

**The Honourable Michael Tibollo**  
**“A Beacon of Compassionate Leadership  
in Vaughan-Woodbridge”**

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Feature Story on page 16



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## Letter from the Editor



As the gentle warmth of spring unfolds there is a freshness in the air which can not be measured. This Spring Season brings not only a welcome one but also the return of bright colours which splash our landscape and wardrobe signaling the vibrant month to be.

In this edition I chose to feature the Honourable Michael Tibollo M.P.P. for Vaughan Woodbridge. His exemplary leadership and

commitment to our community make him a person of inspiration to acknowledge. His work cultivates a thriving environment in which we can all prosper mentally. Michael Tibollo is recognized for his active involvement and passion to resolve issues of the community.

The visit of Andrea Bocelli with Veronica created a special evening for Chai Lifeline Canada, a National Charity which provides support and care with serious illnesses and their families. This event was one of a kind raising over one million dollars which will help fund dozens of free programs offered by Child Life Canada. I was honoured to be invited to witness the recognition given to Andrea and Veronica by being presented with the Humanitarian Award by this organization for all the work they do globally for children with serious illnesses and their families. During the evening three individuals, Shelly Avital, Silvio De Gasperis and Jack Eisenberger were also presented with a special tribute of thanks. I congratulate the chair of the event Israel Schachter a close friend of the Bocellis for organizing this spectacular event and I also thank The Executive Director Mordechai Rothman, his board members and volunteers for organizing this memorable event and giving back to the community at large.

June is a time of significant celebration marking Italian Heritage month in Canada. This long month observance is filled with events which showcase the rich culture and history of Italy. I encourage everyone to check with their local community centres to discover the celebrations. Let us immerse in the heritage which beautifully shapes our community.

In May and June may we express our gratitude to our mothers and fathers as they have given us unconditional love and support throughout the years. Remember to reflect on all the sacrifices your parents have undertaken for your well-being.

With the summer approaching I recommend to follow your dreams and travel discovering your roots and explore new territories.

Enjoy this spring with a smile!

Josie Alonzi

# The Voice 2020

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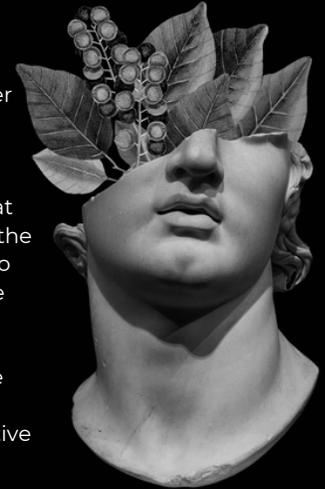
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Humanity has made astonishing technological and scientific progress over the last century. But what risks being lost is a proper appreciation of how all process came to pass, what made it possible. Many of the great minds who helped to propel us into modern age did so through quiet introspection and deep thinking. Adonia offers the reader the chance to step back to this form of reflective engagement.



The work itself is a collection of thoughts, all of which narrate discovery with unharmed truth.



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**Mayor Steven Del Duca  
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# Italian Heritage Month

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# Building Tomorrow's Ontario: The Importance of Skilled Immigration in the Construction Industry

by *Mark Anthony Alonzi*  
*RCIC Immigration Consultant*  
*Commissioner of Oaths Public Notary*

“Our government is ready to welcome more skilled newcomers to Ontario, to help build the highways, transit, schools, homes and hospitals our growing population needs. As we continue to tackle historic labour shortages, we're doing everything we can to ensure we have the workforce to help build Ontario. It's all hands on deck.” - Premier of Ontario Doug Ford, March 28 2023

In the evolving landscape of Ontario's construction sector, where innovation meets infrastructure, the future is intricately tied to one vital resource: skilled immigrant workers. As the province navigates demographic shifts, technological advancements, and economic imperatives, the role of skilled immigration in shaping the future of Ontario's construction industry has never been more pronounced. With an eye towards progress and prosperity, Ontario must embrace skilled immigration as a cornerstone of its workforce strategy, unlocking new opportunities for growth, innovation, and sustainability. Ontario's government wants to build 1.5 million homes over the next decade, but says it will need 100,000 more workers to carry that out.

Ontario's construction industry stands at a crossroads, marked by a growing demand for specialized skills amidst a backdrop of demographic change. The retirement of seasoned craftsmen, coupled with a reluctance among younger generations to pursue careers in the trades, has created a looming shortage of skilled laborers. However, amidst this challenge lies a significant opportunity: skilled immigrant workers.

Skilled immigrants bring a wealth of expertise, experience, and diversity to Ontario's construction industry, enriching the sector in various ways. Their technical proficiency, cultural insights, and global perspectives enhance productivity, stimulate innovation, and drive continuous improvement within construction teams. As Ontario looks to the future, it must recognize the invaluable contributions that skilled immigrants can make in addressing labour shortages, driving economic growth, and building a more resilient and inclusive construction industry.

My immigration firm specializes in construction based applications for companies seeking to hire skilled workers. The most popular application which is typically used to hire foreign workers is called the LMIA (Labour Market Impact Assessment). An LMIA, is a process of which a company wants to seek a temporary foreign worker through the labour market. This decision is issued by Employment and Social Development Canada (ESDC) and it assesses the impact of hiring a foreign worker on the Canadian labour

market. The assessment ensures that hiring a foreign worker will not negatively affect Canadian workers and that there are no Canadians available to fill the job position.

However, issues still exist in this program designed to help fill a labour gap and Ontario's construction industry requires proactive measures and strategic initiatives. Ontario must streamline immigration processes, reduce barriers to entry, and provide comprehensive support services to facilitate the integration of skilled immigrants into the construction labour force. The federal and provincial governments must work together to ensure that demands are made for the future of skilled workers coming to the province of Ontario. Unfortunately, with the current political landscape, the Ontario government is not allocated enough of the skilled tradesmen via immigration streams to reduce processing times and volume of workers. By recognizing foreign credentials, offering language training, and promoting diversity initiatives, the province can create a welcoming and inclusive environment that attracts and retains top talent from around the world.

I have personally spoken in union town halls and held seminar sessions with construction workers on the pathway to legalize their status in Canada and the prospect of working for Canadian construction companies. The opportunities are endless for skilled workers to seek job opportunities in the trades sector in Ontario, and one quick glance on the national employment website [jobbank.gc.ca](http://jobbank.gc.ca) would reveal the true depth of companies seeking true talent in the trades industry.

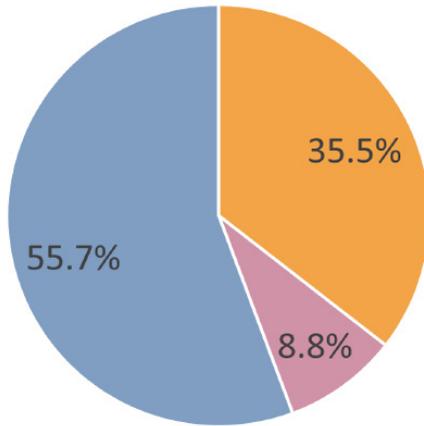
In conclusion, the future of Ontario's construction industry is intrinsically linked to skilled immigration. As the province strives to meet the challenges of a rapidly changing world, it must embrace skilled immigration as a strategic imperative, unlocking new opportunities for growth, innovation, and prosperity. Employers should really be informed for the legal processing of foreign workers into the labour force and unions should ensure that all union working members are legally authorized to work in Canada and promote strong ties to immigration and recruitment firms that specialize in seeking and legalizing skilled tradesmen. By harnessing the talents and contributions of skilled immigrant workers, Ontario can build a brighter, more inclusive future for all stakeholders involved in the construction industry.

**If your company is interested in applying for an application to support foreign workers in the province of Ontario, please contact [mark@aisimmigration.com](mailto:mark@aisimmigration.com) or call 905-995-2776 and speak with my team for more information.**

## Highlight of Facts (Source: Statistics Canada, Labour Force Survey)

- There were 588,000 people employed in the Ontario construction industry, comprising 7.6% of Ontario's workforce in 2022.
- The construction industry contributed \$57 billion (7.4%) to Ontario's Gross Domestic Product (GDP) in 2022. Compared to the previous year, GDP increased by \$26 billion (3.6%).
- Ontario's construction industry is concentrated in the Toronto economic region (ER), which accounts for 41.3% of total provincial construction employment.

- Construction of Buildings
- Heavy and Civil Engineering Construction
- Trade Contracting



Economic Region	Employed 2022	Sector Share (%)
Ottawa	52,300	8.9%
Kingston-Pembroke	22,100	3.8%
Muskoka-Kawarthas	22,700	3.9%
Toronto	242,700	41.3%
Kitchener-Waterloo-Barrie	73,300	12.5%
Hamilton-Niagara Peninsula	64,300	10.9%
London	34,400	5.8%
Windsor-Sarnia	25,200	4.3%
Stratford-Bruce Peninsula	22,000	3.7%
Northeast	21,100	3.6%
Northwest	8,000	1.4%

National Occupational Classification	Employed 2022	Sector Share (%)
0712 Home building and renovation managers	67,700	11.6%
7611 Construction trades helpers and labourers	53,100	9.1%
7241 Electricians (except industrial and power system)	38,400	6.6%
7271 Carpenters	37,700	6.5%
0711 Construction managers	36,000	6.2%

	Construction			All Sectors	
	Employment, 2022	Share of Total (%)	AAGR (%)*	Share of Total (%)	AAGR (%)*
Employment	568,000	100.0%	7.4%	100.0%	1.5%
Male	521,900	88.8%	2.4%	52.7%	1.6%
Female	66,000	11.2%	2.8%	47.3%	1.3%
15-24 years old	67,500	11.5%	2.9%	13.2%	1.3%
25-54 years old	390,300	66.4%	1.4%	65.0%	1.0%
55 years and older	130,100	22.1%	6.8%	21.8%	3.2%
Worked full-time	546,800	93.0%	2.5%	82.4%	1.6%
Worked part-time	41,100	7.0%	2.8%	17.6%	0.7%
Self-employed	166,900	28.4%	1.1%	14.2%	0.6%
Employees	421,100	71.6%	3.1%	85.8%	1.6%
Permanent job	378,100	64.3%	4.1%	76.6%	1.8%
Temporary job	42,900	7.8%	-2.2%	9.9%	0.4%
Less than high school	58,500	9.9%	-0.2%	6.4%	-1.9%
High school graduate	154,100	26.2%	2.1%	22.5%	-0.4%
Postsecondary cert. or diploma	246,700	42.0%	3.0%	32.2%	1.1%
University degree	91,100	15.5%	7.1%	38.9%	4.1%



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# FRANCESCO SORBARA, MP

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On April 16<sup>th</sup>, the federal government presented Budget 2024. An ambitious and comprehensive plan focused on creating **fairness for every generation**. We are:

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- **Making life more affordable** by ensuring Canada's social safety net works for every generation, from going to the dentist to accessing medication and contraceptives, and a national school food program.
- **Growing our economy** with a plan that will increase investment, enhance productivity, and boost innovation.

## Wishing Vaughan-Woodbridge residents and all Canadians a **HAPPY ITALIAN HERITAGE MONTH**

*Auguriamo ai residenti di Vaughan-Woodbridge e a tutti i canadesi un*

## **BUON MESE DEL PATRIMONIO ITALIANO!**



For decades, Canadians of Italian descent have made and continue to make significant contributions to our nation. Canada is home to more than 1.5 million Italian-Canadians, many of whom reside in Vaughan. Since 2015, with the support of the Italian Canadian community we have delivered:



An official apology for the interment of Italian Canadians during WWII.



Revised a more robust Youth Mobility Agreement



Opened a new Canadian Consulate & Trade office in Milan

# A Global Approach to Fighting Poverty: How Canada Can Lead the Charge

by *The Honourable Senator Tony Loffreda*

Every April, finance ministers, central bank governors, development experts, private sector executives, civil society representatives, parliamentarians and academics gather in Washington for the annual Spring Meetings of the World Bank and the International Monetary Fund. On the margins of this annual meeting is the Global Parliamentary Forum, hosted by the Parliamentary Network on the World Bank and IMF, which serves as a neutral platform for parliamentarians from member countries to enhance both accountability and transparency within development cooperation.

As the Chair of the Parliamentary Network's Canadian chapter, I had the privilege of traveling to Washington earlier this month to attend the two-day Forum and join hundreds of parliamentary colleagues from around the world, including my Canadian colleague Senator Rosa Galvez, a climate change expert.

Some of the important global issues we addressed during our meetings included properly regulating the risks and opportunities of artificial intelligence through a global lens, accelerating climate solutions in a fragile world, and leveraging gender strategies to advance gender equality.

At the request of the Network's chair, Liam Byrne, a British Member of Parliament, I had the honour of moderating a panel entitled "Debt and Growth: Investing in the International Development Association (IDA) and the Poverty Reduction and Growth Trust." We had a stellar lineup of speakers from both civil society and international legislatures, including the Speaker of the Senate of Burundi.

As the representative of a country that benefits from the IDA, the Speaker spoke highly of the Association and the need for global partners to increase investments and funding opportunities for lower-income countries so they may continue to invest in their future, improve the lives of their citizens, and create more prosperous communities in their respective nations.

Our panel generated much interest from the audience. Like Burundi, legislators from other African countries also urged wealthy countries to increase its international aid commitments. The IDA, thanks to its concessional loans and grants and its debt relief initiatives, is widely considered as the single largest source of donor funds for basic social services in many countries.

In fact, since its creation in 1960, the IDA has provided \$533 billion to 115 countries. More recently, annual commitments have increased steadily to about \$36 billion a year. If you want proof that the Association is accomplishing its objectives, look no further than the IDA's so-called graduation list. Three dozen countries, who have historically benefited

from the IDA, are no longer eligible because they have either successfully reduced its poverty rate, improved its ability to borrow credit, or are better equipped to manage its financial resources.

During our panel, it was inspiring to hear how the money from international donor countries like Canada is contributing to alleviating poverty around the world. We heard, loud and clear, the call to action to further expand our commitments to help encourage economic growth and build resilience in some of the world's most vulnerable countries. Today, a total of 75 countries are eligible to receive IDA resources.

Canada, as a wealthy nation and industrialized economy, is in a privileged position. The situation may not be perfect at home, but we are also uniquely positioned to invest in the prosperity of lower-income countries. It's the right and decent thing to do.

Just last week, in its spring budget, the federal government reiterated its commitment to making more money available to developing countries so that they can make the critical investments they need to support their people. In fact, in late 2023, Canada generously committed an additional \$1.3 billion to the IMF's Poverty Reduction and Growth Trust special drawing rights reserve.

I also think Canada has more to offer. Beyond foreign aid, loans and grants, Canadian entrepreneurs have the experience and know-how to help grow the economy of communities around the world and raise the standards of living for the most vulnerable and marginalized in our society.

I've always said that wealth is created by the entrepreneur. Canada must be more proactive in exporting our Canadian experts, entrepreneurs, and professionals to help local entrepreneurs acquire the necessary tools to start a business, create local jobs, and generate wealth and prosperity at the community level. Would-be entrepreneurs in developing countries and remote places need incentives, certainty, and resources to thrive. Canadian expertise is one such resource that could go a long way in alleviating poverty in some of the most troubled corners of the world.

Being in Washington last week reminded me of the impact and influence Canada continues to have in helping reduce poverty around the world. We are viewed as a generous country with its heart on its sleeve, whose contributions, both in terms of dollars and goods and services, are needed more than ever, and truly appreciate.

Senator Tony Loffreda





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# June Italian Heritage Month

## Did you Know?

Researched By Angelo Filoso



Enrico Caruso used to sing Neapolitan songs to Italian newcomers at Ellis Island from 1918 until 1920. He sometimes was paid to perform at Ellis Island, yet he primarily did it as donations to his paisani, as that's how much he truly cherished his Italian brothers and sisters. This amazing operatic tenor was born on February

25, 1873 in Napoli, Italia. He sang to great acclaim at the major opera houses of Europe and in the U.S. His padre was originally from Piedimonte d'Alife, which is now called Piedimonte Matese, in the Province of Caserta, located in Campania. Caruso was encouraged to pursue a career in music by his mother, who died in 1888. His mother was fully Neapolitan, from the city and province of Napoli. As a youngster, to raise money for his family, he found work as a street singer in Napoli and performed at cafes. At the age of 18, he used the fees he had earned by singing at an Italian resort to buy his first pair of new shoes. On March 15, 1895, at the age of 22, Caruso made his professional stage debut at the Teatro Nuovo in Napoli in the now-forgotten opera, L'Amico Francesco, by the amateur composer Mario Morelli. In 1903, Caruso made his debut with the Metropolitan Opera in New York City. Al Capone saw Caruso perform a few times and always listened to his music. Despite the fact that Capone was a tough hoodlum, he often cried while watching him perform or hearing Caruso's powerful voice. When asked why he was crying, Capone would say that Caruso reminded him of his madre Teresina Capone, who tried to always stir Capone in the right direction. Caruso passed away on August 2, 1921. He was only 48.



Michelangelo Buonarrotti was only 23 years old when he created the famous Pietà. A French cardinal commissioned the work and it took Michelangelo only two years to complete (1498-1500). It was made from a single block of Carrara marble and it's the only sculpture the artist ever signed.



Il 16 aprile 1924 nasceva negli Stati Uniti, Henry Mancini, figlio di immigrati italiani, suo padre era abruzzese di Scanno e sua madre era molisana Quintiliano Mancini, detto Quinto, partito agli inizi del secolo scorso da Scanno nell'aquilano alla volta di Cleveland in Ohio, regalò al figlio Enrico Nicola, detto Henry, all'epoca un bambino di 8 anni, un ottavino, uno

strumento musicale a fiato simile al flauto che i pastori abruzzesi usavano suonare durante le soste lungo le vie tratturali della transumanza o come passatempo durante le pause sui pascoli d'altura. Insieme al padre, operaio in una fabbrica di siderurgia e appassionato di musica, il giovane

Henry si unì a un gruppo musicale composto da immigrati italiani, i "Sons of Italy", fu così che iniziò a suonare e ad appassionarsi alla musica. Dopo ulteriori studi, soprattutto in pianoforte, Henry Mancini diventerà uno dei musicisti più famosi al mondo, vincitore di numerosi Premi Oscar e Grammy Awards. Lo ricordiamo con colonne sonore iconiche ed uniche, rimaste impresse nella memoria collettiva, come Moon River nel film "Colazione da Tiffany", il tema musicale che accompagna il personaggio della "Pantera Rosa", fino a un brano della colonna sonora del film "The Blues Brothers" e anche per la struggente colonna sonora del film "I girasoli" con gli straordinari Sophia Loren e Marcello Mastroianni. #inlovingmemory #henrymancini (Cleveland, 16 aprile 1924 – Beverly Hills, 14 giugno 1994).



Leonardo da Vinci, tomb - Cappella di Saint Hubert, Amboise, France



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	MEXICO CITY		M1 MEX						M04						M35 MEX			M79											
	MONTERREY				M12						M35				M54			M75											
	HOUSTON				M18				M23			M35			M67			M65											
	DALLAS				M11									M43			M57			M70									
	KANSAS CITY							M09						M34			M56			M59									
EASTERN REGION	ATLANTA					M54				M25			M38			M58			M72										
	MIAMI						M3						M37			M49			M71										
	TORONTO			M3 CAN						M21				M33			M56			M62									
	BOSTON				M5					M09				M30			M45			M61									
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## The Honourable Michael Tibollo “A Beacon of Compassionate Leadership in Vaughan-Woodbridge”

By Angelo Filoso

Vaughan-Woodbridge, a vibrant community nestled in the heart of Ontario, stands as a testament to the power of compassionate leadership, much of which can be accredited to the unwavering dedication of Michael Tibollo, its Member of Provincial Parliament. Tibollo’s ascent into the political arena is painted with strokes of compassion, empathy, and an indomitable spirit, attributes derived from his multifaceted career as a lawyer, counsellor, and passionate community servant. He steps into the role with a conviction shaped by deep-rooted family values, ensuring every stride he takes in public service resonates with the aspirations of his constituents.



In the midst of an ever-evolving societal landscape, Tibollo’s stewardship has been instrumental in charting a course for Vaughan-Woodbridge which is synonymous with growth, resilience, and innovation. His leadership narrative is interwoven with personal experiences that echo a profound commitment to public service, aligning his professional endeavours with the community’s broader goals.

### Provincial Healthcare Investments: A Vision for Comprehensive Care

Healthcare has been a primary focal point of Tibollo’s mandate, showcasing his resolve to forge a healthcare system which is both inclusive and exemplary. The Ontario Government’s strategic investments in healthcare infrastructure, vigorously supported by Tibollo, have opened new avenues for Vaughan-Woodbridge residents to receive top-tier health services. This is exemplified by the substantial financial investment under the ‘Your Health Plan’ initiative, channeling \$330 million into enhancing paediatric health services which span an array of critical areas, including emergency care, surgeries, and mental health services.

The historic unveiling of Cortellucci Vaughan Hospital in 2021 has been a crowning achievement in Vaughan’s healthcare journey, made possible by a \$1.3 billion government grant. This facility represents a beacon of medical innovation, providing 350 beds with the potential to expand to 550, which not only bolsters the healthcare capacity but also serves as a catalyst for job creation.

Adding to the healthcare milestones, the Ontario government is adding 256 new long-term care beds and



building a new long-term care home for the Mackenzie Health Vaughan Long-Term Care Facility. The new long-term care home in Vaughan will be built on the lands adjacent to Cortellucci Vaughan Hospital, which will help integrate the long-term care home into the broader health care system and ensure residents have access to the care they need.



The government's investment continues to bolster palliative care in Vaughan, allocating funds to enhance the services provided at Hospice Vaughan, with a 45% funding increase. This serves as a testament to the government's commitment to compassion and comprehensive care, ensuring that individuals at all stages of life are provided with the support and dignity they need.

### Youth Empowerment: Cultivating Hope Through Wellness Hubs

The establishment of 22 youth wellness hubs since 2020, which have since welcomed over 170,000 visits, bears witness to Tibollo's commitment to the wellbeing of the younger demographic. Recognizing the unique challenges faced by today's youth, these hubs are a sanctuary where young Ontarians can find support and services tailored to their needs. Tibollo's vision for these hubs is not only to serve as centres of assistance but also as beacons of hope, guiding the youth toward a future replete with possibilities.



### Enriching Local Infrastructure: The Fabric of a Safe and Nurturing Community

The fabric of Vaughan-Woodbridge's community life is fortified by initiatives which Tibollo has been pivotal in bringing to fruition. Notably, the \$3.7 million government investment in York Regional Police underscores a dedication to public safety, ensuring that community protection is both robust and responsive.



### Economic Development: A Landscape of Opportunity

Economic development stands at the forefront of Tibollo's legislative agenda, with the government's provision of over \$14 million in grants and loans catalyzing local business expansion and innovation. Such strategic investments have been instrumental in aiding companies like Summer Fresh Salads and Leone Fine Foods to reach new pinnacles of industry leadership. These initiatives underscore the government's robust support for entrepreneurial ventures which drive economic vitality and job creation.

### Community Building: Honouring Heritage and Cultivating Connectivity

Tibollo's vision extends to the cultural and social realms, with the government investing \$350,000 to support the Italian Language Program for elementary students, thereby honouring the linguistic heritage which is intrinsic to the community's identity. This initiative, alongside a \$4.5 million investment in the Seniors Grants Program, is a reflection of Tibollo's commitment to fostering a community that is connected through its diversity and supported across generations fortifying June as the Italian Heritage Month in Canada.



As we celebrate Italian Heritage Month this June, it's particularly fitting to reflect on the rich cultural contributions which have been interwoven into the fabric of Vaughan-Woodbridge. Michael Tibollo's leadership reflects the hardworking spirit and community values which Italian Heritage Month honours, embodying the legacy and influence of Italian Canadians in enriching our nation's multicultural mosaic. This month stands as a reminder of the strength that diversity brings to Ontario and the shared commitment to fostering a community that cherishes its cultural roots while looking forward to a future of inclusive prosperity.



### Fostering Sustainability: Investing in Vaughan-Woodbridge's Future

Tibollo's efforts to secure a sustainable future for Vaughan-Woodbridge are epitomized by our government's investment in a new elementary school, designed to accommodate 407 pupils and including three new childcare rooms, thereby laying the groundwork for future educational excellence. Moreover, the addition of mental health awareness to the curriculum for grades 7, 8, and 10 is a step toward empowering the young minds with knowledge and resilience.

In conclusion, Michael Tibollo's role as MPP of our government is characterized by strategic initiatives and thoughtful leadership that have deeply enriched the social, cultural, and economic tapestry of Vaughan-Woodbridge. Through a series of targeted government investments, he has helped cultivate a community that not only thrives in the present but is also poised for a future

replete with opportunity and innovation.

As Vaughan-Woodbridge continues to develop and grow, it does so under the guidance of a representative who is profoundly committed to its welfare. The impact of these investments, championed by Tibollo and the government, can be felt in the bustling corridors of the new hospital, in the vibrant interactions at youth wellness hubs, and in the thriving enterprises that drive local industry.

Our member of the Provincial Government's dedication extends beyond the confines of policy-making to touch the lives of individuals directly. With initiatives which span the spectrum from healthcare to education, from economic development to cultural preservation, our member has demonstrated a holistic approach to governance that is rare and commendable.

In a world where the measure of political success is often limited to legislative accomplishments, MPP Michael Tibollo stands out for his ability to balance the ledger sheets of governance with the human elements of empathy and care. Vaughan-Woodbridge is not just a beneficiary of his work but it is a living canvas of his commitment to service and a testament to what dedicated leadership can achieve.

As we look to the horizon, it is clear that the foundations laid by MPP Tibollo's work will continue to support the growth and prosperity of Vaughan-Woodbridge. In him, the community has a true champion, whose legacy will be defined not only by the projects he has spearheaded but by the lives he has touched and the indelible mark he leaves in the heart of Ontario for generations to come.

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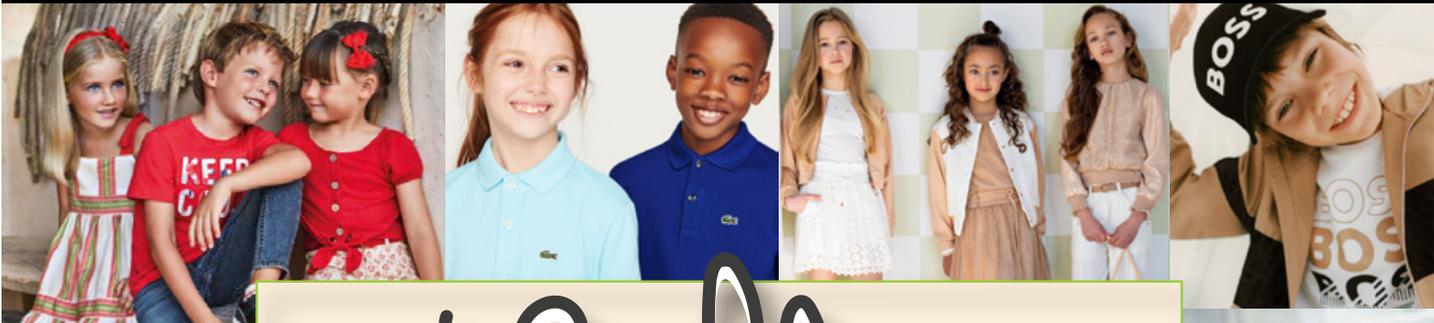
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## Your Mental Health “Behaviours that support Brain Health”

By *Vince Soda*

If you get alarmed by the number on the bathroom scales, you Yes, it's true getting older has an impact on our brain, but does it have too? Aging does have some minor impact on memory. But did you know you have the power to protect brain health, it's true. Here are some helpful suggests to keep yourself mentally sharp and cementing good brain habits.

### Target the Right Food for Brain Health

When people hear “healthy nutrition,” I bet you that fats is the last macronutrient you may think about. Well, it's not about any fat rather it's about the right fat, the kind of fats that are critical for your brain health! Did you know that half your brain is made up of fat Health fats that come from plants and certain fish are vital for the structure and function of your brain and its cells. The best source of these essential fats are omega-3 fatty acids found in foods like nuts, seeds, and fatty, oily fish—like salmon, mackerel, anchovies, and sardines. A brain-healthy diet also includes plenty green leafy vegetables and berries.

### Exercise!

Your brain uses up more energy than you think in fact it uses more than any other organ in the body. The connection with your heart and brain health. Your heart supplies your brain with nutrients and oxygen through the blood. So, by protecting your heart you can make sure your brain has the energy it needs. Exercise is proven to be a healthy to maintaining a healthy heart and blood vessels. Keep it interesting change it up vary the type of physical activity and your routine from day to day.

### Quality Sleep

One of the best ways to support your brain health as you age is quality sleep. Getting 6 to 8 hours of quality uninterrupted sleep every

night is important it gives your brain the time to process your day and perform natural repair functions.

Think of it as a required daily maintenance of a powerful machine and skipping out can risk damaging this impressive machine. There are studies that show individuals with sleep deprivation were at a 30% higher chance of developing cognitive issues.

Trouble falling asleep? Ditch the electronic devices, such as cell phones, computers etc. an hour or more before bed time. Oh, and if you work from home, you should avoid using your bed as a work place. Your brain may not associate the difference as a result affect your sleep cycle.

### Stimulate Your Mind Every Day

Your brain is always growing and adapting to every experience you go through. To keep your brain healthy, you must encourage it to continue learning and growing. Try something new! Pick a new hobby or sport. Try a new activity that might be challenging.

### Spend Time in Nature

While mental stimulation can be great, your brain needs breaks to process and relax. Besides adequate sleep, one of the best ways to give your brain a chance to breathe and optimize your mental performance. Whether you take a hike or just take walk around the neighborhood, nature can help maintain brain health. Even if you only have 10 minutes a day to take a walk.

### Manage Stress in Healthy Ways

Stress is normal, it keeps you alive and sharp. However, too much stress can have many negative effects on your health—including our brain health.

Have more than one coping technique to help you manage and destress. Everyone and every situation is different, find what works for you, this may be trial and error. Explore options the more the better. Activities you enjoy can be great ways to relieve stress, and spending time in nature can give your mind time to reset and relax away from stressors.

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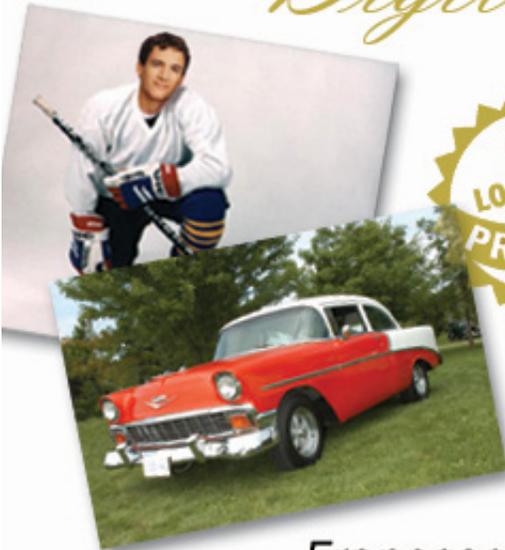
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Andrea Bocelli donates his guitar he played on the evening of the event. It was sold in a live auction for \$150,000



# Our Community In Action



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# Our Community In Action



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