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Caregivers improve independent living

If you are a senior who needs assistance, or a family member looking after a loved one, Cardinal Nannies & Caregivers can help! Built on the cornerstones of integrity and professionalism, Cardinal provides honest, reliable and professional caregivers to assist with the support you or your loved one needs.

Whether you require a caregiver for a few hours per week to assist with housekeeping, or full-time care that will allow you to

remain living in your own home, the caring people at Cardinal have caregivers available to assist. And, they always match you with a caregiver to suit your personality and interests.

In 1985 Moyra Stephen, owner of Cardinal Nannies & Caregivers, discovered for herself how difficult it was to find qualified, in-home care for her son with special needs. She founded Cardinal to offer peace of mind to families looking for care for children, seniors, and those with special needs. Her goal is to provide the right level of assistance to clients to maximize their

quality of life.

Do you need assistance after a hospital stay? Moyra can meet with you while still in hospital so the right caregiver is in place as soon as you get home. Care can then be adjusted according to your ongoing needs. To find out more,

visit CardinalNannies.com and fill out a client contact form, or call 905-666-2228, to set up a home visit.



Improve your quality of life.



CARDINAL
NANNIES & CAREGIVERS INC.
SINCE 1985

Profiling exceptional businesses in your community since 1997.™

Are you confused about kitchen countertops?

Never before has the consumer had so many options. To help you negotiate the wide range of countertop materials, call Tammy Irwin, Principal Designer at Designing Durham. Tammy and her team have been designing homes for over 20 years and can help.

While granite has had a 30-year reign, in no way has it gone out of style. Granite, both durable and attractive, offers the beauty of natural stone that no other product can match. Engineered quartz, granite's top competitor, offers the beauty of stone without the maintenance of granite. Resistant to scratching, cracking, staining and heat, and being uniform in presentation, quartz is available in a number of colours and designs.

For more of a country or French country look, soapstone is an attractive option. Although limited in colour, it is porous and does not need to be sealed. Over time,

a lovely patina may naturally develop.

And for a modern or contemporary look, concrete countertops are still holding their own. They are strong, heat resistant and resist both cracking and chipping.

Still not sure which countertop to use? Give Tammy a call. Servicing all of Durham Region, Designing Durham can be found on Houzz.com or at www.designingdurham.ca. Tammy can be reached directly at tammy@designingdurham.ca 905-706-5254



Give Tammy a call
at Designing Durham

Selling in the winter real estate market

Why list your home in December? Stephanie Mitchell and Elsbeth Potvin (aka Steph & Elle), two dynamic, full-time sales representatives with RE/MAX Rouge River Realty, have the answer. "A number of key factors could actually make listing later in the year enticing for some home owners," says Elle. "With housing inventory substantially lower closer to Christmas, a seller could potentially have serious buyers competing for their home. Traditionally, the spring market is very active with hundreds of homes entering the market each week. This can mean more competition - which could also result in lower pricing depending on the demand."

Steph & Elle get asked a lot of questions. Fortunately, they have experience selling homes in many different market conditions and can help home owners figure out the best

course of action for them. They created a niche

for themselves in 2011, forming a partnership to provide the best possible service they could for their clients. Steph & Elle know that your time and money are extremely important to you. That's why their selling strategy is designed to give you more of both.

From full, professional staging to cutting edge photography and videography, their modern marketing techniques are all included in their competitive commission structure. If you're looking to sell, call Steph & Elle today! 905-441-7171 or email them at info@stephandelle.com www.stephandelle.com



If you're looking to sell,
call Steph & Elle today!

STEPH & ELLE
RE/MAX

Designing
Durham

Setting the Standard in Home Staging & Interior Design

Brock's – your Christmas store

Christmas has arrived at Brock's in Port Perry. As you stroll by the festive window displays brimming with gift ideas, glance at the twinkly lights on the Victorian storefronts and lampposts, you are transported into a different time.

As you enter the store, you will see tables full of the latest in holiday décor, tree ornaments and stocking stuffer ideas "Customers come to us each year to pick up our stocking stuffers", says Megan store merchandiser.

"This year favourites include black and gold nail kits, pet towels and wash mitts, and microfibre towels imprinted with Canadian art." Other favourite gifts this year include Blundstone boots and accessories – perfect for guys and gals that love comfortable footwear, Saxx and Pullin boxers for men with colourful and unique designs, and cotton sweaters by Parkhurst Cotton Country – styles are made in Canada that are soft, cozy and washable. As you

shop their extensive selection, enjoy a cup of hot mulled cider on weekends in December. To finish off your excursion, you can take a horse and carriage ride in the downtown area – compliments of the Port Perry BIA.

Take a trip to Brock's in historic downtown Port Perry this holiday season – you will find something for everyone on your list. Brock's – 168 Queen St, Port Perry. 905-985-2521 or shop on-line at www.brocks.ca



Christmas décor and ornaments on display at Brock's.

BROCK'S

Why you need title insurance

Diane and Rick's lawyer sent them a letter advising them that he was going to buy a title insurance policy to cover their new house. Diane decided to do her own research to find out if this was necessary or just another expense. This is what she found. Title insurance is able to provide a guarantee where there was none before, expedite a timely closing. The cost of the policy is offset entirely by foregoing costly searches for foregone by the insurance policy.

Most importantly, the policy covers title fraud in which the owners are impersonated by fraudsters and a mortgage is placed on the property or the ownership is transferred without the owners' consent. A title insurance policy will protect the true owner and pay the cost of having the title corrected, which can be considerable. As with most insurance coverage, we hope we never need it but are glad it is there when we do.

Title insurance is a single premium policy which means you pay once and have coverage as long as you own the house.

Bottom line is that title insurance is an integral part of buying a house and most real estate lawyers want it as part of every deal.

Needless to say, Diane and Rick gave their lawyer the 'thumbs up' to title insurance.

If you need more information on title insurance, contact the McMurter & Associates team at 905-666-9200; brian@mcmurter.com



Contact the McMurter & Associates team!

It's okay to put You first

You may find this difficult. You may feel others' needs are more important – caring for them and fixing them should come first. If you think it's selfish to put yourself first remember that when you care for yourself and feel good about who you are, it's easier to help others! Often, people shy away from doing personal work with a therapist since they just don't have the time. Others feel it's not for them and rationalize that nothing is wrong. Some feel nervous and may not want to face their difficulties. Others may think it's unjustified since 'other people have it worse'. But, if you're feeling 'stuck', noticing unhelpful thoughts, feelings or behaviours, then getting support from a caring, empathetic therapist is beneficial.

Charlene Hinds, founder of Bloomosity Psychotherapy, offers affordable therapy to help you cope with life challenges and overcome obstacles that interfere with the life you want.

Since Charlene is a student of psychotherapy, she currently offers low rates, only \$40 per 50 minutes and the first session is free. Charlene believes in client-centered therapy, so the focus is on you. Some of her clients opt to try body-therapy, mindfulness and experiential exercises, sound and art therapy, guided meditation or other helpful strategies.

Visit Bloomosity.com, email Bloomosity@outlook.com or call 289-314-2419 for more information and to book an appointment. Located at 101 Mary St. in Whitby. She also offers online therapy.



Charlene Hinds, founder of Bloomosity.



Are varicose veins affecting your life?

There used to be only one way to treat varicose veins – major surgery in a hospital! Those days are over. Dr. Martin Stewart, M.D. offers a range of patient-friendly services to treat spider veins and bulging veins from his Durham Vein and Laser clinic in Port Perry.

With the only clinic in Durham Region that offers both non-surgical laser and surgical procedures, Dr. Martin Stewart, M.D., C.C.F.P., F.R.C.S, is a general surgeon with more than 25 years of clinical experience treating vein disorders. You'll enjoy his welcoming office while benefiting from state-of-the-art treatment in a regulated, modern clinic.

Every patient is different and costs vary, at the initial consultation Dr. Stewart will discuss with you the severity of your varicose veins to find the best treatment for your individual needs.

To remove large varicose (bulging) veins, Dr. Stewart offers non-surgical, no-scar,

laser treatment, called "EVLA" (Endo Venous Laser Ablation). It takes less than an hour and offers immediate relief from symptoms, with no general anesthesia, no hospitalization and no down-time!

For spider veins and reticular (blue) veins, injection sclerotherapy, may be the right option. Sclerosing agents are injected that cause the vein to eventually fade away.

Seeing is believing! Visit www.durhamveinandlaser.com to see their before and after pictures. Call 905-985-2895 x 5413, email info@durhamveinandlaser.ca or book your appointment online.



Dr. Martin Stewart, M.D., C.C.F.P., F.R.C.S (C)

