tea is in hand, the initial question always goes the same, “Would you like to be buried or cremated?” For thousands of years, humans have had only two options for care of the body upon death. But today, in the age of electric cars, computers in your pocket and the ability to generate power from our own garbage, there is a new way to care for our dead.

Aquamation, formally known as hydrolysis on Ontario, is a process that uses water to accelerate the natural decomposition of a human body. As a comparison, bodies would normally take months or even years to reduce down to bones in the soil, aquamation completes the process in a matter of hours. The effluent is safe with no harmful chemical or microbial contamination. The remains are then dried and reduced to a powder.

The aquamation technology has been available for approximately 25 years. It recently became available in funeral homes as an alternative form of disposition. In an age where so much focus is put on our carbon footprint and emissions, it is attractive to many people. With aquamation, there is no direct production of harmful greenhouse gases or mercury and no burning of fossil fuels. In addition, the expense of a casket is not incurred when families choose aquamation.

Pilon Family Funeral Home in Arnprior is bringing this option to the Ottawa Valley in 2020. When choosing aquamation, a loved one never leaves our care; the process occurs entirely on-site with no need to transport the deceased off-site.

As with traditional burial or cremation, families who would like to have a service or visitation can also do so with aquamation. A service can be held prior to aquamation if the family would like their loved one’s body present or following aquamation, as is possible with cremation. There is flexibility to suit the wishes of the deceased or for the family.

This new process isn’t for everyone, and that’s fine. For us, the decision to offer aquamation allows us to offer another option to families. As funeral services evolve, we are constantly looking to stay current with important choices for families; whether that is a full traditional funeral, a direct cremation or aquamation or something in between. Aquamation is the newest way for our family to continue to provide quality assistance to the families we serve.

There are currently only two operating aquamation units in Ontario, though it is expected that as the popularity of the technology increases, so will the availability. If you have any questions about aquamation, please contact us. We are always available to answer any questions you might have.

ASK THE EXPERT:
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www.pilonfamily.ca
The ritual of self-love can transform someone’s well-being, and yes, that can involve beauty treatments.

My name is Kristin Leitch and I am the founder of HeLa Beauty & Medical, a medical aesthetics clinic. HeLa’s mission and core values are to provide professional, personalized and honest medical aesthetic treatments, delivered in a state-of-the-art environment. We combine advanced technology and extensive expertise with a consistent commitment to providing the highest levels of patient care. HeLa is medically directed by Dr. Anne Marie Savoie, MD.

Our Clinic Services
The services we provide include skin and hair rejuvenation, laser hair removal, botox and dermal fillers. All cosmetic injections are treated under medical directives from Dr. Anne Marie Savoie, MD. Whether you are in need of a laser treatment, facial or injectable, how you treat yourself truly tells the world how to treat you. It is also a kind reminder to yourself that you matter. This is what inspired us to offer our On Glowing Medical Grade Skincare Program. On Glowing is a program where you are rewarded with one free treatment when you buy three selected treatments at HeLa.

At HeLa, medicine is married with beautification to create natural-looking results in harmony with personal aesthetic. We strive to maintain youthfulness and well-being, to support your journey to confidence and joy.

Considering Injectables?
Injectables have been at the forefront of the anti-aging conversation and there is no need to be intimidated by them. At HeLa, we have chosen to use only the best and most sought-after hyaluronic dermal fillers, all approved for cosmetic use. We also strive to achieve a natural look while improving signs of aging and restoring facial proportions.

Injectables help restore volume loss by plumping the lips, smoothing out wrinkles and restoring a more youthful overall appearance. Each filler type is uniquely designed with certain texture and density to allow to treat a variety of areas of concern. After I perform a thorough medical assessment, Dr. Savoie tailors the treatment plan for each individual to ensure a safe and effective treatment. Every aspect of HeLa’s practice is developed to ensure that patients have the best possible experience.

The clinic is open Tuesday to Thursday 10:00am-7:00pm, Friday 10:00am-5:00pm and Saturday 9:00am-3:00pm. After hours appointments are available upon request.

It is our pleasure to make state-of-the-art beauty and medical treatments that are easily accessible in a large city, also easily accessible in a small town. We use name brand, industry-leading products as part of our commitment to elite services. We look forward to meeting you.

ASK THE EXPERT:
Kristin Leitch, Founder
HeLa Beauty & Medical
147 Pembroke Street West, Pembroke, Ontario
Phone: 613-735-4504
www.helabeauty.org

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with certified medical service

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147 Pembroke Street West, Pembroke, Ontario
Phone: 613-735-4504
www.helabeauty.org
The word “compounding” has multiple meanings. In finance, it means an exponential increase in value. In grammar, it is the term for combining two or more words to create an entirely new meaning. In the world of pharmacy, compounding is a custom remedy that is specially formulated for a patient’s unique needs.

When a remedy (ie: a tablet or liquid form of medication) is manufactured, it must go through extensive research and testing before coming to market. Thorough clinical data must be repeated for all strengths of the remedy that are produced. While this system protects us, it doesn’t allow for all conceivable strengths of topical medications or pills to be available.

For example, pills may be required in a very specific strength for a condition treated within a narrow therapeutic range such as hypothyroidism. On the other hand, a pill may be required in a reduced strength when titrating off mental health medications or in pediatric and veterinary medicine. Some pills contain excipients, a substance that works alongside the active ingredient to create the remedy, such as the ingredients used in the pressing of a pill to its hard, tablet form. Some patients may not be able to tolerate a hard-surface pill or find that a liquid remedy has an intolerable taste. This is where compounding comes in.

Compounding is used to alter a medication. A patient’s challenge with a remedy can be eliminated by making a custom capsule or by using custom flavouring.

Starting in 2019, we have been working at acquiring the newest technology for completing our compounds, and investing in renovations to ensure the safety of our staff as well as the quality of our products. We embarked on this process after receiving a great many requests for hormone replacement therapy items, and we held off making them until we could ensure our set-up complied with the highest level of standards. We are happy to announce that we have started doing so now.

It takes an excellent network of resources to take an existing formula and produce a new compound. However, that hard work pays off when it comes to meeting the needs of people who need that help. We already produce proprietary topical pain, arthritis and itch remedies and look forward to introducing custom multi-vitamins. Our pharmacy has also partnered with a Naturopathic Doctor. This has helped us to expand our treatment base from conventional therapies.

In 2020, we plan to introduce an infusion room! We are excited about the new year and look forward to continuing to innovate holistic options.

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ASK THE EXPERT:
Livia Vodenicar, Pharmacist
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www.pharmasave.com/
pharmasave-holistic-care
The benefits of technology are endlessly debated. The impact on health, especially mental health concerning youth, is being studied and creating a focus across the globe. In our sector, we have seen some positive ways that technology can help improve health and care for people; many of which you might also find helpful.

For example, something simple such as an app to “find my phone,” the Apple watch or a home monitoring system can offer peace of mind when monitoring loved ones from a distance. This may include aging parents, youth who are just gaining confidence in spending time alone and, as is the case with our organization, people with disabilities.

We have also found that regular supports could be complemented by technology. Examples include the ability to scan and visually monitor spaces, bed pads that shake to enhance visual (strobing lights) and sound alarms, door monitors and medication dispensers with alerts and messages can also provide assistance.

There are also “talking apps” that work well for reminders. Google Mini, Alexa and other home systems can have light switches, reminders and thermostats controlled and can assist with routines, often allowing people to retain more of their independence. Community partners are already using technology to track actions and maintain checklists.

Technology also allows for training modules and apps that can provide step-by-step guidance on everything from recipes to how to call for a taxi. These apps can provide a routine of reminder (ie: to turn off lights, lock door, take out garbage before leaving the apartment, etc.) Landlords and building owners are also excited to investigate the benefits so that common areas and entrances could be monitored and issues noted in real time.

Of course, there is equal need to use caution to ensure privacy and personal preferences are respected. At Community Living, we are excited about entering this next phase of seeing technology as a partner. We have learned how technology can ensure safeguards for people who are often seen as the most vulnerable in our community, while still allowing for each person to be in the drivers seat (with smart cars possibly – literally) over how technology is used in their unique circumstances.

Recently, Developmental Services Ontario provided a workshop on technology and how it can help us increase the service levels we provide to people connected to our organization. While it can be daunting to embark on and learn new things, if it makes life better, people safer and improves independence, then we’re all in to give it a try!

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ASK THE EXPERT:
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Using Tech To Increase Quality of Life

By: Tina Williams
Interim Executive Director

International Women’s Day Breakfast

We are currently preparing for our third annual celebration of women as part of International Women’s Day. This has been a sold-out event since we began, so let us know that you wish to be informed when we finalize all the awesome details!

Contact Holly Molenaar
hmolenaar@cluov.ca

Looking For Good Tenants?

We can help you fill housing rental needs with long-term tenants supported by our agency

We are looking for developers, property managers and landlords who are interested in long-term tenants. Locations specific to the Upper Ottawa Valley.

Contact Tina Williams at 613-735-0659 ext.105
twilliams@cluov.ca

Visit www.cluov.ca and choose careers.
Inappropriate Sexual or Harassing Behaviours in Canada

Unwanted sexual behaviours in public include:

- Unwanted physical contact
- Indecent exposure
- Unwanted sexual attention (such as whistles, catcalls, or comments)
- Comments about sex, gender, or sexual orientation

All are forms of gender-based violence

Almost 1 in 3 women and just over 1 in 8 men 15 years of age and older felt unsafe or uncomfortable due to unwanted sexual behaviour they experienced.

32% of women

13% of men

Among those individuals who experienced this behaviour in the past 12 months

Overall, 1 in 4 women and 1 in 15 men experienced unwanted sexual attention in public.

This was the most common type of unwanted sexual behaviour.

The perpetrator was usually a male stranger.

75% of women and 47% of men who experienced unwanted sexual behaviour stated this.

1 in 10 said that the most serious instance took place on public transit.

This represented 629,000 women and 211,000 men.

About half of women and men changed their behaviour due to their experience.

This included altering their routines, actions, or the way they look or act in public.

The two most common harassing behaviours experienced online were:

- Being sent unwanted sexually suggestive or explicit images or messages
  - Women: 11%
  - Men: 6%

- Being sent threatening or aggressive emails or personal messages
  - Women: 10%
  - Men: 8%

Of all Internet users, 28% of women and 19% of men blocked other users, deleted their own account, or restricted their Internet use to protect themselves from harassment.

For more information, see the full Jurat article.


Source: Statistics Canada, Survey of Safety in Public and Private Spaces.
By: Jennifer Layman

Talking with Jacqueline is like talking with an adult and a teenager; each from a different world. As an adult, she articulates the struggles that come with a child growing up with a challenging home life and what it takes to defy the odds and live a life that is better than she learned. As a teenager, she clings to her peers and how their influence made it impossible for her to escape a way that she never wanted, but seemed destined to live. This story is one that is happening right now.

Jacqueline (not her real name) is, in fact, a teenager. She is 18-years-old and applying to college to live the life she wants in her future. She is also a drug user and remains somewhat connected with people who lived the life of her past and her sometimes, her present. On the day of this interview, she admitted to having used drugs just a few days prior. She also admitted to regretting it. She's trying. She's trying hard.

Jacqueline grew up in Saskatchewan but moved to Renfrew County as a young girl. Her parents fought often and her father not only abused drugs (and continues to do so), he was also physically abusive.

"I remember it, but I didn't know what was really going on," she says of her parents' relationship. "One day dad would be arrested by the cops and the next week he was home hitting my mother. I didn't understand that."

One day dad would be arrested by the cops and the next week he was home hitting my mother. I didn't understand that.

Then mom would call me dad's name and it would piss me off."

As she grew up, her behaviour continued to escalate. She started stealing from her mother, and her father's advice was "just don't get caught." It made her feel like stealing wasn't really that bad, so long as she got away with it. By grade eight, she was smoking - cigarettes and weed - which had her hanging out with an older crowd.

"I was known as the kid who was going out to smoke weed," she says. "I thought I was the coolest kid in class because I was friends with high schoolers. I thought I was set."

Eventually, her mother's boyfriend had moved in and he was an alcoholic. All Jacqueline would say about the relationship was that the boyfriend didn't treat her or her siblings very well. Finally one night, she walked out the door. She ended up on Highway 132, heading towards Renfrew. She stopped at a house and asked the homeowner if she could call her dad to come to pick her up. He did, and at 13-years-old, she moved in with her father. That's when things got worse.

"When you move out of a small town you lose your click of friends," she said
remembers. "You're so desperate to find friends that you'll do anything to fit in with anybody. That's all kids care about - fitting in."

Her father had a rule that she wasn't allowed to smoke weed until she was 16-years-old, but he didn't care if she smoked cigarettes. Jacqueline says that's how life was with her father, that he didn't really care what she did. With her new-found freedom, she explored some new substances.

"By grade 10 I said "f--k it," and I was getting into and trying everything," she admits. "Dad would ask me if I could hook him up with some stuff; mom would have kicked my ass to the moon."

Jacqueline says it was easy for kids to get drugs. She describes the house near her high school that she and her friends would go to, just knock on the door and the man would ask, "how much?" For kids at school, she says accessing drugs was easy. She also says that the house she would go to for drugs is still there.

When she first started the harder drugs, she admits to being nervous. Eventually, she decided just to stick with weed. She did get caught smoking weed in high school and was suspended for a week. She and her friends used that time to figure out who ratted on them.

Throughout her story, Jacqueline references the extensive influence of her peers. While she knew there were kids at school who had friends and who didn't do drugs, she didn't think it was a group she could fit in with.

"It's hard because the ones who don't use or smoke, they think they're higher above you," she says. "They dress better than you and have more expensive clothing and they're not throwing their life away. There are groups that don't do drugs, but they think they're better than you and you have trouble finding a new group. I felt uncomfortable."

At the time, Jacqueline says she knew using drugs wasn't a good thing. Her father continued to use drugs and then became abusive with her, so Jacqueline took the initiative and asked her mom if she could move back with her. She remembers thinking that her mom probably didn't understand that she was using drugs, but she knew she had to get away from her father.

"I felt like I just lost everything. I was on and off coke really bad and I had previously been in the hospital for alcohol poisoning. I was trying to get into a safe place."

Jacqueline enrolled in a new high school and was able to make a connection with a guidance counsellor. She still had peers that were using drugs, but she trusted the counsellor and they spoke often.

"She went the extra mile to help me," Jacqueline says, recalling her easily by name. "She knew I was struggling with addiction and she knew about my dad but she built trust with me. I kept going back to talk."

It wasn't long before life became difficult at her mother's home, admittedly due to her addiction issues, but she was still trying to find a solution.

"I thought about saying "f--k it" and trying to figure things out on my own, but I knew it wouldn't work out," she remembers. That's when the guidance counsellor suggested another option, a place called Columbus House.

"I didn't want to come here at first," she says of her decision to choose Columbus House. "I thought it would be the worst thing ever but it actually helped me a lot - more than I thought it would. I felt it like a fresh start."

Initially, Jacqueline spent a lot of time in her room, but eventually, she started to open up to living in a non-abusive environment. She made friends with another girl and just "opened up."

"It's more so helping me with life skills and helped me get to a point where I'm not abusing or using anymore," she says of her life at Columbus House. She also says she was able to get on some medication that helped make the adjustment easier.

Being at Columbus House is voluntary, so Jacqueline can leave anytime. But, she doesn't. She has stayed for several months because she chooses to stay. Her life isn't perfect, but it's safe.

"I didn't blow on the weekend," she admits. "I worry every time. You have friends who are doing it and you want to fit in. You don't want to be labelled or made fun of - being called a pussy or "no fun" - and then you're not asked to hang out. I was two weeks clean before the weekend. I messed up."

Someone gave her the cocaine. If she has to pay for it, a "point five" costs $50 and gets you three lines and that lasts about five minutes. Jacqueline says there are drugs she wouldn't do, drugs like crack, fentanyl or heroin. Although she has done speed, Xanax and morphine, she says she wouldn't do those again. And, she stays away from anything purple because it's possibly laced with fentanyl.

"It's a quick course in drug use and you get the sense that its information she wished she never knew."

"I know kids who are on track to be on a path like me," she says. "It's not a good path. Nobody wants that. If I could go back I would do it differently. Every teenager thinks being a parent is all fun and games and then they age and realize it's not."

Something else that might have prevented her from making bad choices in high school is if there was an opportunity for kids to have a place to go that they could talk or listen or just be around other kids who were struggling in the same way. It's a suggestion that wouldn't take much to implement, and which Jacqueline says, would have made a difference for her.

"They should take away the smoking areas in high school," she says. "You don't need to be smoking, to begin with. And if there was a meeting or group for kids struggling with addiction, even once a week - like AA (alcoholics anonymous) for teens - you just go and just talk. Some will take advantage of it. I know I would have."
Jacqueline puts a strong emphasis on making help available in the schools since that is where peers gather and get together and where relationships form. A more active police presence could help curtail drug use activities at schools, she says because users "are more cautious and worried if cops are around." She thinks the more measures that can happen in the school environment, the better the outcome for the community.

"If you can nip it when it starts in the school because it always starts with your peers, it might not lead to bigger problems," she explains.

"I put myself in these situations and I had to figure it out for myself," she says. Jacqueline agreed to tell her story so other kids could know that there is a way to change their life and people to help make it happen. She shares her experience for those who don’t have someone to go the extra mile for them. She wants to use her peer influence for good.

"If you can nip it when it starts in the school because it always starts with your peers, it might not lead to bigger problems," she explains.

Today, Jacqueline is proud that she is getting herself back on track at Columbus House. There are times when it’s hard, but she is taking responsibility for her life. She has enrolled in college and she’s moving forward.

"I put myself in these situations and I had to figure it out for myself," she says. Jacqueline agreed to tell her story so other kids could know that there is a way to change their life and people to help make it happen. She shares her experience for those who don’t have someone to go the extra mile for them. She wants to use her peer influence for good.

"If I could go back, I would do things differently," she says. "I could have prevented a lot of stuff. Maybe this can help someone else."

Choosing Columbus House

If kids have something going on at home, Columbus House might be an option. It is a voluntary, residential program funded in part by Ontario Works. Columbus House takes on the parental role and runs the residence like a typical home. Kids make their breakfast and lunch and have to be home by 4:30pm. Sunday to Thursday, everyone in the house eats dinner together.

Everyone is assigned tasks, some of which are done with staff such as cooking night. Other chores include laundry, cleaning their room (everyone has their own room.) Everyone also learns life skills like budgeting. Everyone must be a full-time student or willing to be a full-time student to stay at Columbus House.

There are things to do that help build confidence, build skills and encourage kids to choose a future. Often former residents of Columbus House are available as well.

There are residences for girls and boys, with six available spots in each plus an emergency bed. The goal of Columbus House is to help youth build new relationships with their families if they wish to have those relationships.

How To Reach Out

Anyone can contact Columbus House. Schools, Family & Children's Services, Renfrew County Youth Shelter, a parent or even the child themselves if they are under the age of 21. Anyone over the age of 16 does not need a parent’s permission.

For more information on Columbus House, visit www.columbushouse.ca or call 613-732-2791 and speak to Tiffany Hughes. Tiffany is the contact person for both the boys’ and girls’ residences.

If you need a safe place or just a place to start looking for some help, it’s worth a call to Columbus House.

If I could go back, I would do things differently. I could have prevented a lot of stuff.
Preventing and Treating Frostbite in Children

By: Canadian Paediatric Society

In cold temperatures, skin that isn’t properly covered or protected can freeze quickly. When skin freezes it’s called frostbite. The most common body parts to get frostbite are the cheeks, ears, nose, fingers, and toes. Skin will first become red and swollen and will feel like it is stinging or burning. If the skin isn’t protected or warmed, it will start to feel like it’s tingling and will look grey. If the skin freezes, the area will have no feeling and will be shiny and white.

Frostbite can happen in cold wind, rain, or snow. Once a part of the body has had frostbite, it’s more likely to happen again.

How can I protect my child from frostbite?

Plan to reduce the amount of time children spend outside when the temperature falls to -15°C or colder, with or without wind chill. Consider keeping them indoors whenever the temperature or the wind chill is reported to be -27°C or lower. At this temperature, exposed skin begins to freeze. If you care for a group of kids, it might be hard to ensure they are all safe from frostbite at these low temperatures.

Never send children outside unsupervised in extreme conditions, such as a snowstorm. Don’t let your child stay outside too long in the cold. Have him come in for breaks and to warm up. Dress your child in layers of clothing that can be put on and taken off easily. Make sure as much skin as possible is covered in cold temperatures.

Children should wear a warm hat that covers the ears. Most body heat is lost through the head, and ears can be easily frostbitten. Mittens are better than gloves in really cold temperatures because your child can bunch her fingers together inside the mittens to help keep them warmer.

Provide warm, waterproof boots that are roomy enough for an extra pair of socks and to wiggle toes. Warm clothing should also be safe. Remove drawstrings or cords from clothing that might catch on play equipment. Velcro closures, snaps and zippers are the safest fasteners. Use a neck warmer instead of a scarf, and mitten clips instead of strings.

How do I treat frostbite?

If your child comes in from outside complaining that their fingers, toes or other body parts are sore, here’s what to do:

- Gently remove any clothing covering the area.
- Put your child in dry, warm clothing.
- Slowly warm up the area by gently covering it with your hand.
- Use warm (not hot) water to slowly warm affected body parts.
- If your child’s fingers are frostbitten, place them in his opposite armpit to warm.
- Do not massage or rub snow on frostbitten skin.
- Seek medical advice immediately if your child's skin is white, waxy or feels numb.

ASK THE EXPERT:
Canadian Paediatric Society
Phone: 613-526-9397
www.caringforkids.cps.ca

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Dr. Scarlett Yoo and Dr. Lauren Campbell are accepting new and emergency patients.

Monday-Thursday 8:00am-4:30pm
Friday 8:00am-2:00pm
A study conducted by Queen’s University revealed that one in three Canadian adults have a sore throat, cold or flu in any given month! Twenty per cent of people completely ignore their symptoms. So what does that mean for your workplace?
When co-workers are coughing and sneezing, it can feel inevitable that you are going to catch whatever is roaming around the office. Here are some tips to help reduce your risk and perhaps prevent it from happening all together:

**Wash Your Hands**
At work, your hands touch a lot of surfaces that can hold germs. Think of handshakes, door knobs (including appliances), the copier machine, phone, food containers, elevator button or stair railing, coffee pot handle, share books or office supplies - the list is really endless. Every shared surface is an opportunity for a germ to be passed along. This is why washing your hands is one of the most important things you can do to help prevent the spread of cold and flu. Wash for 15-20 seconds with soap or use an alcohol-gel hand sanitizer. Try to keep your hands away from your eyes or mouth as much as possible. If you cough or sneeze, wash your hands.

**Drink Plenty of Water**
It can be difficult to stay hydrated at work, but do your best to keep getting your intake of water. If you can have a bottle at your workstation, great! Just remember to wash and rinse it often. If not, do what you can to increase your intake of ounces.

**Disinfect High Touch Surfaces**
Having alcohol or sanitizer-type wipes can be an easy solution when dealing with high-touch areas. Run the wipe over your keyboard, your desk, the handle of the refrigerator, etc.

**What Employers Can Do**
Workplaces can use these tips to help improve the healthfulness of their work environments.

1) Remind workers to wash their hands with signs in bathrooms, kitchens and other communal areas.
2) Provide hand sanitizer throughout the workplace.
3) Have a selection of cough drops, tissues, sanitizer, lozenges and other items that people can help themselves to if they need them.
4) Make information on flu shot clinics available to staff. Pharmacists around the community offer the flu shot as do the health units.
5) Have disinfecting wipes readily available throughout the office.

Our pharmacists can help treat your cold and flu symptoms once you are infected, but we can also help reduce the risk of infection and perhaps prevent it with some advance planning and care. Talk to us about our recommendations for your workplace situation. We can help!

ASK THE EXPERT:
Brian Mulvihill, Pharmacist
Mulvihill Drug Mart
Pembroke & Petawawa Locations
www.mulvihilldrugmart.com
2) Install tamper-resistant receptacles to protect younger children from shocks. They have special shutters that cover the plug slots and help prevent little fingers or objects from going into the outlet. As a note, the ESA reports that on average, 110 children under age 15 end up in the emergency department every year in Ontario due to an electrical injury; half are under age five.

1) If your outlet has a missing or broken cover plate, replace it immediately. Outlet covers create a barrier between people and exposed wires.

The Electrical Safety Authority (ESA) has a list of "seven fixes you can do to make your home a safe-zone" on their website (www.esasafe.com). They include:

1) If your outlet has a missing or broken cover plate, replace it immediately. Outlet covers create a barrier between people and exposed wires.

2) Install tamper-resistant receptacles to protect younger children from shocks. They have special shutters that cover the plug slots and help prevent little fingers or objects from going into the outlet. As a note, the ESA reports that on average, 110 children under age 15 end up in the emergency department every year in Ontario due to an electrical injury; half are under age five.

3) Small kids often want to explore new things by putting them in their mouths. Keep cords away from little hands and mouths.

4) Teach older children how to plug in and unplug safely. Never overload outlets by plugging in too many cords. Use an approved power bar that has surge protection instead. When it’s time to unplug, don’t yank cords from the wall. This can damage the appliance, the cord and the outlet.

5) Check all of your cords. If a cord is frayed, replace it. Tape won’t protect anyone from a shock. Extension cords – which should only be used temporarily – are prone to cracking and fraying, which can lead to a shock or fire.

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6) Water and electricity can be a lethal mix. Install ground fault circuit interrupters (GFCIs) – the ones with the reset button – in any room with water (i.e. bathrooms, kitchens and laundry rooms) to help protect from a shock.

The ESA’s final piece of advice is that if you have electrical work that needs to be done in your home, hire only a licensed electrical contractor for the work.

The Ontario Fire Marshall’s Office reports that electrical distribution equipment is the fourth leading cause of home fires. Further, equipment failure is the cause of 71 per cent of home electrical fires. Circuit wiring, panel boards, fuses and circuits are aspects that an electrician can assist with at your home.

The ESA website is a great resource for homeowners with fact sheets, videos and resources. It’s worth a look.

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**ASK THE EXPERT:**

Joel Layman, President
Layman Fire & Safety, Layman Electric
235 Biesenthal Road,
Pembroke, Ontario
Phone: 613-732-5320
joel@laymanfireandsafety.com
www.laymanfireandsafety.com

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**Electrical Safety In Your Home**

By: Joel Layman, President

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**Fire, Safety and Electrical Services**

In an effort to offer an increased service to our community, we are now providing electrical contractor services. The electrical component of our business allows us to provide fire alarm services more efficiently and service general electrician needs. A full-time master electrician is now on staff and we look forward to expanding our services for the benefit of the community.

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**Layman Fire & Safety**

Think of fire before it starts.

**Layman Electric**

A division of Layman Fire & Safety | ECRA/ESA 7013823

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Phone: 613-732-5320 | joel@laymanfireandsafety.com
For many people, visiting a healthcare professional is not a pleasant experience. Some people have anxiety about seeing the dentist and others have anxiety about a colonoscopy or minor surgery. It can happen in any clinical-type of setting and it’s more frequent than you think. This anxiety is so prevalent; there is actually a name for this feeling: white coat syndrome.

Some health agencies (such as the College of Family Physicians of Canada) actually call it "white coat hypertension" (WCH) due to the increase in blood pressure that occurs when a person is anxious about a healthcare visit. It has been reported in various medical magazines that this type of anxiety might warrant medication and in some cases can grow into full-blown hypertension.

What if we, as people involved in the healthcare industry, could do something about that? I’m not talking about curing hypertension; I’m talking about lessening the potential for white coat syndrome.

The Waiting Room

Take a look around your waiting area; what do you see? Are you sitting in a weight loss clinic staring at brochures that talk about how obesity is killing people? Are you waiting for a mammogram and staring at a poster on breast cancer? Or perhaps you’re at the dentist with a video running that depicts a person in pain? If so, you could be contributing to the anxiety of someone waiting to see you.

I realize that everyone wants to promote their services and capitalizing on a seated audience seems ideal. But if you are making that audience uncomfortable, you could be doing more harm than good. What if the waiting room was filled with positive messaging and focused on providing a relaxing feeling. From a marketing standpoint I can tell you that people are much more open to what you have to say (or sell) when they are comfortable as opposed to when they are anxious.

Watch Your Language!

Another situation that causes anxiety is when healthcare professionals use their industry language to communicate as opposed to the language of the patient. While someone may well be suffering from a synchronous diaphragmatic flutter, you will make them feel more comfortable if you ask them how long they have had the hiccups. If a personal trainer thinks you could be suffering from medial tibial stress, it might resonate more with the person working out if the trainer addressed their shin splints.

When conversing with colleagues, use all the industry-specific terminology you like, but when it comes to putting someone at ease or making them feel more comfortable, common terms will be greatly appreciated.

Try experiencing your organization through the eyes of a patient and see if there are ways you can reduce white coat syndrome or simply improve the mood of someone who is using your services. You might be surprised how easy it can be to put someone at ease.

ASK THE EXPERT:
Jennifer Layman, President
Forward Thinking Marketing Agency
2113 Petawawa Boulevard,
Pembroke, Ontario
Phone: 613-732-7774
jenn@fwdthink.net
ACROSS
1) ____ Room: investment drama starring Vin Diesel
6) The ____ on Wall Street: Leo movie
8) What you might have to do to your spending if you owe money
12) With 22 across, The ____ book by David Chilton
13) Canada pays up to $500 a year per child under age 17 into this plan
15) How to ensure you pay your bills
17) The first day of this month is the deadline for RRSP contributions
18) Save money shopping; buy ____
22) With 12 across, The ____ book by David Chilton
24) 2008 documentary about personal debt in the US
25) CIBC, RBC, BMO or TD
26) What you might do to obtain a better loan rate
28) 2009 Michael Moore documentary about the late 2000 US financial crisis
29) A advance of money
30) Who a business might hire to keep their finances on track
33) You would do this with your financial planner or advisor
35) When you work, you ____ money
38) An asset a lender accepts as security for a loan
39) The most expensive form of consumer loan in Ontario
41) You could save hundreds of dollars a year by making this at home
42) What you might declare if you have had several financial challenges
44) The month when personal income tax returns are due
48) An interest rate that is not variable
49) Option for lower monthly payments
50) An investment guaranteed by the government; abbrev.
51) Brewster’s Millions star, Richard ___
55) Proof you worked; pay ____
57) This pension is a monthly, taxable benefit when you retire
61) Mortgage that advances you funds from the home you own
63) 2005 movie about one of the largest bankruptcies in US history
64) This rate is a cost of borrowing

DOWN
2) Creditor: someone who’s ____ money
3) A tax-free insurance policy for your family after you die
4) A government funded pension for those age 65+; abbrev.
5) When you don’t have enough money to pay for something
7) A bill not paid on time it is ____
8) Falkland Islands Pound abbrev.
9) A person or company to whom money is owed
10) A running bill
11) With tax, what you submit to the government annually
12) What a creditor can garnish in order to get money owed to them
14) A document for someone to act on your behalf financially: Power of ___
16) A person who agrees to cover your debt if you default
17) Canada’s Minister of Finance: Bill ___
19) A document of wealth distribution directions upon your death
20) Credit you get from TransUnion
21) You might get it after tax season
23) When criminals send emails trying to get your money
27) How to save money on eating out
28) If you borrow on these, be sure to pay them off every month
29) When someone has a right to your property until you pay it off
31) If you work but have an inadequate income: working ___
32) Famous financial road in US
34) An investment where growth accumulates tax free; abbrev.
35) When you work, you ____ money
36) Level of income tax you pay: tax ___
37) What you “pick up” for extra money
38) A lender for farms; abbrev.
39) The most expensive form of consumer loan in Ontario
40) The strategy where you pay off the highest interest debt first
43) You save money to do this
45) What you get from your employer every year; abbrev.
46) Canada ____ Bond
47) Tax credits for amounts paid to certain schools; abbrev.
48) An interest rate that is not variable
52) Saving plan for people with disabilities; abbrev.
53) What you owe
54) Save money; do things for ___
55) Quantities or amounts of money
56) What you need to pay on time
57) This pension is a monthly, taxable benefit when you retire
58) Lowest income tax: rate: 15 ___ cent
59) A lender for farms; abbrev.
Our Impact: By The Numbers

The Pembroke & Area Airport serves an important role in the region; and we’re asking you to be part of our future.

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>Ornge air ambulance averages 60 movements per year at the airport; with helicopters and airplanes and for fuel.</td>
</tr>
<tr>
<td>6</td>
<td>The airport has six municipal owners: Whitewater Region, Laurentian Valley, Pembroke Petawawa, Deep River and Laurentian Hills.</td>
</tr>
<tr>
<td>1.48</td>
<td>The airport owners contribute $1.48 per resident to the annual operations of the airport. This accounts for 14% of operational revenue.</td>
</tr>
<tr>
<td>53</td>
<td>Consecutive days MNR fought forest fires in Renfrew County in 2018; based out of the airport.</td>
</tr>
<tr>
<td>$1M</td>
<td>The airport receives $0 from the provincial or federal government; all operating dollars are locally funded.</td>
</tr>
<tr>
<td>3907</td>
<td>Total aircraft movements at the airport in 2018, recorded during regular working hours (7am-5pm). After hours movements are not actively recorded.</td>
</tr>
<tr>
<td>105</td>
<td>There are 105 businesses that use the airport. These include forestry, utilities, retail, manufacturing, tourism, food &amp; beverage, healthcare and more.</td>
</tr>
<tr>
<td>250</td>
<td>The cost of a foot of runway as part of the airport’s repaving campaign.</td>
</tr>
</tbody>
</table>

Donations to Project Runway are 100% charitable receiptable. Email jenn@fwdthink.net or call 613-732-7774 for more details. Over $220,000 has been raised so far for Project Runway.
ART THERAPY
Marilyn Saffery, RP, BFA, DipAT
Registered Psychotherapist (CRPO)
Phone: 613-735-1858
mal.saffery@gmail.com
Art therapy uses visual images and art media to help express feelings and emotions, explore difficult issues and develop self-awareness. No art experience or talent is needed. Clients are people of all ages and backgrounds, from children to seniors. All sessions are confidential. Free initial consultation.

CHIROPRACTIC
Integrated Health Centre
Dr. Nik Bair-Patel, Dr. Lindsay Heubner, Dr. Shane Foy
570 Nelson Street, Pembroke
Phone: 613-732-3333 | www.integratedhealthcentre.ca
A chiropractic clinic that puts the client first. We have been helping people live without pain for years, including treating people who have not been able to find relief anywhere else. All chiropractors are also licensed to perform acupuncture and are proficient in prescribing ergonomic changes and isolation exercises.

COMMUNICATIONS
Forward Thinking Marketing Agency
Jennifer Layman
2113 Petawawa Boulevard, Pembroke, Ontario
Phone: 613-732-7774 | www.fwdthink.net
If you think your business should be getting more customers, you're probably right. You need to remind people what you do and why you are a better choice than your competitors. I work with businesses and organizations to bring people from being potential customers to being actual customers. If that's something you want, let's have a chat.

DEMENTIA
The Dementia Society of Ottawa and Renfrew County
Phone: 1-888-411-2067 | www.dementiainfo.ca
When an individual receives a dementia diagnosis their life changes forever. So does that of their closest family or friends who often take on the role of caregiver. The Dementia Society assists people living with dementia and those who support them. Visit our website for information, to get help or to get involved. Coffee Clubs and Memory Cafés are offered throughout Renfrew County, including Arnprior, Barry’s Bay, Pembroke, Eganville, Deep River, and Renfrew.

DISABILITIES - INTELLECTUAL
Community Living Upper Ottawa Valley
894 Pembroke Street West, Pembroke
Phone: 613-735-0659 | info@cluov.ca | www.cluov.ca
Assisting people with intellectual disabilities with independent living, homecare, employment opportunities, continuing education, volunteer and community involvement. Self-advocating programs, life planning workshops and more. If you or someone you know could benefit from being part of Community Living, please reach out to us. We have been in the community for more than 60 years and we can help.

EMPLOYMENT
Eastern Ontario Jobs
work@easternontariojobs.com | www.easternontariojobs.com
www.facebook.com/eojobs
Eastern Ontario Jobs is a job board that promotes employment opportunities in Eastern Ontario. From Peterborough to Brockville and everywhere in between, there are a variety of positions available here. If you’re living outside of Eastern Ontario and want to move to this area, but you need employment in order to make the move, check out Eastern Ontario Jobs.

EMPLOYMENT
Ottawa Valley Jobs
employers@ovjobs.ca | www.ovjobs.ca | www.facebook.com/ovjobs
Looking for job opportunities in the Ottawa Valley? Visit www.ovjobs.ca for the region’s easiest and most popular listing of local job postings. Full-time, part-time and casual positions available. Listed by category, municipality and the 20 most recent postings. Plus, follow us on Facebook and have new postings delivered right to your timeline when they are posted on the job board. New postings are added almost daily so keep connected to www.ovjobs.ca for your best opportunities.

FOUNDATIONS
Pembroke Petawawa District Community Foundation
Phone: 613-635-2256 | www.givingthatgrows.com
Raising funds for the community’s greatest need. Some of the funds established with us include 100 Women, Robbie Dean Family Counselling Centre, Hospice & Palliative Care Fund, Mental Health Fund for Renfrew County, Jason Blaine Charitable Fund and Krista Johnson Memorial Fund. Contact us to create your own fund or make a donation or bequest to the community. As a hub of community giving, we support other charities through our annual grants program.

FROZEN MEALS
Griffith Farm & Market
Phone: 613-757-2659 | bvlfarm@bell.net | www.griffithfarm.ca
Griffith Farm & Market offers a variety of frozen meals, including lasagna rolls, BBQ pulled chicken, chicken Alfredo pasta, smoked ham, Shepherd’s pie, hamburger soup, cabbage rolls, maple baked beans, beef barley soup, pork pie, minestrone soup, homestead chili, chicken pie, liver and onions, macaroni and cheese, honey garlic meatballs, spaghetti pie. Healthy and better tasting, no salt or sugar added. Meals can be reheated in the oven or microwave. Meal planning made easy.

FUNDRAISING
Pembroke & Area Airport: Project Runway
Phone: 613-687-5300 | marketing@flycyta.ca | www.flycyta.ca
Pembroke & Area Airport: Project Runway is a unique fundraiser that raises funds for the community’s greatest need. Some of the funds raised include the Pembroke & Area Airport, the Pembroke & Area Airport Development Fund, the Pembroke & Area Airport Capital Fund, and the Pembroke & Area Airport Operational Fund. If you want to be part of the region’s most unique fundraiser, Project Runway is for you. Buy a foot of runway at the Pembroke & Area Airport for $250 and help repave the region’s 5,000-foot runway. All donations are 100% tax deductible. Online donations can be made at www.flycyta.ca or write a cheque that we can pick up. The campaign is for $1.25 million and our goal date is 2022. Ask us for more information or a presentation!
HEARING CARE
Davidson Hearing Aid Centres
595 Pembroke Street East, Pembroke | Phone: 613-735-3846
627 Fortington Street, Renfrew | Phone: 613-432-7171
www.davidsonhearingaids.com
Free hearing tests, hearing aids and batteries, assistive listening devices, hearing protection and funding options. We offer hearing aid repair, six-month clean and checks and ear wax removal. Our hearing aid brands include Oticon, Phonak, ReSound, Siemens, Signia, Starkey and Widex. We can help you choose the best hearing aid that fits your lifestyle.

HEARING CARE
Heritage Hearing Care
239 Pembroke Street West, Pembroke | Phone: 613-735-0776
www.heritagehearingcare.ca | heritage.hearingcare@gmail.com
Our team of experienced Audiologists, available Monday to Saturday, provide hearing evaluations, tinnitus advice, amplification options, hearing aid fitting, repairs and batteries, adjustments, custom hearing protection and swim plugs. Main location is in Pembroke with clinics in Petawawa, Deep River and Barry’s Bay. Let us help your ears to hear. Services offerts en français.

MINDFULNESS
Rose McHale, Master of My Own Destiny
Certified Master Coach, Speaker | Phone: 613-433-1211
www.rosemchale.com | rosalinemchale@gmail.com
I offer one on one coaching as well as group coaching for individuals and organizations. The intention of the coaching is to leave you with mindful ways and effective strategies to pursue your goals. Contact me for a free consult coaching telephone call. If it is an empowering presentation that you are seeking, book me for an influential and motivational presentation geared to your specific audience.

NUTRITION
Integrated Health Centre
570 Nelson Street, Pembroke | Phone: 613-732-3333
www.integratedhealthcentre.ca | info@integratedhealthcentre.ca
The nutrition expertise available at Integrated Health Centre combines supplement knowledge and a person’s individual lifestyle. The products we carry include the latest in vitamin, mineral, herb and protein supplements, specialty foods and natural body care products. Our Health Coach is an Applied Nutritionist who is a resource for you whether you know exactly what you want, or you need some direction.

PERSONAL PROTECTION & SAFETY
Layman Fire & Safety
235 Biesenthal Road, Pembroke | Phone: 613-732-5320
joel@laymanfiresafety.com | www.laymanfiresafety.com
Eywash stations, first aid kits and supplies, hand sanitizer, disposable gloves and coveralls, sharps container, stretchers, masks, welding respirators, emergency showers, face shields, spray-on bandages, safety signage and more. Large and small orders available. Industrial, commercial and institutional safety workplace products. Let us know what your safety needs are and we can recommend product.

PET SUPPLIES
M&R Feeds and Farm Supply
388 Main Street, Shawville | Phone: 819-647-2814
A broad range of quality food and related products from respected manufacturers. Some of our pet lines and accessories include dog and cat food, rabbit and gerbil food, litter, bedding, cages, kennels, travel crates, fencing, bowls and feeders. Visit www.manderfeeds.com for pets and farm animal products and services.

PHARMACY
Rowan’s Pharmasave
115 Pembroke Street West, Pembroke
Phone: 613-732-2522 | jason@rowanspharmasave.ca
Your Downtown Pembroke pharmacy since 1924. Let our pharmacists help you with travel medication plans, health plans, weight management and connecting with drug benefits. Pharmacists are your most accessible health care provider so let us work for you. Now offering myDNA testing. Ask us about it. Welcoming new clients daily. Your most accessible healthcare provider.

SKI & SNOWBOARD
Mount Pakenham
57 Ski Hill Road, Pakenham | Phone: 613-624-5290
ski@mountpakenham.com | www.mountpakenham.com
Discover ski and board lessons days and evenings at 5:00pm and 6:00pm only $60 (includes beginner group lesson, lifts, rentals & helmet). Season and nighttime skiing passes, snow tubing, snowshoeing and rentals. Group skiing and lesson opportunities (great for friends, families or workplaces. Facilities include lounge, retail shop, bar and cafeteria so you can easily spend the day with us.

SPIRITUALITY
St. John's Lutheran Church
Pastor Albert Romkema
605 Black Bay Road, Petawawa
Phone: 613-687-6187 | www.facebook.com/stjohnspetawawa
Services every Sunday at 10:00am. Sunday school also available for children. Welcoming friends and family as well as visitors - our doors are open to you. Our congregation hosts a variety of groups (cards for seniors, quilting, choir, maintenance committee, church council, Lutheran women, visiting committee) for your involvement.

WINTER FESTIVAL
Festival of Outdoor Rinks (and winter fun)
www.festivalofoutdoorrinks.com | www.facebook.com/outdoorrinks
February 7-9, 2029. The Ottawa Valley’s favourite outdoor festival. Choose an outdoor rink around the region and enjoy some fun during this frosty time of year. Check our website for rinks that have activities taking place. New this year is the “winter fun” part of the event for places that want to participate but don’t have a rink. No event is too big or too small to be included. Follow us on Facebook for all the details and participating rinks.
**Simple Ways To Practice Mental Fitness**

Volunteering is called the “win-win” activity because helping others makes us feel good about ourselves. At the same time, it widens our social network, provides us with new learning experiences and can bring balance to our lives.

*Source: Canadian Mental Health Association*

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**CROSSWORD ANSWERS**

<table>
<thead>
<tr>
<th>ACROSS</th>
<th>DOWN</th>
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<tr>
<td>1) Boiler</td>
<td>1) Pryor</td>
</tr>
<tr>
<td>5) FCC (Farm Credit Canada)</td>
<td>51) scrub</td>
</tr>
<tr>
<td>56) bill</td>
<td>2) owed</td>
</tr>
<tr>
<td>55) sums</td>
<td>3) life</td>
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<td>15) budget</td>
<td>4) OAS (Old Age Security)</td>
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<td>7) overdue</td>
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<tr>
<td>18) used</td>
<td>8) FKP</td>
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<td>22) Barber</td>
<td>10) tab</td>
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<td>11) return</td>
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<td>39) payday</td>
<td>50) GIC (Guaranteed Investment Certificate)</td>
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<tr>
<td>44) April</td>
<td>56) bill</td>
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<td>45) ROE (Record of Employment)</td>
<td>58) per</td>
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<td>46) Learning</td>
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<td>1) Boiler</td>
<td>27) cook</td>
</tr>
</tbody>
</table>

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**Inspiration Corner**

Sometimes it takes a good fall to really know where you stand.

~ Hayley Williams

Show respect even to people who don’t deserve it; not as a reflection of their character, but as a reflection of yours.

~ Dave Willis

If people are trying to bring you down, it only means that you are above them.

~ Anonymous

---

**Glossophobia**

the fear of speaking in public

**BOOK CLUB**

Dr. Jordan B. Peterson is a professor of psychology at the University of Toronto, a clinical psychologist and the author of the multi-million copy bestseller *12 Rules for Life: An Antidote to Chaos*, #1 for nonfiction in 2018 in the US, Canada, the UK, Australia, New Zealand, Sweden, the Netherlands, Brazil and Norway, and now slated for translation into 50 languages.

Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. Dr. Peterson discusses discipline, responsibility, freedom and adventure, distilling the world’s wisdom into twelve wide-ranging essays, practical and profound. [www.jordanbpetersen.com](http://www.jordanbpetersen.com)
Make a move to the job you want in 2020.

ovjobs.ca

Finding the right job can be difficult, but we make it a little easier with OVJobs.ca. Find jobs throughout the Ottawa Valley, from large and small employers and across all industries. OVJobs.ca is the region’s most popular source for local employment opportunities. If it’s a great job, you’ll find it on OVJobs.ca.

Join our page on Facebook and have openings sent to your timeline

Phone: 613-732-7774 | www.ovjobs.ca | employers@ovjobs.ca | www.facebook.com/ovjobs
Your **body** can stand almost anything; it’s your **mind** you have to convince.

You have choices. We have options. Let’s do it together.

**The Gym**

Open 24 hours a day, 7 days a week, choose the plan that works for you. Excellent equipment, multiple workout rooms and easy-to-follow screen workouts. Plus, we have a personal trainer on site, access to hydrating drinks and protein and all the amenities you should expect with your fitness centre experience.

**MedEx**

A 15-minute workout? It’s possible with MedEx. We design a customized program and you work with a MedEx coach during every session. We guarantee change in four sessions or your money back! Make changes to strength, bone density, body fat composition, blood pressure, balance and more. Flexible plans available.

**Nutrition**

Supplements and nutrition-led programs, body analysis, coaching and more. A great complement to a healthier lifestyle.

INTEGRATED Health Centre

Phone: 613-732-3333

570 Nelson Street, Pembroke

www.integratedhealthcentre.ca