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VOL 6 ISSUE 6 FEBRUARY 2024

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Feature Business of the Month

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Community resource guide to help you and your loved ones age in place!

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On The Cover

James Aoki tees one up in one of the three bays at his newly minted On Par Golf New Hamburg

See the full cover story on page 8.

Cover story & photos by:

Scott Dunstall



LETTER FROM THE EDITOR

As we embark on the month of February, a time often associated with matters of the heart, let's remember that every heartbeat is a testament to the incredible journeys we've undertaken. Heart Month serves as a powerful reminder to prioritize cardiovascular well-being. Engaging in exercises tailored to individual abilities not only strengthens the heart but also contributes to your overall health and wellness. May this month be a reminder to cherish the moments, take care of our hearts, and spread love to those around us.

We understand the unique challenges that winter can pose, but we also believe that this season brings opportunities for a different kind of vitality. From exploring winter wonderlands to discovering indoor exercises that warm the body and soul, we've curated content that encourages you to embrace the beauty of the season while prioritizing your health.

So, grab a warm cup of tea, settle into a cozy spot, and let our February edition inspire you to keep active, stay vibrant, and make the most of winter's unique charm.

Gadget of the Month: The Socka Loni

Thank you to one of our readers for sharing this helpful gadget!

Do you have trouble putting on your socks due to back problems, hip issues and other ailments? If so, then Sock A Loni is for you.

To find out more info check out their website at www.sockaloni.ca



Wishing you a heart-filled and health-focused February!



Tara



Embracing Change



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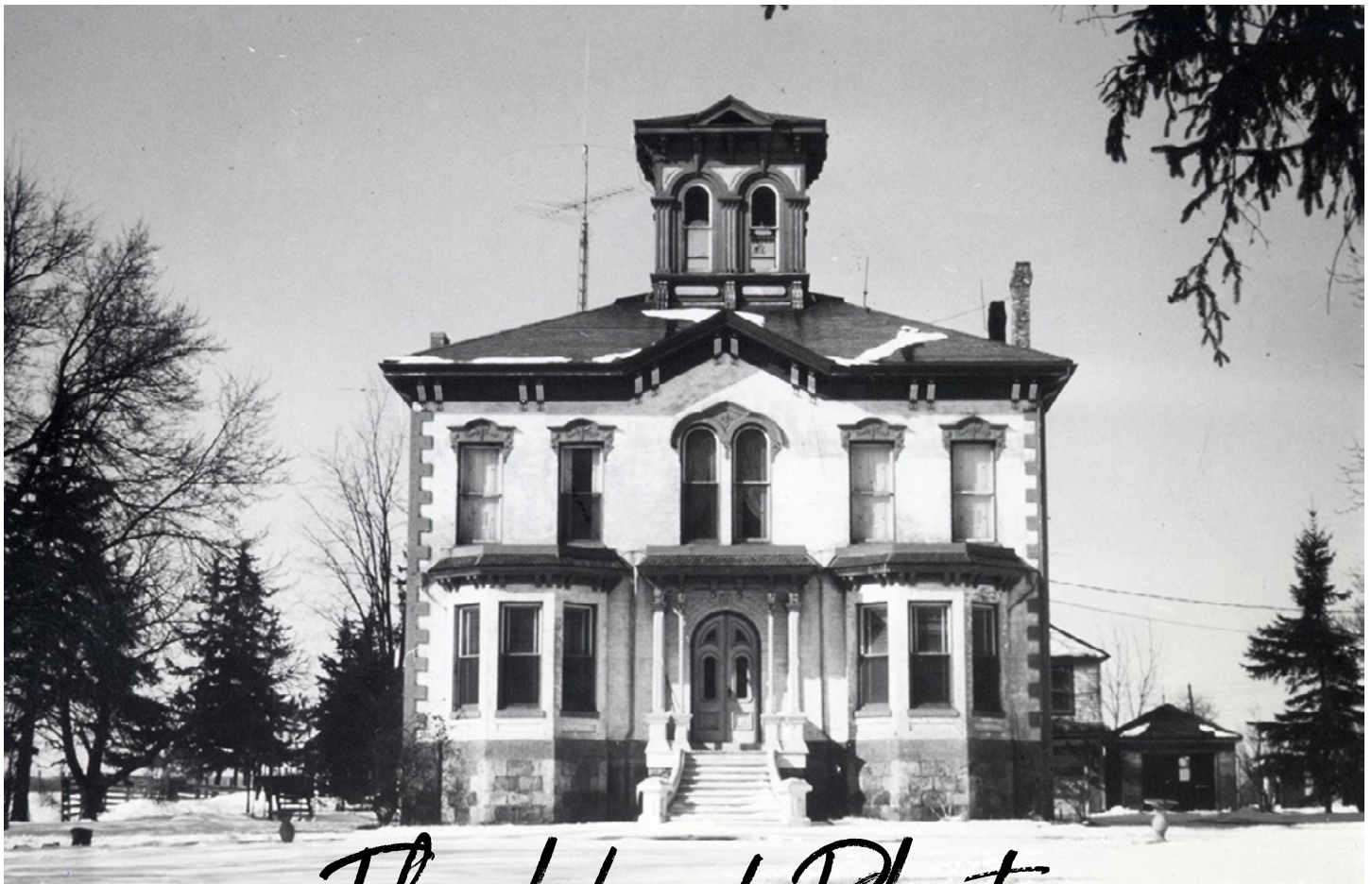
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Editorial Policy & Disclaimer:

Embracing Change is proud to be a Community Voice.

We hope to foster connections within the community in a positive way. The expressed or implied opinions of authors and advertisers are not necessarily those held by the publication, it's editor or publisher.





Flashback Photo

Castle Kilbride, Baden, Ontario

This house, named after the original owner's birthplace in Scotland, was built in 1877 by James Livingston and was designed by the architect, David Gingerich. The Italianate style home boasts impressive interior decor, in particular trompe l'oeil paintings created by the artist, H. Schasstein.

The house stayed in the Livingston family until 1988 when it was purchased by a Waterloo developer. However, development never took

place and in 1993 it was purchased by the Township of Wilmot and was restored. The building was designated as a site of national historic significance in March 1994.

Courtesy of the Grace Schmidt Room, Kitchener Public Library

Readers are welcome to contact the Kitchener Public Library, Grace Schmidt Room of Local History at gsl@kpl.org or 519-743-0271, ext. 212 for more information and resources.



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The Impact of Positive Thinking on Overall Wellness

Did you know that having a positive outlook on life not only brightens your day but can also significantly improve your overall health and well-being? The nature of your thoughts can dramatically change your life!

- 87% of people with positive mindsets are more likely to live healthier lifestyles and make better choices for their health.
- Optimists have a 19% lower risk of early death than pessimists.
- People with a positive outlook are 13% less likely to have heart attacks than those with a negative outlook.

In today's fast-paced and often stressful world, maintaining our physical and mental well-being has never been more critical. Positive thinking is not about having a sunny disposition — it can be a game-changer when it comes to managing stress, building resilience, and achieving a happier, healthier life.

In this blog post, we will explore the profound impact of positive thinking on overall wellness. We will look at the scientific evidence supporting the connection between a positive mindset and improved mental and physical health. And, of course, we will provide practical strategies for having a positive mindset.

As always, our team at Cook's RX is here to help you in your health journey. You do not have to navigate this part of your life alone. If you are still unsure about how to focus on your positive mindset or anything else related to healthy living, reach out to us [\[LINK\]](#) and we will help you out.

WHAT IS POSITIVE THINKING?

Positive thinking, at its core, is the practice of maintaining an optimistic and constructive outlook on life challenges and opportunities. It involves harnessing the power of mindset to cultivate a mental attitude that focuses on

solutions, hope, and resilience, fundamentally differing from negative thinking, which dwells on problems, pessimism, and self-limiting beliefs.

THE SCIENCE BEHIND POSITIVE THINKING

Neurologically and psychologically, studies have shown that positive thinking can reshape neural pathways, leading to enhanced cognitive function, reduced stress responses, and improved emotional well-being.

The hormonal effects of positive thinking are remarkable, with an increased release of endorphins and other feel-good hormones that not only elevate mood but also contribute to a more robust immune system and better overall physical health.

Why does this matter? Let us look at some of the benefits. [The Benefits of Positive Thinking on Wellness](#)

Discover how positive thinking can transform your well-being. Let us explore its mental, physical, and social benefits, and learn practical strategies to foster a positive mindset for a happier, healthier life.

IMPROVED MENTAL HEALTH

- **Reduced Stress and Anxiety:** Positive thinking helps individuals manage stress more effectively by promoting a proactive approach to challenges, reducing the harmful effects of chronic stress.
- **Enhanced Resilience:** It fosters mental resilience, allowing people to bounce back from setbacks and adversities, which is crucial for maintaining overall psychological well-being.

POSITIVE THINKING AND PHYSICAL HEALTH

- **Impact On Immune System:** Research suggests that a positive mindset can boost the immune system & effectiveness, making

the body more resilient to illnesses and infections.

- **Better Cardiovascular Health:** Positive thinking is associated with reduced risk factors for cardiovascular diseases, such as lower blood pressure, healthier cholesterol levels, and improved heart health overall.

POSITIVE RELATIONSHIPS AND SOCIAL WELL-BEING

Positive thinkers tend to have healthier relationships, as their optimistic outlook fosters better communication, empathy, and supportiveness in interpersonal interactions.

Enhanced social well-being: Maintaining a positive attitude can lead to increased social engagement, improved social connections, and a greater sense of belonging, all of which contribute to overall well-being.

CULTIVATING A POSITIVE MINDSET

Unlock the power of a positive mindset in this section. From gratitude practices to mindfulness techniques, let us explore actionable steps to foster optimism and resilience.

Strategies For Fostering Positive Thinking

- **Gratitude Practices:** Regularly expressing gratitude for the positive aspects of life can shift focus away from negativity, fostering a more optimistic perspective. There are tools available, like the Five-Minute Journal, to help get you started with this habit.
- **Affirmations:** Positive self-affirmations can help individuals challenge and replace negative self-talk with constructive and empowering beliefs.
- **Mindfulness and Meditation:** These practices encourage being present in the moment, reducing rumination on past regrets or future worries and promoting a calmer, more positive state of mind. Apps like Calm or Headspace can make a significant impact on this habit.

OVERCOMING NEGATIVITY BIAS

Recognizing and understanding the inherent human tendency toward negativity bias is essential. It involves acknowledging that we

often pay more attention to negative events or feedback and consciously working to reframe or balance these perceptions with positive ones. Here are strategies to overcome negativity bias:

Practice Self-Awareness: Recognize when negativity bias is at play by monitoring your thoughts and reactions.

Challenge Negative Thoughts: Actively question and reframe pessimistic thinking patterns to focus on more positive aspects of a situation.

Keep a Gratitude Journal: Regularly jot down things you are grateful for to shift your focus towards positivity. Again, you can use the Five-Minute Journal or even a simple pen and notebook on your bedside table.

Limit Exposure to Negative Content: Reduce exposure to negative news or social media that can exacerbate negativity bias.

Surround Yourself with Positivity: Spend time with people who uplift and inspire you, fostering a more positive environment.

Mindfulness Meditation: Cultivate mindfulness to become aware of negative thoughts without judgment and let them go.

Seek Constructive Feedback: Encourage open communication and ask for constructive feedback to balance negative input with growth opportunities.

Celebrate Small Wins: Acknowledge and celebrate even minor achievements to boost positivity and self-esteem.

Practice Positive Affirmations: Use affirmations to counteract negative self-talk with empowering and constructive statements.

Engage in Hobbies and Activities that Bring Joy: Pursue activities that make you happy and create positive experiences.

As always, our team at Cook's RX is here to help you in your health journey. You do not have to navigate this part of your life alone.

If you are still unsure about how to focus on your positive mindset or anything else related to healthy living, reach out to us at cooksrx.ca and we will help you out.



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NAVIGATING A LIFE CHANGING DIAGNOSIS: 7 KEYS FOR MORE CHOICE AND CONTROL

Join Drs. Sammy Winemaker & Hsien Seow for a **FREE VIRTUAL EVENT** to learn the 7 Keys to take charge so you can be hopeful and prepared every step of the way.

Registered attendees from Ontario West region (from Waterloo to Windsor to Tobermory to Niagara Falls) will receive a FREE copy of the book! After the event, registered attendees from the Ontario West region will be sent a post session evaluation where we will ask for your mailing address.

Details:



Zoom



Thursday Feb 22nd, 2024



1:30-3pm



Registration Required.



Three Ways To Register:

1. Call 519-743-4114 ext 111 Sheli O'Connor, Hospice Waterloo Region
2. Visit waitingroomrevolution.com/events
3. Use the QR code

Ontario Health West Region is sponsoring fully funded Palliative Care education for Patients and Family Caregivers who reside within the West region of Ontario Health. This strategy aims to increase public awareness and provide education around palliative care services. Funding is provided for all registrant fees for attendance.



COVER STORY



New Hamburg On Par Golf: The Ultimate Experience Right Next Door

WRITTEN BY: SCOTT DUNSTALL

If you've not met James Aoki, he is a very likable guy in our community who also happens to have some pretty smart business Moxy.

I recently sat down with him to discuss his new venture as owner and operator of the fledgling New Hamburg On Par Golf. Word is just starting to get out in the community and it's creating a lot of buzz. When I was there speaking with James no less than three groups came through taking a tour. Sam Hiemstra works alongside James, so he handled those tours while we chatted and let me tell you something, this guy also knows his stuff.

I asked James if there was a motive behind having this new attraction added to his portfolio. He said golf was his dad's game and his passion for the sport came from those origins. And while he had given it up for some time he came back to it a few years ago with a renewed interest and dedication to the game. He also told me that when he acquired the Lanes back in 2017 it was always his vision to add a golf simulator as a logical extension of the business. Instead of leaving the building to go somewhere else after dropping the kids off to bowl, Mom and Dad could stay put and shoot a couple of rounds until the kids were done. This past year that vision became a reality with the Bays ready for play in November.

The equipment and software are created and installed by well respected South Korean simulator builder Golfzon. They offer a suite of product options based on performance and budget parameters, "Twovision +Plus" is their state of the art premier system and three of them are installed at New Hamburg On Par Golf. Each Bay is built around two ultra high speed cameras. One is located above the tee and the other is facing the golfer straight on. Both capture an unbelievable array of data and video you can use to analyze that your swing from both camera perspectives. If you download the Golfzon app and become a subscriber (it's free) you will have your results sent directly to your phone. So, you can literally work on your swing in the simulator and look at that swing in real time in the Tee Box on the physical course. And Twovision +Plus will record your last ten swings using a particular club and then inform you which swing performed the best. Unreal.

In addition to capturing your swing, the player has access to a stunning assembly of feedback metrics on the mechanics of the swing itself. Distance, angle of ball trajectory, club head speed, ball speed, where the ball hits the club face, and things that I have no clue like Smash Factor, Dynamic Loft, Back Spin and Side Spin are also offered as well. It's a good thing they can connect you with two well known local pros

in Mark Maue and Connie Deckert who can show a rookie like me the best way to leverage this information to maximize your game.

While the feedback metrics are one aspect of the experience, the game play is strikingly realistic. You can drive off a tee or chip out of two levels of rough. Or blast out of either a fairway trap or a green trap. And there is a flat surface that you putt from.



To add to the realism, a motor actually changes the angle you are standing on automatically to match the line on where your ball would land on the actual course—fascinating to watch as a spectator. Oh, and you can select from over 200 golf courses from around the world or convert the Bay to a Driving Range. And the software package in the first bay can be changed to a kid friendly arcade format. Regardless of what type of shot or club you're using, a line will appear with an arrowhead to show you the exact direction, distance, speed and trajectory your ball is taking. And when you walk up to the tee and tap a button with your club your ball rises up on a tee from below the floor. Left handed?

The system and Tee Box is set up to seamlessly adjust to either right or left handed golfers.

So, what about the space itself? I had the opportunity to speak with Rick Long who was in the Bay #2 and a scratch golfer. He explained to me that the biggest attribute On Par Golf offers is the Private Bays. Any of the other Simulators in the region and players and spectators trip all over themselves moving up and down off the Tee Box. He raved about the technology that we mentioned and added that just having a wide screen TV in each Bay gave it a more personalized experience. The other great thing that Rick mentioned is probably the most obvious.... You don't have to drive outside of the township to play the best simulator in the industry. And if hunger pangs hit in the middle of the game guests have the option of ordering from two local restaurants—Domino's Pizza and Tumeric Indian Bistro. Just let James or Sam know what you're hankering for they will take care of the rest.

For the average player it takes about 30 minutes to play 9 holes and an hour to complete 18. With the three Bays available any group, corporate or otherwise can actually run their own tournaments. Imagine that? A golf tournament in New Hamburg in February!

You can book your Tee time online through the New Hamburg on Par Golf website:

<https://newhamburgonpargolf.ca/>

Pricing is \$30 per ½ hour or \$55/hour. And don't forget to bring your own clean golf shoes or dry indoor shoes Seniors receive a 20% discount Monday-Thursday from opening until 2:00 pm. Other deals that are on offer include: Ladies Night is 10% off every Wednesday from 5:00 pm (Minimum one hour) AND Friday Night is Date Night beginning at 5:00 pm and includes 15% off golf and a large pepperoni Pizza (Minimum one hour).

Health & Wellness Sessions at Woolwich Community Health Centre



During the winter/spring, Woolwich Community Health Centre is offering a combination of virtual (on zoom), in-person programs/groups and hybrid sessions.

Registration is required. To register for the health and wellness sessions, email/call or visit our website www.wchc.on.ca and click on the Register Online tab.

Groups meeting in-person will be at 10 Parkside Drive, St. Jacobs. All health and mental health education events are FREE.

Program	Description	Date & Format
<p>Osteoporosis 101</p>	<p>Unlock the secrets to bone health in our upcoming program, “Osteoporosis 101”!</p> <p>Join us for an informative session designed to empower you with essential knowledge about osteoporosis and its prevention. Facilitated by Liz, Fitness Instructor and Osteoporosis Canada volunteer.</p>	<p>Monday, February 5th 1:00 - 3:00 PM</p> <p>In person & Zoom</p>
<p>Fire Safety Talk with Woolwich Fire Department</p>	<p>A fire prevention officer from the Woolwich Fire Department will be coming out to discuss fire safety and ensure your home is safe.</p> <p>The Fire Prevention Officer will also be taking appointments to visit your home to ensure that your home is prepared in case of a fire emergency, which includes checking that your fire detector and carbon monoxide detectors are functioning properly. Join us to learn about fire safety and to book an appointment for Woolwich Fire to visit your home to improve your homes fire safety.</p>	<p>Tuesday, February 6th 2:00 - 4:00 PM</p> <p>In person & Zoom</p>
<p>Combating Elder Abuse</p>	<p>Join us for a crucial workshop with Cambridge Older Adult Services on combating elder abuse, where knowledge transforms into power!</p> <p>Our upcoming session aims to shed light on the signs, prevention strategies, and support systems necessary to protect our seniors from abuse and neglect.</p>	

Program	Description	Date & Format
<p>Getting the Most Out of your Health Care Appointments</p>	<p>Health care appointments can be stressful for any patient. Becoming a more confident, empowered patient is especially important when we are coping with a chronic health condition.</p> <p>Join us for a free 1-hour, interactive workshop, focusing on what to do before, during and after an appointment. A mix of learning methods is used during the workshop including videos, information sharing and a guide to take home to help you use new communication skills at your next healthcare appointment.</p>	<p>Tuesday, February 13th 12:00 - 1:00 PM</p> <p>In person & Zoom</p>
<p>Advanced Care Planning (ACP) & MAID</p>	<p>ACP: Imagine you are unable to make your own healthcare decisions... who would decide for YOU? Join us as we look at health care decision making in Ontario and how Advance Care Planning conversations can help you and your loved ones. This session is all about how the law in Ontario sets up Substitute Decision Making, and what you need to know about choosing your Substitute Decision Maker (SDM). This is essential information you need to know about Advance Care Planning in Ontario.</p> <p>MAID: Learn about the history of MAID (Medical Assistance In Dying) in Canada and review the eligibility and criteria one must meet. This discussion will include the referral and assessment process, including specifics and some information about the actual procedure of MAID.</p>	<p>Thursday, February 29th 2:00 - 4:00 PM</p> <p>In person & Zoom</p>



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TIM LOUIS

Member of Parliament, Kitchener-Conestoga

February Puzzles!



Concentration Puzzle

Use the visual clues in the puzzle to figure out what it says.



Wacky Wordies #16

Each puzzle is a visual representation of a common word or phrase. Can you decipher them?



1. _____



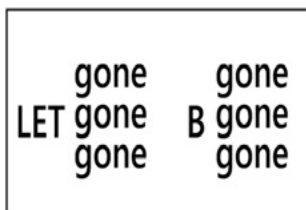
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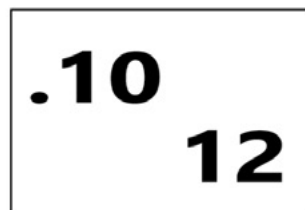
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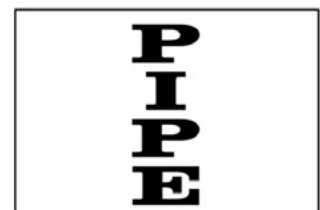
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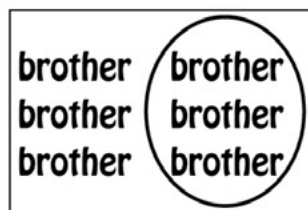
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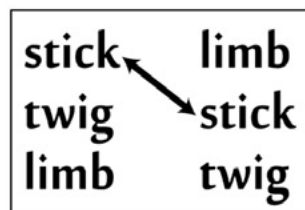
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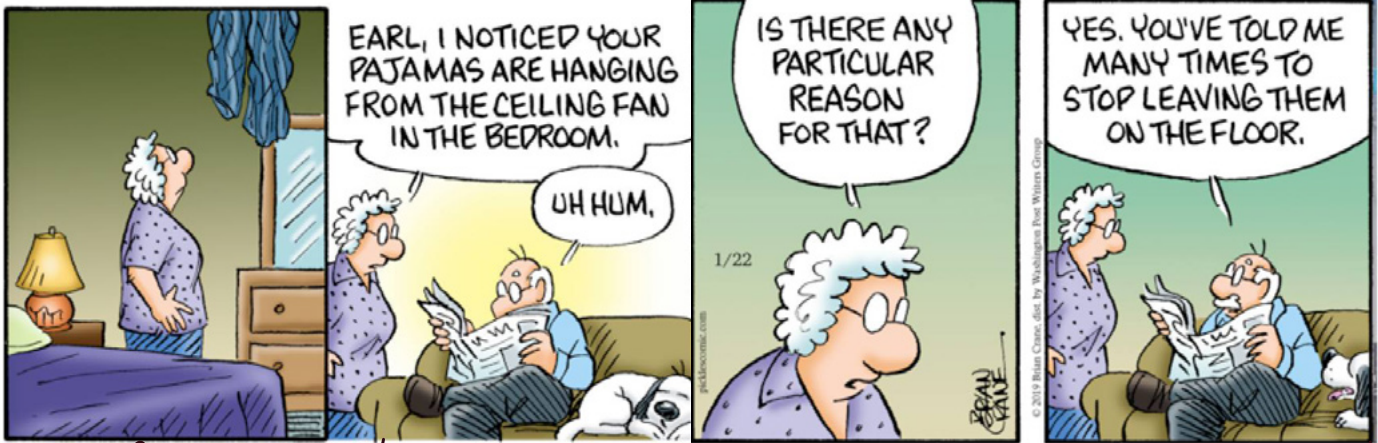


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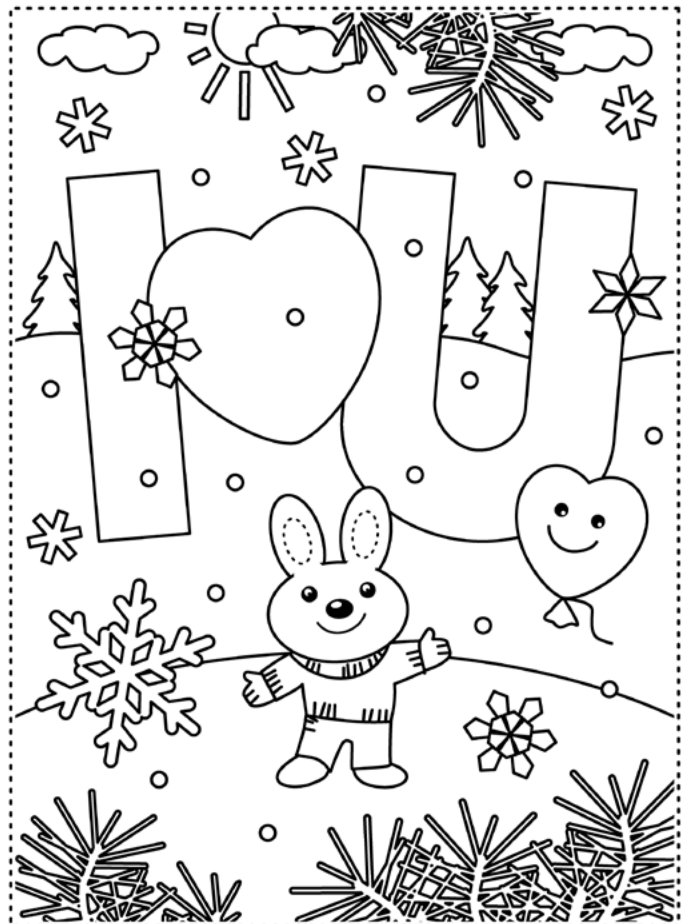
12. _____

Laughing Matters!



Spot the Difference

Can you find 10 differences?



WHERE TO GET YOUR FREE COPY

Copies will be available around the first Wednesday of every month at the following locations:

WILMOT TOWNSHIP:

- MeMe’s Café New Hamburg (outside magazine stand)
- Sobey’s New Hamburg (outside magazine stand)
- Hemmerich Hearing
- Dolman Eyecare
- Morningside Retirement Community
- Stonecroft New Hamburg
- Nithview Community
- Foxboro Green
- Community Care Concepts
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Office Pro
- No Frills New Hamburg
- Baden Village Pharmacy
- Rudy Held Performance Centre
- Soles Journey New Hamburg
- Little Short Stop New Hamburg
- Heart & Home Creations NH



- McDonalds (outside magazine stand)
- Hasty Market - St. Agatha

WELLESLEY TOWNSHIP:

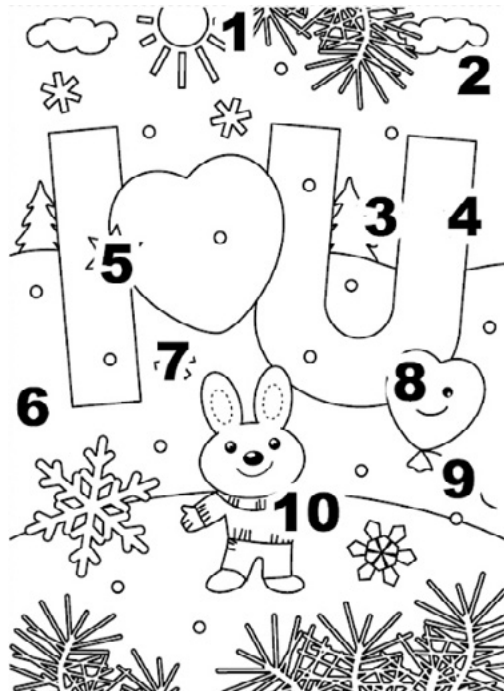
- Schmidtsville Restaurant (outside magazine stand)
- Wellesley Township Community Health Centre

- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Pym’s Village Market
- In Season Home & Garden St Clements
- Len’s Mill Store – Hawkesville
- Food Town IFT St Clements (Outside Magazine Stand)

WOOLWICH TOWNSHIP:

- Community Care Concepts
- Martin’s Guardian Pharmacy (outside magazine stand)
- Kiwanis Transit
- Woolwich Health Care Centre
- St Jacobs Place Retirement Place
- MCC Thrift & Gift Elmira
- Living Waters Books & Toys Elmira
- Bonnie Lou’s Cafe
- Hillcrest Home Baking
- Dollarama Elmira (outside magazine stand)
- Harvest Moon St. Jacob’s

Solutions



Concentration Puzzle: Cashmere Sweater

Wacky Wordies #16

1. Bend over backwards
2. Black eye
3. Cut to the chase
4. Different strokes for different folks
5. Let bygones be bygones
6. When in Rome
7. A dime a dozen
8. Pipe down
9. Fat Tuesday
10. The Wright Brothers
11. Matchstick
12. Neil Diamond



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Ask the Doctor

with Dr. Nicole Didyk

Every winter I seem to get itchy skin which develops into a rash on the lower part of my legs. I was wondering if this has to do with the cold dry weather or what could be causing this?

We call it “winter itch” and you’re not alone if you are experiencing this! Up to 37.5% of older adults complain of itching, and if it’s there for more than 6 weeks, it’s considered “chronic itching”, which can interfere with quality of life.

Older adults are more likely to experience itching, in part related to normal aging changes:

- Less effective skin barrier
- Lower production of ceramide (ceramide helps the skin barrier keep water in)
- Lower production of sebum, a natural oily, waxy lubricant (this can start happening at menopause!)
- Immune function changes that increase the risk of skin reactions

These changes can predispose to xerosis (the medical term for dryness) and itching – which leads to scratching. Scratching can further weaken the skin barrier and a vicious circle can result.

Dry skin can really flare up in the colder months, when we’re more likely to use heaters, wear potentially irritating fabric (think wool, rayon, acrylic or polyester), and spend time in a less humid environment.

If the itching is mostly on the legs, and associated with a rash, it could be dermatitis related to veins being less efficient at returning blood to the heart (this is called stasis dermatitis, or chronic venous insufficiency dermatitis). Or it could be contact dermatitis from an irritating substance. Some medical conditions can lead to itching too, like diabetes, peripheral neuropathy, and Parkinson’s disease.

To beat winter itch, try the following:

- ☑ Review your medications to see if any of them could be worsening your dryness and itch
- ☑ Use a mild soap with a low pH, and soothing ingredients like oatmeal, don’t scrub and use lukewarm water
- ☑ Moisturize often with a hydrating ingredients like glycerin, lactate or urea
- ☑ Use an occlusive substance like good old petroleum jelly to seal in moisture
- ☑ Keep your body hydrated with adequate liquid intake

If your skin is cracking, bleeding, or if the rash spreads, this is a good reason to see your health provider sooner.

For more information about aging and health, go to www.TheWrinkle.ca!

If you have questions for Dr. Didyk, please email them to embracingchangeinfo@gmail.com. You don’t need to give any identifying information.

Disclaimer:

Any comments Dr. Didyk may make regarding an individual’s story should not be construed as establishing a physician-patient relationship between Dr. Didyk and a caregiver, or care recipient, and should not be considered a substitute for individualized medical assessment, diagnosis, or treatment.

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**Millers Recycle,
Repurpose
Tip of the Month!**

I'm dreaming of spring on this cold winter day! An old end table, windows, hardware, some white paint and viola an adorable mini greenhouse for your garden.

Would be great for herbs and lettuce and out of reach from rabbits and pets.



Welcome to our store!

We opened in January 2023 as a General Store with an ever-changing inventory of local food items, household goods, and gifts.

New, artisan, homemade, vintage, upcycled, repurposed and thrift!

Come check out The Closet:
A boutique thrift store inside Millers Mercantile

Items are gently used, brand name and/or vintage clothing and accessories (*unless brand new tags are attached of course!*) All clothing and accessories are laundered and/or steamed

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Two Photos Two Worlds

**“There are places I’ll remember, All my life,
though some have changed”
– In My Life by The Beatles**

As I write this, I’m also looking at two old photographs that fell from a book I was reading. Reflecting back, I’m reminded how connected, yet fleeting, life is.

The black and white photo shows a young ‘grade-eighter’ (me) posing for a photo in my, oversized, new graduation suit.

**“A white sport coat and a pink carnation
I’m all dressed up for the dance.”
– A White Sport Coat by Marty Robbins**

Standing behind me is a smiling neighbour, Mrs. Harris, who treated me just like another son since I hung around her house, playing with her three boys, so much.

In my photo, there’s an old VW “Beetle” parked in the background. I remembered my wife’s parents drove them for years. It made me remember that my wife’s mother had given birth to her during the same time Mrs. Harris gave birth to her son, Ronnie. He became my best friend until I initiated a cruel falling out... never talked to him again.

Years later, I get a call from my mother-in-law saying a funeral service for Ronnie was being held that week. I knew I had to go.

As I, apprehensively, walked into the funeral home, Mrs. Harris saw me and immediately rushed over to embrace me – like the return of the ‘prodigal son’ – even as she was saying goodbye to another. So much love lost. Was it worth it? Is it ever worth it?

Last year, seemingly unrelated, a former band mate and I decided to reunite our old ‘60’s rock group. Of our original four members, bassist Zeke, had unfortunately died, but we hoped the drummer, Robert, was still around. Eventually,



we found an excellent, temporary, drummer, Sandy (via a mutual friend Bob) to do a successful “reunion” gig at Pete & Jan’s London’s Music Club.

Turns out, Sandy’s wife (Gayle) happened to know Robert’s sister (Carol) who arranged for him to rejoin us. What are the odds?

Since then, the band, including the wives and loved ones have all become close; prompting Robert to show us consecutive old school yearbooks... proving that, although we didn’t know each other then, we mostly attended the same secondary school.

I laughed when I saw myself posing, sax in hand, with the school’s dance band... something I hardly remember. My wife’s yearbook photos... what can I say – “crazy”, “lovely”, “crazy in love”... still!

**“But of all these friends and lovers
There is no one compares with you”
– In My Life by The Beatles**

My father used to say that a person would be lucky to count the number of close friends on one hand. Today, in a world where online “friends” are counted in the 100’s and 1000’s, I can hold up two hands and count myself lucky... lucky in love!

<https://youtu.be/raWEDnyVnEs>

That’s the way I figure it. – FP



‘Music in Me’ writer Fred Parry is a lover of people and a collector of stories, music, wisdom and grandchildren.

Find him at www.fredparry.ca



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Embracing the Future: The Intersection of AI and Hearing Aids

Understanding AI

At Arnold Hearing Centres, we've been closely following the evolution of Artificial Intelligence (AI) in healthcare. AI mimics human intelligence, learning from experiences, adapting to new inputs, and performing human-like tasks. As we integrate AI into our services, our mission is to enhance the auditory health and overall wellbeing of our community.

AI and Hearing Aids: A Harmonious Blend

The integration of AI into hearing aids is nothing short of revolutionary. These devices are no longer just amplifiers but smart companions that learn and adapt. They analyze soundscapes, differentiate between noise and speech, and personalize the experience in real-time. Imagine walking into a café and having your hearing aid adjust itself to the chatter around, highlighting the conversation you want to engage in. This is the reality AI is making possible.

For us at Arnold Hearing Centres, it's about crafting a unique auditory profile for everyone. AI helps us tailor this experience, remembering your preferences and even adjusting to your favorite spots around town.

The Impact on Hearing Aid Technology:

- Adaptive Environments:** AI ensures your hearing aids can keep up with the complexities of your everyday sound scenes.



- Customization:** They can be fine-tuned to your hearing needs, ensuring that your auditory experience is as unique as you are.
- Simplicity in Complexity:** Despite their advanced capabilities, AI hearing aids offer simplicity and ease of use. The technology self-adjusts the hearing aids automatically without the need for manual changes.
- Beyond Hearing:** These devices connect to your world, syncing with phones, tablets, music, and even virtual assistants to enhance your life.

The Horizon of Hearing: What's Next?

The roadmap for AI in hearing aids is expansive. I envision a future where our devices do more than aid hearing; they could monitor health, translate languages in real-time, and even enhance learning. As AI technology becomes more prevalent, I expect it to become more accessible, breaking down barriers to entry.

At Arnold Hearing Centres, we are not just observers but active participants in this era of technological evolution. We are committed to leveraging AI to transform lives, ensuring that everyone we serve can experience the world in all its auditory splendor.

As we move forward, I'm excited to share these advancements with you and to continue providing care that is not just state-of-the-art but also state-of-the-heart. Come see Selina, your dedicated hearing care provider, in New Hamburg to talk more about the newest technology in hearing health.

Selina Mauro

Hearing Instrument Specialist
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- Past events included healthy living, craft activities, gardening and financial safety
- Join us at our next event! Visit our website for upcoming events or contact us for more information




OUR CONTACT:

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🌐 <https://wilmotfamilyresourcecentre.wordpress.com/events/coffee-house-talks/> ✉ coffeehousetalks2020@gmail.com

 Wilmot Family Resource Centre  Coffee House Talks

This project is funded in part by the Government of Canada's New Horizons for Seniors Program

Talking About Death Won't Kill You

by Debbie Yantzi, End of Life Doula

Seems perhaps a little unusual to be discussing the D-word at a time we are also near remembering and celebrating our Valentine's.

Talking with a loved one about death is one of the kindest and most caring things you can do for them. Sadly, many feel that this sort of conversation is morbid. Far from morbid, these talks are full of meaning and love.

Canadians need to get better at talking about death and the sooner they do it the more freely they will live. Dodging these discussions does us a great disservice. If final wishes aren't communicated in time, or even at all, it can lead to hasty decisions made by distraught loved ones often in a designated time frame. This denies those grieving the chance to experience precious and calm moments. Perhaps we avoid these conversations because we don't know enough about death anymore.

We used to understand that death was a part of life. We knew that loved ones could get sick or suffer some traumatic event, and die. End of life care was done at home, often in the same bed they slept in all their life. We saw dead and dying people much more often. A few generations later, death has become a medical event with extensive medical and scientific technology complicating the way we die – and that

cultivates a fear of the unknown. We also feel out of control of our lives when really, we could harness and activate so many of our final wishes just by simply chatting about it in a safe and comfortable environment.

In conferences that I have attended or presented I am quite surprised at the similarity of questions that come from multiple kinds of audiences.

- How much does Aquamation cost?
- Do you perform MAID?
- I don't have a spouse or children. Do I still need a will?

Now I would like to hear YOUR questions Wilmot. Please feel free to email me at the address below and I will reply either by email or in an upcoming article. I will of course respect your privacy. While we're at it, does anyone think a Conversation Café would be a good addition to our community? A place to talk, share and support each other. Let me hear your thoughts. Be well.

IRENIC

Debbie Yantzi
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Pressure, squeezing, fullness or pain, burning or heaviness



Sweating



Upper body discomfort

Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness

Call 9-1-1 right away.

heartandstroke.ca/heartsigns

BE PREPARED

IF YOU LIVE ALONE:

- If you are an older adult or you have an existing medical condition, speak to your healthcare provider for advice on getting an emergency alert system in your home
- Develop a network of people to check in with regularly
- Ensure someone in your network has a key to your home, and knows your medical conditions and preferences in a serious health crisis

If you are experiencing any of these signs:

- ✓ Call 9-1-1 or have someone call for you.
- ✓ Stop all activity and sit or lie down.
- ✓ If you take nitroglycerin, take your normal dosage.
- ✓ Chew and swallow one 325mg tablet or two 81mg tablets of ASA (Aspirin®), as long as you are not allergic.
 - ▶ Do not take other pain medications such as acetaminophen (Tylenol®), or ibuprofen (Advil®) instead of Aspirin.
 - ▶ Do not substitute Aspirin for medical care.
- ✓ Rest and wait for (EMS) Emergency Medical Services to arrive.

If you witness someone having a heart attack:

- ✓ Do what you can to keep them safe and stay with them until help arrives.
- ✓ CALL 9-1-1

When you're on the phone with the 9-1-1 operator:

- ✓ Speak slowly and clearly
- ✓ The 9-1-1 operator will ask for information, including:
 - ▶ Your location and accessing your building
 - ▶ The person's name, sex, and age
 - ▶ Heart attack signs and symptoms and when they first began
 - ▶ Medications the patient is taking and pre-existing conditions
- ✓ Do not hang up until the operator tells you to

When EMS arrives, they will:

- ✓ Ask for information, including:
 - ▶ Information about the patient
 - ▶ Who the decision-maker for the patient may be
- ✓ Provide instructions, including:
 - ▶ Accompanying the patient to the hospital
 - ▶ Being accessible by phone for decision-making

Learn more at heartandstroke.ca/heartsigns

Winter Survival Tips focused on Mental Health

Winter can be a difficult time of year for many people. The days get shorter and colder. The nights become longer and darker. For anyone in society who is isolated, winter can feel even more challenging. Many older adults struggle with increased isolation due to a variety of factors. Retirement often disrupts routines and may reduce the need to leave one's home. Health issues frequently affect people's physical wellbeing, energy levels, and mood. Mobility issues can make it challenging and unsafe for people to venture outside in the winter. Unpredictable weather can increase isolation and interfere with commitments. All of this can impact someone's mental health. Here are some tips for managing mental health to aid you in the winter season that is upon us.

1) Be gentle and patient with yourself. If you notice yourself struggling with mental health, try and reassure yourself that some amount of struggle is normal and almost expected during difficult seasons of life. When life gets challenging, even for reasons such as navigating winter, we often don't feel as happy or content. Some unhappiness is a normal part of the human experience. Be curious about the unhappiness you are feeling and try and notice what might help alleviate some of the distress.

2) Stay connected. Social support is one of the strongest protectors against struggling with mental health. Connecting with others is an essential part in reducing loneliness. Unfortunately, loneliness often intensifies in the winter. Talking with a caring friend or family member when you've had a difficult day can feel supportive. Winter is a time to get creative as consistently having in person visits isn't always possible. Find alternate ways

of connecting. Perhaps focus on letter writing to stay connected. Or schedule weekly virtual visits or phone calls with friends. This can be a great option for those whose mobility is more limited. Consider how you can use technology to maintain connections with your friends and family.

3) Prioritize self-care and fun. Self-care is a broad concept. I invite everyone to reflect on what self-care looks like for you. What activities help you feel rested? Or refreshed? Or happy? Having this information can help you take better care of yourself as you navigate a more challenging time.

4) Embrace the season of hibernation. Winter can be a valuable time of rest, reflection, and recovery. Society frequently glorifies productivity and busyness to the detriment of our wellbeing. Winter is a season that offers us space to pause. The snowy days and darkness give our bodies and minds a chance to be still. Life is precious and slowness creates space for us to reflect and be present in a more meaningful way.

Written by,
Danielle Lancaster
Registered Psychologist (qualifying)
Interfaith Counselling Centre



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Tackling the Winter Blahs

As we move past the fast pace of the holiday season, it can be a long stretch as we wait anxiously for spring. It's often not long before we become tired of the cold and snow. You are certainly not alone if around the month of February you find yourself in a bit of a funk. However, there are things that you can do to help tackle the February blahs.

Stay connected with others. Getting out among others can make a big difference in helping you to get through the winter. Research shows that maintaining social connections, whether it is connecting with one or two friends or being active in many events, is one of the most important factors in helping people to address issues that they face. Each week there are many free activities available for older adults at your local community centres, sponsored by Community Care Concepts and your Township. Stop in for a coffee, a game of cards, exercise classes, guest speakers, a game of crokinole, crafts or whatever else interests you. We would love to hear your ideas of what you would like to see offered. Programs are available at the following centres (please call us for hours and programming):

- Breslau Community Centre
- Hawkesville Community Centre
- Linwood Community Centre
- New Dundee Community Centre
- St. Clements Community Centre
- Wellesley Community Centre
- Wilmot Recreation Complex (Active Living Centre)
- Woolwich Memorial Centre

Keep up with regular exercise. Every week Community Care Concepts offers free, gentle exercise classes at a variety of community locations. Focused on building strength and balance, these classes provide a great way to exercise as well as an opportunity to



connect with others in your community. No preregistration or commitment to attend regularly is required. Join a class today.

Attend an Active Living Fair to learn about what is available in your community.

Community Care Concepts in collaboration with our community partners hosts Active Living Fairs providing displays on local resources for older adults, guest speakers, lunch and the opportunity to connect with others. While there is no cost to attend, preregistration is required. An Active Living Fair is being hosted in **Breslau on February 7th** and at the new **Wellesley Recreation Complex on March 13th**.

Looking for someone to visit with you or help you connect with others? In addition to the above resources, there are many individualized supports to support you in your home or to connect you with others. Reach out to Community Care Concepts for more information.

While the winter blahs is common this time of year, it is very different from Seasonal Affective Disorder or other mental health challenges. If you find yourself experiencing depression, sleeping excessively, experiencing low energy, irritable or facing other challenges talk to your doctor or a mental health professional. Help is available by calling Here 24/7 at 1-844-437-3247. A new suicide prevention hotline has also been established by calling 988. Both are available 24 hours a day, 7 days a week.

For more information on these and other ideas contact Community Care Concepts at 1-855-664-1900, 519-664-1900 or 519-662-9526.

Rarer forms of dementia: Parkinson's disease

Parkinson's disease (PD) is a progressive neurodegenerative disease that primarily affects the parts of the brain that control movement, resulting in tremors, stiffness, and slowness. Difficulty walking and loss of balance typically emerge as the disease progresses. Some people may also develop dementia as their PD progresses into the later stages of the disease, often resulting in significant memory loss, difficulty concentrating, thinking, completing routine activities, and navigating in their environment. Behavioural problems are also common including depression, hallucinations and delusions.

Symptoms

- can vary between individuals & worsen with time
- difficulties with movement on one or both sides of the body
- rigidity, tremors, slow movement, loss of balance, falls, feeling stuck in place
- irritability, depression, anxiety
- sleep disorders, changes in appetite, dry skin, excessive sweating
- visual hallucinations, inability to control emotions

Diagnosis

- can be difficult to diagnose
- no single test to identify it
- physician may conduct a comprehensive assessment (physical, neurological and psychiatric exams), and review complete medical history
- diagnosis is generally made and confirmed by a neurologist
- physician may request an MRI

Causes & Treatment

- no known cause for the majority of cases and no known cure though medications can manage symptoms
- characterized by abnormal deposits in brain cells called "Lewy bodies"
- risk factors include age, gender (men at increased risk), and genetics
- therapeutic support to manage symptoms, like occupational, physical or speech therapy



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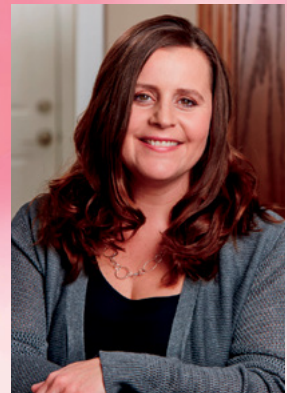
Alison Willsey

Real Estate Broker

90C Peel St., New Hamburg, ON N3A 1E3



Direct 519-275-4900
Office: 519-662-4900
willseyalison@gmail.com
www.willseyrealestate.com



Did you know?

Your pharmacists can prescribe medications for these conditions*:

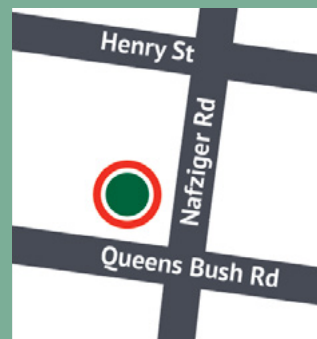


- Acne
- Allergic rhinitis
- Aphthous Ulcers (Canker Sores)
- Candidal stomatitis (Oral Thrush)
- Conjunctivitis (Bacterial, allergic and viral)
- Dermatitis (Atopic, eczema, allergic and contact)
- Diaper dermatitis
- Dysmenorrhea
- Gastroesophageal reflux disease (GERD)
- Hemorrhoids



75 Huron St,
New Hamburg
519-662-2640
Monday - Thursday:
9:00am - 8:00pm
Friday: 9:00am - 7:00pm
Saturday:
9:00am - 4:00pm

- Herpes labialis (Oral Herpes)
- Impetigo
- Insect bites and urticaria (Hives)
- Tick bites, post-exposure prophylaxis to prevent Lyme disease
- Musculoskeletal sprains and strains
- Nausea and vomiting of pregnancy
- Pinworms and threadworms
- Urinary tract infections (Uncomplicated)
- Vulvovaginal candidiasis (Yeast infection)



1201 Queens Bush Rd,
Wellesley
519-656-2240
Monday - Friday:
8:30am - 6:30pm
Saturday:
9:00am - 2:00pm
Sunday: Closed

Call to book an appointment!

*Conditions may apply. Ask us for details.

Guardian