

the magazine

Winter 2020

Who Cares



Get Connected to a Supportive Community

Social Connection

Learning To Live Again

Medical Waste Doesn't Go In Your Blue Box

Do You Worry About How Much Someone Drinks?

Spotlight On Ontario's Caregivers

Publisher's Message



Photo by Alan Jenner

I received a phone call from a socially isolated senior. She was calling about other unrelated issues, but it was obvious she is isolated, struggling, and needs help. Thankfully, I have contacts within the health system and was able to get some good advice. Most people do not have this option and barriers to access can be frustrating.

Some services indicate that anyone may make a referral for someone who needs help (if you have their OHIP number and the name of their doctor), while others only accept referrals from health professionals. I understand why some services require a referral from a health professional, but perhaps entry into the system should be examined, especially given the lack of access to primary care.

Socially isolated seniors are more at risk of negative health behaviours and have a four-to-five times greater risk of hospitalization. Often, we only hear about them once they have been admitted to the hospital. It doesn't have to be this way.

A decrease in contributions by seniors is a significant loss to organizations, communities and society at large. Looking on the bright side, there are some amazing things happening in our neighbourhood. In this edition of *the magazine Who Cares*, you will read about individuals and organizations who are addressing social isolation. However, healthy populations are everyone's responsibility and we all have a role to play in eliminating social isolation. Do not underestimate the power of a smile, a kind word or a call. Please connect with a senior who may be socially isolated or feeling lonely - you can make a big difference in their life and your own!

Gary Buffett, Publisher

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The magazine Who Cares provides credible information to residents of Hastings & Prince Edward counties to help them improve their health and well-being and connects family caregivers with the information, products and services they need to manage their caregiving role.

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The Ethical Challenges of Volunteering

David Campbell, PhD

There are many good ethical reasons to be a volunteer. It is an excellent way to contribute to society, especially to those in need. Volunteering is also a great way to bring awareness of important issues, and to support important community organizations and initiatives.

Volunteering is not only good for the community; it is also good for the individual. Volunteering can contribute to individual well-being as it can provide meaning and purpose to the individual volunteer. This is an important reason being a volunteer is so attractive to seniors and retirees. It can provide the stimulation, purpose, and sense of accomplishment of working, without the stress that comes with working full-time. Volunteering also provides social connections which can be especially important to retirees and seniors who might feel isolated after they stop working.

While the ethical case for volunteering and the good it can do for both the community and the individual is without question, there are some ethical challenges to volunteering which should be acknowledged. Perhaps the biggest ethical challenge for volunteers relates to boundaries. It is vitally important for volunteers to respect boundaries and to remember that they are volunteers, not employees or managers or professionals acting in their previous professional roles. For individuals who were in former positions of authority, this element of volunteering can be particularly challenging.

For example, joining a committee or a board can be an attractive option for a retired individual who in their professional life held a position of responsibility and leadership. The

leadership experience and skills of a former manager can be a great attribute to participating in and even chairing a volunteer committee or board. At the same time, it is important to remember that the role is as a volunteer and that your authority and power are limited. While it is important to take the role seriously, it is also important not to take it too seriously to the point where it is no longer enjoyable, especially for the other committee or board volunteers. If a committee or board member forgets their role and place and starts to make unrealistic demands on fellow committee or board members, or treats them like underlings instead of equals, this can create a toxic environment which will rob everyone else of the joys of volunteering. It will drive away good volunteers and ultimately harm the organization or cause which the committee or board was intended to support.

One of the main attractions of volunteering is that it contains the best elements of work while avoiding its unpleasant elements. It can provide meaning, comradery, and the joy of helping others at your own pace while avoiding the stress and pressures of working full-time. If volunteering turns into an unpaid job with all the negative office politics which no one enjoys, few people will bother to give up their time to volunteer. It is therefore important to remember the reason why one should volunteer, which is to help others, and to focus on common purposes and a sense of team-work and fun. Volunteering can be a great gift. Don't rob others of the gift of volunteering by making it joyless and turning it into a job instead of a passion.

David is the ethicist at Kingston Health Sciences Centre.

Social Connection is the Prescription for Improved Wellbeing

What would it look like for the health care system to see a patient as a whole person, instead of focusing on just their medical diagnoses? What if, along with medication, doctors and nurse practitioners were enabled to prescribe dance lessons, cooking classes, volunteer roles, caregiver supports, single-parent groups, and connections to bereavement networks?

Social prescribing acknowledges overall health being influenced not only by quality medical care, but also the sense of feeling connected to a supportive community. It is a simple yet transformative way of supporting patients' health and well-being by responding to their need to feel connected to their community.

From September 2018 to December 2019, Gateway and the Belleville and Quinte West Health Centres participated in an innovative Social Prescribing Pilot, along with nine other Community Health Centres (CHCs) across Ontario. Whereas community programs and other non-medical supports have always been a part of the CHC model, social prescribing breaks new ground by building more formalized links between medical care and social connectedness.

In many cases, those who are lonely or are facing complex social challenges may turn to the health care system for support when a medical intervention may not be warranted. They may make frequent appointments for primary care, or they may visit the local hospital emergency room seeking attention and support. These types of visits can put pressure on the health care system, which is costly to the public and may be of little benefit to overall health and wellbeing.

Increasingly, we are becoming aware of how important social connectedness is for health and wellbeing. The government of Canada's Report on the Social Isolation of Seniors suggests that groups at risk of social isolation

"Social isolation can affect anyone, but as our community ages, it is becoming increasingly prevalent," said Krista Vandermeer, Manager of Community Health Programs and Engagement at the Belleville Quinte West CHC. "Socially isolated seniors may be less able to participate and contribute to their communities, which poses a significant threat to the wellbeing of our community as a whole. Building on the principles of health promotion to involve people in managing their own health and creating opportunities for themselves to volunteer and give back, social prescribing connects the formal, professionalized medical system to informal, community-led innovations. In general, the journey starts when a family physician or nurse practitioner identifies social disconnectedness and makes a referral to get the client connected to a range of local non-clinical services, allowing clinicians to get back to spending time on the medical issues they're best positioned to address."



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include seniors with physical and mental health issues, low income seniors, and seniors who are caregivers.

Volunteers from the BQWCHC have already developed several new initiatives including:

- Belleville Breakfast Club
- Learning to Live Again – Life Beyond Grief for those who are widowed or separated from their spouse in a nursing home
- Quinte West Song Circle
- Crochet Club
- Purple Lotus Sisters – a cancer support group for women

Gateway CHC sponsored a Social Prescribing Fair bring together organizations, community members, health care services, local groups/clubs, museums, artisans etc. from the community for an afternoon of engagement, networking, and learning about the great opportunities for connection that exist in the community.

“The concept of social prescribing resonates widely, and many individuals and organizations see how they can contribute to and benefit from this pathway to wellbeing,” says Vandermeer. “As health care evolves, we can and should expect more from our health care providers than simply being the place to go when we’re sick. With limited resources, social prescribing is one way to bring together our community as a whole to support positive health outcomes.”

To get involved or explore what a CHC can offer, connect with the centre nearest you.

Belleville Quinte West Community Health Centre

Belleville Phone 613-962-0000 or 1-855-252-2747

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Volunteering Can Change Your Life

Debbie MacDonald Moynes

Volunteers give freely of their time and expertise in order to make a difference. Volunteering can help you make important networking contacts, learn or develop skills, gain work experience, build self-esteem and self-confidence, improve health, help you meet new people, feel needed and valued, make a difference in someone's life, and express gratitude for help you may have received in the past from an organization.

If you step into the offices of any volunteer-based agency you need only say "I'd like to be a volunteer" to set into motion a process that could have a huge impact upon your life. You will be greeted with warm smiles and appreciation for your willingness to offer your time. The next step will be an application form handed to you to write down some information on your background, hobbies and interests, and what kinds of experiences you wish to have during your volunteer activities.

At Prince Edward Community Care for Seniors, our staff members are professionals at volunteer management. When you come back for the interview we will ask you to bring along some references. Often volunteers are asked to fill out a form so that a vulnerable sector background check can be performed by the local police department. This is standard procedure when screening new volunteers. References will be checked as well. The safety of the clients is of paramount importance.

You'll have a conversation with a staff member about your background, interests and goals. They will explain what's involved with volunteering to help at congregational events, delivering Meals on Wheels,

fundraising, working in the Thrift Shop, visiting or calling seniors on a regular basis, helping with the County Seniors Centre programming, and the many other activities that the agency has on the go.

Once you and the co-ordinator agree on what you'll become involved in, you will be given an appropriate orientation package and sometimes you'll be invited to an orientation session. Then you're on your way to a wonderful new experience that can change your life.

To begin this new and exciting phase of your life as a volunteer come into the Community Care office at 74A King Street in Picton or call 613-476-7493.



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Green Burial

Gaining Popularity in Ontario

Green burial is relatively new to Ontario. It is an environmentally sensitive practice where the body is returned to the earth to decompose naturally and contribute to new life. This means that the body would not be embalmed and is buried in the ground in a biodegradable container.

Glenwood Cemetery in Picton is one of four cemeteries in Canada, and only two in Ontario, to be approved as Certified Green Burial Providers by the Green Burial Society of Canada. A separate section at Glenwood has been developed to offer green burials in the natural green forest which is specially designed to permit human remains to be returned to the earth as naturally as possible.

"We thought green burial would be welcomed, but there has been much more interest than we expected," said Sandy Latchford, Chair of Glenwood. "Since opening the green burial section in the spring of 2019, half of the available lots have been sold. We started with 35 green burial sites and can expand as needed."

The designated heritage site has served several purposes. It was once the site of a brewery. In the early 1860's, a tannery was located on the grounds. When the tanning factory closed in 1864, Glenwood became a farm until 1883 when it was chosen as the site for a new cemetery.

"With its rolling hills, winding dirt roads, and tall trees, the cemetery is typical of the Victorian era," says Latchford. "The 63-acre cemetery was designed as a garden in the 1800's and the cemetery conforms to the land, making the property ideal for green burial. The cemetery is a forested area and there is no grass to cut. To keep it natural, headstones are not permitted, but you can plant a shrub, tree or perennial. The casket has to be made of sustainable and fully biodegradable materials. This can be a simple wooden pine or poplar box, woven willow, bamboo or wicker container."

Although it has been popular in Europe for many years, green burial is a new alternative for Canadians. "Whatever type of final resting place you choose, you have to decide what you want and let people know. Have that conversation and let your family know your preference so there are no surprises at an already difficult time."

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Diabetes and Your Feet

Diabetes can cause nerve damage and poor blood flow or circulation to the legs and feet. As a result, people with diabetes are less likely to feel a foot injury, such as a blister or cut. Untreated, even small foot injuries can quickly become infected, potentially leading to serious complications.

If you have any corns, calluses, in-grown toenails, warts or slivers, have them treated by your doctor or a foot-care specialist. Do not try to treat them yourself.

Have your bare feet checked by your doctor at least once a year. In addition, ask your doctor to screen you for neuropathy and loss of circulation at least once a year. Take your socks off at every diabetes-related visit to your doctor and ask him or her to inspect your feet.

DO

- Wear well-fitting shoes. They should be supportive, have low heels (less than 5 cm high) and should not rub or pinch. Shop at a reputable store with knowledgeable staff who can professionally fit your shoes.
- Buy shoes in the late afternoon (since your feet swell slightly by then).
- Wear socks at night if your feet get cold.
- Elevate your feet when you are sitting.
- Wiggle your toes and move your ankles around for a few minutes several times a day to improve blood flow in your feet and legs.
- Exercise regularly to improve circulation.
- Inspect your feet daily and in particular, feel for skin temperature differences between your feet.

DO NOT

- Use over-the-counter medications to treat corns and warts. They are dangerous for people with diabetes.
- Wear anything tight around your legs, such as tight socks or knee-highs.
- Ever go barefoot, even indoors. Consider buying a pair of well-fitting shoes that are just for indoors.
- Put hot water bottles or heating pads on your feet.
- Sit or cross your legs for long periods of time.
- Smoke. Smoking decreases circulation and healing, and significantly increases the risks of amputation.
- Wear over-the-counter insoles - they can cause blisters if they are not right for your feet.

For more information visit www.diabetes.ca



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New Caregiver Helpline Launched

Ontario Caregiver Organization has launched the Ontario Caregiver Helpline. Created in response to extensive research asking caregivers what they need, it provides caregivers with a one-stop resource for information and support.

The Ontario Caregiver Helpline is available to all caregivers – regardless of age, diagnosis or where they live in the province – making it the only resource of its kind in Ontario.

If you're caring for someone and you need support or have care questions, call the 24/7 Ontario Caregiver Helpline:

1-833-416-2273

or use our live chat Monday - Friday 7 am to 9 pm at ontariocaregiver.ca.

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Sports and Wellness are Essential to Wellbeing

People are often surprised to learn about the variety of programs and services offered at the City of Belleville's Quinte Sports and Wellness Centre. Beyond serving as home base to the Belleville Senators, the Centre boasts four ice rinks, an Olympic-sized swimming pool, therapy pool and pre-school pool, a workout studio, two fitness studios, a gymnasium, an indoor walking track and is home to Belleville's 50+ Centre.

"Memberships to the 50+ Centre are only \$5 per year," says Karen Weichenthal, Recreation Programmer with the City of Belleville Recreation, Culture & Community Services. "Exercise and socialization are important for physical and mental well-being. We keep the membership rate low to ensure older adults can come out and get involved without worrying about finances." The \$5 membership provides access to a wide variety of free programs including Movie Night, Scrapbooking, Stitches, a variety of games, social times and much more. There is also a monthly luncheon which does have a fee.

In addition to offering space for the older adult population to visit, socialize, learn new skills, and make new friends in the 50+ Centre, there are also a wide variety of health and wellness programs geared toward all levels and abilities offered in the Quinte Sports & Wellness Centre.

FUN & FIT is a fun 30-minute class full of movement and upbeat music that will help you forget you are actually working out and getting healthier!

STRONG SENIORS training combines free weights, machines and aerobic exercise.

Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized.

BOOMER BOOTCAMP workouts vary in style, type and equipment while providing an effective way of training for anything from everyday life to athletics.

TONE & SCULPT improves strength, flexibility, posture, coordination, and energizes you while lowering your risk of bone loss associated with aging.

Members can also take advantage of the therapeutic programs designed for people with specific health issues such as cardiac maintenance, exercise for people with diabetes, COPD or stroke. There are also therapeutic programs in the swimming pool to help people manage conditions like Fibromyalgia, Arthritis, and Parkinson's.

for Older Adults

“Visit our website or give us a call for costs and schedules. The City of Belleville Recreation, Culture & Community Services Department offers a fee assistance program to cover up to 75 percent off registration fees. Over 250 residents benefit from this program each year,” says Weichenthal. “Although we already offer a wide variety of programs, we are always looking to enhance

our programming and would like to hear your ideas for fitness classes, special interest programs, social events or workshops.”

To register or learn more about the 50+ Centre, stop by and see them at 265 Cannifton Road in Belleville, visit them online at qcws.ca or call 613-966-4632.



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Spotlight on Ontario's Caregivers

The Change Foundation, in partnership with the Ontario Caregiver Organization has released the second annual report on the state of caregiving in Ontario. According to the authors, there is growing momentum focusing on better support for family caregivers at the local, provincial and federal levels. The report says that the expectations of family caregivers are growing to such an extent that their role is one of the most important ones in our society.

In Canada, 28 percent of the population is providing care to a family member at any given time. Caregivers provide between 11 and 30 hours of care a week, contributing the equivalent of between \$26 and \$72 billion to our society every year.

In June 2019, more than 800 Ontario caregivers participated in a survey to share their voice. The results provide valuable insights in comparing findings with the 2018 survey.

Objectives for this survey were to better understand the caregiver experience, and see how it changes over time, in the following areas:

- who caregivers are caring for;
- what tasks caregivers are responsible for;
- where caregivers are turning for information and support;
- how caregiving impacts the lives of both the caregiver and the care receiver;
- how caregivers feel about their role as part of the healthcare team; and
- what additional supports or information could help caregivers in their role?

The results provide new insights about the caregiver experience and underscore that supporting caregivers should remain an urgent priority.

Cont'd next page.



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WHAT HAS CHANGED

- While similar numbers of caregivers are involved in organizing care, in 2019 56% of caregivers find the process difficult, compared to only 39% in 2018.
- 31% of caregivers are primarily responsible for paying for expenses in 2019, compared to 41% in 2018.
- This year, slightly fewer respondents were primary caregivers than in 2018, and as a result, slightly more were sharing responsibilities.
- The impact on finances is more pronounced in 2019 – 32% said they had faced financial hardships compared to 22% in 2018.
- 79% of caregivers see their role in the healthcare system as important compared to 70% in 2018.
- 18% of caregivers continue to think their role is the most important, and a similar percentage of caregivers feel that their healthcare providers see them as important members of the team.

To read the full report, visit www.changefoundation.ca



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Medical Waste

Rebecca Foreman,
Communications Coordinator,
Quinte Waste Solutions

It Doesn't Go In Your Blue Box

With a large portion of medical materials being made from plastic, paper and metal, it's very easy to assume that it would all be recyclable. But in reality, NO medical waste is accepted in the Blue Box Program. Medical waste is any kind of waste that contains infectious material (or material that's potentially infectious). Anything that comes in contact with a body (living or deceased) would be considered medical waste. It's also known as biohazard or biomedical waste.

Medical waste can contain bodily fluids like blood or other contaminants. This can be defined as waste generated during medical research, testing, diagnosis, immunization, or treatment of either human beings or animals. Some examples are culture dishes, glassware, bandages, gloves, discarded sharps like needles or scalpels, swabs, and tissue.

This type of waste can be generated at:

- Clinical Laboratories
- Dental Offices
- Doctor Offices
- Funeral Homes
- Home Healthcare Organizations
- Hospitals
- Households
- Pharmacies
- Pharmaceutical Companies
- Retirement and Nursing Homes
- Veterinary Clinics/Hospitals

Another material we see frequently at our Material Recovery Facility is used leak protection products. Diapers (adult and child) and feminine products, whether new or used, are not recyclable. If they are not used, donate them. If they are used, please dispose of them in the garbage.

As we age, our amount of human waste grows as our medical needs increase. The majority of municipalities have a 'waste exemption program' that will allow you to put out additional garbage

bags. As an example, residents of the City of Quinte West with a medical condition can apply for an exemption to the curbside waste collection garbage bag limit/fee. To be eligible, applicants must provide proof of living in Quinte West and have a medical condition that is verified by a medical professional. Approved applicants will receive 52 Medical Waste Disposal Tags per year (January to December, one extra bag per week). Check with your local municipality to see if they offer a medical exemption.

If you are wondering how you can dispose of various medical waste items, we break it down for you on our website. Visit our Medical Waste webpage at quinterecycling.org.



MEDICAL WASTE

IS **NOT** RECYCLABLE

Anything that comes in contact with a body,
is considered medical waste.

For more information, visit quinterecycling.org.



QUINTE WASTE SOLUTIONS

Learning to Live Again

Life Beyond Grief

By Carol Mitchell

It was a cold January morning, Bob and I were up early as he had to go to Belleville for a stress test, five days after he had a heart attack. Bob did well on the test, but five hours later he had a massive stroke and passed away nine weeks later.

I read an article in the local paper about Social Prescribing at the local Community Health Center. The concept is that if people are more socially active then the need for doctor visits and medication is reduced. I came up with the idea of starting a group for people who had lost their spouses or had to put their spouse in a Long-Term Care home. It would be a group of people who had already gone through the grieving process and were ready to move on with their lives. Our group is called LEARNING TO LIVE AGAIN - LIFE BEYOND GRIEF.

Nobody showed up for the first meeting. But we did have a few people the second month. Now we have between seven and 10 people for each meeting.

We cover topics including scams and fraud, solo travel, sleep, cooking and buying food for one and how to store the food, putting together emergency plans just in case we need them, and a household inventory.

We also go out into the community including the Warkworth Maple Syrup Festival, had a picnic and went fishing, went on a boat cruise, Botanical Gardens in Frankford, and to an apple orchard for wagon ride and corn maze.

Being involved with this program has changed my life. It has given me purpose, and it feels good to help other people who are struggling. A part of me will always be with Bob, but we must move on, and this program gives us all a vehicle to do that.

If you are ready to move beyond grief and live again, for information and registration (no cost) please call Carol at 613 965-0411.



The First Link Learning Series

The Alzheimer Society of Hastings-Prince Edward offers free education and support programming to individuals and families affected by Alzheimer's disease and dementia. First Link® is a referral program designed to help newly diagnosed people with dementia get the help they need as soon as possible. Individuals and their families are linked to learning, services and support as early as possible in the disease process. First Link assists physicians and health and community service providers to connect people living with Alzheimer's disease and other dementias and their families with the Alzheimer Society.

Facilitated by Alzheimer Society staff, the First Link Learning Series offers a comprehensive overview of dementia, coping strategies, resources and support systems, spread over several progressive modules, each one building upon the other.

Each Learning Series offered looks at different aspects of the disease. Locally, the Series includes First Steps, Care Essentials, Options for Care, and Care in the Later Stages, and each program runs in 3 and 4-week cycles.

First Steps for Care Partners, and/or People Living With Dementia

This series offers families with an overview of dementia. Topics covered in this course include:

- What is dementia?
- Memory loss and changes to the brain
- Coping strategies
- Drugs and treatments
- Future planning
- Community resources

Care Essentials

This series offers problem solving strategies, approaches for communications and available avenues for support, all of which can strengthen their ability to provide care. Topics covered in this course include:

- What to expect
- Communicating effectively
- Responding to behaviours
- Supporting daily activities

Options for Care

This series is to help family members and friends caring for people with dementia evaluate their current care giving needs and explore other possible care options available, including long-term care. Topics include:

- Where to turn when care needs are increasing
- Long-Term Care – how the system works
- Coping with change – how to make the transition

Care in the Later Stages

This series helps to understand what to expect in the later stages of the disease. The series will explore how participants can provide comfort to the person as well as review the experiences of grief and loss. Topics include:

- Natural course of the later stages
- How to recognize pain and distress
- How to provide care that promotes dignity, comfort and quality of life

The Alzheimer Society runs these programs throughout our catchment area at different times throughout the year. Please contact your local office for information on upcoming sessions and to find out how you can register.
Belleville 613-962-0892
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Are You Looking For Engaging Activities?

Staying engaged in our communities is critical to enjoying life at any age. Whether you are looking to join a club as a member or get out and take part in the occasional activity, there is a group of like-minded people who would love to hear from you.

Seniors Unlimited (613-392-5993)

Meets at the Batawa Community Centre on Tuesday and Thursday afternoons.

Belleville 50+ Centre (613-966-4632)

Open to everyone over 50 years. Monday through Friday: 9:00 am – 4:00 pm.

COST: \$5.00/yr for your membership card.

Club 105 Trenton (613-392-5400)

Offers many types of activities. They also have a small library of books, puzzles and CD's. The Club usually has a dinner or BBQ depending upon the season as a social event for fundraising.

Trillium 2000 Seniors Club (613-968-2526)

Cribbage, euchre, carpet bowling, shuffleboard, darts, trips and tours.

CARP 613-743-9365 or email bbq@carp.ca

Meets on the second Tuesday of each month to share information relevant to people 50 and older.



CARP Greater Bay of Quinte Chapter #39 presents...



bbq@carp.ca 613-743-9365

Quinte Sports and Wellness Centre- 265 Cannifton Rd. Belleville

Coffee&Chat

PLEASE JOIN US FOR A BIT...

CARP Greater Bay of Quinte Chapter 39 invites everyone to attend a "Coffee&Chat" on the second Tuesday of each month in the Multipurpose Room 2nd floor (elevator) from 2-4pm

GREATER BAY OF QUINTE CHAPTER #39
BBQ@CARP.CA 613-743-9365



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*Some exceptions apply

Has Your Life Been Affected by Someone Else's Drinking?

Al-Anon is a mutual support group of peers who share their experience related to the effects of a problem drinker in their lives. Many Al-Anon members struggled for many years with the difficult challenges of coping with the effects of alcoholism. It's often easier to envision continued difficulties than a positive solution. That's why it's easy to think of so many reasons not to attend an Al-Anon meeting.

If you feel anxiety about attending an Al-Anon meeting, you're not alone. Many people have felt that way. But overcoming that reluctance is an opportunity for personal growth, the first of many that the Al-Anon program offers. It's the first step on the road to recovery.

The following questions are designed to help you decide if you need Al-Anon:

1. Do you worry about how much someone drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
5. Do you blame the drinker's behavior on his or her companions?
6. Are plans frequently upset or cancelled or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. Do you secretly try to smell the drinker's breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Are holidays and gatherings spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?
13. Do you search for hidden alcohol?
14. Do you ever ride in a car with a driver who has been drinking?
15. Have you refused social invitations out of fear or anxiety?
16. Do you feel like a failure because you can't control the drinking?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you ever threaten to hurt yourself to scare the drinker?
19. Do you feel angry, confused, or depressed most of the time?
20. Do you feel there is no one who understands your problems?

If you have answered "Yes" to any of these questions, Al-Anon may be able to help. Don't worry about whether you want to become a member. Just visit a variety of different meetings to gather information and to hear how the people there handle their issues with alcoholics. It may be that some of their experiences will be helpful to you.

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24 hours a day,
365 days a year**

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for a FREE month of service (quote code 1129)

PHILIPS
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www.lifeline.ca

Are headaches controlling your life? Are you suffering with migraines?

These are the facts you must know. Living with headaches is tough. Day after day of being miserable, irritable, and looking a lot older than you really are. The frustration of knowing that your friends and family don't understand what you're going through. Add this to doctors' visits, MRI's and CT scans - - which only come back with "normal" results. And that's not all...trying one medication after another, feeling like you're on a merry-go-round of drugs. **All this is enough to make anyone want to scream!**

If you do nothing else read this:

1. Approximately 22 million women are affected by migraines in the United States.
2. Medical science has discovered that most headaches are caused by damaged structures around the neck like joints, ligaments, muscles and cervical discs, all of which have complex nerve endings.
3. Research has proven certain natural treatments have great success with headaches - even better than massage and medications - and with no side effects.
4. Why not get rid of those debilitating headaches today? Read the full facts on this page!

I am Dr. Stephen Lippitt. For years, I have been helping patients with neck tension, headaches and migraines live pain free.

Every week I hear how people suffer from severe headaches - statements like...

- "I feel like my head is in a vice."
- "My eyes hurt and I feel so drowsy."
- "I have to lie down."
- "I've had migraines since childhood."
- "Muscle tension in the neck and pain into the shoulders"

They tell me they're sick and tired of jumping from one headache medication to the next. Here's what I hear...

"I am tired of being looked upon as someone who is only out there to get medicine. I only want RELIEF. I don't know why that is so hard for people to understand. I don't want to be treated badly anymore. I want to get help, and I want to get rid of the headaches."

Imagine being able to live life like a normal person again, pain free and without headaches...being able to play with your kids, enjoy time with friends, and not have to worry that your headache will hit you at just the wrong time.

For a limited time, \$37 will get you all the services I normally charge new patients \$150! SAVE \$113!

Why would I practically give away our services? Because patients tell me too often... *"I only wished I had found you sooner"*

I decided to do something about it and run this ad. Call before March 1st, 2020 to receive the following:

- An in-depth consultation about your headaches where I will listen, really listen...to the details of your unique situation.
- A complete neuromuscular and a skeletal examination of the head and neck so I can find the problem.
- A full set of specialized x-rays to determine if a posture or joint problem is contributing to your pain...
- A thorough analysis of our exam and x-rays where we'll map out how you can get rid of your headaches for good.

Could this drugless treatment be your headache solution too?

Numerous studies have shown the benefits of spinal adjustments with headache patients.

The Boline Study

This study compared two groups of headache patients, half went for chiropractic adjustments, the other half took amitriptyline, a medication often prescribed for the treatment of severe tension headache pain. After six weeks researchers found the chiropractic patients experienced almost no side effects. And only the chiropractic patients continued to report fewer headaches when treatment ended.

The Duke Study

Medical experts concluded that spinal manipulations resulted in almost immediate improvement for headaches. Patients also had significantly fewer side effects and longer-lasting relief of headaches than a commonly prescribed medication.

No question...if you are having headaches then something is wrong. Pain is your body's way of telling you something is wrong. Finding the problem and fixing it has got to be top priority! **Call today...613-966-4725**

Call between the hours of 8:00 am and 5:00 pm Monday through Thursday. Tell us you'd like to come in for the Special Headache Evaluation before March 1st, 2020.

Look, you have very little to risk and a lot to gain.

Call today. I can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule.

**My office is called Chiropractic Generation
100 Bell Blvd #230, Belleville, Quinte Mall *
613-966-4725**

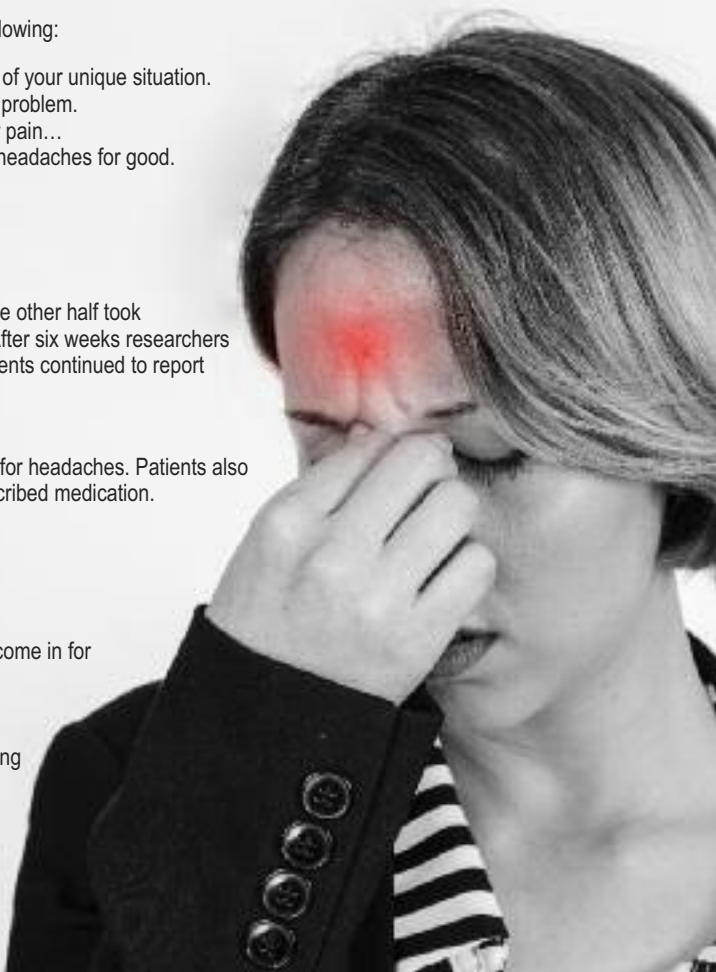
Why suffer with
years of misery?

How many years can your body handle taking one pill after another? That's no way to live, not when there could be an easy solution to your problem. Many of the pain medications available are quite addicting and can have drastic side effects.

Call today. I may be able to help you live a normal, pain-free life.

**Dr. Stephen Lippitt Chiropractic Generation
#230, Quinte Mall, Belleville * 613-966-4725**

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