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VOL 3 ISSUE 5 JANUARY 2021

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Feature Business
of the Month

PHARMASAVE

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



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LETTER FROM THE EDITOR

Out with the Old, in with the New!

I think we can all agree that 2020 was a tough one. From the pandemic to politics, we have been through a lot and a reset feels long overdue. At last, we are at the start of a brand new year. Out with the old ... In with the new!

In January we want to recognize Alzheimer's Awareness Month.

Stigma is one of the biggest barriers for people living with this disease. If you or someone you know needs help navigating the dementia journey, please reach out to the Alzheimer Society of Waterloo Wellington by calling them at 519-742-1422 or visiting online at www.alzheimerww.ca. They can help you to manage the challenges and see dementia differently. Michelle Martin, the Executive Director of the Alzheimer Society of Waterloo Wellington has a great message on page 5 about their "Finding your way home program".

On The Cover

Beverley & Edward Leonard from Baden are two appreciative riders of Kiwanis Transit. Find the full cover story on page 8.

Cover story written by Patricia A. Olson

Cover Photo Credit: Charles Okum/@mirror_with_a_voice is a freelance photographer who lives in New Hamburg. His passion is preserving memories.

Self-Care Tip ~ Nourish yourself

Nourishing your body is the most basic form of loving yourself, so this month become mindful of what you put in your body – give it what it loves. Start your day with a healthy breakfast, treat yourself to a piece of dark chocolate and make time to cook yourself a nutritious dinner full of healthy foods. The way we feed ourselves reflects how we love ourselves. So get good at nourishing yourself and you'll lay strong foundations to self-love.

So long, 2020. Our sights are set on a bigger, better, greater new year. Wishing all of our readers a happy and healthy 2021!

Tara



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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.*

The Opening of the Wellesley - Philipsburg Highway

Nancy Maitland, Wellesley Township
Heritage and Historical Society



The official opening of the newly paved “highway” between Philipsburg and Wellesley took place on Wednesday, September 21, 1927. There were representatives of all levels of government in attendance, including Hon. W. D. Euler, Minister of National Revenue, the MP of the area, the MPPs from Wilmot and Wellesley and the township Reeves.

The festivities started in Philipsburg where a large number of citizens had gathered. Warden Forbes cut the ribbon which had been strung across the road under an arch of evergreens. He said the highway “would materially assist in solving transportation problems of that part of the county.” He was given a bouquet of flowers by two little girls from Phillipsburg: Frieda Wagner and Minnie Doering. Music was provided by the New Dundee Band and the local school children.

After the ceremony in Philipsburg, a procession of cars decorated for the event proceeded to Wellesley where more speeches were presented by local dignitaries. Tributes were made to the late John Reiner by W. G. Weichel, MPP for North Waterloo. He said that Reiner’s prediction that the area would secure the railway or a good road had come true and he was sorry that Mr. Reiner had not lived to see it fulfilled.

The formal part of the programme ended when flowers were presented to the visiting dignitaries by four girls of village - Esther Lichty, Ruth Best, Frances Reiner and Ruth Stahle.

The day ended with a street dance “participated in by young and old” with music supplied by Ney’s Orchestra of Sebringville and the New Dundee Band.

It is not known if the ribbon shown here was presented to dignitaries or all attendees. Do you have any memories or photos of this event? If so, please contact us at info@wellesleyhistory.org



COMMUNITY MEMBER MESSAGE FROM

Michelle Martin

EXECUTIVE DIRECTOR
OF ALZHEIMER SOCIETY WATERLOO WELLINGTON

If there's one thing we've learned over these last few challenging months, it's that we need to support our neighbours and come together as a community— for connection, for moments of joy, for survival. When we had to close our offices last year, we immediately began planning how we would continue to support members of our community online through virtual programs and weekly newsletters. We have been so proud of our colleagues in the community, and to see programs pop up across our region to help seniors learn technology, and connect with others to combat feelings of isolation.

But COVID-19 and isolation are not the only challenges that families with dementia are facing right now. Did you know that 60 percent of people with dementia-related memory problems become lost at some point? We at the Alzheimer Society believe that we all have a responsibility to help people living with dementia to be safe in their community.

For many people, getting lost happens without warning. Familiar surroundings may suddenly become strange to them. They get disoriented and are unable to find their way home. But becoming lost isn't just distressing; it can be dangerous. Half the people with dementia who go missing for 24 hours end up seriously injured or dead. Would you know what to do if you came across someone in public who was lost or confused?

It's important for all of us as community members to learn the signs, understand what to say and do, and how to get the individual back home safely. If you come across someone who looks confused or disoriented, is inappropriately dressed for the weather, standing still looking around for a long

period of time, pacing, or repeating the same question or statement within a short period of time, they are likely lost and need your help. Speak slowly and calmly, ask yes or no questions, and speak slowly and calmly. Be sure to approach the person from the front, identify yourself, maintain eye contact, and call 911 and wait for police to arrive.

Our Finding Your Way program helps families be prepared for incidents of going missing, and ensures that people with dementia can live safely in the community. The balance between independence and safety is a delicate one. Having a safety plan and/or a locating device can shorten the time spent searching for a lost person with dementia and can reduce the harm. If you are worried about someone you know going missing, reach out to us at asww@alzheimerww.ca or call us at 519-742-1422.

We look forward to another year of building connections, and making our community safer and less isolating for families impacted by dementia, whatever challenges come our way in 2021. We're all in this together.

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Town Pantry News from Heather and Jane

The new year is upon us, and we are here to help make it a happy and healthy one for you. As always, our Juice Bar is serving up delicious Protein, Keto and Paleo shakes and fresh juices along with some new additions to the menu. We now carry Grab and Go pre-made salads and soups. For a quick meal at lunchtime or supper these new additions to the Juice Bar will make life easier and healthier.

Come in and check our delicious selection of hot drinks including Baden Coffee and Jane's own Supreme Hot Chocolate made with spinach, dates, flax and chia seeds and much more. We also have Regular, Mint, Mexican and Egg Nog hot chocolates when available. Jane can top them all up for you with whip cream and chocolate goodies. Jane has also created a delicious and healthy Ginger Lemon Turmeric tea perfect for boosting immunity in this winter season. Ginger shots are also available upon request. If you need a little snack with your hot drink from the Juice Bar we have you covered with healthy cookies, including the customer favourite Flax Seed Cookie. We also carry a large selection healthy snack bars including gluten free and Keto options.

In the store, we have a great selection of products to boost your immune system and keep you healthy this winter. Here are a few of my top picks:

Vitamin D: Organika Serenity Magnesium and Vitamin D Powder

Vitamin D has been talked about a lot in the midst of the pandemic we are in. Research has shown that healthy levels of Vitamin D can strengthen the immune system and help to prevent respiratory illness. This magnesium and vitamin D powder contains 125 mg of magnesium and 1000 IU of vitamin D in just a quarter of a teaspoon. It is available in unflavoured and lavender and mint flavour. I love the lavender and mint in my peppermint tea in the evening but that is not the most impressive thing about this product. Magnesium is required to convert Vitamin D to its active form, thereby helping to balance out calcium levels in the blood, which is regulated by Vitamin D. Taking your vitamin D with magnesium is a perfect pairing.

Vitamin C: Sisu Ester-C

Sisu's Ester-C vitamin C is a specially formulated non-acidic, easy to digest form of Vitamin C. It is clinically proven to last up to 24 hours in the white blood cells of the immune system. This provides advanced immune system support and antioxidant activity. Sisu's Ester-C Vitamin C is also an ingredient in their Ester Aces and their Cold and Flu Rescue with Ester-C.

Lung Health: Healthology Lung Fx

You may not be familiar with Healthology yet, but they are coming out with great new products. Although still very new, our customers have given us positive feedback about the Healthology Lung Fx. Lung Fx contains NAC, fenugreek seed, hyssop, mullein leaf, ginger and reishi mushroom. It works in three ways to help with both temporary lung issues such as colds, flu and allergies as well as chronic issues such as asthma. First, it helps to heal and protect the lungs with powerful antioxidants. Secondly, it works to cleanse and detoxify the lungs by expelling excess mucous. Lastly, it helps to relax and open airway passages by reducing inflammation.

Probiotics: Silver Linings

Silver Linings is our best selling probiotic and most highly recommended by our staff. It contains a prebiotic, probiotic and digestive enzymes all in one tablet. This combination helps to properly digest food, increase immune function, improve digestion, limit intestinal upset (diarrhea, constipation, IBS), limit the growth of harmful bacteria and stimulate the growth of healthy bacteria.

We also have a great selection of teas and healthy snacks for cozy winter evenings at home. Our popular Hardbite chips are now available in new flavours, including sweet potato varieties. We have recently introduced a new addition to our tea collection, Heath and Heather. These organic teas come in a variety of unique flavours such as Green Tea with Coconut, Green Tea with Manuka Honey and White Tea with Fennel and Peppermint. Our Juice Bar is growing every day and we are so excited about the new products we are bringing into the store. We are eager to share our enthusiasm and our passion with you, so come and see us soon.



We are all independent by nature. Having the ability to look after ourselves and not be dependent on our care givers, helps us retain our sense of independence and confidence. Kiwanis Transit provides a convenient transportation solution when it becomes too stressful for us to get behind the wheel to drive to our medical appointments, pick up our groceries or simply go shopping.

Kiwanis Transit has been helping senior or disabled residents living in the Townships for over 28 years. They provide transportation service with 9 wheelchair accessible buses and 3 passenger vans.

Eligible riders appreciate the convenience of being picked up at their rural home to be safely and professionally transported to their requested location. Riders and their care givers

see the enormous benefit of having this service available for a set fee.

For those residents coming from a city environment where they were used to public transportation, **K-Transit is the solution!** To the riders, it offers a certain peace of mind knowing that they can live in the region having a safe professional transportation service available to them.

Cheryl Fisher, General Manager of Kiwanis Transit has been with the organization since its inception 28 years ago. She shared that the non-profit organization was established in 1992. She stated that “the lack of transportation and the loss of ability to get around creates isolation and loneliness for many. A person’s confidence is taken away when they feel required to depend on someone else. **Even though we take pride with our small-town resourcefulness and neighbourly attributes, everyone seeks the feeling of freedom - the ability to come and go as you please.**”

The nominal cost of \$3.25 per each is a great benefit to eligible riders. There are also reduced tickets and reduced monthly passes available. For more information please contact K-Transit at: www.k-transit.com or 519-669-4533 or toll-free 1-800-461-1355. As the Township of Wilmot continues to attract newly retired citizens, Cheryl foresees the value and need for the services of Kiwanis Transit continuing to be essential.

Cheryl is immensely proud of the Kiwanis Transit Team and how they care for their riders. In 2019, over 51,000 rides were provided for their 2,200 registered users. In that year alone, 792,000 kms were travelled throughout the townships and city roads.

Eligible residents are appreciating the door to door service being provided. However,



Cheryl indicated that Kiwanis Transit wanted to reach out to ALL persons in the community. Therefore, in September 2018, a pilot project was launched to begin a community bus. This Community Bus is available to all residents and has a circular route of 25 stops travelling on the perimeter of Elmira. Riders now have the freedom to travel without calling to arrange a ride. Cheryl was proud to share that the response has been tremendous!

The Kiwanis Transit team looks forward to their future of giving to the Region after such a progressive 28 years. With focus being on the changing transportation needs of the communities, **Cheryl Fisher feels that Kiwanis Transit has an opportunity to continue to make a difference in the lives of their riders.**

Lastly, Cheryl graciously offered that her General Manager role is something that she has never taken for granted, and that she feels blessed to be working with such a professional and dedicated team.

Beverley & Edward Leonard are two appreciative riders who were eager to share their positive experiences using Kiwanis Transit. Imagine! says Beverley. “To head off shopping to Conestoga mall and to be picked up right at your front door at 10:00am and then brought back home at 3:00pm, it is just wonderful! **They are simply great people.**” Edward enjoys visiting with the other passengers. “This is not just a transit service, but a chance for us to socialize and laugh with a variety of other Wilmot residents at the same time. Very stimulating!”

The Leonards moved from Bracebridge to Baden ten years ago to relocate closer to family. They were both happy to share how they loved their friendly Baden community where “everyone helps everybody else out”. They are also totally content being the “old folks” in their young neighbourhood and say that they benefit from the youthful energy of the families around them.

Once settling into their new home, they noticed an ad for the Kiwanis Transit bus services. Soon, they were off to various medical appointments in Kitchener, including Ed’s cancer treatments and going to the dentist. They immediately

noticed that having KT doing the driving took pressure off themselves and their family.

With Edward now 84 and Beverley 80, the two spirited octogenarians are celebrating 63 years of marriage. They both found it remarkable how valuable Kiwanis Transit has been to their lives, offering them freedom and independence, mixed in with a healthy dose of socializing and fun. While having the bonus of enjoying meeting and visiting with other travellers, they were initially “shocked when they discovered that this service wasn’t just for medical appointments”.

Edward enthusiastically shared that KT drivers are fantastic. **“They drive professionally, and the passengers are never nervous with them behind the wheel”**. To emphasize his point, Edward remembered the time when leaving his house, he unfortunately fell on the steps of his house. The driver immediately came to his aide, helping him from the house to the bus and ensuring he was well. Ed said that the drivers insist that the passengers take their time and not feel pressured to rush. Later that same day, Kiwanis Transit called Edward and Beverley just to check on Ed and make sure he still got to his appointment OK and was feeling better at home safe and sound. He closed his story with “I sing their praises all the time!”

Both Beverley and Ed see themselves as dedicated promoters of Kiwanis Transit. They said that the combination of feeling safe with a competent driver behind the wheel together with the convenience of door to door transit service gives riders the freedom to maintain their independence while enjoying a secure socializing opportunity.

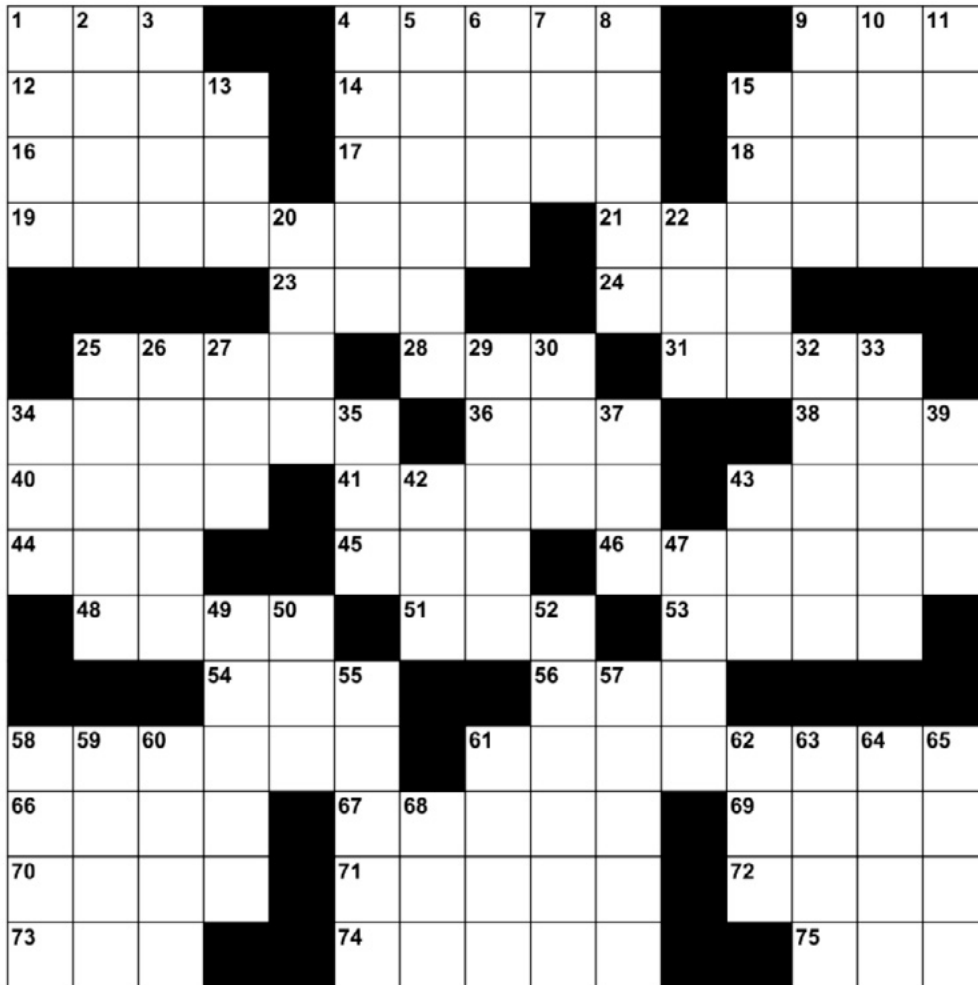
In closing, they shared **“If you haven’t yet tried KIWANIS TRANSIT, you are missing out on a great experience!”**

By Patricia A. Olson | Embracing Kiwanis Transit!

Tara Bott’s Embracing Change Magazine provides information on many of the excellent community resources available for seniors to age in place. How fortunate for us that the Kiwanis Club of Elmira and later the Region had the foresight to foresee our transportation needs

JANUARY CROSSWORD

Happy New Year!



By Evelyn Johnson - www.qets.com

Solutions on Page 16

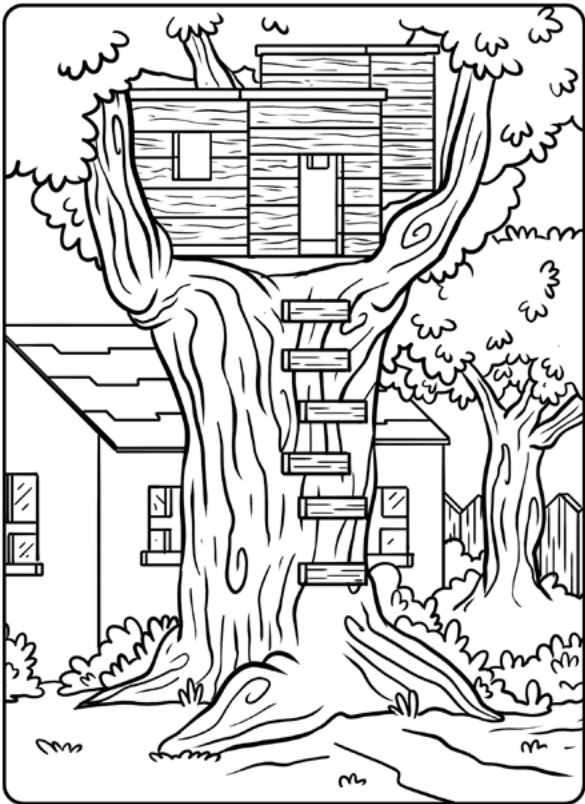
DOWN

- 1 Limited (abbr.)
- 2 Expression of surprise
- 3 Really cool
- 4 Press with lips as a sign of love
- 5 Fragrances
- 6 Mouth part
- 7 Organization of Petroleum Exporting Countries
- 8 European monetary unit
- 9 Bridge
- 10 Character on "Saved by the Bell"
- 11 Celebration
- 12 Those who are opposed
- 15 One-celled water animal
- 20 Scriptural your
- 22 What is served for meals
- 23 Chances of winning
- 24 In ___ of (instead of)
- 25 Covered stadium
- 27 What an orchestra makes
- 30 Affirmative gesture
- 31 Drinking aid
- 32 Party favor
- 35 _____ Lauder makeup
- 37 Merriment
- 38 Time period
- 39 Give off
- 40 Get from the earth
- 41 Verge
- 42 Elk's cousin
- 44 Believer in Islam
- 45 Annoyed
- 47 Uses
- 48 Representative
- 49 Christian sect that separated from the Mennonites
- 50 Igniter
- 54 Hormone
- 55 Tropical edible root
- 56 Blemish
- 58 What a clock tells
- 61 Can metal
- 63 Delaware
- 64 Wing
- 65 Dined

ACROSS

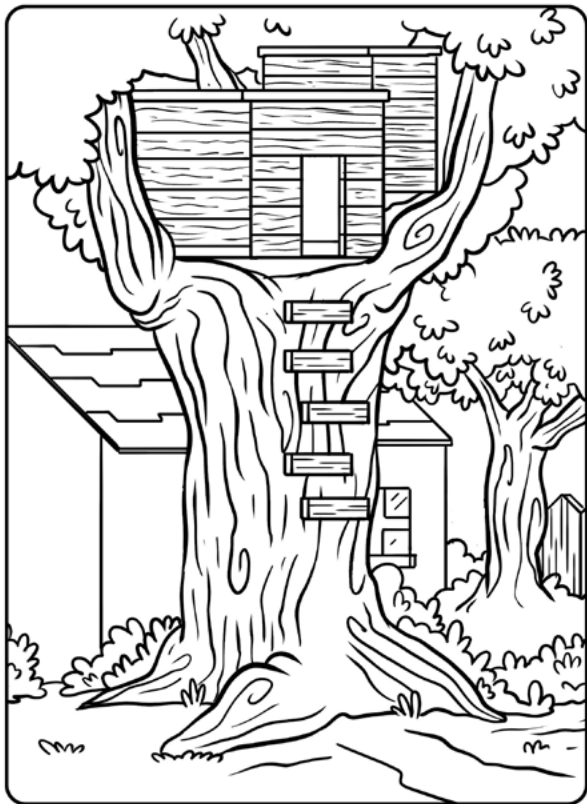
- 1 American oriole
- 5 Lotion ingredients
- 10 Resort hotel
- 13 Siamese
- 14 Shred (2 wds.)
- 15 Actor Alda
- 16 Pops
- 17 Musical production
- 18 Marketplace
- 19 Short-term memory
- 21 Small pieces of colored paper
- 23 Aged
- 26 Type of meat
- 28 Does what their told
- 29 Greek god of wine and revelry
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- 36 Took to court
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- 42 Ticket
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- 67 Pathway
- 68 Thaw
- 69 Dress edge
- 70 Brass instruments
- 71 Women's magazine

Laughing Matters!



SPOT THE DIFFERENCE

Can you spot the 8 differences between these two pictures?



NO HAIR SALON OR CLEANING

Feeling down about my thinning hair, I told a friend, "Soon I'll never need to go back to the beauty salon. Whenever I vacuum, all I pick up is my hair." A glass-half-full kind of gal, she responded, "Well, then you won't need to vacuum either."

YOUNG AND BAD

I asked my 91-year-old father, "Dad, what were your good old days?" His thoughtful reply: "When I wasn't good, and I wasn't old."





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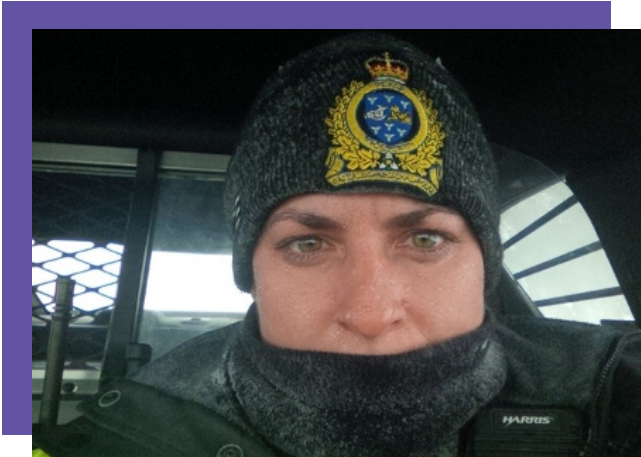
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Message from Sergeant Kelly Prebble

Rural Division
Waterloo Regional Police Service



I am very happy to say good-bye and good riddance to 2020, and a big hello to 2021, and as we roll into the new year we also roll into our favourite season, winter. I shamelessly admit I like winter. I do not like the cold, damp, icy, snowless winters. I like a winter with snow, lots of snow so I can enjoy all the recreational activities winter has to offer. I like waking up to fresh fallen snow. I love to go snowshoeing, cross-country skiing, or hiking and I do not even mind shoveling snow.

What I do not like about winter, is working in winter. I have spent many years patrolling in our rural communities and I speak from experience; the most challenging part of policing in rural is the weather.

One particular night shift the fog was so thick I had to drive with two tires on the gravel shoulder just to know where the pavement was located. I also worked the night of the ice storm in April of 2013. Trees were falling from the weight of the ice and hydro poles were snapping in half. I recall the first winter I was working in the Townships, and I was assisting another Officer at a collision scene, the wind was howling across the open field causing whiteout conditions and the every breath was met with cold bitter air. I quickly realized I was ill prepared to handle the winter conditions if I was ever stranded on our rural roads.

I went home that night and assembled what I called a “cold weather kit”. I had packed a duffle bag with

my snowmobile boots, ski pants, bright orange fur hat, a neck warmer, heavier gloves, heat packs and extra socks and I carried it with me at work and in my personal car.

Every year we are reminded to drive “according to the conditions”, “slow down”, “give yourself extra time,” but the best advice is to stay home until the storm has passed and driving conditions improve. If we cannot avoid travelling in inclement weather, how do we prepare ourselves to navigate the challenging drive?

Check your car

- Make sure all lights are working properly, including the 4-way emergency lighting
- Carry an ice scraper
- Use washer fluid effective to -40 degrees Celsius
- Carry a jug of washer fluid in your car
- Keep the fuel tank at least half full
- Install winter tires

Plan ahead

- Check the weather
- Check the road conditions and closures
- Use good judgement – delaying the trip may be the best option
- If conditions worsen while driving find a safe place to pull off the road and wait
- Let someone know the route you are travelling

Be Prepared

- Make sure your cell phone is charged
- Have your “cold weather kit” ready
- Have non-perishable food items, ie granola bars, water
- Keep a flashlight, blanket, jumper cables, warm clothes, shovel in your car

Remember we are sharing the road with snowplows and slow moving vehicles, conducting snow removal work. If you see a road closed sign, obey it, the road is closed for your safety. Slow down, stay alert, stay off the phone and stay in control.

These winter driving tips above can be found at www.ontario.ca/winterdriving

For road conditions and closures;

Ontario.ca/511

Call 511 (hands-free)

@511Ontario

For other road safety tips, visit www.wrps.on.ca/en/staying-safe/traffic-and-road-safety.aspx

Sunglasses In The Winter



When we think of winter accessories, the first things that come to mind are warm coats, plush scarves, and a snug pair of boots. There's another essential item to add to your list: a good quality pair of UV-blocking sunglasses.

But why is it so important to wear sunglasses when the sun seems to be hiding behind clouds on most days? Let's explore the reasons why you should protect your eyes from the sun in the winter.

Changing Temperatures and Protection from the Elements

Irritating symptoms like dry, red, or watery eyes are often due to the season's cool and harsh winds. The colder the air, the stiffer and thicker the eyes' tear oils (meibum) become. Because thicker meibum doesn't spread as evenly over the surface of the eyes, the tears can't offer sufficient protection and moisture. Aside from its drying effects, wind can carry dust, debris, and pollutants that can irritate the delicate areas in and around the eyes.

Well-fitting wrap sunglasses offer the best protection from the cold and outdoor elements.

UV Rays

Exposing your eyes to the sun's harmful ultraviolet (UV) rays is problematic year-round, as it can result in serious eye diseases, such as cataracts and macular degeneration. That's why it's important to wear 100% UV-blocking sunglasses anytime you're outdoors, no matter the season.

Make sure to sport your sunnies even on cloudy days, as up to 90% of UV rays pass through clouds. Furthermore, a fresh blanket of snow reflects a significant amount of UV rays into the eyes.

Dangerous Sun Glare

The sun can also produce a brutal glare that poses a danger for driving. Rays of light that reflect off the snow can be so bright to the point of blinding the driver.

Polarized lenses specifically reduce the sun's

harmful effects by filtering out the UV and glare reflected by snow on the road.

Looking for Sunglasses Near You?

Here's the bottom line: you need to protect your eyes by wearing sunglasses in the winter and year-round, no matter the season or climate. Investing in a stylish pair of durable, UV-protective sunglasses is — simply-put — a worthwhile investment in your eye health and could potentially prevent a car accident.

If you're looking for advice about a new pair of high-quality sunglasses, with or without prescription lenses, visit Dolman Eyecare Centre and Sunglass Cove in New Hamburg. We're happy to help you find that perfect pair to protect your eyes, suit your lifestyle needs and enhance your personal style.

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With or without dementia, we all want the same simple things

Jill Simpson is a senior's fitness and positive-aging specialist. She is the developer of The Great Brain Workout. Her classes, talks and workshops run at the Woolwich Seniors Association and throughout Kitchener-Waterloo. To join a Great Brain Workout class email: thegreatbrainworkout@gmail.com

This morning as I drove to class, I listened to an interview with Lisa Raitt, former MP and Deputy Leader of the Opposition. It was a blunt and poignant discussion of her role as caregiver to her husband who has young-onset Alzheimer's disease. It brought back memories of the eight years I spent as a caregiver to my parents. Raitt's plight made me feel that I had gotten off easily, although it certainly did not feel so easy at the time.

The interview also took me back to my work with the Alzheimer Society and all the incredible couples I met along the way who were dealing with this cruel disease. They were the people who inspired the creation of the Dignity and Vitality in Dementia Study.

The study looked at a broad spectrum of scientific research. What is the prevalence of Alzheimer's in other cultures? How does lifestyle affect long-term brain health? How do diet, exercise, environment and social connection affect the aging brain? How do other cultures view dementia, and how

do their cultural beliefs affect those living with cognitive decline? What I found was surprisingly uncomplicated.

Those with dementia want exactly the same things from life as everyone else.

Whether in the jungles of Panama, on top of a mountain in the Himalayas, or the 3rd floor of a long-term care, what universally makes life worth living is four simple things: an abiding sense of social connection, a deep sense of self-worth, a strong sense of dignity, an ongoing sense of purpose.

Now that may sound obvious and simple, but it is incredibly complicated to provide for someone with dementia. In the end, as a caregiver it is about being able to step out of your world and into the world of your loved one, no matter how illogical or crazy dementia has made that person's world. Only then can you begin to see all the creative ways you can fulfil the needs of the person for whom you are caring. Only then can you and your care receiver make the journey through the world of dementia together.

A great caregiver looks for what I call 'confirmation moments.'

Little moments that demonstrate to your loved one that there is a solid and abiding bond between the two of you. Moments that affirm the person's self-worth and moments that say to them that there is still a purpose to their lives. For my dad, it was frying pancakes on Sunday morning. Yes, I had to watch that he did it safely, but I wasn't just patronizing him by pretending he was helpful. I had set it up for him to succeed and to contribute. It gave him that precious sense of still having connection, purpose, self-worth and dignity.

Your caregiver's mindset has everything to do with how you and your loved one fare. Becoming a caregiver is like getting a gift certificate for a course on personal growth.

Love conquers all... No, it doesn't, but it certainly makes the journey better.

Sometimes it is incredibly hard to keep putting one foot in front of the other when there is no light at the end of the tunnel, but as Lisa Raitt said, "It's just part of life." That is what love is all about, taking the journey hand in hand... wherever it may lead.

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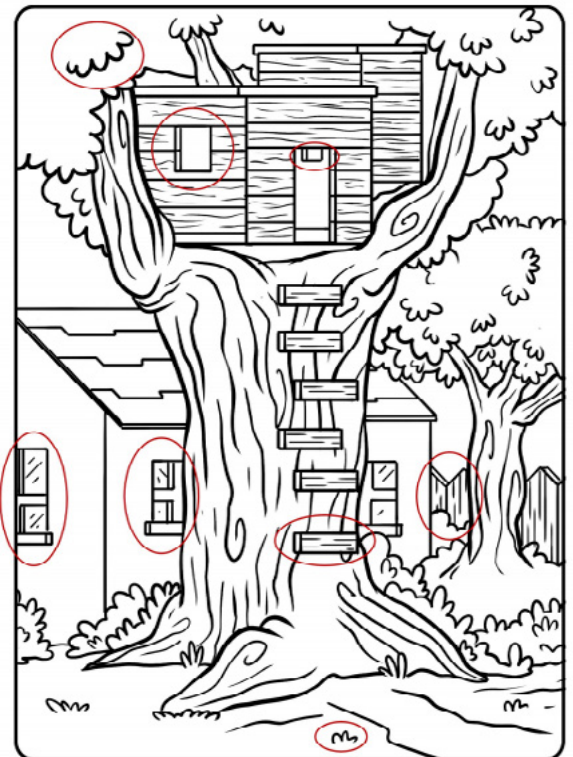
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Ask the Doctor

with Dr. Nicole Didyk

Question: What causes Hemorrhoids in older adults? Can I treat them on my own, or should I see a doctor?

Hemorrhoid veins are a normal part of the anal canal anatomy, but they can cause some bothersome symptoms when they become inflamed or have a thrombosis (blood clot). Hemorrhoids are more common in older age, and can be caused by diarrhea, prolonged sitting, straining, and chronic constipation. About 4% of adults report hemorrhoid issues.

Hemorrhoid symptoms can include:

- Pain, itching, or a feeling of fullness in the rectum
- Bleeding
- Mild loss of bowel control

Most people try to tackle hemorrhoids at home with an over-the-counter ointment or cream, but I would recommend seeing a doctor about your hemorrhoids. Your doctor or nurse practitioner can take a look at the affected part of the body and make sure there isn't a more serious cause for the symptoms. Some hemorrhoid problems need surgery to be fixed. Also, the over-the-counter remedies aren't recommended for long-term use and can cause unwanted side effects to the skin and anal lining.

To avoid hemorrhoid problems, we recommend habits that reduce the chances of constipation or strenuous bowel movements:

- Taking enough insoluble fibre (that's something like wheat bran or prunes, not fresh fruits and vegetables, which are a source of soluble fibre), about 20-30 g per day. Six prunes have about 4g of fibre in them.

- Drinking adequate water (1.5-2 litres a day)
- Not hanging out on the toilet for longer than necessary (to read or do a crossword puzzle for example)
- Getting regular exercise
- Reviewing medications to avoid those that can cause constipation.

Thanks for asking about this common problem, that some people find embarrassing to discuss. It's important to seek help for any issue that concerns you, even if it means you need to share uncomfortable information or have a private body part examined by a health professional.

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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Burt Flood was only 15 when he began working for Fred Daniels in the plumbing trade. He never imagined that he would be a plumber for the next 50 years and own a successful plumbing/heating business. Burt and his business were “fixtures” in New Hamburg for years.

He worked for Daniels for 11 years and then for Lloyd Hagen until 1976 when he bought Hagen out and started Flood’s Plumbing and Heating.

Burt was good with his hands. He had been trained as a plumber but was self-taught in heating. He was never afraid to take things apart and fix them. He built his mechanical business over the years and employed many great workers such as Bruce Baechler.

Burt was born in 1939 in New Hamburg and grew up at 237 Peel [on the corner of Boulee] with 16 siblings. He was very much like his Dad, Wes, who worked hard to support his family of 17 children. He had the big heart of his Mom, Jesse, whose job was to raise all the children. Burt learned his work ethics from his parents as did all of his siblings.

In 1958, he married Marg Faulhafer and soon after, there were four more Floods: Brad, Barry, David and Ann. After working during the day, he would return home to his family and continue to work inside or outside. Yet he knew the importance of family time and scheduled Friday afternoons off and took his family on many vacations: family came before money.

Burt owned a cottage in Parry Sound that he loved and he maintained that property as well. He loved to fish for Walleye and Northern Pike. He would catch and clean them and Marg would cook them to perfection. Burt and Marg sold the cottage in 2000, just before he retired as it was becoming too onerous to take care of and traffic had become too heavy.

Burt’s other hobbies were woodworking, gardening, cutting grass, playing cards, and helping people fix or make things. He loved sports and had played baseball and coached hockey. He took up golf when he retired.

Burt eagerly retired in 2004 to spend more time in leisure activities with Marg. One of the first things he did was to remove all the boards on his cedar deck, planed and stained both



In Memory of Burt Flood

By Marie Voisin

sides and reinstalled them.

Burt was a private person and quiet and had a very big heart: he did work for people knowing they could not pay him; he cut a neighbour’s grass when he was unable to do it; and he worked on the Habitat for Humanity in New Hamburg. Integrity, honesty and dependability were things that Burt valued in business and home life. He never took short cuts as he was a perfectionist.

Burt’s health began to decline in early 2019 and he and Marg downsized to an apartment at Nith Terrace. He had been plagued with diabetes for a number of years. Dementia stuck its talons



into Burt: he began to mix up his days and nights and was constantly confused. He wanted to get out and go home not realizing he was already home. Mornings were especially

difficult for Burt. His son, David, would go to his parents' home every morning with a McDonald's coffee. The coffee and the talks with David would help Burt set his mind for the rest of the day. In December of 2019, Burt became a resident of Nithview Homes where he was monitored constantly. Two weeks later, Burt passed away quietly on January 28, 2020 at the age of 80. He was the fourth of his siblings to pass away.

When Burt died, coincidentally, Flood's Plumbing and Heating closed at the same time. In 2004 when Burt retired, his son, David, took over the business. David maintained the same dedication and quality of workmanship as his father had. He had worked for his father beginning in 1984. However, times changed and David found it difficult to maintain good workers: they could work for larger companies that could pay higher wages and provide more benefits. In addition, the quality of parts was declining. Manufacturers began to use cheaper parts that broke down or were faulty. The manufacturers were slow to respond to the problems that arose and Floods took the "heat" when they explained to their clients why things were not working. Thus, David closed up the shop in January 2020 as he could no longer provide the same quality of work as he and his father

had provided in the past.

David's friendship with his dad was special. He missed Burt's humour and access to advice as Burt knew so much about so many things. He was good at dealing with small and large problems, remaining calm while he thought things through. David's take away from Burt's life is that Burt lived his life honestly and helped and looked out for others. David aspires to be more like his Dad and he will be forever grateful to his dad as he wouldn't be where he is today without Burt.

Marg turned 79 on July 2 is still living at Nith Terrace. You will often see her driving around New Hamburg on her bike. Perhaps she should have a small sign on it that says, "Floods" to remind us of Burt and his business. She misses her best friend but is reminded of him by her four children, eight grandchildren and one great grandchild.

The death of Burt Flood coincided with the closing of Flood's Plumbing. Both Burt and his company were important to the vitality of New Hamburg. You will no longer see Flood's Plumbing vans driving through Wilmot Township but you will hopefully remember the local company and its founder who has have passed on to the great beyond.

***this article was originally published in the New Hamburg Independent*





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Ideas For Thanking Your Family

Although 2020 may have been a difficult year for you, as it has been for many people, you can probably still find things for which you can be thankful – such as your family. How can you show your appreciation for your loved ones?

Here are a few suggestions:

Invest in your children's future. If you have young children – or even grandchildren – one of the greatest gifts you can give them is the gift of education. You may want to consider contributing to an RESP.

Be generous. Do you have older children, just starting out in life? If so, they could well use a financial gift to help pay off student loans, buy a car or even make a down payment on a home. Of course, you don't have to give cash – you might want to consider presenting your children with shares of stock in companies they like.

Review your insurance coverage. If you weren't around, it would leave some gaping holes – financial and otherwise – in the lives of your family members. That's why it's essential you maintain adequate life insurance. Your employer might offer a group plan, but it may not be sufficient to meet your needs. There's no magic formula for determining the right amount of coverage, so you'll have to consider a variety of factors: your age, spouse's income, number of children and so on. Also, you may want to consider disability insurance – if you were unable to work for a while, it could cause a real problem for your family's finances.

Preserve your financial independence. When your children are young, you take care of them. But you certainly don't want them to have to do the same for you – so it's essential you maintain your financial independence throughout your life. You can do this in at least a couple of ways. First, consider investing regularly in your Registered Retirement Savings Plan (RRSP), Tax-Free Savings Account (TFSA) and other investment accounts. The greater your resources during your retirement years, the less you may ever need to count on your family. And second, you may want to protect yourself from the devastating costs of long-term care, such as an extended nursing home stay. A financial professional can suggest a strategy to help you cope with these expenses.

Create an estate plan. To leave a legacy to your family, you don't have to be wealthy – but you do need a comprehensive estate plan. You'll have to think through a lot of questions, such as: Have I named beneficiaries for my registered accounts? How much do I want to leave to each person? Do I need to go beyond a simple will to establish more complex strategies? For help in answering all these issues, you'll want to work with your financial and legal advisors.

By making these moves, you can show your loved ones, in a tangible way, how much you value them.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Financial Advisor

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Late last year, we told you that the Ontario government was eliminating the Ontario Health Insurance Plan’s (OHIP’s) limited coverage of emergency out-of-country medical costs effective January 1, 2020. In response, however, the Canadian Snowbirds Association challenged Ontario’s move as a violation of the Canada Health Act.

This past September, the Ontario Divisional Court sided against the government and ruled that OHIP must resume the same emergency out-of-country coverage provided prior to January 1, 2020: inpatient

services up to \$400 per day for a higher level of care and up to \$50 per day for emergency outpatient and doctor services.

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Jugglers and Clowns: We've All Got It Coming!



by Fred Parry

“I knew a man Bojangles and he’d dance for you/ in worn out shoes/ Silver hair, ragged shirt and baggy pants/ the old soft shoe”

– Mr. Bojangles by Jerry Jeff Walkers

Sitting down outside the liquor store, playing a beat up old acoustic guitar, he didn’t have to sing the blues ... he was the blues: thick, nicotine stained fingers strumming the strings, a Tim Horton’s coffee for sustenance and a ‘Maple Leafs’ tin cup for tips ... on this cold, windy day.

As he nodded a friendly smile to oblivious shoppers flying by, he took it all in stride: just another day ‘at the office’, rain or shine ... working the crowd like a master showman, with no apologies.

“Hey Mr. Tambourine man play a song for me/ I’m not sleepy and there is no place I’m going to” – Tambourine Man by Bob Dylan

At first, I took exception to him as just another panhandler, as I slowly slid a coin back into my pocket. But then, I realized what’s meant by the expression: “the hardest working man in show business”. I mean, could just anyone do this? And, who was I – looking down from my lofty tower of forgetfulness and ignorance – to be so judgemental?

“Once upon a time you dressed so fine/ You threw the bums a dime in your prime, didn’t you?” – Like a Rolling Stone by Bob Dylan

Slowly, I dug deeper into my pocket to toss a few extra coins into his cup. After all, I had been enjoying a free concert right in front of me; and I knew, even from the comfort of my car, that he knew it too. In so giving, it wasn’t because of guilt ... nor pity ... it was because he was there at all.

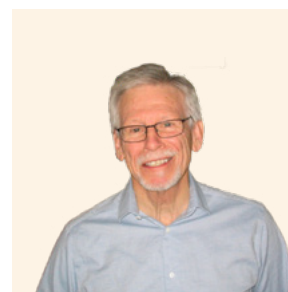
“You said you’d never compromise/ with the mystery tramp, but now you realize/ He’s not selling any alibis/ As you stare into the vacuum of his eyes” – Like a Rolling Stone by Bob Dylan

Later, after talking to him briefly, he picked up his meager few belongings to leave – slinging his precious 20-year-old Stella flat top over his shoulder. Watching, I recalled some words about a man who was similarly carrying all his worldly possessions on his back. And, what was noted was not that he had so little, but that he had so much. We all have our crosses to bear.

“He said, I dance now at every chance at honky-tonks, for drinks and tips/ But most the time I spend behind these county bars, ‘cause I drinks a bit” – Mr. Bojangles by Jerry Jeff Walkers <https://youtu.be/e-LVXR6rjXs>

Some might say that he had it coming with all the bad choices he must have made – not recognizing the toxic circumstances that often lead to a street life. Not everyone can afford to make the same number of mistakes and the role luck plays in the good fortune of others is often forgotten or deliberately unacknowledged. Nobody’s perfect. Why act like we are?

Maybe, Clint Eastwood’s gunslinger character in the western movie ‘Unforgiven’, said it best: ***“We’ve all got it coming, kid”***.



‘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

Gale Presbyterian Church Tuesday Luncheons



For many years my church, Gale Presbyterian in Elmira has been hosting luncheons on the third Tuesday of each month. It is Hilke Dann who I would like to feature in this article, along with her sidekick, Randy Smith, who has been taking a very active role in the preparation of these meals for the past several years. Hilke is a quiet, unassuming member of our church. She isn't one to sing in the choir or get up front to read scriptures, but it is in the kitchen where her expertise lies.

In speaking with Hilke, I asked what made her decide to tackle the planning, organization and cooking of these luncheons alone five years ago when previous leaders

had retired. She quickly answered that she didn't want to see this monthly event come to an end. She had come to know many folks who attended every single month, sat in the same spot with friends and seemed to really need this social outing. How could she, in all good conscience, not keep it going for their sakes? As for the profit it made to support our church, well, Hilke didn't even mention that!

My next question was how she goes about preparing for a meal which usually attracts well over 100 hungry people. Her response was that menus were planned at the beginning of each year, so as soon as one meal was over, she began to purchase ingredients needed for the next one, looking to buy local, seasonal products that were on sale. Another person from the church would email/phone the many volunteers in advance to be sure there would be enough help for both food prep and serving of the meal. (Karen Pond did this task for many, many years, however, unfortunately we just lost her to cancer recently.)

Next came the detail questions like what time she and Randy arrive at the church to begin the meal, how many volunteers show up to help, how long it takes each month on the Monday to prepare for the next day's meal, etc. Hilke replied that they meet at the church around 7:00 a.m. to begin the meal. She is an amazing bread maker, and fresh, homemade bread is part of each luncheon, so that is usually first thing on her agenda. Randy expressed a desire to learn this skill from her, and he now participates in the baking of approximately 18 loaves of mostly multi-grain bread each month. There is meat to prepare for roasting, sauces to make for certain dishes etc. and they usually have these tasks well underway when the other volunteers begin arriving at 9 am. Some of the 15 to 20 volunteers set up the tables, put tablecloths on and cutlery, glasses,

cups. etc. Others have a variety of jobs like peeling potatoes, carrots and onions, washing lettuce and preparing it for a salad, or making the dessert of the month. These tasks are done quickly and efficiently, in a spirit of goodwill where lots of conversation and laughter take place. It is so much easier to complete such jobs when you are part of a team! A couple of our volunteers are over 90 years of age. One of them, Ward Shade, always offers to peel and chop the onions because no one else wants to!

Tuesday morning also begins at the crack of dawn for Hilke and Randy. Now the pressure is on because, by 11:30 the meal needs to be ready to serve. Once again they do many early morning tasks like slicing the bread, getting meat and potatoes on to cook, etc. Soon the kitchen and fellowship hall are buzzing with others, each doing his or her task. Barry Pond has been making the coffee and tea for a very long time and he has it down to a science. Marg Bauman and her helpers are cutting the dessert and putting it on individual plates, all ready for the hungry and appreciative crowd who usually begin arriving at least a half hour ahead of time. They are seated at tables, and waiters quickly bring their beverages, clear away plates and bring dessert when required. Lots of socializing, visiting and chatter take place over the next 1 ½ hours while everyone digs in, and enjoys his/her meal. We have many seniors at our luncheons, but all are welcome!

Once our visitors have finished their meals and departed, it's the staff's turn to eat and enjoy each other's company. The dreaded dishes and cleanup are left until all of us have enjoyed the wonderful food prepared by Hilke and Randy!

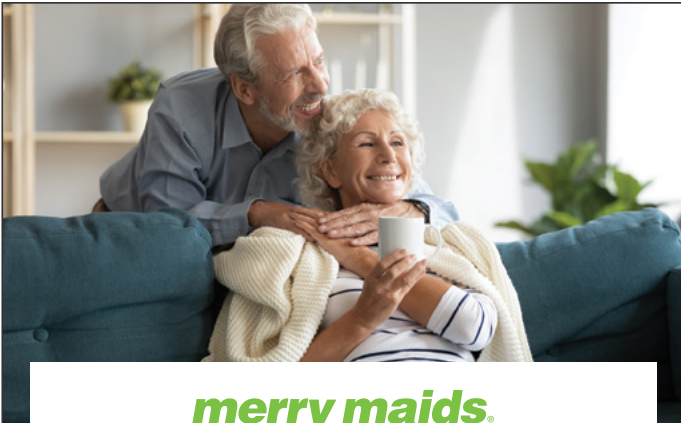
This all sounds like a dream during these Covid months, doesn't it? Well, thanks to Hilke and her insistence that we could make it work, our luncheons, which were

cancelled last spring when Covid hit, started up again this September. Beforehand, Hilke and Lee Coulman met at the church with a Region of Waterloo Public Health official to go over their plan for preparing and serving the food safely. Protocols were put in place with some suggestions by this official, so that all volunteers would be safe. Hilke and her crew agreed to give it a try for one month and see if anyone came to get a take-out meal. It was advertised in advance and folks had to call the church office to order their meal. (unlike pre-pandemic times when no advanced ticket is required.) A maximum of 125 meals would be sold, with no one entering the church. All meals were delivered to their cars and money was collected at this time. Once again, enough volunteers stepped forward to assist. Approximately 120 meals were sold, so this trial was considered a success. The group decided to plan for future take-out meals each month until we could resume hosting our loyal patrons once again in the large fellowship hall. As of the writing of this article, both October and November meals were prepared and sold, with the number of sales growing each month.

Although these Tuesday meals began as a fundraiser for our new church, they have become more than that. We feel that they serve a need for fellowship in our community and beyond. It gives us a sense of purpose and pride in successfully meeting this calling. New friendships have been formed over the years with many repeat visitors. Word of mouth about Hilke and Randy's famous cooking has kept the chairs full.

We look forward to the day when we can once again greet our guests in person, with a smile, instead of a mask.

Written by: Diane Coulman



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Face Masks & Hearing Aids



Recent government guidance requires that we wear suitable face coverings in enclosed spaces, public transportation and in shops. However, some of our clients have told us that they are struggling to wear a mask with their hearing aids and are having issues with their aids being knocked out when removing their face coverings.

Unfortunately, some of our clients have even lost their hearing aids as a result of removing their masks.

Here are a few tips for how to wear and remove a face mask while wearing hearing aids.

1. Use a mask that ties around your head, not an elastic around the ears if possible
2. Use a mask extender if possible.
3. Make sure that the rubber band is on the outside of the aids
4. When you take your mask off, take it off in a secure area, while standing or sitting still. E.g. in a car, inside your home, or in a quiet corner of a building where you can check the floor if it falls down.
5. Remove one side of the mask at a time.
6. Never yank the mask off, instead carefully hold the hearing aid with one hand while removing the mask with the other when at all possible.
7. Make sure nothing else is in your hands when putting on or taking off your mask. This will free up both hands for the task.
8. If dexterity is an issue, you could ask family/friends that are close by to help monitor the motion of removing the mask, making sure your hearing aids are in sight.
9. Take a second before leaving the area to check that your hearing aids are still in your ears.
10. Ensure your aids are not tangled up in your mask before disposing of it or putting it in the laundry (for reusable masks).

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519-662-9526**

Caring for the Caregiver



The month of January marks Alzheimer's awareness month. This is an important opportunity to raise awareness of the increasing rate of Alzheimer's and related dementias. At the same time, it is an important opportunity to pay tribute to the many who serve in a caregiving role. Informal caregivers are one of the greatest resources of our healthcare system. Families are often the main source of care and support for individuals, particularly those with Alzheimer's and dementia. Without this resource, the cost to provide comparable care within our healthcare system would be unsustainable. While there are many positive impacts of caregiving and it can be a very rewarding experience, caregiving is a difficult role impacting people mentally, physically and financially. Often in providing such compassionate care for others, caregivers neglect to care for themselves. However, it is important to recognize that by caring for themselves, the person that they provide care for will also benefit. There are many supports in place for caregivers in our community that provide an opportunity for their family members to be taken care of while they care for themselves:

- ♥ Consider enrolling your family member in a group adult day program. Adult day programs are offered in Elmira and New Hamburg. These supervised, full day programs are designed to meet the social, physical, emotional and cognitive needs of individuals, while enhancing their abilities.

The programs also provide support and a much-needed break for caregivers. A wide variety of activities are offered including discussion groups, baking, music, exercises and guest speakers. Programs are adapted to meet the needs and level of ability of each individual. Transportation meals and snacks are provided as part of the program.

- ♥ Not sure about having your family member join a group program? A customized in-home adult day program can come to you! Staff are available to bring activities into your home, typically for a couple of hours at a time, keeping your family member engaged, while providing you with an opportunity to take a needed break.
- ♥ Senior support workers are available to provide flexible, practical short-term support. Customized to meet the needs of the individual, this free service offers visiting/ checking in, medication reminders, meal assistance, grocery shopping, booking/ assisting to medical appointments, help with general appointments, help with household tasks, access to recreation and social supports and information on community support services. Senior support workers are a great resource offering practical support and relieving some of the many tasks that create a strain for caregivers.
- ♥ Leave the driving to others! Assistance with transportation to medical and other appointments within and beyond the Townships is available, reducing the stress and time associated with getting to appointments.
- ♥ Take advantage of homemaking and home maintenance programs to ensure that chores around the house are taken care of, freeing you up for focusing on what you do best, caring for others.

Asking for and accepting help from others when you need it is something that caregivers can do as a sign of strength, rather than weakness. For information, services and supports, reach out to Community Care Concepts at 519-664-1900, 519-662-9526 or 1-855-664-1900. **We are here to help!**



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Relationships During COVID-19

By Jannah Tudiver, MA, RP, CCC
Counsellor & Registered Psychotherapist at the
Woolwich Community Health Centre

How have your relationships been doing during the pandemic? What have you noticed or what has been changing? For many of us, these 9-plus months of “pandemic living” have altered many areas of our lives - including how we interact with ourselves and others.

These have been tough times for many of us – which may have been caused or intensified by things like financial issues, job loss, illness, lifestyle changes, loss of your “normal” life as well as social isolation. During COVID-19, many common themes have emerged such as: too little alone time, too much time alone, loss of connection with friends and family, more conflict or fighting, or feeling fatigued by mostly screen or phone contact with others. Have you taken time to brainstorm how to deal with these situations?

Furthermore, might your relationships be ready for a little “upgrade” or TLC? If so, what could you do? John and Julie Gottman, leaders in the field of couples therapy and relationships, offer an interesting framework to notice challenges and improve relationships. They name this the “Four Horsemen” which are communication styles that show up during conflict. Every relationship has conflict – the key is managing this conflict in healthy ways. And the good news is that every horseman has a research-based “antidote” we can learn to use.

The first horseman is “criticism” which is “global and expresses negative feelings or opinions about the other’s character” (Gottman, 2015) or behavior. Telltale signs of criticism

include words like “never” or “always” and often are harsh. The antidote is to do a “gentle start-up” which involves using “I Messages” to state what you are feeling and name a positive need such as “when you leave the floor muddy I feel frustrated. I would really appreciate if you could keep the floor cleaner.”

The second horseman is “contempt” which is when one “assumes a position of moral superiority” (Lisitsa, 2013). This can be name-calling, hostility, eye-rolling, or ridiculing. The antidote is to create “a culture of appreciation”. This can include noticing strengths in your partner (versus deficits) and regularly expressing gratitude and kindness.

Defensiveness is the third horseman. It involves acting like the victim and switching the blame onto the other person as a form of self-protection. The antidote to defensiveness is to listen, take ownership for your mistakes and any role you have played in the situation and to apologize.

The last horseman is stonewalling - withdrawing and tuning the other person out. It is often a response to contempt and people typically stonewall because they are “flooded” – physiologically and emotionally overwhelmed. When flooded we tend to say things that are hurtful and we are not able to have productive conversations. The antidote is to pause the discussion. Immediately. And to self-soothe – take time out and do something to calm and soothe your mind and body for at least 20 minutes.

Which horseman do you use the most? How could you change this and develop a solid antidote? Perhaps have a discussion with the ones you love. As we settle into the dark days of winter, this might be an especially good time to bring some light into your life and nourish the relationships in your life with more love and positive attention.

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SENIOR CARE FACILITIES & ORGANIZATIONS

The Village of Winston Park

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519-576-2430 ext 8008

Woolwich Seniors Association

24 Snyder Ave. Elmira
519-669-5044

If you would like to be added to our growing list of valued local businesses, please contact us at embracingchangeinfo@gmail.com so our readers can be reminded of your services and support local.

References and Resource Ideas for Relationships during COVID-19

(Full article on page 31)

- ▶ Esther Perel's website: <https://www.estherperel.com/>
- ▶ Gottman Institute's website & free e-newsletter: <https://www.gottman.com/>
- ▶ "Hold Me Tight: Seven Conversations for a Lifetime of Love" by Sue Johnson, 2018
- ▶ "Liberated Parents, Liberated Children" by Adele Faber & Elaine Mazlish, 2004
- ▶ "The Four Horseman" by Ellie Lisitsa: <https://www.gottman.com/blog/the-four-horsemen-recognizing-criticism-contempt-defensiveness-and-stonewalling/>
- ▶ "The Four Horseman: Recognizing Criticism, Contempt, Defensiveness, and Stonewalling" by The Gottman Institute (video): same link as above.
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- ▶ "The Seven Principles for Making Marriage Work" by John M Gottman, 2015

**Send us
your jokes!**

Do you have a joke, riddle or something just too funny not to share?
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embracingchangeinfo@gmail.com

We thank all participants for their submissions, due to space restrictions
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My staff and I truly treasure the all the travel stories and memories over the years of service!

~ Karen Weber~



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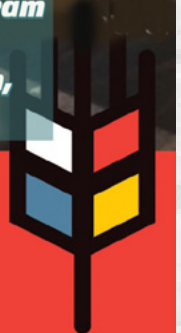
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