

FREE!

EMBRACING CHANGE

Serving Boomers, Seniors & Caregivers in Wilmot & Wellesley Township

ISSUE 6 FEBRUARY 2019

www.embracingchange.ca



Guardian
COOK'S
PHARMACY

Feature
Business
of the
Month

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



NEW **hamburg**
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newhamburgdental.ca

Tara Bott (Held)
EDITOR/PUBLISHER

Jessica Uttley
DESIGNER

**Rich Held,
Don & Shirley Bott**
DISTRIBUTION

On The Cover


Lisa Honderich and her Grandmother, Melba Honderich, spent a fun day together capturing many laughs, and their love for each other. Lisa & Melba both reside in the Township of Wilmot


About the Photographer


Tatjana Reis owns NewVue Salon & Studio in Kitchener. Tatjana trained in Europe, and her passion is artistic hairstyling, makeup and photography.

For more information check out her website at www.newvue.ca or give her a call at 519-568-3685

 **2230 Herrgott Rd,
St Clements ON N0B 2M0**

 **519-574-6428**

 **embracingchangeinfo@gmail.com**

 **www.embracingchange.ca**

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.



LETTER FROM THE EDITOR

Ah, February. The month that's all about your heart... And chocolate!

The sweet celebration of Valentine's Day is coming up. It's our annual opportunity to spread some extra love and show a friend, parent, spouse, child, or even your adored pet, how you feel about them.

We can all agree that love is a powerful thing. It has the ability to heal, and lift us up during our challenging moments. It also comes in different forms and can be spoken in many ways. On the front cover this month is my best friend and her grandmother. I was able to join them during their photo shoot for this issue, and I can say with certainty the love between them is very special. It was heart-warming to witness such a beautiful and strong connection.

February is also Heart Month! And the good news is you don't need to feel guilty opening that big box of chocolates on February 14, or any other day for that matter. Interestingly (fortunately?), dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Studies show that dark chocolate (not the sugary milk chocolate stuff) can improve your health and lower the risk of heart disease. Because heart awareness is very important, we've included some helpful information for you inside this issue. There are some great resources from the Heart & Stroke Foundation on Pages 24, 25 & 28 which will help you to recognize signs of a heart attack or stroke. Many of us have been touched by heart disease in one way or another. Please tear out the checklist on Page 24, fill it out, and keep it close by in case of an emergency.

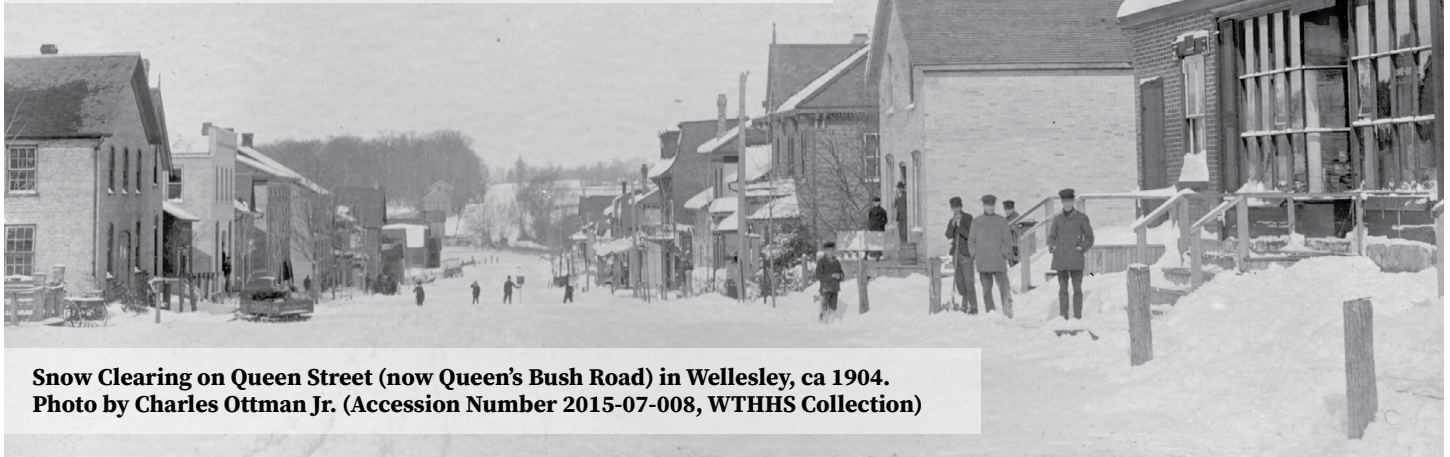
Wishing you a healthy, happy and full heart this month, and always!

Tara 

FLASHBACK PHOTO

Coping with Winter - The Old Fashioned Way

by Nancy Maitland, Wellesley Township Heritage & Historical Society



**Snow Clearing on Queen Street (now Queen's Bush Road) in Wellesley, ca 1904.
Photo by Charles Ottman Jr. (Accession Number 2015-07-008, WTHHS Collection)**

Snow – some people like it; others not so much. It's hard to predict and can make driving dangerous, but at least we have snowplows to clear the roads and sometimes even the sidewalks. But back in the early days of the township, these tasks were more difficult. In summer and winter, road maintenance was the responsibility of “pathmasters” - men appointed by the Township Council under the provisions of provincial “statute labor” legislation which regulated unpaid work on public projects. Village sidewalks were likely cleared by store and home owners, but the streets would have been more difficult and country roads even more so. These roads were hampered by drifts caused by farm fences.

Some nearby townships took stringent measures to keep the winter roads in good condition. For instance by 1901, the East Zorra council had passed by-laws which forced the removal of fences that were known to cause the roads to fill with snow. According to the Wellesley Maple Leaf newspaper of that year, fences along the main north-south roads of East-Zorra Township had been altered so that those roads were considered to be a model for other townships to follow. The editor of the Wellesley Maple Leaf published strong editorials urging Wellesley Township Council to convene meetings of pathmasters “for the purpose of getting and giving opinions and of forming plans to make the work more systematic and uniform.”

The February 2, 1901 issue of the Maple Leaf noted the difficulties of Wellesley baker, Henry Luft, saying he “had an opportunity ... to exhibit his pluck. In making his regular tour through the township he had to dig his horses out of the snow-drifts half a dozen times and “break” more than half the road he travelled, yet he made good time to Bamberg, St. Clements, Hawkesville, Linwood and Crosshill and sold a full load of bread.” By 1903 considerable progress had been made in improving winter roads by giving bonuses to farmers who replaced wooden rail fences with wire fences, but the editor of the newspaper felt this was not enough. He proposed that a by-law be passed prohibiting fences from obstructing the roads with drifting snow.

He felt that “the farmer has got to be a scientific business man right in touch with the most distant nations, his local road to market is worth as much to him annually as his most productive field.” He reasoned that good roads were as an absolute necessity for business purposes.

The winter of 1903-1904 was a particularly harsh winter and was considered worse than the last record-breaker of 1895 in at least two respects – back then the cold had not been so continuous and the snow was not so deep.

In December 1903 storms caused the roads to fill with ice and snow, but it was noted that “the good work of the council in encouraging the building of wire fences along the roads is now plainly noticeable.” Trains were delayed, much to the annoyance of holiday travellers, and buildings were crushed under the weight of the snow. On the plus side, sleighing was excellent and a large skating rink on the pond was cleared for skaters and “hockeyists.”

However, improved roads did not prevent the death of Christian Janzti in 1905. He died as the result of an accident caused by a deep “pitch hole” on the road to Baden. He was hauling a load of wood when he fell off his sleigh and was dragged under it. The two-storey brick building on the right side of the photo has once housed the Wellesley Hotel and General Store built in 1848, by John Zoeger. In 1855, it became Wellesley's third Post Office. Other sections were added along Molesworth St. around 1863 including a hall for public meetings and entertainment. In 1894, a jewellery store, post office and drug store were located there. For many years, it was operated as Kennel's General Store and Egg Grading Station. It was eventually divided into apartments and after a disastrous fire, was replaced with the current structure at 1167 Queen's Bush Road.

Further down the street on the left is typical small factory building of the 1850s and 1860s. It was owned by John Fleischhauer who operated the North Waterloo Carriage Works beginning in 1856. It now serves as the Wellesley Township Community Health Centre at 1180 Queen's Bush Road.

MESSAGE FROM

Sara Felske



AREA MANAGER, HEART AND STROKE FOUNDATION, WATERLOO REGION

Heart disease and stroke are the leading cause of premature death for women in Canada. The evidence is clear; women are under-researched, under-diagnosed, under-treated, under-supported and under-aware of their risks. As a result, they're over-dying.

Heart & Stroke is on a mission to positively change women's heart and brain health, starting with our powerful new campaign, #TimeToSeeRed. But that's just the start – we are also:

- ▶ Encouraging and investing in research for and about women.
- ▶ Partnering with healthcare providers and people with lived experience to improve women's diagnosis and treatment.
- ▶ Increasing awareness of women's heart and brain health and influence social norms.
- ▶ Facilitating support and connections between women with lived experience, and their care partners.
- ▶ Prioritizing health reconciliation to help close the gap in Indigenous and ethnically diverse women's health.

Want to help us save more lives? Here are ways you can this Heart Month and throughout the year: Become a Heart Month Canvasser or give to a canvasser who visits your door this campaign season.

- ▶ Organize your own Fundraiser
- ▶ Participate in the Co-operators Heart & Stroke Curl for Heart
- ▶ Register a team for the Heart & Stroke Big Bike
- ▶ Donate online at heartandstroke.ca/HELP or by calling 1 888 HSF INFO (1 888 473 4636)

February is Heart Month. No issue could be closer to our hearts.



a stool for every bum.



If you are interested in supporting any of these initiatives, please contact Sara Felske, Area Manager at 519-571-9600 or email sara.felske@heartandstroke.ca.



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For more information about Heart & Stroke and #TimeToSeeRed, please visit www.heartandstroke.ca.

Cannabis & Travel Insurance

by: Gary White

I was reading the other day about a study that was done in 2013 that revealed four out of five doctors approve of medical marijuana and that more than 90 percent of medical marijuana patients (of around 7,500 surveyed) say that medical marijuana has helped treat their conditions. What I found interesting was that Seniors were the largest age group in the study (more than 2,300 respondents). Now, I must admit this was an American study, however, I wonder how far off the mark these results would be here in Canada. My guess is probably not that far off.

If you are a Senior here in Ontario taking medical cannabis and plan to travel into the United States or anywhere in the world, for that matter, you need to understand how your travel insurance might and might not respond in the event of a claim. If you haven't heard it before let me explain.

While cannabis became legal and regulated under Canada's Cannabis Act on October 17, 2018, international border rules remain unchanged. Taking cannabis, or any product containing it, in or out of Canada is still illegal, as is bringing cannabis used for medical purposes across the Canada/US border.

The same rules apply for travelers visiting US states, or countries like the Netherlands, where cannabis is legalized or decriminalized. Travelling with cannabis internationally could result in serious legal troubles and criminal penalties, in Canada and abroad. Now that you know this, here is the BIG question you need to ask yourself. **How does your travel insurance respond to cannabis users planning to travel?**



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New Hamburg, ON N3A 0E9
Bus: 519-780-2298 Cell: 416-768-4279
E: gary@garywhiteinsurance.com

TRAVEL INSURANCE

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- Single or Multi-Trip Annual Plan
- Top-Up Coverage Available
- Pre-existing Conditions can be covered
- 7 Day Stability of Health Option Available
- Trip Cancellation, Trip Interruption,
- Special 15 Day Multi-Trip Plan including Vision Care, Paramedical Specialist, Medical Services and more

EMERGENCY MEDICAL INSURANCE

Although some travel policies may respond differently, most will be similar to these guidelines.

- If a claim arises due to the **abuse/misuse** of cannabis, then the claim will be **denied**, whether or not it was legal in the country or US state you are travelling in.
- If the cannabis is recommended by a doctor and is taken for medicinal purposes (and **not being abused or misused**), then a related claim may be **covered**, whether or not it's legal in the location the claim occurred (provided stability requirements are met).
- If cannabis is used for recreational purposes (no mention of medicinal use in any medical records), and **not being abused/misused**, the claim will be determined by whether or not it's legal in the location where the emergency happened:
 - If legal, then the claim may be **covered**.
 - If illegal, the claim will be **denied**.
- A claim will be denied for a medical cannabis prescription to get filled because it's currently available over the counter, which most insurance companies do not cover.

TRIP CANCELLATION INSURANCE

- A trip cancellation claim will be denied if the traveler tries to cross the border and is denied entry because they're banned, due to previous cannabis declaration. This is not a covered risk of the policy.

BUSINESS OF THE MONTH



Introducing Cook's Pharmacy














Visit us today to meet our friendly pharmacy staff and learn about how we can support your health and wellness needs.

Our new Owner/Pharmacist – Poshin Jobanputra – is a Certified Diabetes Educator and certified in Management of Anti-Coagulation Therapy. He is service focused, specializing in medication reviews, diabetic counselling, point-of-care INR checks.

Poshin is also the owner of Cook's Pharmacy in Waterloo, Wellesley, and Kitchener.



PHARMACY SERVICES

-  All Drug Plans Accepted
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-  Free Compliance Packaging
-  Diabetes Products and Services
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-  Free Medication Delivery
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-  Compression Stockings
-  Injection Services
-  Weight Management Program
-  Smoking Cessation Program
-  Home Health Care
-  Travel Health Services



**75 Huron St
New Hamburg, ON
N3A 1K1**

519-662-2640

Monday - Friday:
9:00am - 8:00pm
Saturday:
9:00am - 5:00pm
Sunday: Closed

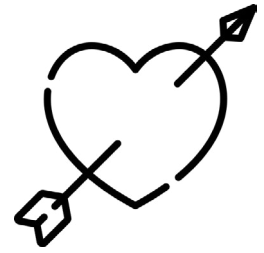
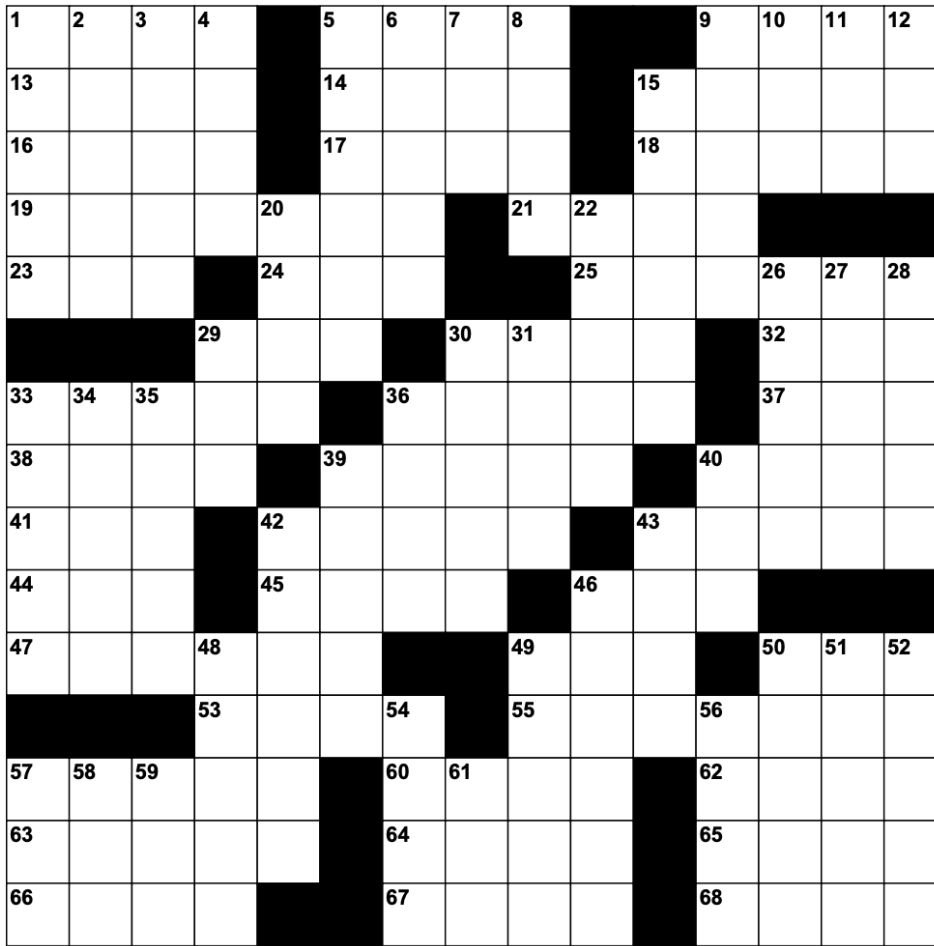


**1201 Queens Bush Rd
Wellesley, ON
N0B 2T0**

519-656-2240

Monday - Friday:
8:30am - 7:00pm
Saturday:
9:00am - 2:00pm
Sunday: Closed

FEBRUARY CROSSWORD



DOWN

- 1 Biblical woman
- 2 Home
- 3 Slippery
- 4 Monetary unit
- 5 Fibrous
- 6 Beautify
- 7 Alternative (abbr.)
- 8 Woodwind instrument's need
- 9 Root of one's emotions
- 10 United Parcel Service
- 11 Compass point
- 12 Title of respect
- 15 Scottish fabrics
- 20 Underground part of plants
- 22 Inaccuracy
- 26 Unpack
- 27 Aloft
- 28 Mark
- 29 Love squeeze
- 30 Cheat
- 31 Gets older
- 33 Tapestry
- 34 Feudal superior
- 35 Finished
- 36 Fail to keep
- 39 Small pigeonlike birds
- 40 Tell a tall tale
- 42 Knotted again
- 43 Small fruit seeds
- 46 Men's jewelry
- 48 City in Ohio
- 49 Struck
- 50 Chief ancient Philistine god
- 51 Representative
- 52 Fence of small trees
- 54 Replace a striker
- 56 Heroic tale
- 57 South southwest
- 58 Dined
- 59 Scarf
- 61 Less than two

By Evelyn Johnson - www.qets.com

Solutions on Page 16

ACROSS

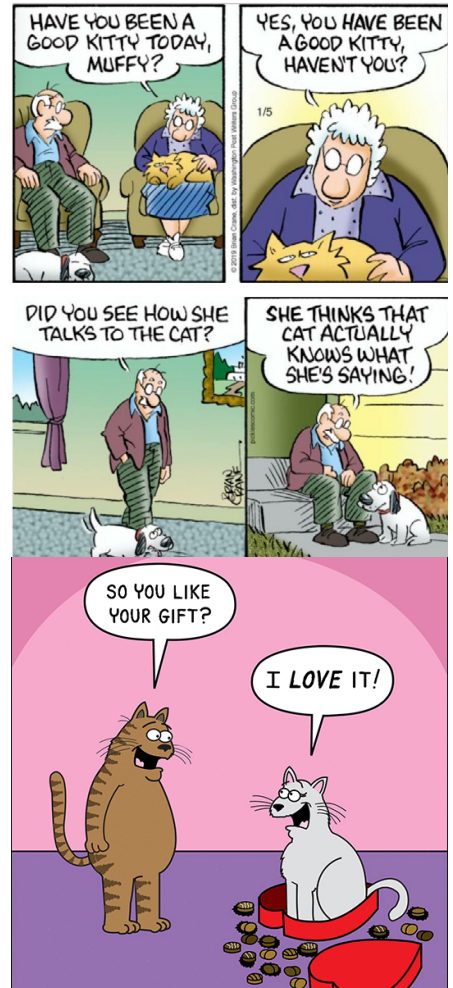
- 1 Talk back
- 5 France & Germany river
- 9 Colors
- 13 Efficiently
- 14 Loaf
- 15 Cola company
- 16 Churn
- 17 Brief letter
- 18 Intense light beam
- 19 One who observes another person with pleasure and approval
- 21 Letter opening
- 23 ___ you! (attention getter)
- 24 Possess
- 25 Ceremony
- 29 Used to attract attention
- 30 Greeting _____
- 32 BB association
- 33 Aleutian
- 36 Company symbols
- 37 Bow
- 38 Hoop
- 39 Napper

- 40 Tender and passionate affection
- 41 Color that resembles the color of blood
- 42 Flowers of love
- 43 Computer screen dot
- 44 Grow older
- 45 Poetic "evening"
- 46 Bind
- 47 Tranquilize
- 49 Drink slowly
- 50 Morse code dash
- 53 Press with lips as sign of love
- 55 Written communication of information
- 57 Cavalry sword
- 60 Chicken house
- 62 Mature
- 63 Arose
- 64 Opposed
- 65 Chinese chime
- 66 Deprive of mother's milk
- 67 Was
- 68 Wager

Laughing Matters!

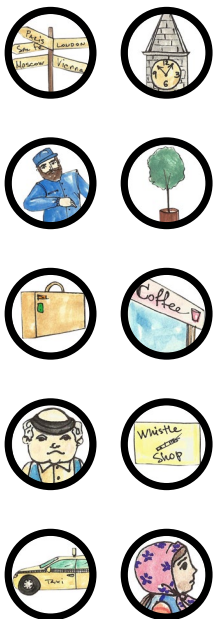
Little Johnny was practicing the violin in the living room while his father, sitting on the other side was trying to read the paper. The family dog was lying at his feet sleeping but when the screeching sounds of the violin started, the dog started howling. The father listened to the violin and the dog for as long as he could. Then he jumped up, slammed the paper on the floor and yelled above the noise, "For Pete's sake Johnny, can't you play something the dog doesn't know?!"

My high-school English teacher was well known for being a fair, but hard, grader. One day I received a B minus on a theme paper. In hopes of bettering my grade and in the spirit of the valentine season, I sent her an extravagant heart-shaped box of chocolates with the pre-printed inscription: "BE MINE." The following day, I received in return a valentine from the teacher. It read: "Thank you, but it's still BE MINE-US."



FIND THE HIDDEN OBJECTS

Can you find all 10?



Solutions on Page 16

We don't have to give up traveling as we age. We simply choose to do it in new ways. Travel broadens our knowledge and understanding of the world around us, often making us grateful for the blessings we have in our own country.

What contributes to a good journey? I would say that **planning is everything!** Plan early, choose carefully, and learn as much as you can about your destination before you commit to the holiday. If you plan ahead and take advantage of the fact that you are retired and can travel at off peak times, you will avoid the crowds and save money. Pay attention to the time of year. Did you ever think about the fact that in May a trip to Scotland, for instance, is more pleasurable because at that time the days are so long?

Of course you need to have the proper documentation: a Valid Passport, and if you require Visas, you need time to procure them.

Travel styles may change for you. You used to backpack and hike? Well perhaps now you would enjoy doing a National Geographic trip planned through G Adventures – or a Jane Goodall trip designed also with G Adventures. Small group travel is their specialty. The average age on these trips is 60, many younger and older than that as well. I had clients in their mid-eighties do an Antarctic trip and they loved it!

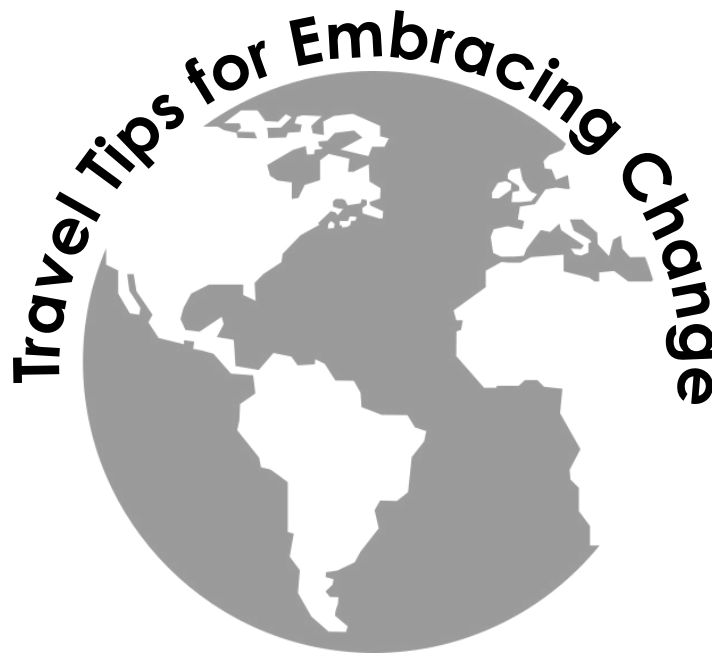
There are so many niche companies offering a variety of styles of travel.

Coach trips that stay in each place for several days to make it relaxing. Or choose a river cruise and only unpack once. These small ships are intimate and fun, and they let you explore in each area. There are some local bus companies that offer short trips and one day excursions, that allow you to let someone else do the driving, yet you can still attend special shows and events.

There is a new company that offers trips world wide to the Solo Traveller. Each person has their own room, but travels with like minded people, in smaller groups.

There is something for everyone! Obviously I strongly encourage you to partner with a Travel Professional. We are here to guide and advise. We know the many travel products out there, offering just what you want. Happy travels!!

Karen Weber,
Owner / Manager, Imagine Travel Inc.



		
Karen Weber Owner/Consultant	Traci Jutzi Consultant	Kristina Ziegler Consultant
<i>Imagine Travel</i>		
Where your journey begins... Let our experience guide you.		
(519) 662-3150		Hours: Mon. to Fri. 9AM to 5PM



Romance Scams

SENIOR SAFETY

There is a growing number of seniors who are turning to the internet to find love. Unfortunately, scammers know this and use every type of dating or social networking site to seek out potential victims.

The scammer will gain the trust of the victim through displays of affection and will communicate through the phone and email for months if needed to build that trust. The scammer will claim to be located in a foreign country but will want to meet up with the victim in person. The scammers will always come up with an excuse to prevent face-to-face interactions.

It is at this time that the scammer will advise that they can't afford to travel and will ask for money to cover travel costs. Other variations include the scammer claiming that there is an emergency with a sick relative and will ask for money to cover medical expenses.



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or call 519-742-1422

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Presented by IG Wealth Management Kitchener-Waterloo Cambridge

IG WEALTH MANAGEMENT

PREVENTION TIPS

- Be wary of someone who claims to be from Canada or the U.S. working abroad.
- Don't give out any personal information in an email or when you are chatting online with a stranger.
- Be careful communicating with someone who claims to fall in love with you quickly.
- Don't accept any funds or send the person any money for any reasons. Scammers will use all kind of tactics to get to your money, bank accounts or credit cards.
- Beware of fake dating sites. Scammers will host and create fake accounts to lure potential victims.

This information has been provided by the RCMP. For more information please see the Seniors Guidebook to Safety & Security at www.rcmp.gc.ca.



Amy Waters

LiveWell Health & Wellness

Pilates & You

When most of us hear the term “Pilates”, we more than likely think of a gym, exercise mats, group fitness classes, instructors, home DVDs or something similar. And while none of those things are wrong, Pilates and its precise movements are much more than an exercise.

WHAT IS PILATES?

Pilates is a conditioning method that encompasses hundreds of exercises for the mat and various pieces of specialized equipment that requires body awareness and mental focus.

Pilates exercises focus on postural symmetry, core control to facilitate optimal movement of the spine, hips and shoulders, muscular flexibility, joint mobility and strengthening through the complete range of motion in all the joints.

BENEFITS OF PILATES THERAPY

Promotes Healthy Joints

By strengthening and stretching your muscles and joints, Pilates puts patients at less of a risk of developing weak or stiff joints.

Improves Posture

Pilates has the ability to improve a patient's posture. You know that backache that just keeps lingering? There's a chance that it could be prevented or significantly lessened if Pilates becomes part of your exercise program.

Treats the Entire Body

Pilates focuses on the whole body as one working unit and works from the inside out. Unlike other therapy treatments that focus on a single area of the body at a time, every time a patient practices Pilates, their entire body gets a workout to ensure balance and strength are addressed and worked on.



- Pilates
- Osteopathy
- Physiotherapy
- Acupuncture
- Chiropractic Care
- Pelvic Health Physiotherapy
- Registered Massage Therapy
- Hot Stone Massage Therapy
- Cupping Massage Therapy

New Patients Welcome!



Now Offering PILATES!

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- Posture, Joint Mobility, Flexibility, Long & Lean Muscles, Core Strength

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WHAT'S HAPPENING

55+ Active Adults & Seniors

KNOTTING AND QUILTING COMFORTERS

Everyone Welcome. Come for an hour or as long as you wish.

WHEN: 1st Wed of every month; Sept-June

TIME: 10:00 am to 3:00 pm.

WHERE: Steinmann Church

CONTACT: 519-634-8311

ST. AGATHA SENIORS

Our group of friendly folk meet once a week to play solo. We celebrate birthdays and have a Christmas Party in mid-December concludes the years activities. You'll be warmly welcomed!

COST: .50¢

WHEN: Every Thursday 1:00 to 4:00 p.m.

WHERE: St. Agatha Community Centre

CONTACT: Bert Lichti at 519-634-8411

THE ROOK PLAYERS

We are a group of 24 to 36 seniors who meet Monday evening to play progressive Rook. Anyone is welcome to join us

WHEN: Monday evenings 6:00-9:30 p.m.
(Sept. 10, 2018 - April 29, 2019)

WHERE: Wilmot Recreation Complex

COST: No charge

CONTACT: Cecil Wagler 519-662-2758

WILMOT SENIOR SHUFFLEBOARD

WHEN: Tues and Wed from 9:30-11:30AM
and Tues 1:00-4:00pm

WHERE: Wilmot Recreation Complex

CONTACT: Guy & Phylis Sisco 519-662-2077

WILMOT SENIORS WOODWORKING & CRAFT CLUB

Woodworking, Stained Glass, Quilting, & Wood Carving. There is a foreman available each day for anyone who would like assistance in woodworking. Great opportunity for seniors to meet other seniors & learn and use new skills

WHEN: Weekly, Mon to Fri: 9AM - 5PM

WHERE: 27 Beck St., Baden

COST: Initial Membership \$90, yearly \$70

CONTACT: Diana Gruhl at 519-634-5357

PICKLEBALL DROP-IN

Come out and enjoy a fun game of pickle ball. The first time out is free, and than a membership is required for continued play.

WHEN: Mondays 1:00PM - 3:00PM

Wednesday, 6:30PM - 8:30PM

WHERE: St. Agatha Community Centre

CONTACT: The Wilmot Recreation Centre for more information at 519-634-9225

WILMOT TOWNSHIP SENIORS DROPIN Community Care Concepts

Come and enjoy exercise, guest speakers, cards, games, crafts, activities, music and much more. No registration is required.

WHEN: Mon & Wed 10:30 am-4:00 pm,
Thursdays from 9:00 am to 4:00 pm

WHERE: Wilmot Recreation Complex Active Living Centre

CONTACT: 519-664-1900 OR 1-855-664-1900

NEW HAMBURG LANES BOWLING

We have 6 lanes of 5-pin bowling, computerized scoring, leagues for ALL ages and ANY skill level.

WHERE: 182 Union Street, New Hamburg

CONTACT: James Aoki 519-662-1938

EMAIL: james@newhamburglanes.ca

WHEN:

Foxboro (a mixed, social league):

Mondays 1:00-3:00pm

Stonecroft (a mixed, social league):

Tuesdays 1:30-3:00pm

Morningside Village (a mixed, social league):

Tuesdays 9:15-11:30am

TECHKNOW PROGRAM

Do you have any questions about your laptop, iPad, tablet, e-reader, smart phone or cell phone? Drop in for help with the basics and functioning.

WHEN: Every Thursday from 9:00-11:30 am from September - June

WHERE: Wilmot Recreation Complex
Active Living Centre

COST: No Charge

CONTACT: 519-634-9225 ext: 340 for more info

RESTLESS SENIORS

This is a group of seniors over 50. They meet for fun and social activities. They play cards, darts, cribbage and try to hold a pot luck lunch at least twice a year. All members and new members welcome. Come out and enjoy an afternoon of playing darts or cards.

WHEN: Wednesdays from 1:30 - 3:30PM

WHERE: New Hamburg Legion, Branch #532,
65 Boullee Street, New Hamburg

CONTACT: George Schmitt 519-696-3037;

Joan Fulton, Secretary 519-662-4821

WILMOT SENIORS

Our goal is to minister to the body, soul and spirit. We provide a variety of programs with special speakers, different music groups, and bus trips.

SPECIAL EVENTS INCLUDE: - soup delight day, pancake & maple syrup lunch, birthday party with homemade ice cream, picnic, mystery bus trip, Christmas banquet.

WHEN: Second Wednesday of each month at 12:00 noon, (except July, Aug. or Dec)

WHERE: Wilmot Centre Missionary Church,
2463 Bleams Rd., Petersburg

COST: An offering is taken each meeting

CONTACT: Church 519-634-8687

FREE ADULT & SENIOR SKATE

Come out and enjoy a FREE skate at the Wilmot Recreation Complex.

WHEN: Wednesdays & Fridays; 12:00-12:50pm until the end of March

CONTACT: 519-634-9225

*Please check the website for the most up to date cancellations

NEW HAMBURG LEGION SENIORS GROUP

WHEN: Every Wednesday from 1:00-3:30 pm

WHERE: New Hamburg Legion

COST: \$5.00 per year to join this group

CONTACT: Murray Snyder at 519-662-2959

WHERE TO GET YOUR FREE COPY:

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

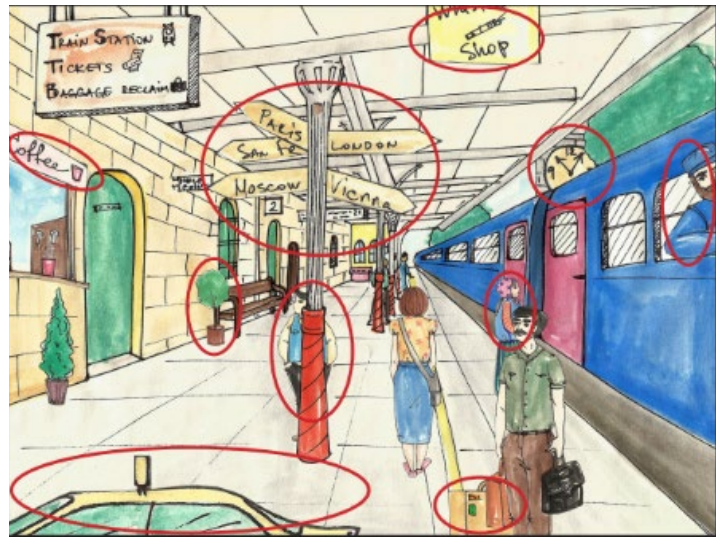
Wilmot Township:

- Morningside Retirement Community
- Stonecroft New Hamburg
- Nithview Community
- Wilmot Recreation Complex
- Town Square Pharmacy
- Cooks Pharmacy
- New Hamburg Dental Group
- Hemmerich Hearing Center
- Dolman Eyecare Centre
- New Hamburg Thrift Centre
- New Hamburg Legion
- New Hamburg Lanes Bowling
- The Old Country Restaurant
- Physiotherapy Alliance New Hamburg
- Imagine Travel
- Livewell Health & Wellness Baden
- Wilmot Seniors Woodworking & Craft Shop - Baden
- Sobeys New Hamburg
- No Frills New Hamburg
- McDonalds - New Hamburg
- Tim Hortons - New Hamburg
- Tim Hortons - Baden
- Baden Village Pharmacy
- New Hamburg Library
- Baden Library
- New Dundee Library
- Wilmot Centre Missionary Church
- Soles Journey New Hamburg
- Little Short Stop New Hamburg

Wellesley Township:

- Wellesley Township Community Health Centre
- Linwood Nurse Practitioner Office
- Pond View Retirement Village
- Cooks Pharmacy Wellesley
- Schmidtsville Restaurant
- Pym's Village Market
- Len's Mill Store - Hawkesville
- Wellesley Library
- Linwood Library
- St Clements Library

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 COMMUNITY CARE CONCEPTS

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We're ONLINE! Each issue is uploaded as a full colour online edition. Missed an issue? You can find our past issues online also! Check us out at: www.embracingchange.ca

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Provides a variety of programs and services for persons living with Alzheimer's disease and other dementias, their family and friends, professionals, and the community.

- Information and Education
- Individual & Family Support
- Group Work
- System Navigation
- Social/Recreation Programs

CONTACT: 519-742-8518 ext 2090 for more info or to receive the Program Guide

www.alzheimerww.ca

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SERVICES**

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New Hamburg Legion
Branch #532 – 65 Boullee St, New Hamburg

The New Hamburg Legion
welcomes everyone to attend ...

Friday, February 15, 2019 2:00 – 6:00 pm
Entertainment: Mike Kelly

If you enjoy to clapping your hands to the music or take a few spins out on the dance floor, please join us on February 15th. Mike Kelly will be on hand to entertain us from 2 - 6 p.m. EVERYONE is welcome participate in these events. Hope to see you there.

Friday, February 22, 2019

Roast Pork Dinner with all the fixings, salad,
dessert & a beverage.
Take outs are available.
Sittings at 5:00 & 7:00 pm Cost: \$15.00

**For advance tickets please call the legion
at 519-662-3770**



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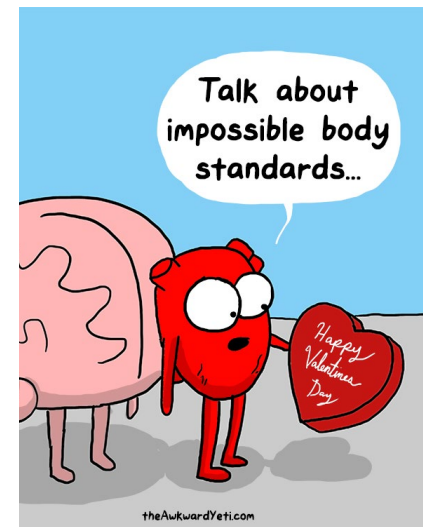
www.LuvYourSkin.ca

Heart & Stroke has resources to help you prevent heart disease and stroke, promote heart and brain health, and support recovery.

- Get a free personalized health report with the Heart&Stroke Risk Assessment™ at heartandstroke.ca/risk
- Try our delicious recipes and find practical healthy living tips at heartandstroke.ca/get-healthy
- Connect with others through our Living with Stroke™ and Community of Survivors programs at heartandstroke.ca/livingwithstroke and heartandstroke.ca/connect



Life. We don't want you to miss it.™



Did you know that healthy hearts can mean healthier brains?

Physical exercise has been proven to improve heart health, and people who exercise regularly are less likely to develop heart disease, stroke and diabetes, which are all associated with an increased risk of dementia. Physical activity also pumps blood to the brain, which nourishes the cells with nutrients and oxygen, and may even encourage new cells. As well, regular exercise helps to reduce stress and improve your mood. Here are some of our tips to get active:

- Think of it as "activity" not "exercise." For those who feel they have little opportunity to exercise, start by adding a bit of physical activity into your daily routine. Choose a brisk walk to the store rather than driving the car, or take the stairs instead of the escalator or elevator for one or two floors.



- Choose activities and sports that you enjoy, and set reasonable goals.

- Aerobic activities can help maintain general fitness. For example, many experts recommend walking as one of the safest, effective forms of aerobic exercise.

- Plan physical activity with another person so that you are more likely to keep active while you also gain the brain-healthy benefits of social interaction.

- Check with your doctor about the kinds of physical activity that might be right for you or if you have specific health concerns.

- Join us for Minds in Motion! This community-based social program incorporates physical activity and mental stimulation for people with dementia and their care partners. Call for information: 519-742-1422

Alzheimer Society

WATERLOO WELLINGTON

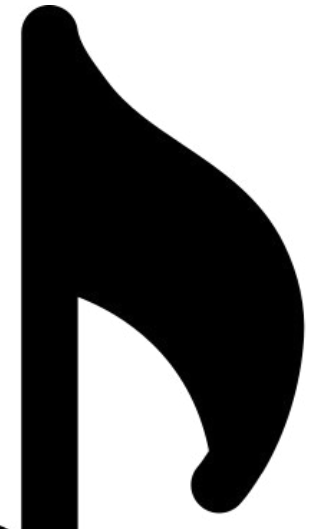
Every Day is Valentine's Day

by: Fred Perry

The other night, I heard a live performance of The Beatles tune, 'Yesterday'. I was 17 years old when I saw The Beatles perform it on the Ed Sullivan show – their first time on national TV.

Although I've heard it many times since, (It's the most re-recorded song in history.) the song didn't affect me as much as it did when someone performed it live one time – as Sir Paul would say – “many years from now.” The darkness of the theatre meant that no one could see my eyes welling up, no matter how hard I tried to resist. A nagging thought about our youngest daughter haunted me. Lately, she'd not been happy with me... things were said; things were unsaid.

When she was just seventeen, I remember one morning – as I was dropping her off at her out-of-town high school – she became extremely upset at me for chastising her about not concentrating on her studies. Her eyes flashed in anger, as her fiercely independent spirit compelled her to lash out at me. When I suggested that it was better coming from me, than from some jerk, she said “Some jerk did tell me!” She got out and slammed the car door. Almost immediately she turned back to me; and, with tears in her eyes and with arms around my neck, she told me she loved me. It was over. We made our peace.



**“Why she had to go,
I don't know, she
wouldn't say”**


Yesterday by The Beatles

Now, a beautiful young woman, she'll be coming home for brunch this Sunday. Fortunately, things have worked out since – as they most often do – when both parties are willing.

So, my advice... especially around Valentine's Day: don't be like me by not telling your loved ones how much they mean to you ... every day. You just never know what might happen tomorrow.

After years of being there for our adult “kids”, I feel that the love we shared with them is stronger than ever. It's because we recognize them as our equals – with adult-to-adult relationships. Sometimes misunderstandings happen, but it has never lasted.

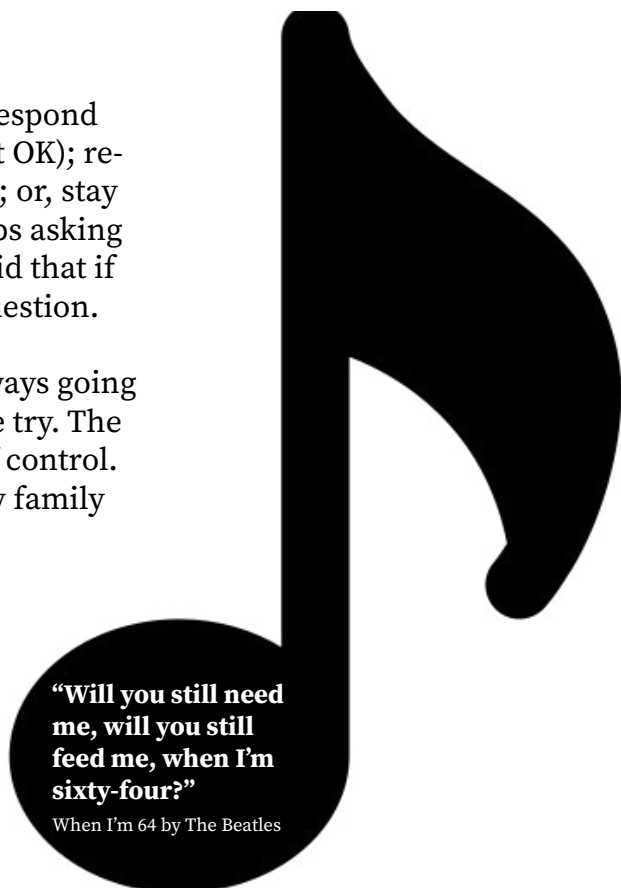
The author of 'I'm OK – You're Ok' (Thomas A. Harris, MD) suggested that we have three levels of communication within each of us: the “Parent”, the “Adult”, and the “Child”. When things are going well and people are talking, adult to adult, there's no communication issues. However, problems can arise, for example, when we're hooked by a sarcastic comment (like “whatever”) which comes from the “child” within the other person: think teenager.



**“I said something
wrong, now I long
for yesterday”**


Whenever that happens, the other has a choice to make: respond with something juvenile from their child mold (feeling not OK); respond from their parent mode (“Listen here young man!”); or, stay within their adult mode (always the best choice) by perhaps asking a question (“What makes you say that?”) My dad always said that if you can’t think of something to say (positive) then ask a question.

Yet, as conversations bounce back and forth, we’re not always going to act like an adult, in all situations. Yet, it’s critical that we try. The example we set can often stop things from spiraling out of control. To me, as I get ‘old and grey’, the realization that I need my family more than they need me is a feeling that I can’t shake.



“Will you still need me, will you still feed me, when I’m sixty-four?”

When I’m 64 by The Beatles



WRITTEN BY:
Fred G. Perry

LISTEN TO THE SONGS HERE:
<https://youtu.be/pRTXUZDBBYo>
<https://youtu.be/8AglUMCKyns>



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Heart Healthy Eating Can Be Delicious

The days of recommending a strict low-fat eating plan to prevent heart disease are gone. Today's approach emphasizes an eating pattern that includes tasty meals made with healthy fats, fresh fruit and vegetables, whole grains, poultry and seafood, seasoned with delicious herbs and spices. Here are six tips to help you make healthy flavourful food choices to reduce your risk of heart disease:

1. Fabulous Flavourful Fats

Many foods that are high in fat such as olive oil, canola oil, nuts, seeds, avocado and fatty fish like salmon, trout and sardines can be part of our heart healthy diet. Choosing these healthy fats in place of less healthy fats like meat, full-fat dairy, butter, coconut and palm oil can reduce your risk of heart disease.

2. Enjoy Whole Grains

Whole grains like brown rice, barley, quinoa, and whole grain pasta are good sources of fiber, which can help improve blood cholesterol levels and lower your risk of heart disease. Cook up a batch of whole grains to use in salads and for side dishes then freeze the rest to use at a later date.

3. Try Out New Flavors

Use herbs, spices, and seasonings instead of salt. Too much salt increases sodium intake which can raise blood pressure and increases your risk of heart disease. Try seasoning chicken with rosemary, sage or garlic. For fish try dill or a squeeze of lemon. Try red or white wine vinegar or balsamic vinegar in stews, marinades and cooked vegetables.

4. Eat Lean Protein

Choose beans, nuts, fish and chicken as your main protein foods.

5. Follow the Plate Model to Create Heart Healthy Balanced Meals

- » ½ your plate nonstarchy vegetables such as broccoli, asparagus and salad.
- » ¼ of your plate should be whole grains
- » ¼ of your plate lean protein
- » Include a glass of low fat milk or yogurt and a piece of fruit for dessert

6. Plan Weekly Menus

The best way to eat healthier is to cook more at home. Planning weekly menus ahead of time will help you to eat better, save time and money. Pick a specific time each week to write down your meal ideas. Once you have your meal ideas check your fridge and cupboards to see what ingredients you already have. Create your grocery list from your menu ideas for the week.



Join us for our Heart Healthy Eating Class!

Learn ways to improve your overall health and reduce your risk of heart disease. Facilitated by Karen Reitzel, Registered Dietitian. Located at Woolwich Community Health Centre, 10 Parkside Dr. St Jacobs

4 Sessions Available:

Thurs. Feb 14th 1-3pm

Tues. April 23rd 1:30-3:30pm

Wed. June 19th 9:30-11:30am

Thurs. Aug 15th 5:30-7:30pm

To register call WCHC: 519-664-3794

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SEND US YOUR JOKES!

Do you have a joke, riddle or something just too funny not to share? Feel free to spread the laughs with us here at embracingchangeinfo@gmail.com

We thank all participants for their submissions, due to space restrictions only selected entries can be featured in each issue.



HERITAGE WILMOT
HERITAGE DAY 2019

CELEBRATING MILLS FROM OUR PAST

FREE ADMISSION!

Saturday February 23, 2019
New Dundee Community Centre 10 a.m. to 3 p.m.
For more information call (519) 634-8444
www.heritagewilmot.ca

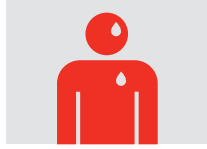


Heart Attack Emergency Checklist

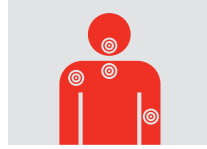
Learn the signs of heart attack



Chest discomfort
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

Fill out this information. Keep it handy by the phone:

Local emergency number: 9-1-1 or _____

Your address: _____

Your phone number: _____

Pre-existing medical conditions, medications, allergies (for each family member):

Name of family member	Pre-existing medical conditions, medications, allergies. <small>Your pharmacist likely provides you with a list of your medications when you visit. Staple that to this list!</small>

Emergency contact (could be a health care decision maker/power of attorney)

Name: _____

Phone number: _____

If you witness someone having a heart attack, do what you can to keep them safe and stay with them until help arrives.



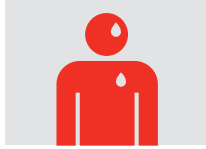
**Heart
&Stroke™**

Heart Attack Emergency Checklist

Learn the signs of heart attack



Chest discomfort
Pressure, squeezing,
fullness or pain, burning
or heaviness



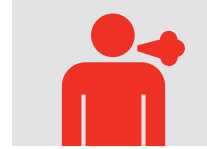
Sweating



**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 325 mg 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

Tackling the Winter Blahs

As we move past the excitement 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.

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 is required. **Join a class today at:**

- Hawkesville Community Centre
- Linwood Community Centre
- New Dundee Community Centre
- Pond View Retirement Community
- St. Clements Community Centre
- Wallenstein Bible Chapel
- Wilmot Recreation Complex

Participating in exercise classes not for you? There are many other ways to get exercise including taking a walk with a friend, joining a walking group, experiencing the many trails, using the indoor walking track at the Wilmot Recreation Complex or participating in many classes or activities. Staying active is a great way to tackle the 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 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 seniors 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. **Drop by your local centre:**

- Hawkesville Community Centre – Tuesdays and Thursdays 9 am to noon
- Linwood Community Centre – Mondays and Wednesdays 1 pm to 4 pm
- St. Clements Community Centre – Mondays and Wednesdays 9 am to noon
- Wellesley Community Centre – Tuesdays and Thursdays 1 pm to 4 pm
- Wilmot Recreation Complex (Active Living Centre) – Mondays, Wednesdays and Thursdays 9am to 4pm

While the winter blahs is common this time of year, it is very different from Seasonal Affective Disorder. If you find yourself experiencing depression, sleeping excessively, experiencing low energy or irritable talk to your doctor or a mental health professional.

COMMUNITY CARE CONCEPTS:

Exercise class for seniors!

No Registration Required.

Drop-ins Welcome!



WILMOT TOWNSHIP

Wilmot Recreation Complex

Mon, Wed & Fri

8:45-9:30 & 9:45-10:30

Active Living Centre

New Dundee Community Centre

Mon & Wed 1:00-2:00

1028 Queen St, New Dundee

WELLESLEY TOWNSHIP

Wallenstein Bible Chapel

Tues & Thurs 9:30-10:30

4522 Herrgott Rd, Wallenstein

Pond View

Tues & Fri 10:30-11:30

1 Pondview Dr, Wellesley

Club Room

Linwood Community Centre

Mon & Wed 2:00-3:00

5279 Ament Line Linwood

For more information please call:

519-664-1900 or 1-855-664-1900



COMMUNITY CARE CONCEPTS

of Woolwich, Wellesley and Wilmot

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- FREE Short Term Home Support

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Elmira**

**519-664-1900
519-662-9526**

**23 Church St.
New Hamburg**

**info@communitycareconcepts.ca
www.communitycareconcepts.ca**

Stroke & FAST Campaign

BACKGROUND

Stroke is a medical emergency. It is the third leading cause of death in Canada and a leading cause of disability.

The ability to recognize the FAST signs of stroke and act fast by calling 911 or your local emergency number can mean the difference between life and death, or the difference between a full recovery and lasting disability.

"FAST" is a national Heart & Stroke awareness campaign to teach Canadians how to recognize the signs of stroke and to treat them as a medical emergency. The ability to recognize a stroke and take quick action can mean the difference between life and death, or between a full recovery and lasting disability.

KEY MESSAGES:

- ▶ A stroke is a sudden loss of brain function.
- ▶ Stroke can happen at any age
- ▶ More than 400,000 Canadians live with long-term disability from stroke and this will almost double in the next 20 years.
- ▶ Stroke can happen at any age. Stroke among people under 65 is increasing and stroke risk factors are increasing for young adults.
- ▶ Stroke is a powerful predictor of dementia: Having a stroke more than doubles someone's risk of developing dementia.

FAST is an easy and memorable way to remember the major signs of stroke



Wellesley Township Seniors Drop-In Sites

Come and enjoy exercise, guest speakers, cards, games, crafts, activities, music and much more!
No registration required.

Hawkesville Community Center

Tues 9:00 am - 12:00 pm
Thurs 1:00 pm - 4:00 pm

Lindwood Community Centre

Mon 1:00 pm - 4:00 pm
Wed 1:00 pm - 4:00 pm

St Clements Community Centre

Wed 1:00 pm - 4:00 pm
Thurs 1:00 pm - 4:00 pm

Wellesley Community Centre

Mon 9:00 am - 12:00 pm
Wed 9:00 am - 12:00 pm



For more information call
519-664-1900 or 1-855-664-1900

SUBSCRIBE TO US!

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Check us out at: www.embracingchange.ca



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The Faces of February: Reflections on Spirituality and Aging

by: Jane Kuepfer, RP,
MDiv, PhD, Schlegel
Specialist in Spirituality
& Aging

Good Reads



Ageless Soul

by Thomas Moore

From Ageing to Sageing

by Rabbi Zalman
Schachter-Shalomi

The Spirituality of Age: A Seeker's Guide to Growing Older

by Robert Weber &
Carol Orsborn

February can be a dreary month.

The holidays are long over, but winter stretches on.

When we speak of the 'seasons of life': the springtime of youth, the productive work of summertime, and the satisfaction of our harvest years, we don't particularly look forward to a long stretch of winter. It can feel empty, lonely, cold. But in this spaciousness of winter we are offered unique opportunities: to slow down, to rest, to reflect, to let go, and to cherish and nurture what really matters.

As a spiritual care-provider in long-term care, and a researcher in the field of spirituality and aging, I am learning that the 'February' of our lives can be a time of much spiritual richness.

Let me offer a definition of spirituality that may help with understanding what I mean:

Spirituality is the dimension of human experience that has to do with meaning, memory and mystery, lived out through connection to self, others, nature and the divine. It can be both personal and communal, and finds expression in relationship, rituals, traditions, practise, stories, creativity, beliefs and values. One's spirituality both sustains vitality and mediates acceptance, and can enable one to cope with crisis, transition and circumstance.

When we define spirituality in this broad way, what are some components of your spirituality that will accompany you into later life? What are your spiritual resources? I define a 'spiritual resource' as anything, internal or external to a person, which is available to address deep human need for such spiritual values as love, hope, peace, and joy.

Perhaps you find hope in children, in the cycle of

nature regenerating, in your faith. You may receive and give love in networks of family and friends. Peace may come with reconciliation in relationships, quiet space, unhurried time. And joy is often in the little things: music, humour, surprise, beauty.

Many people find that connection to beliefs, a faith community, and/or religious practice is a rich spiritual resource for them. Some are inspired and comforted by the faith expressions in which they have been rooted from their youth, while others find that their spirituality has evolved significantly as they have lived life and processed the meaning of their experiences.

Though we've come through a time as a society when the realm of religion and spirituality was considered trepidatious, we are learning to think about spirituality differently. My hope is that new understandings of our human spirituality will lead to a more comfortable openness where resources of our faith traditions and our personal experience can be shared, overcoming our spiritual loneliness in the winter of our lives.

While February can be dreary, it can also be a time of hope and vitality. May the crisp air, and the sparkle of sunshine on snow, lift your spirits and open your heart to the richness of life as you contemplate what matters and what makes life truly meaning-filled for you.

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Your Oral Health: Word of Mouth

It's increasingly common to hear that oral health is vital for overall health. More than 80 percent of North Americans are living with periodontal or gum disease, which often goes undiagnosed. This may be because the patient's teeth feel fine, so he/she avoids going to the dentist, and visits to your family physician rarely focus on oral health.

Heart health is very important and taking care of your teeth is an important element and a proven way to prevent heart disease. Medical evidence based on research, supports the connection between oral health and heart disease. First, recent studies show that if you have gum disease in a moderate or advanced stage, you're at greater risk for heart disease than someone with healthy gums. And second, your oral health can provide doctors with warning signs for a range of diseases and conditions, including those in the heart.

Poor oral health can cause heart disease. In 2012, experts from the American Heart Association reviewed the available scientific evidence and concluded that poor oral health has been linked to cause heart disease — and that treating existing gum disease has been proved to reduce the risk of heart disease.

Furthermore, many studies have shown a connection between gum disease (periodontitis) and other serious conditions, including heart disease. Oral health and heart disease are connected by the spread of bacteria – and other germs – from your mouth to other parts of your body through the blood stream. When these bacteria reach the heart, they can attach themselves to any damaged area and cause

inflammation. This can result in illnesses such as endocarditis, an infection of the inner lining of the heart, according to Mayo Clinic.

Other cardiovascular conditions such as atherosclerosis (clogged arteries) and stroke have also been linked to inflammation caused by oral bacteria, according to the American Heart Association.

Research suggests that periodontitis (loss of jaw bone) is associated with an increased risk of developing heart disease and that people with chronic gum disease have increased thickness of

their neck blood vessels.

There is also a strong correlation between diabetes and cardiovascular disease, and evidence that people with diabetes benefit from professional teeth cleanings.

Oral health is a key to heart disease prevention, so it's important to take care of your teeth and gums:

- ▶ Brush your teeth at least twice a day.
- ▶ Floss daily.
- ▶ Replace your toothbrush every three months — or sooner if the bristles become bent.
- ▶ Scheduling regular dental checkups and cleanings is the KEY.

If you're concerned about heart disease prevention, ask your doctor about proven ways to reduce risk — such as stopping smoking and maintaining a healthy weight. The key to a happy healthy lifestyle is a happy healthy heart!

“Heart health is very important and taking care of your teeth is an important element and a proven way to prevent heart disease.”

If you have any questions related to your dental health, please contact Dr. Miyen Kwek or Dr. Manning Chiang at: newhamburgdental@communitydentalgroups.com or visit us at www.newhamburgdental.ca

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Community Dining For Seniors

Community dining combines food, fellowship, information and entertainment. Lunches are held monthly from September through June.

WILMOT TOWNSHIP

Zion United Church, 215 Peel St., New Hamburg
1st Wednesday of each month. Cost: \$12.00

Wilmot Recreation Centre, 1291 Nafziger Rd., New Hamburg
4th Thursday of each month. Cost: \$7.00

WELLESLEY TOWNSHIP

Linwood Community Centre, 5279 Ament Line, Linwood
4th Wednesday of each month. Cost: \$12.00

Wellesley Community Centre, 1000 Maple Leaf St., Wellesley
3rd Wednesday of each month. Cost: \$7.00

Doors open at 11:30

Lunch is served at 12:00

Registration Required 2 Days Prior To Event

Regular schedule may change due to holidays or weather



For Information or to Register Please Call

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