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SEPTEMBER 2018 | VOLUME 3 ISSUE 9

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Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the **1st** of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: ceby@bestversionmedia.com.

Content Submission Deadlines

Content Due:	Edition Date:
January 1.....	February
February 1.....	March
March 1.....	April
April 1.....	May
May 1.....	June
June 1.....	July
July 1.....	August
August 1.....	September
September 1.....	October
October 1.....	November
November 1.....	December
December 1.....	January

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Hello Neighbours,

It's that time of year again, when many children and adults alike lament the end of summer fun, and prepare to return to the classroom or the workplace. Many people, however, look forward to the coming fall.

I'm one of them, but not the reasons you might expect.

I mean, fall colours are nice, and I enjoy the comfortable temperatures and cooler breezes. Barbecues still sizzle, pools are still open, and evening walks can be taken without hitting a wall of humidity. But none of this is why I enjoy September so much.

I look forward to this month because of the *quiet*. Attractions aren't as busy. Parks are emptier. Shopping malls seem relatively abandoned - and I can actually find a good parking spot.

Things almost seem...calmer. Although we live in a peaceful community with great neighbours, we can all still use a little calm.

Award-winning writer and journalist Richard S. Todd heads up The Editor's Desk. The Editor's Desk connects leading Canadian brands and small businesses to new and existing customers with engaging, search-friendly website copy, compelling blog articles, and high-converting digital content. Visit editorsdesk.net to learn more!

Richard S. Todd, Content Coordinator
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Contributing Photographer: David Williams

David Anthony Williams has been a professional portrait and wedding photographer for almost 40 years. He is in demand as a photographer, and also as a teacher and trainer to already practicing professional photographers seeking to refine their skills, and as a consultant to some of the top suppliers of professional photographic equipment such as Epson, Fujifilm, & Kodak..



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CALENDAR OF EVENTS

WED., Sept. 13 Meeting at Leaside Library: "Planting Containers for Fall."
Speaker: Ian McCallum. 7:30 p.m.
SAT., Sept. 15: Annual Flower Show: At Leaside Library, open to the public
1:30-3:30 p.m.

THRU SUN. SEPT. 2
Shakespeare in High Park
@ High Park Amphitheatre, 1873 Bloor Street West
Come see performances of Romeo and Juliet and A Midsummer Night's Dream live in the park!
Cost: Free for kids 14 and under
Adults pay what you can
www.canadianstage.com

THRU MON. SEPT. 3
Gallery City – Crosstown Art Crawl
Gallery City has partnered with all the local non-profit arts organizations along Eglinton Avenue, including Urban Arts, NIA Centre for the Arts, Art Starts and the Artbarn School. Their art will be showcased in businesses along Eglinton Avenue.
www.gallerycity.ca.

FRI. AUG. 17 - MON. SEPT. 3
Canadian National Exhibition
@ Exhibition Place, 210 Princes' Boulevard
This annual fair is fun for the entire family. Midway rides bring chills and thrills. The National Trade Centre boasts an International Marketplace with goods spanning the globe along with innovative products. Horse shows and dog shows entertain both young and old.
theex.com

THURS. AUG. 30 - SUN. SEPT. 2
Fan Expo Canada
@ Metro Toronto Convention Centre
Fan Expo Canada is the largest comics, sci-fi, horror, anime and gaming event in Canada, the third largest in North America. Packed with exciting family-friendly activities and celebrity guests,

fans interact with the likes of Patrick Stewart (*Star Trek: The Next Generation*), Stephen Amell (*Arrow*), Ian Somerhalder (*The Vampire Diaries*), Danai Gurira (*The Walking Dead*) and more!
www.fanexpocanada.com/en/home.html

FRI. AUG. 31 - MON. SEPT. 3
Toronto International Buskerfest
@ Woodbine Park, 1695 Queen Street East
A showcase for hundreds of the most spectacular acts on earth – fearless, funny and wacky – see it all at Toronto's wildly successful street performer festival!
torontobuskerfest.com/

THURS. SEPT. 6 - SUN. SEPT. 16
Toronto International Film Festival (TIFF)
@ Various places in Toronto
The Toronto International Film Festival is the biggest and brightest public film festival on the planet. World premieres, cutting-edge film, galas and industry shmoozes all go in to making TIFF the illustrious event it is. Whether you're a cinephile or just love to see the celebs, TIFF is the place to be.
www.tiff.net/tiff/

SAT. SEPT. 15
The Famous Canadian Beer Run & Festival
@ Ontario Place's East and West Islands
Thousands of runners are expected at the 3rd annual Famous Canadian Beer Run and Festival. This run-meets-craft beer festival takes participants on a scenic 5-kilometre run/walk through Ontario Place offering stunning views of the city skyline and Lake Ontario. At the finish line, runners are bestowed with a custom beer stein used to enjoy craft beer from the many vendors on-site. The finish line festival features craft beer vendors, some of the city's most sought-after food trucks, live music and other activities like free beer yoga sessions. Plan to spend the day enjoying all that the Famous Canadian Beer Run has to offer! Non-runners and spectators can enjoy the event as well, by purchasing a Festival Only pass.
Time: 11:00 am - 7:00 pm
www.runforbeer.ca/

THURS. SEPT. 20 - SAT. SEPT. 29
JFL43 - Just for Laughs
@ Various venues in Toronto
JFL43, Toronto's Comedy Festival, features the most hilarious, riveting and relevant comedy acts we could find over a 10-day period in Toronto.
Cost: Passes start at \$55 + HST
www.jfl42.com/

SAT. SEPT. 22 - SUN. SEPT. 23
Canada Kids Festival 2018
@ Mel Lastman Square, 5100 Yonge Street
The Canada Kids Festival 2018 is an amusing family event, free to attend by all. We strive to achieve our goal of packing as many non-stop, fun-filled, and secure activities for every age group to enjoy. The 22 and 23 September 2018 will host 10 hours of ultimate family entertainment at the Canada Kids Festival, Toronto.
www.canadakidsfestival.com/

SAT, SEPT. 29
Nuit Blanche
@ Various locations in Toronto
A contemporary art event that magically transforms Toronto's streets and parks into an artistic playground with exhibitions, live performances and creative programs.
Time: Sunset to sunrise
nbto.com/

SAT. OCT. 13
LEASIDE BLOCK PARTY in support of Holland Bloorview
@ Trace Manes Park
Time: 10 a.m. – 2 p.m.
This October, join us for the **1st Annual Leaside Block Party** in support of **Holland Bloorview Kids Rehabilitation Hospital**. The neighbourhood will be gathering together for fun activities, delicious eats, and great shopping with Leaside vendors. Come celebrate this free festival showcasing the Leaside community & Holland Bloorview to help create a world of possibilities for kids with disabilities. For more information, please visit www.hollandbloorview.ca/leasideblockparty. For community sponsorship opportunities, please contact Malinda DenBok at 416-424-3806 or mdenbok@hollandbloorview.ca

SAT. SEPTEMBER 22

James' Journey Fundraising Event at The Pilot

A James' Journey Event to raise awareness for mental health issues and funds for **Skylark Youth & Families**. Enjoy live music by North of 7 and John Famos. Eat, drink, dance and support a great cause.
Time: Event starts at 7 pm.
Cost: Adults \$50 Youth (19-25 yrs.) - \$30
Don't delay – buy your tickets online today! <http://bit.ly/JamesJourneyTickets>



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The Listro Family: A Story of Backs, Business, and Beats

BY RICHARD S. TODD

PHOTOS BY DAVID WILLIAMS PHOTOGRAPHY

It's no secret that when people move to Leaside, they tend to fall in love with the community right away. When asked why, the clean parks, great schools, and family-owned businesses are continually near the top of their list, but the great people who live here are almost always the number one reason.

The family of Paul and Erin Listro found out how welcoming our community can be the moment they arrived.

"I remember when we first moved in," Erin says. "The neighbors on our street knocked on our door with food and dessert to welcome us to the neighborhood. When our street held its annual May 24th Victoria Day celebration, our neighbors had put a sign on their front door saying 'Welcome Listros To The Neighborhood'. The area has a real sense of community we've never experienced before."

Paul and Erin met by chance at a party in the early 1980s, although Erin almost missed the chance to meet the love of her life.

"We met at a Grey Cup party," Erin says. "I almost didn't go because I had the flu, but my friends dragged me along and I wound up meeting Paul. We married on August 9, 1986, and the rest is history."

Paul graduated from the Canadian Memorial Chiropractic College in 1979, and started his chiropractic career as an associate with his brother. He then opened up his own clinic in a rented space at Yonge Street and Eglinton Avenue, before buying his own property at 11

Redpath Avenue in 1984, where he has been practicing ever since.

Erin graduated from the dental hygiene program at George Brown College in 1984, and worked in dentistry and anesthesia until the couple started a family. After their first child was born in 1988, she worked on and off part time at various offices until she retired in 2014.

The family chose to move to Leaside in 1996 because of the rich amenities, convenient location, and, of course, the welcoming nature of the people who call Leaside home.

"Leaside has everything we want in a neighbourhood," Erin says. "We love that everything is within walking distance. It's nice not having to drive everywhere. Not only is the neighbourhood gorgeous, Leaside has a very strong family feel to it. We've developed very strong friendships over the years, some of which are as close to family as you can get."

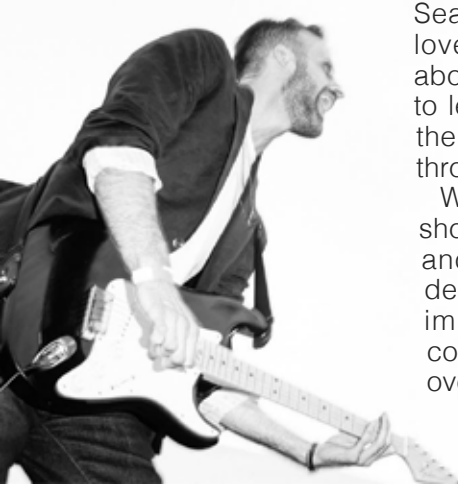
In his spare time, Paul enjoys riding on the numerous bike trails that wind through the city. He also enjoys trips to the family cottage, watching sports, and visiting friends. Erin's favorite hobbies include reading, cooking, gardening, concerts, and spending time with family and friends.

Paul and Erin's three children grew up participating in Leaside hockey, soccer, and baseball leagues, and have gone on their own paths to success.

Their eldest son, Joey, was born in 1988. He enjoys playing piano, exercising, attending concerts, collecting records, reading, exploring the city, and spending time with family and friends. Joey earned an Honors Degree in Human Kinetics from the University of Guelph, before graduating in 2014 from the Canadian Memorial Chiropractic College, the same college his father Paul graduated from.

Youngest son Evan, born in 1993, lists his favorite hobbies as playing the drums, basketball, watching sports, and hanging out with family and friends. Evan is currently working towards Bachelors Degree in Commerce at Ryerson University.

Born in 1991, middle son Sean graduated from Ryerson University in 2015 with a Bachelors Degree of Commerce. But instead of pursuing a career in business, he followed his passion for music by launching his own entertainment business.



"I was introduced to DJing through a friend," Sean says. "I fell in love with everything about DJing. I wanted to learn how to control the energy of a room through music."

While attending a show by Canadian DJ and music producer deadmau5, Sean was impressed by the control deadmau5 had over the crowd.

"He was like a maestro conducting his



orchestra of fans," Sean says.

Sean then teamed up with a friend to form an electronic DJ duo called Neon Knights, and quickly became a popular Greater Toronto Area sensation. Neon Knights augmented their electronic music with live guitar and drums, and wore knight helmets on stage to add to the mystique.

"We performed all through university and did a tour in 2012," Sean says. "It was some of the greatest moments of my life."

After 4 years on the club scene with Neon Knights, Sean branched out into DJing company holiday parties and weddings, which eventually led to starting his own multi-functional DJ and live music entertainment business, Listro Entertainment.

"Since launching in 2017," Sean says. "I've performed at numerous weddings, corporate events, private functions, bar/bat mitzvahs, school graduations, charity events, and more. We feature a talented roster of DJs, live musicians, and entertainers and continue to grow the team."

Like many first-time entrepreneurs, Sean had to learn how to set up a business from scratch, and taught himself essential skills such as designing a logo, creating a website, marketing and branding, accounting, creating partnerships, and networking. But through his hard work and determination, Listro Entertainment is thriving.

"What I've learned from starting my own business is that there is no perfect moment to start anything," Sean says. "You just have to go for it and the rest will come. I feel very fortunate that I get to do what I love every day, but it never would've happened had I not taken the plunge and had the tremendous support from my family and friends. It's one thing to do it on your own, but it's a whole other level having your network of loved ones supporting you on the tough and exciting journey of starting a business. Entrepreneurship has been both exciting and scary, but I wouldn't have it any other way."

Sean, along with Paul and Erin, also performs in community theatre every year with the Summerhill Players and the Bedford Park players. Directed by Summerhill resident Sarina Condello, all the proceeds for the performances go towards The Big Little Caravan of Joy and The Painted Turtle arts camps, which give



underprivileged children in rural communities the opportunity to experience dance, drama, music, and the visual arts.

“It’s been a great experience performing with the theatre,” Erin says. “We especially appreciate the interest and support of the people here. So to all the amazing friends we’ve made in the Leaside community, thank you for adding so much joy to every aspect of our lives. This neighborhood would be nothing without these incredible people.”



Do you know a neighbour who has a story to share? Nominate your neighbour to be featured in one of our upcoming issues! Contact us at ceby@bestversionmedia.com.



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Recommended By Your Neighbours In Leaside And Bennington Heights!

Please join us for the James’ Journey Fundraising Event To Help Raise Awareness for Skylark



In 2012, James Muir took his life as the result of depression. Out of that tragic event, his wife Mary and their children Kitty and Jennie created James’ Journey to help combat the stigma associated with mental illness and underscore the importance of early intervention.

By Mary Muir

It has been a year and a half since our story ran in the magazines and our healing journey continues!

Kitty was diagnosed as bipolar in February of this year, and with the help of medication, therapy, and a coach, Kit is doing well. The coach provides energy healing through yoga, meditation, mindfulness and reiki. This summer, Kit has been participating in ‘The Jack Projects’ on-line public speaking course and was accepted into the Transformational Art College of Spiritual and Holistic Training starting in September. I’m looking forward to the Swedish massages!

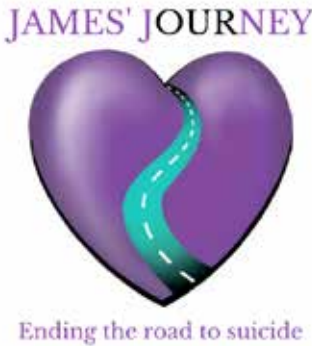
Jennie graduated from Western’s MIT program last October, and was accepted into Humber’s post-grad PR program that starts in the fall. She already has an internship for the summer and will soon be taking the PR world by storm!

I cannot describe how proud I am of both my children, but we are all aware of how hard it is moving forward without James. We decided to continue James’ Journey because we do not want another family to suffer the pain of losing a loved one to suicide – we need your help!

Please join Kitty, Jennie, and me on Saturday, September 22 at The Pilot to raise awareness and funds for Skylark Youth & Families walk-in clinic and help end the road to suicide.

For tickets, visit <http://bit.ly/JamesJourneyTickets>.

Warm hugs!
Mary



By Deborah Greenfield

Skylark Children, Youth & Families is a leading community-based charity dedicated to assisting young people and their families struggling with complex mental health and developmental needs. Skylark’s no-cost, hassle-free, accessible mental-health services for ages 0-26 provide prevention, intervention and treatment before issues escalate to hospital ERs.

One session at Skylark’s walk-in clinics can make a tangible difference in most cases, or represent the first point of access to more intensive, longer-term counselling services. The service excellence offered at Skylark has a proven track record of helping individuals even in the most challenging situations recognize their strengths and develop the skills to move forward in life.

One in five young people suffer from mental health issues, and teen suicide is the number one cause of non-accidental death among youth. Youth we see at Skylark are facing stressors that may include depression, anxiety, family problems, bullying, substance use, questions about sexual orientation, sexual or physical abuse, and other mental health issues. They come from across the GTA and all backgrounds. Seventy per cent of mental-health problems have their onset during the early years, and a staggering three out of four youth with mental health problems will not receive treatment.

Funds raised by James’ Journey support our counsellors, social workers, psychiatrists, psychologists, health care workers, speech therapists, and specialists in intensive counseling programs. These services are accessed through the YouthCan Impact walk in clinic located at Yonge and Eglinton. Donor support is critical to maintain programs and increase our capacity so that no youth or their families are turned away from receiving crucial care when help is needed.

For more information, please contact Deborah Greenfield at 416-482-0081 x257, Deborah.Greenfield@skylarkyouth.org, or visit www.skylarkyouth.org.




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Peru Family Experience – Cultural Immersion and Epic Adventure

By Scott Waldron, CTM, Founder & Personal Experience Specialist, Gravitare Travel

Gravitare Travel has been listening to what you want: a first-hand experience of local cultures and active adventure for the children. In August 2019, you'll have your chance to join other families on a group trip to Peru, a unique experience your kids will always remember, no matter how old they get.

The Peru Family Experience is made for families with children 6+ years old. It's a 9-day culture dive with active adventuring run by G-Adventures, a leader in authentic trips built for adventurers for all ages -- trips that get you behind the scenes of other cultures and their lifestyles.

Your itinerary includes meals, private transport, guided adventures, and many more activities including hiking, biking, rafting, and kayaking. In the chunks of free time you'll get in each town, you can explore museums, local shopping, or simply walk around and observe a different way of living.

Coveted Explorations

Remember when you were a kid flipping through the pages of a National Geographic magazine, amazed at what seemed like other worlds, imagining yourself supplanted right into each picture? In Peru, you and the kids won't be in a National Geographic spread, but you *will* be the main characters of your own family adventure story.

Amazon Rainforest

Find yourselves on an unforgettable journey through the most biodiverse location on earth, the Amazon Rainforest. Seen by most only in scenes of a Hollywood movie, you'll experience the Amazon River and Jungle in full uncut reality by foot and while drifting the slow current. Guided tours by expert naturalists ensure you'll have close encounters with colorful birds, monkeys, amphibians and quite possibly, pink dolphins. You'll even meet tribesmen and learn how they've survived for many generations sharing the jungle with these incredible animals using Amazonian medicinal plant life.

Machu Picchu

The Incas may have lacked a written language, but they didn't

lack astonishing architectural skills. What's left today are the ruins of the powerful Inca empire, but even those leave an impression of mystery and awe on every visitor. You and the kids will embark on a trek into history where you'll be level with the clouds, boots making imprints on the dewy grass that blankets the Andes.

Authentic Cultural Immersion in Cusco

The charming city of Cusco is proof that tourism need not blemish the heart and soul of historic empires. As the host of Machu Picchu, Cusco will be a main hub on your trip, serving as your portal into a new culture that presents a very unique energy and a cuisine to match. Between scheduled adventures, you may have a life-changing experience conversing, exploring, shopping and dining with the locals, getting an authentic glimpse of daily Peruvian life.

Giving Back, a Vacation With Purpose

On the 7th day of the trip, you and the kids will drop in at the G Adventures-supported Cusco Youth Drop-in Centre. Children of poor families are often forced to drop out of school, so it's the mission of this center to provide them guidance and support. Your visit will be a chance for your family to support local children by helping them with homework, serving them hot meals, and participating in creative workshops such as leather-working and jewelry-making.

Though we've covered the main highpoints of the trip, it's a sure thing you'll improvise your own gems along the way that will forever become your family's unique take on the Peru family experience.

G-Adventure's 'Peru Family Experience' sells out every year, so if your family would enjoy this kind of Peruvian adventure and culture dive with the opportunity to give back, Gravitare Travel has reserved an entire group departure far in advance, for August of 2019. Visit gravitate.travel/peru-family-trip-2019 for more information.

Contact Scott Waldron at Gravitare Travel at 416-886-8653 or Scott@gravitate.travel.

Peru Family Experience

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Dental Implants

By Dr. Paul Monczka

If one or more of your teeth are missing, there are a number of ways to replace them. An alternative to bridges, partials or complete dentures may be dental implants. Implants are used to replace missing roots and support artificial replacement teeth. They are comfortable and look like natural teeth.

What are Dental Implants?

A dental implant is basically a screw made out of surgical-grade titanium. It is inserted into the jawbone to replace the root of the natural tooth. An artificial replacement tooth is attached to the implant. The implant acts as an anchor to hold the replacement tooth in place.

Who Does this Procedure?

Implants are usually 2-stage procedures. The first phase is the placement of the titanium screw. For this part, I refer my patients to a specialist. In fact, he has placed an implant in my own mouth so I know he does very good work! A single-tooth implant takes approximately 45 minutes to place and is usually performed with local anesthetic (numbing) only. It is a remarkably straightforward procedure. Dental specialists have further training in this area. Specialists who place implants are usually periodontists and oral and maxillofacial surgeons, also called oral surgeons. Once the implant is fully healed (often 3 - 6 months), I am the person who places the final tooth replacement.

Who Can Get Dental Implants?

If you are in good general health, have healthy gums and have enough bone in the jaw to hold an implant, dental implants might be right for you. The bone is THE most important factor. If your jawbone has shrunk or if it has not developed normally, you may need to



have a bone graft to build up the bone. A special scan called a CBCT, specifically used for the head and neck area, is often used to help determine the strength and quality of the jawbone. It also shows any other anatomical features in the area, such as sinus spaces and nerves. When needed, a bone graft is a way of adding new bone to your jawbone. In my case, I needed a graft before my implant was able to be placed. Your dentist or dental specialist will tell you if bone grafting needs to be done and how successful it will be.

How Dental Implants are Done

During the first stage, the dental implant is placed into your jawbone. As the tissue heals, the implant will slowly bond to the bone. It can take several months (I usually wait 3 - 6 months) to heal completely. We call this osseointegration.

Once the tissue is fully healed and the implant has integrated, the second stage is relatively simple. To make the replacement, I take impressions of your mouth and my dental laboratory fabricates an abutment (i.e. a post) and a tooth that fits precisely onto the implant. Voila, you have a new tooth.

When replacing several teeth or all of your teeth, a fixed bridge is anchored to your dental implants. A bridge is a dental restoration that replaces one or more missing teeth by spanning an area that has no teeth. The bridge is held firmly in place by dental implants on each side of the missing tooth or teeth.

Caring for My Dental Implant(s)

Because dental implants are placed in the jawbone, artificial replacement teeth attached to implants look and act much like natural teeth. Like natural teeth, implants need to be kept clean using a toothbrush and floss. Your dentist will show you the proper cleaning procedure for implants.

Although rare, possible complications due to dental implants include bleeding, infection, numbness or injury to nearby muscles or the sinus cavity. In some cases, the implant may not be successful because it didn't bond to the bone.

Implants can cost more than other kinds of replacement teeth and might not be covered by your dental plan. But, in most cases, this is often a one-time cost, unlike most other kinds of tooth replacement procedures.

For more information regarding your specific situation it's always best to get a thorough consultation with your dentist.

Yours in good dental health.

Paul Monczka.

Note: I used the Canadian Dental Association's online information service on Dental Implants extensively in researching this article.

For more information, contact Dr. Paul Monczka at 416-424-3477 or dr.paul.monczka@rogers.com.

Swimming Has Numerous Health Benefits For Seniors

By Lisa Sundarsingh, VP of Care Operations, Integracare Inc.



Summer may soon be coming to an end, but there is still a lot of warm weather left for swimming. Exercising in the water is a great activity for all ages because it provides a full body workout. The intensity can be increased or decreased, plus the water takes some of the impact stress off the body. Swimming, Aquafit, and water movement classes are all appropriate for seniors who may have restrictions on which activities they can perform. With the availability of pools in community centres, gyms, and residences, there may be year-round access to fit into one's lifestyle.

Swimming has several benefits for seniors who are looking to stay active. On top of the exercise, getting outside during the warmer months is good for mental health, and there are increased social opportunities that come with a public workout. Please consult with one's medical practitioner before starting or changing an exercise regime.

If you or your loved one has access to home health care services, then their personal caregiver or caregiving team will know if any levels of swimming or water-based physiotherapy activities are appropriate for them based on their condition and medical history. Integracare, a private home health care company in Toronto, has a team of registered nurses, registered practical nurses, physiotherapists, and personal support workers who provide a wide range of private healthcare services and are happy to discuss the benefits of adding light exercise, including swimming, to one's daily activities. Integracare can also provide you or your loved one with a companion for outings such as a swim, swimming lesson, water aerobics class or simply a trip to the pool.

Falls and reduced mobility are problems for seniors as they age and begin to lose spatial awareness capabilities. Swimming helps prevent and lessen the frequency of slips and falls because swimmers improve their coordination and strength and gain a better awareness of their bodies. Upper and lower body movements work in conjunction with one another in rhythmic patterns for coordinated motion. Falls are a serious concern because of the potential fractures, sprains, and other injuries as well as for the other health problems associated with being confined to bed rest and living a sedentary lifestyle while healing.

Swimming can reduce pains while doing aerobic exercise. Aerobic exercises are good for heart health because they raise heart rate and strengthen the muscle. Increased blood circulation and respiration is also good for the nerves and joints due to the oxygen delivery around the whole body. The water provides buoyancy that supports and lessens the strain on joints. Whereas

walking has more of an impact on the feet, ankles, knees, and back from the hard pavement, water provides a natural, consistent resistance that is light and doesn't feel restricting, so it increases muscle strength. The motion in the feet, legs, torso, arms, shoulders, neck, and head gives a full body workout that increases flexibility as well. Buoyancy supports weaker hips, back, and other problem areas. Weight-bearing and resistance exercise also leads to stronger bones which reduces the risk of osteoporosis.

There are mental health and social benefits to swimming, too. Increased oxygenation from the aerobic exercise is good for brain functioning and cognition. Swimming may be done in public pools where seniors can socialize with friends and strangers and form meaningful connections that might be otherwise lacking in their daily lives. Swimming is great for all ages, and it is a fun activity for families to do together. If the water is outside, spending time out of the house, in greener spaces, and in the open air is excellent for mental health, no matter what the activity.

If you or a loved one is looking for a way to integrate a lower impact, aerobic, strength- and flexibility-increasing activity, consider adding swimming to your or their weekly routine.

For more information, contact Lisa Sundarsingh at 416-421-4243 or lisa@integracare.on.ca.

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Discerning Seniors Inc. Your Lifestyle Concierge

By Richard Todd

Growing old is a concept many of us don't want to think about. But as we age, or when a loved one reaches their vintage years, we need to face the reality that sometimes help is needed to have a happy, fulfilled retirement.

But do you know whom to call to find the products and services that are designed to specifically help seniors? You could do hundreds of Google searches and make dozens of phone calls – an exercise that can take hours and only lead to confusion and frustration.

Discerning Seniors Inc. is there to help you find the special products and services you're looking for – and all with just one phone call.

As "your lifestyle concierge", owners Lori Germain and Leigh Merlo offer solutions that connect seniors and their families with transportation, urgent health care, tech support, pet care, snow removal and gardening, and much more. The company's concept is to empower seniors to enjoy what they love best, be it golf, bridge, travel, or anything else, while leaving the details to Discerning Seniors.

Founders Lori Germain and Leigh Merlo launched the business when they faced challenges finding customized services for their own elderly loved ones.

"In 2009, my mother-in-law suffered a terrible fall that left her in the hospital," Lori says. "While attempting to help find her

the best possible living arrangements, I wondered how people who work full time and have young children could possibly handle this responsibility for their own parents and in-laws. I discussed potential solutions with friends, including Leigh, and we tested our concept on a number of family and friends. It was a resounding success, and from that experiment, Discerning Seniors was born!"

Discerning Seniors helps connect you with products, services, and solutions especially tailored for seniors, and can be customized to meet the individual's needs. These elder care experts can serve on a consultative level, or manage, oversee, and coordinate a complete solution package for you or someone you care about.



Leigh Merlo



Lori Germain

"We address the issues of aging with grace and humour," Leigh says. "Aging is not something we can escape from without aches and pains, tripping, falling, and forgetting things. The burden is lightened when people realize they're not alone in the aging process, and we strive to find common ground with our clients to create an environment full of fun, humour, and fulfillment."

For more information, contact Discerning Seniors Inc. at 416-546-4886, or visit www.discerningseniorsinc.com.



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Keep Your Garden Simple and Walk Your Neighbourhood for Inspiration

By Peter Saros, Royal Standard Landscaping

The demise of many of our most beloved glossy gardening magazines over the past several years has challenged our horticultural imagination. Inspiration was always just a turn of the page away in Canadian Gardening or Garden Making Magazine. Sure, there are now online editions of those publications and a gaggle of gardening television shows, but sexy photos of beautiful spaces you could linger over and return to somehow brought the garden of our dreams closer to reality. Perhaps more than anything, it was the easiest way to steal ideas: a plant here, a design element there. Solutions seemed so simple – and possible.

The magic of magazines may be missed the most this time of year. Summer has slipped into September as it always does. This is traditionally a time of year when we cut our losses in the garden and look to next season. Magazines gave us hope and a goal to work toward, a blueprint to better days.

In the spirit of these back-to-school days, let's leave our fantasies behind us and the gardening magazines to their respective dirt naps. Make the time to learn from the actual gardens in your neighbourhood. It's the perfect time of year to see what gardens look like at the end of summer and determine what worked and what didn't work. Put on your walking shoes for a garden tour of your own choosing. Think of it as licence to be a nosey neighbour.

Hitting the bricks, as opposed to surfing online or poring over images, first and foremost teaches us one of the most important lessons of gardening: perspective. You will quickly discover that what looks so amazing across the street from your living room window is likely a little less perfect up close. Rather than be disappointed, or critical of the garden care, take solace that that is how the rest of the neighborhood sees your garden – from a distance. There is freedom in this. Perfection need not be the goal. Casual negligence can still produce gorgeous, relaxed results.

As counterpoint to that relaxation, see how the oh-so trendy low-maintenance gardens looks after one season. My guess is messy. The idea and intent underpinning so many of the designs is to extend your home into your garden. The idea is nice but the execution is usually way off. Fussy furniture and accessories, tons of hardscaping, and artificial turf demand constant cleaning. If you are considering such a garden, open your living room for a month to the elements, animals, and everything else Mother Nature has to offer and see how low maintenance it is to keep the room presentable and clean. Let's agree to both close the doors on this dubious design fad.

Hopefully, when you return home from your tour you will have discovered how much texture and movement contributes to a garden, how important contrast is, and the vital role of negative space. These are the essential elements of what gardening dreams may come.

For more information, contact Peter Saros of Royal Standard Landscaping at 416-559-6370 or Petersaros@royalstandardlandscaping.com.





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The ‘Backbone’ of Home Renovations

By Neil Kelly, Owner, J. Kelly's Heating

Building a new home or undertaking a large renovation to your existing home can be a daunting task. Hiring an experienced general contractor to manage and oversee your project is essential. They are your “bird’s eye view” on each and every segment of the puzzle, from start to finish.

We were recently hired to complete the HVAC work (furnace, air conditioner, water heater, air filtration, exhaust fans, etc.) for a project that did not have a general contractor supervising. Each trade was left to make decisions independently. Scheduling and timetables were non-existent, and at one point, drywall was being installed before the electrical work behind the walls was even finished. Money was being spent to redo work that was completed in the wrong order.

An experienced general contractor will work to address these types of issues, but they will also have trades people in place that they work with on a regular basis and can vouch for in terms of ability. They will ensure the proper licensing is in place and that building codes are met so every aspect passes inspection. They will avoid costly downtimes by creating a master schedule with contractors that have a track record of finishing jobs on time and on budget.

We believe in using trusted partners. If you have a renovation project that you are considering, we would be happy to



refer you to general contractors with a proven track record of success.

For more information and to help you build and renovate with confidence, please contact Neil at 416-483-8077 or Neil@kellysheating.ca

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196 Sutherland Drive	\$1,500,000	2+1	2
852 Millwood Road	\$1,600,000	1	1
171 Rumsey Road	\$1,600,000	0	0
173 Rumsey Road	\$1,600,000	0	0
175 Rumsey Road	\$1,600,000	0	0
177 Rumsey Road	\$1,600,000	0	0
248 Sutherland Drive	\$1,680,000	3	1
16 Macnaughton Road	\$1,700,000	3	2
4 True Davidson Drive	\$1,700,000	0	0
6 True Davidson Drive	\$1,700,000	0	0
121 Divadale Drive	\$1,810,000	2+1	1
75 Rykert Crescent	\$2,090,000	3	2
220 Mcrae Drive E TH6	\$2,090,000	3	4
403 Sutherland Drive	\$2,100,000	3+2	4
72 Hanna Road	\$2,150,000	3+1	3
448 Broadway Avenue	\$2,250,000	3+1	4
27 Astor Avenue	\$2,280,000	3	4
180 Parkhurst Avenue	\$2,500,000	4+1	5
60 Southvale Drive	\$2,500,000	4+1	5
164 Parkhurst Boulevard	\$2,750,000	4+1	5
143 Donlea Drive	\$2,800,000	4+1	5
0 True Davidson Drive	\$2,800,000	0	0
102 Leacrest Road	\$2,850,000	4	4
877 Millwood Road	\$3,090,000	6	6
1755-57 Bayview Avenue	\$3,400,000	8	4
44 Douglas Crescent	\$4,300,000	4+1	5
25 Douglas Crescent	\$5,000,000	4+1	6

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WE'RE WORKING HERE

By Thomas L. Conn

Your office may feel like a second home, and your co-workers are your extended family. Unlike your home, though, your office comes with a different set of rules. With that in mind, here are a few ways to help make you and everyone in your office more comfortable:

Spacing
Whether it's a cubicle or an office, it's important to give everyone reasonable space. You don't need to isolate yourself from other people. In fact, I encourage people to converse with each other to build camaraderie. But keeping a good, professional distance is key. If you can pop your head over the cubicle wall to talk with someone, perhaps take an extra few steps around the wall and talk with your neighbour face-to-face.

Lunch Choices
Can you smell it? Fried fish? Pasta seasoned with four cloves of garlic? Here's the truth: those smells don't stay in the kitchen or breakroom. They'll soon find their way into every area of your office space. This isn't to say those foods aren't delicious; I'm merely pointing out that some foods may not be the best lunch choices when surrounded by co-workers. It may be a distraction for them, which can decrease output.

Donations or Fundraisers
Any donations or fundraisers are (in theory) optional. Therefore, it's important to remember that your co-workers might not wish to donate to a cause about which you're passionate. They might have already purchased boxes of cookies from children in their neighbourhood, so they might not want to purchase another box from your child. They aren't being inconsiderate, and it's important to not make them feel guilty.

Dress Appropriately
Office dress codes aren't what they once were. Gone are the days of everyone wearing their Sunday best. Some offices, in fact, have gone casual: T-shirts, jeans, and sneakers are now commonplace for some companies. This can make others feel more relaxed. However, this doesn't mean that there's no dress code. You'll want to leave the sweatpants at home, and bare feet are usually frowned upon. You might think a graphic T-shirt is funny, but remember that everyone has different senses of humour.

Sickness
When you're sick, don't come into the office. Seriously, please stay home. Whether it's as minor as a cold or as serious as the flu, it's important to keep that away from your office. NSF International says that, on average, 26% of people admitted to going to work while they were sick, and 57% said they'd tell their co-worker to go home. If you're sick, you put everyone in the office at risk of contracting whatever you have. It'll spread like wildfire, and, before you know it, business will take a hit. So, it's best to use up those sick days, get healthy, and come back refreshed.

Wash Those Hands
Your office is not like your house where you have your own private washroom. You share a public washroom with your co-workers, so it is important—this can't be stressed enough—to wash your hands. That's all I'll say.
Simply following these tips will go a long way. Your co-workers will thank you.

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Simple Oat Bars

By Jordan King

- 3 cups oatmeal
- 1 cup peanut butter
- ½ cup honey
- 2 tablespoons flax seeds (or flax meal)
- 1 teaspoon cinnamon
- Pinch of salt

Directions:
Melt peanut butter and honey in a pan on the stove. Stir in oats, flax, cinnamon and salt. Press into a parchment paper-lined baking pan. Refrigerate for approximately 1 hour or until hardened. Then cut into squares, serve and enjoy.



Pet Of The Month Francie

By Elise Macchione



Francie is our mini-dachshund that we should have named Cuddle-Bug. If she's not curled up on a warm lap, you can find her burrowed in one of her many blankets.

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