

## Maple Syrup Festival Is Back!!



Did you know that the Elmira Maple Syrup Festival holds the Guinness Book of World Records title for being the largest single day maple syrup festival? In 2000, 66,529 people were recorded attending the festival. And that is not even the largest recorded year! The largest festival was in 2008 when the estimate was 80,000 attendees! I think it's safe to say this post-pandemic festival has been long anticipated by many! It was estimated that somewhere between 70 - 75 thousand people showed up to share in the love of syrup this year in the beautiful sunshine!

After three long years of virtual festivals, Elmira was able to host their famous Syrup festival in person again! Everyone at SOS Physiotherapy in Elmira was so excited to finally get to participate in all the festivities again. As a Waterloo native I grew up going to my family and friends every year to enjoy the treats, vendors, and support the community. It is something I looked forward to at the end of every cold winter and had dearly missed the event the past number of years. So it was very special to actually be a part of the festival this year rather than just an attendee.

Alongside hosting cold festival go-ers for hot beverages and cookies, we put in a team at the pancake flipping contest. Our rockstar physiotherapy assistant Kelsie was the starter with the spatula sending pancakes onto my (Physiotherapist Leanne) tennis racquet, third up with Lindsey with the hardest job-the scuba flipper sending pancakes high and far to our physiotherapist with the longest wingspan - Chad with the frying pan- and finally our anchor was physiotherapist Ryan with the plate having to throw the long traveled pancake into the giant frying pan for points. Although we did not even make it to the finals, we won in our hearts. And it was so incredible seeing all the community come out to cheer on all the flippers! However, next year we are going to start practicing early and we will be gunning for the first place title.

It was a full day of enjoying all the syrup treat classics- pancakes and fresh syrup, maple sugar candies, and my personal favourite -taffy cones!! As well as lots of other yummy treats such as, chicken fajitas (at 9am), poutine, potato tornados, and so many butter tarts.

**We can't wait for next year!**



# HOW PHYSIOTHERAPY CAN HELP YOU GET HEALTHIER



**Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physiotherapist to help you get back on track. At SOS Physiotherapy, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!**

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physiotherapist.

Physiotherapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

## What Does it Mean to be Healthier?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physiotherapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body

functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.

- 2. Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
- 3. Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
- 4. Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- 5. Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.
- 6. Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.
- 7. Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physiotherapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

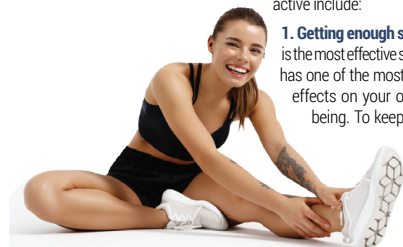
## How Physiotherapy Can Help You

Our physiotherapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physiotherapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

**Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at SOS Physiotherapy would love to help you live the highest quality of life possible. Contact us today to begin your new chapter toward becoming a healthier you!**



[www.sosphysiotherapy.ca](http://www.sosphysiotherapy.ca)

**SOS PHYSIOTHERAPY IS OPEN FOR VIRTUAL AND IN-PERSON TREATMENTS!  
CALL ANY ONE OF OUR 3 LOCATIONS**

### Belmont Clinic

Belmont Professional Centre  
564 Belmont Avenue West, Suite 301  
Kitchener, Ontario N2M 5N6  
TEL: (519) 743-8787

### Elmira Clinic

Behind Wellness Centre (Clock Tower)  
3 Wyatt Street East, Suite 2  
Elmira, Ontario N3B 2H4  
TEL: (519) 669-1212

### Northfield Clinic

Waterloo Corporate Campus (Sobeys Plaza)  
595 Parkside Drive, Suite 5A  
Waterloo, Ontario N2L 0C7  
TEL: (519) 888-7070

# THE HISTORY OF MAPLE SYRUP



Before the arrival of Europeans in North America, indigenous peoples would cut into maple trees in early spring to extract the sap, which they would then store and boil down to create maple syrup. While the exact origin of this practice is unknown, it is believed to date back to at least the 1600s.

The indigenous peoples of the Northeast region of North America relied heavily on the sap as a source of food and medicine. They would heat up the sap to create a sweet drink or boil it down into a thick syrup that could be used as a seasoning or sauce. They even used the syrup to make sugar, which was traded as a valuable commodity throughout the region.



When Europeans arrived in North America, they quickly discovered the value of maple syrup. Records show that colonists were already using maple sap as a sweetener in place of molasses and sugar by 1650. Colonists also began tapping their own trees to make syrup and sugar.

During the 19th century, the production of maple syrup became more widespread and commercialized. Maple syrup became a popular ingredient in cooking, and its demand continued to grow.



Today, maple syrup is an important commodity in Canada and the northeastern United States, with Quebec being the largest producer.

In addition to being a delightful treat, maple syrup even has some health benefits! Maple syrup contains antioxidants, minerals and other nutrients such as zinc and manganese. It also has a lower glycemic index than other sweeteners, meaning it may not cause a rapid spike in blood sugar levels.



CALL ANY ONE OF OUR 3 LOCATIONS TODAY!

# STUDENT LIFE AT SOS



## Alana Streicher

Hi everyone!

My name is Alana and I am a physiotherapy student from McMaster University. I am very excited to be doing my final clinical placement at SOS Physiotherapy and learning from the team in Elmira. I grew up on the outskirts of Elmira and was very excited to be back near my home town for placement. Outside of the clinic, I enjoy kayaking the Grand River, gardening and being outdoors.



## Mackenzie Watson

Mackenzie completed her first placement of her OTA/PTA program here under the supervision of Kelsie Ash in Elmira. She is originally from Guelph. She is planning to apply to the paramedic program at Conestoga College when she is done with this program. She is a competitive cyclist, and in order to get in her training everyday she would cycle to and from the clinic, which is 45 km every day!

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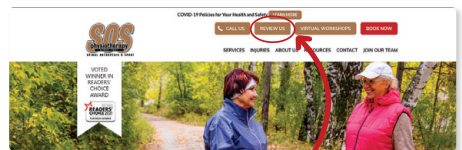
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# MY FAVOURITE MAPLE SYRUP RECIPES



## PEACH AND MAPLE PAN CRUMBLE

### INGREDIENTS

- 50g unsalted butter, chopped
- 2 tbs maple syrup
- 900g bottled peach halves in syrup (from good grocers – substitute canned sliced peaches), drained, 2 tbs syrup reserved
- 1 tsp cornflour
- Vanilla custard, to serve

### Pecan Crumble

- 1 cup (150g) plain flour
- 100g unsalted butter, chopped
- 1/2 tsp baking powder
- 1/3 cup (75g) demerara sugar
- 1/4 cup (35g) pecans, finely chopped

### STEPS

1. Preheat the oven to 180°C.
2. For the crumble, place flour in a bowl. Using your fingers, rub in butter until it resembles coarse crumbs. Add baking powder, sugar and pecans, and stir to combine. Using your fingers, roughly clump mixture together, then chill until needed.
3. Divide butter and maple syrup between 2 x 17cm ovenproof frypans (or one larger pan) and melt over medium heat. Add peach, reserved syrup and cornflour, and cook, stirring, for 4-6 minutes or until peach is lightly browned.
4. Top with crumble and bake for 30 minutes or until golden and bubbling. Serve hot with custard.

## MAPLE BACON BRUSSELS SPROUTS

### INGREDIENTS

- 1 lb maple bacon, cut into 1 in pieces
- 1 1/2 lbs Brussels Sprouts, cut in half
- 1/4 cup olive oil
- 1/4 cup maple syrup
- 1/2 tsp salt
- 1/2 tsp pepper

### STEPS

1. In a large skillet add bacon and turn heat to medium low. Cook until bacon is golden and begins to crisp. Remove the bacon from the pan.
2. Remove all but 1 tbsp of bacon fat from the pan and add in olive oil. Turn heat up to medium high. Add Brussels sprouts cut side down to the pan and allow to cook without disturbing for 4-5 minutes or until the sprouts begin to char. Once they are browned, flip the sprouts over and stir continuously until they start to get tender, about 3-4 minutes.
3. Return cooked bacon to the pan along with maple syrup and 1/2 tsp of salt and pepper. Stir until sprouts are coated in the maple syrup. Remove maple bacon Brussels sprouts from the pan and enjoy!



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# Women in Sport Panel



*By Rita, UW Coop Student at Elmira*

At the beginning of March I had the opportunity to attend a panel for international women's day as part of a mentorship program I took part in in high school. The program is called Girls E-Mentorship and they teamed up with the Raptors 905 team to invite 40 girls to listen to a panel of women from diverse areas of the sports industry, including athletes, coaches, executives, and social media managers.

The panelists shared their stories of adversity, success, and perseverance in a male-dominated industry. One of the panelists was Kim Gaucher, a WNBA athlete who has been playing on team Canada since 2001 and has competed in the Olympics three times. She talked about the double standard that female athletes face regarding their appearance, where their looks are scrutinized more than their performance. She also discussed how often female athletes are underrepresented and undervalued.

Another panelist was a WNBA coach who started her career as an intern and worked her way up to become a head coach of a WNBA team. She mentioned how important it is for women to support each other in their careers and how she advocates for equal pay in the sports industry.

Besides the individual stories, the panel also addressed broader issues such as gender and racial disparities in sports coverage and leadership positions. They talked about the need for more representation and diversity in all aspects of the sports industry, from media coverage to hiring practices.

The event was empowering and thought-provoking, and it provided a valuable opportunity to learn from successful women in the sports industry. The panelists' stories highlighted the challenges and opportunities for women in the sports industry and emphasized the importance of gender equality in all aspects of society.

After attending the panel we all had the opportunity to watch the Raptors 905 team practice and stayed to watch a great game against the Delaware Blue Coats. Overall it was a great night and I'm glad I was given the opportunity to hear from all the women who attended!

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